



North Carolina Academy of Nutrition and Dietetics

May 2021 Newsletter

President's Pen:

Happy (almost) Summer!

I can't believe I am sharing my last President's Pen with you! On June 1st I am thrilled to welcome Tara Wind as your newest NCAND President. She was such an amazing partner this year and I'm thrilled to see her lead NCAND this coming year. Keep your eyes peeled for the June Newsletter to get to know your 2021-2022 NCAND Board.

It has been such a privilege to serve as your President this year. I'd like to extend a HUGE thank you to the 2020-2021 NCAND Board for all of their hard work and effort to keep us connected and learning safely from a distance as we navigated all the challenges 2020 had to offer. I'd also like to thank you, our members, for sharing feedback about what continuing education topics you wanted to learn about, being flexible and patient as we navigated hosting completely virtual regional meetings, and for continuing to show up to learn and grow despite such a challenging year for us all.

I'd like to highlight a couple of NCAND happenings from this year:

- We hosted a DEI in Dietetics webinar series from August 2020 - February 2021, and plan to continue to incorporate DEI related continuing education opportunities into the future.
- We created a Diversity and Inclusion Liaison position on the NCAND Board
- We voted to establish regional structure in place of districts for our organization to improve accessibility to NCAND and support for RDs across the whole state moving forward.
- We hosted 3 successful virtual day long conferences and plan to continue to have more virtual learning opportunities in the future.

And I can't wait to see what the future holds for NCAND!

As always, this newsletter is full of amazing info, but I'd like to highlight a couple of things:

1. It's time to renew your Academy Membership! Renewals are due by May 31st. Your NCAND membership is included within your Academy dues, all you have to do is select NC as your state affiliate. In addition to gaining access to all the Academy resources (see below for more details) a portion of your membership dues come back to NCAND and allow us to continue to serve the dietitians of NC through advocacy for legislation that protects our profession and our patients, continuing education events, and networking opportunities.
2. Save the date for next year's Regional Meetings! Our September and December meetings will be virtual but if it is safe to do so we are hoping to hold the March Regional Meeting in person.
 - Friday, September 17, 2021
 - Friday, December 10, 2021
 - Friday, March 4, 2022

Thank you all again for a great year and allowing me to serve as your President.

Best,
Liz Hurley Raynor, MS, RD, LDN, CSCS



*Congratulations to the 2021
Award Recipients!*



Jason O'Briant, MS, RD, LDN
Outstanding Dietetics
Educator - DPD



Jessica Soldavini, MPH, RD, LDN
Outstanding Dietitian of the Year



**Cathie Ostrowski, MS, RD,
LDN, FAND**
Outstanding Dietetics
Educator - DI



Jillian Schoening, MS, RD, LDN
Recognized Young Dietitian of the
Year - Raleigh



Franklin Muntis, MPH, MS, RD, CSCS
Outstanding Dietetics Student - CP



Laura Niederer, RDN, LDN
Recognized Young Dietitian of the
Year - Durham/Chapel Hill



Isa Ramos-Castillo, BS
Outstanding Dietetics Student - DPD



Brittany Smith, MS
Outstanding Dietetics Student - DI

Learn more about the awards and view past winners [here](#).

New Board Members

NCAND ELECTION RESULTS - *Meet our new board members!*

President Elect - Lauren R. Sastre PhD, RDN, LDN

Dr. Sastre is a North Carolina native, having lived in the Western part of the state, Greensboro, and currently resides in Greenville, NC where she is an Assistant Professor and Registered Dietitian Nutritionist (RDN, LDN) in the Department of Nutrition Science in the College of Allied Health Sciences at East Carolina University. She obtained her Bachelor degree in Chemistry from Western Carolina, her Master's and Doctorate in Nutrition Science, and completed her post-Bac dietetic internship at The University of North Carolina at Greensboro. Her clinical interests include chronic disease management, weight management and interprofessional care. She has served previously on the NCAND board on the program planning committee (2019-current) and as a reimbursement representative (2019-2020). She has worked with other NCAND members on local policy, including efforts to expand Medicaid reimbursement of RDN provided nutrition care in North Carolina. Most recently she published and presented research focusing on physicians interests, preferences and barriers to RDN care for a national webinar with the Academy of Nutrition and Dietetics that highlighted the need and opportunities for reimbursement representatives to network with local and state physician groups. Her research interests include preventative care and the role of nutrition within primary care with a focus on weight and chronic disease management and prevention as well as social determinants of health, with a focus on food security and health disparities. She has published in several medical and health promotion journals and regularly presents her research at local, state and national conferences. When not working she enjoys cooking, paddle boarding and hiking with her husband, sons and great Pyrenees Harper!



Secretary - Shaynee Roper MED, RD, LD, FAND

Shaynee has been working as a Dietitian for 30 years, and currently serves as the Assistant Director of Pediatric Nutrition at Duke University hospital. In addition, Shaynee teaches on an adjunct basis and is pursuing her DCN degree with the University of North Florida. She has served on the NCAND Board as the Secretary for the past two years and is eager to continue in this role.



TAKE ACTION!

Our United States Congress is busy right now, which means the Academy is busy advocating for nutrition and dietetic issues to protect the health of Americans and to support our profession. There are several action alerts open right now. Follow [this link](#) to the Action Center to see and complete the alerts. They each only take a minute. Remember, you can always customize the message if you would like to include your opinions and stories. Your voice is important!

Academy Membership Renewal

[Renew your membership](#) by May 31st to ensure that your benefits continue uninterrupted. Sign into your account on the Academy's website; call 800/877-1600, ext. 5000 (weekdays from 8 a.m. to 5 p.m. Central time); or mail your printed invoice.

Know the Value of your Membership

The Academy provides a multitude of products and services designed to help our members develop their skills, advance their careers, and achieve their professional goals. Members can take advantage of the following valued benefits:

- [Career and business resources](#), including the Find an Expert Listing (\$249 in value), the Compensation Benefits Survey (\$250 in value), and savings on Eatright Careers job postings (\$235 in savings).
- [Discounts](#) on products and insurance. (Exclusive to members)
- [eatrightSTORE.org](#) Online discounts. (Exclusive to members)
- [Educational opportunities](#), including free CPE in the Journal (\$2,160 in value), free and discounted self-study modules, and exclusive member discounts on the Center for Lifelong Learning's Certificate of Training and Webinar Series programs.
- [Food and Nutrition Conference and Expo™](#) member pricing (up to a 45% discount).
- [Scholarships and awards](#) provided by the Academy as well as its Foundation. Foundation programs and opportunities available to Academy members include scholarships, awards, fellowships, research grants, and disaster relief funding, while the Academy offers its National Honors and Awards program its Fellow (FAND) program.
- [Networking and knowledge sharing opportunities](#), including eMentoring and DPG and MIG membership. (Exclusive to Members)
- [Nutrition Information Services](#) access, which includes help from staff RDNs. (Exclusive to members)
- [Policy Initiatives and Advocacy](#) that help advance the profession. On the behalf of members, the Academy coordinates and leads advocacy efforts on critical issues that impact the profession, such as reimbursement, nutrition security and consumer protection.
- [Practice, Science and Quality resources](#), such as access to the Evidence Analysis Library (\$250 in value) and access to the Academy's position and practice papers.
- [Publications](#), including access to JAND (\$459 in value), the digital Food & Nutrition Magazine® and exclusive access to email newsletters, discounts on Nutrition Care Manual subscriptions (up to \$167 in savings) and electronic Nutrition Care Process Terminology subscriptions (up to \$75 in savings), as well as access to all eatrightPRO.org content.

[Source of information](#). Access to benefits may vary based on membership category.

Member Updates

Save the Date for our Upcoming Regional Meetings!

Virtual September Meeting
September 17, 2021

Virtual December Meeting
December 10, 2021

March Meeting near Charlotte
March 4, 2022

Submission Deadline for Late-Breaking FNCE®

Abstracts: Have you conducted research in nutrition and dietetics, or have a unique program or project you would like to feature? Consider presenting your original research at the Food & Nutrition Conference & Expo™. Abstracts will be accepted for peer review through May 31st and acceptance notifications will be emailed in July.

Support Breastfeeding: Everyone has a role in providing a healthy start for the youngest North Carolinians through breastfeeding support. Use the sample letters and lactation policies in Making It Work: Advocating for Breastfeeding Accommodations to get started.

Every RDN and NDTR Should Have an NPI - Having an NPI demonstrates a viable workforce to stakeholders in the health care marketplace and provides a tangible way

to show RDNs' impact on patient care in any setting: inpatient, outpatient or community-based organizations). Apply for an NPI; if you already have one, make sure your information is up to date.

Enroll in the Academy's Mentor Match - Get matched to a mentor or mentee according to similarities in your profile interests and communication styles. You can search for other participants by name, geographic location, dietetic practice group, member interest group and more.

Nutrition Care Practice Patterns for Patients with

COVID-19: A new landmark study examines nutrition diagnoses and interventions used by dietitians for patients with COVID-19. Inadequate oral/energy intake and malnutrition were the most common findings.

Academy of Nutrition
and Dietetics

FNCE 2021

Food & Nutrition Conference & Expo

Virtual Event | October 16-19



Calling all our **RD Yogis**, we want to hear from you! Would you be interested in teaching a yoga or meditation class at one of our NCAND events in the future? Send us an email with your certification details and areas of specialty (for example, if you can teach guided meditation, vinyasa flow, or other types of yoga classes). For now, all of our events will be virtual. Can't wait to hear from you!

AND Foundation - Did you know you can support the Academy of Nutrition and Dietetics Foundation while shopping on Amazon at no additional cost to you? The Foundation is a non-profit organization devoted exclusively to nutrition and dietetics, and only donations – not member dues - go to support

the Foundation. Read more about how to shop through Amazon Smile and support the Foundation while you shop here.

Diversity, Equity, and Inclusion Updates

BIPOC RD Spotlight: Jaelyn M. Shipman!

Educational Background:

Clemson University ('15) – Major in Food Science & Human Nutrition with a minor in Chemistry
UNCG Post-Graduate Dietetic Internship ('16)
Certified Specialist in Sports Dietetics

Current Position: Clinical/Outpatient Dietitian

Hobbies: Working out, cooking/exploring new restaurants, traveling to warm destinations

Favorite Vegetable: Roasted Brussels Sprouts or Asparagus (I can't choose!)

Why you enjoy being an RD: I love being an RD because it allows me the ability to make a long-term impact on others (often times those who haven't been provided the opportunity) through providing them with the tools to invest in their nutritional health. Access and education surrounding nutritious foods is unfortunately a privilege in our country and I am thankful to be a part of the workforce that helps in minimizing these gaps.



Diversify Dietetics often receive emails from the public, seeking to find an RD of Color to provide nutrition counseling. If you are an RD of Color who takes clients, we would love to have you join our RD of Color Directory. By submitting your information to [this directory](#), you are giving us the right to share your submitted contact information to the general public.



Seeking RDs to Spotlight Each Month! NCAND intends to facilitate change and increase diversity, equity, and inclusion in our field. If you are a member of NCAND and identify as BIPOC, please consider allowing us to highlight you in our monthly newsletter. Our hope is to showcase your talents and areas of expertise, as well as support BIPOC RD2BEs in knowing that they are represented and valued. [Contact](#) our DEI Liaison, Alina Pittman.

