

CIDA NEWS

FALL 2006

President – Donna Huisenga

It is my hope that everyone enjoyed the summer and is ready to transition into the fall season. Along with the cooler temperatures and the autumn harvest of new crops, I wish to welcome everyone to this year's CIDA 2006 – 2007 year of excellence. Your board members have been working hard to get ready for this new season planting and growing an abundant garden of programs to entice your appetite.

So far membership appears to be growing slowly but steadily. **Jennifer Franks** our membership chair has sent out invitations to everyone in the CIDA service area to renew their membership, rejoin, or become a new member. It is important to join as soon as possible to reap the full benefits that CIDA has to offer you. Please spread the word to RD's in your area and those of your co-workers to get their memberships turned in before the first meeting.

President-elect **Laura Collins** has planned an exciting, educational and varied program that will strengthen your work in the field of dietetics. When you fill out a survey the information is used to plan and implement programs you are interested in coming to. You won't want to miss out on a single meeting!

Suzy Gill is our online editor du jour. We invite any member to submit news to the newsletter at any time, by email to her. This format has proved to be a great media resource and tool to reach our members.

To date we are still looking for **Co-chairs** for this year's Eat Em Up run to be scheduled for March. We have great sign ups for most of the teams, but can always use more hands in the cooking pot. Now all we need is one or two people to step up and be the Chef's for the completion of a menu par excellence. This is our tenth year so let's really cook! Remember: "many hands make light work."

The board is looking forward to a bountiful year with CIDA. We welcome your hints and tips to make this the organization you are proud to be a part of.

Nutritionally yours,
Donna Huisenga

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President-Elect – Laura Collins

Hello fellow CIDA members, I am Laura Collins your 2006-2007 President-Elect. It is an honor to serve on the CIDA board this year and to have the opportunity to network and develop the presentation schedule for the 2006-2007 year. It is my hope that all of you find the programs this year to be educational and enjoyable, and that they help to enrich you professional knowledge of food and nutrition. See you all at the meetings. –Laura

Meeting Schedule:

Business Meeting 6-6:45 pm.

Presentation 7-9pm

September 12th, 2006; OSF St. Francis, 700 Auditorium, "Understanding Dementia and the Relationship to Nutritional Status" presented by Laura Collins MS, RD, LDN

November 13th, 2006; Illinois State University, "Motivational Counseling" presented by Sarah Deig RD, LDN

February 5th, 2007; Maple Lawn Homes, "Nutrition and Culture Change" presented by Connie Jensen RD

April 16th, 2007; Waugh Foods, "Product Comparison" presented by J&B Meats



CIDA Media Representative – Julie Schumacher

Media representatives from areas in Illinois have adopted the following media plan for Fall 2006. Each month we will be focusing on a different topic area. Help us spread the nutrition-news each month!

August	Back to School Eats
September	Fall Fiber Favorites
October	Treats that Don't Trick
November	Holiday Recipe Makeover
December	Avoiding Holiday Weight Gain

Scholarship Committee – Sarah Deig

As your CIDA Scholarship Committee Chairperson the number one goal is to increase the number of qualified applicants we receive. Our committee is working to simplify the application process by making it available online. Please share with your students that the CIDA Scholarship Committee will be awarding the winning applicant \$ 500.00 dollars. Eligibility requirements include: Sophomore, Junior or Senior standing at time of application, minimum GPA of 3.0 on 4.0 scale, attendance to college or university within CIDA district, and completed application packet. Please look for the application packet which will be available online January-February 2007. For any questions please contact me at sarah.deig@insightbb.com

Membership – Jennifer Franks

I am excited to serve as your membership chair. So far for the 2006/2007 year, there are 42 registered CIDA members. However, membership is down from last year. There is still time to join or renew your membership, so please encourage friends and co-workers to become members. Membership is only \$20.00 which will allow you not only to network with your peers, but access to CEU hours at no additional charge. Please note that ADA membership is a requirement for CIDA membership. Please contact me via e-mail if you have any membership questions. jenniferlfranks@yahoo.com

Legislation and By Laws - Margery R. Ruch

We are looking for help in reviewing and revising the By Laws for the Central Illinois Dietetic Association due to all the changes in our profession. If you are interested in helping with that task please contact. Margery Ruch at kanga.ruch@verizon.net or call 309-824-6595 cell/309-662-1084 Home (I need all the help I can get as I am not a by-laws expert.) We will gather several people and make a difficult task fun. Thank you for your willingness to serve.



Upcoming CE Programs

Two exciting workshops are coming to our area!

Don't miss

Jessica Setnick's Eating Disorders Boot Camp and Molly Kellogg's Counseling Intensive when they arrive in Minneapolis, Minnesota, October 20-22, 2006.

Attend one workshop or both – each is pre-approved for 9 CEUs for dietitians. Earn up to 18 CEUs in one weekend!

You may remember Jessica from our IDA seminar. Her Eating Disorders Boot Camp is designed to bring you confidence when treating patients with eating disorders of all kinds, from anorexia and bulimia to stress-eating and obesity.

Counseling Intensive will teach you to give your patients better outcomes and improve your skills with difficult situations and resistant patients.

Dietitians and colleagues are welcome, regardless of your specialty area. If you counsel patients, these workshops have something for you.

A registration brochure is attached, or for online registration, visit <http://www.mollykellogg.com/weekend.html>.

More information is also available at www.understandingnutrition.com (Eating Disorders Boot Camp) and www.mollykellogg.com (Counseling Intensive), or contact us at info@understandingnutrition.com or 214-503-7100.



Action Alert for State Long-Term Healthcare Nutrition

August 25, 2006

State Opportunities to Advance Nutrition ACTION ALERT

The Centers for Medicare and Medicaid Services (CMS) is requesting proposals from state agencies to fund new programs designed to reform the delivery of long-term healthcare. We have a short window of opportunity to participate across the country and ensure that quality nutrition services are incorporated into these programs nationwide. Read about two major initiatives and the guidance ADA can provide to support you in important work to advance public nutrition and dietetics.

In return, ADA will ask for the name and contact information for the individual(s) coordinating these efforts. Read below to learn how to get started.

The train is leaving the station; Are you getting on board?

Roughly \$1.75 billion in new five-year competitive grants is available to individual states to support transitioning the elderly and disabled to home and community-based services. Called "*Money Follows the Person*," this CMS program is designed to reduce the historical emphasis on institutional long-term care services.

"States will be able to make targeted reforms to shore up the community-based infrastructure so that individuals have a choice of where they live and receive services, according to Dennis Smith, CMS director of the Center for Medicaid and State Operations. He said this will "translate into lower utilization of less appropriate (and higher cost)institutional care."

A second grant called "Community-Based Alternatives to Psychiatric Residential Treatment Facilities," will help states provide home and community-based interventions to eligible youth.

What's the issue? Individuals who have been receiving institutional nutrition care may be put at risk if they no longer have access to qualified dietitian services. ADA's immediate review shows that state regulations for home health, assisted living and other community-based services frequently lack appropriate nutrition surveillance – a critical gap. While beneficiaries could gain more control over their living and food choices in the future, will they have access to the kinds of food and nutrition support services they need to manage their chronic conditions and be well?

How can affiliates get involved?

In a few states, registered dietitians already have taken advantage of the opportunity. They have reached out to their state Departments of Aging and of Medicaid and asked to be included in stakeholder committees that will influence the final proposal.

No state affiliate can afford to let this opportunity slip by, and the clock is ticking.

Stakeholder committees are being formed and discussions have begun. Get your most informed and articulate members on stakeholder committees now before it's too late. Follow up on stakeholder meetings and update regulations affecting the licensing of facilities.

Here's how to get involved in stakeholder meetings...

Individuals with contacts in their state Departments of Aging or Medicaid agency need to alert the leadership of their state affiliate.

Affiliate leaders need to organize for effective representation

Find individuals with state agency contacts

Identify member leaders with knowledge and expertise in practice areas

Enlist help from State Legislative Chairs, Public Policy Liaisons or other ADA Grassroots activists
Contact ADA at 800 / 877 -0877 for collaboration and support
Designate point persons for stakeholder involvement
Work together by monitoring the situation, sharing information and following through.
Immediately, affiliate leaders or the point person should call the Director of Aging Services and/or
Medicaid State Director:
Ask to be included on stakeholder committees.
Learn the dates, times and places of the stakeholder meetings.
Commit to be a leader in the area of nutrition as your state considers how to improve care in a
system that emphasizes home and community-based services.

If you learn that committee membership has been closed, your attendance is still critical. These
are public meetings. To prevent disruption in the continuity of safe and quality nutrition care,
RDs and DTRs will bring unique knowledge and skills and they need to be represented,
recognized and heard.

To update facility licensing regulations...

1. Obtain your state's regulations for home health, assisted living, adult day care and other relevant community-based services. Be sure you have both existing and proposed rules and regulations in your possession.
2. Review and analyze whether they support safe and quality nutrition care provided by a qualified dietitian.
 - a. Identify whether beneficiaries, particularly those at high nutrition risk, have access to the services they need to stay out of the hospital, long-term institution and other higher cost services.
3. Revise language as needed.
4. Provide input to the appropriate state agencies and officials.
 - a. Submit your recommendations in writing.
 - b. Schedule a meeting to talk to state officials about regulations for home health, assisted living, adult day care and other services.

ADA's Washington DC office is available to provide your strategic and technical support. Call toll free 800 / 877 - 0877 and ask for Juliana Smith (jsmith@eatright.org, Ext. 6011) or Mary Hager (mhager@eatright.org, Ext. 6007) for help on *Money Follows the Person*. State agencies are responsive primarily to state constituents – ADA cannot make these connections on your behalf, but we can help.

MEDICARE SEEKS PROPOSALS FOR SENIOR PREVENTION PROGRAMS

Medicare is finally putting the money behind the prevention rhetoric. Proposals are being solicited to implement health promotion and disease prevention programs through the Medicare Senior Risk Reduction Demonstration. Nutrition is an integral component of this program, and it can provide opportunities to expand Medicare Part B MNT.

In Spring 2007, CMS will select as many as five existing health promotion, disease prevention, and risk reduction organizations to participate in this three-year demonstration. To read Monday's Federal Register notice, go to:
http://www.cms.hhs.gov/DemoProjectsEvalRpts/downloads/Senior_Risk_Reduction_Solicitation.pdf.

If you are aware of or part of an organization that plans to submit a proposal and would like guidance from ADA, please contact mhager@eatright.org. Again, state agencies are responsive primarily to state constituents, so ADA cannot make these connections on your behalf. ADA can help you, however, if you contact us with information and questions.