
Maryland Dietetic Association

ANNUAL MEETING

April 10 & 11, 2008



Fresh Perspectives: Experience the Power of Nutrition

Program and Registration Information

USM Shady Grove Center • Rockville, Maryland

2008 ANNUAL MEETING Agenda

■ Thursday, April 10 ■

*Topics and Speakers
subject to change
without notice.*

7:30 a.m. - 8:00 a.m.

Registration • Networking • Continental Breakfast

8:00 a.m. - 8:15 a.m.

Welcome

Jacqueline Marlette-Boras, RD, LDN, MHS, *President, Maryland Dietetic Association*

8:15 a.m. - 9:15 a.m.

Keynote Address: Are You Prepared for the Results You Can Create?

Jeanne E. Sexson, BA, MA

Open doors of opportunity by capitalizing on present successes to create future success.

CPE Credit:1 CPE Level 3 LNC: 1010, 1110

9:15 a.m. - 9:30 a.m.

Hot Beverage Break

9:30 a.m. - 10:45 a.m.

Concurrent Sessions

A) Treatment of Compulsive Eating and the Health at Every Size Paradigm

Deborah Kauffmann, RD, LDN

This presentation will discuss nutrition counseling for compulsive eating using a non-diet, Health At Every Size (HAES) approach.

CPE Credit:1.25 CPE Level 1 LNC: 6020, 5200, 5370

B) What To Do When There is Too Much To Do

Jeanne E. Sexson, BA, MA

How to be more productive without working harder!

CPE Credit:1.25 CPE Level 2 LNC: 1120, 6010

C) Does Vitamin D Affect Cancer Risk?

Virginia W. Hartmuller, PhD, RD, LD, CDE

Evidence of a relationship between increased serum levels of Vitamin D and the risk of developing breast, colon, or prostate cancers will be presented with recommendations for future research.

CPE Credit:1.25 CPE Level 2 LNC: 9020, 5150, 4040

10:45 a.m. - 3:15 p.m.

Exhibits *Check out the many wonderful exhibitors at this year's meeting!* CPE Credit: 1 (for exhibits)

Silent Auction *Have fun, find some great deals, and support the MDAF Scholarship Fund!*

11:45 p.m. - 1:15 p.m.

Lunch • Annual Business Meeting

Practice Board • Raffles and Door Prizes!

1:15 p.m. - 2:30 p.m.

Concurrent Sessions

D) Entrepreneurial Opportunities in Publishing and Media

Joanne "Dr. Jo" Lichten, PhD, RD

Do you want to get on TV? Radio? Write a book? Dr. Jo spills her guts about how to get the exposure you want.

CPE Credit:1.25 CPE Level 1 LNC: 1090, 1140, 7070

E) Pathophysiology and Treatment of Dyslipidemia and Atherosclerosis in Diabetes

Todd Brown, MD, PhD

Learn about the current recommendations regarding decreasing CVD risk in patients with diabetes.

CPE Credit:1.25 CPE Level 2 LNC: 5000, 5160, 5190

F) A Garden of Delights – Nutrition, Physical Activity and Gardening

Peggy K. Yen, RD, MPH, LDN and Kari Smith, BS, BA

Presentation includes a review of the research on physical activity and nutrition benefits of gardening and information on local and other gardening programs of interest to health care professionals, such as the Maryland Master Gardener Program and Parks & People Foundation community and school gardens.

CPE Credit:1.25 CPE Level 2 LNC: 9020, 4000, 2000

2:30 p.m. - 2:45 p.m.

Afternoon Refreshment and Stretch Break

2:45 p.m. - 3:45 p.m.

Evidence-based Nutrition: Practical Application for the Busy Clinician

Joe Krenitsky, MS, RD

This program will discuss the reasons why "evidence-based" is not just for physicians, and also review a practical approach to literature evaluation and integrating this information into daily decision making for the nutrition professional.

CPE Credit:1.0 CPE Level 2 LNC: 3000, 3090, 5010

4:00 p.m. - 6:30 p.m.

4:00 - 4:45 Member Reception

4:45 - 5:30 MDA Annual Awards

5:30 - 6:30 How to Make More Dough in Dietetics

Joanne "Dr. Jo" Lichten, PhD, RD

Through motivational stories and statistics, Dr. Jo will share the secrets gleaned from her research and interviews of dietitians who have remained in the dietetics field and earn in the top 10% of all dietitians – and provide tips for your personal financial success!

CPE Credit:1.0 CPE Level 1 LNC: 1010, 1110, 7150

■ Friday, April 11 ■

*Topics and Speakers
subject to change
without notice.*

7:30 a.m. - 8:00 a.m.

Registration • Networking • Continental Breakfast

8:00 a.m. - 8:15 a.m.

Welcome

Linda Paren, RD, LDN, *President-Elect, Maryland Dietetic Association*

8:15 a.m. - 9:15 a.m.

Keynote Address: The Gift of Leadership

Mark Levin, CAE, CSP

Attendees will leave with a clearer understanding of the skills and characteristics they need to be a leader in MDA, in the profession, and in the community.

CPE Credit:1 CPE Level 1 LNC: 1000, 1010, 1070

9:15 a.m. - 10:00 a.m.

Hot Beverage Break • Poster Sessions • Silent Auction

10:00 a.m. - 11:15 a.m.

Concurrent Sessions

A) Sports Nutrition: What Every RD Needs to Know about Fueling and Hydrating Active Individuals

Sponsored by the Gatorade Sports Science Institute

Michelle Rockwell, MS, RD, CSSD

The latest research in enhancing sports and exercise performance through nutrition and hydration.

CPE Credit:1.25 CPE Level 3 LNC: 4060, 4000

B) HIV Update Sponsored by Abbott Pharmaceuticals

Patrick McLeroth, MD

Explore the recent advances in HIV treatment and care.

CPE Credit:1.25 CPE Level 1 LNC: 4000, 5000, 5250

C) Emergency Preparedness: Personal and Professional Roles

Laura A. McNally, MPH, RD, FADA

This session will lay the foundation for nutrition professionals to become critical members of the response team in their workplaces and communities.

CPE Credit:1.25 CPE Level 2 LNC: 7060, 7000

11:30 a.m. - 12:30 p.m.

Taste Flavor and the Power of Umami Sponsored by the Maryland Beef Council

Chef Dave Zino

This presentation discusses the five taste receptors with an emphasis on the fifth, umami.

CPE Credit:1 CPE Level 1 LNC: 8000, 8130

12:30 p.m. - 1:30 p.m.

Lunch • Raffle

1:30 p.m. - 2:45 p.m.

Concurrent Sessions

D) Conceptual Leadership – Harness your Ideas, Focus your Vision, and Plan your Future

Amy Carraher, RD, LDN and Jennifer Cipra, MS, RD, LDN

Learn strategies that embrace the wave of change and influence the profession of dietetics by polishing your leadership skills with a multi-lens approach.

CPE Credit:1.25 CPE Level 2 LNC: 1000, 1070

E) Genetic Lipoprotein Testing

Kristin Napora, RD and Rita Martin, RN, MSN

Apo E Genotype has been determined to be a major determinant in lipid metabolism, affecting diet and exercise implications for CVD risk.

CPE Credit:1.25 CPE Level 2 LNC: 4040, 5160

F) The Ethics of Food: The Battle for American Hearts and Stomachs

Brian G. Henning, PhD

Drawing from recent explosion of interest in organic and cruelty-free foods, Henning's presentation aims to identify the environmental impact of our food cravings, particularly the often neglected link between industrial production of food and global climate change.

CPE Credit:1.25 CPE Level 1 LNC: 8018, 4070, 2030

2:45 p.m. - 3:00 p.m.

Afternoon Refreshment and Stretch Break

3:00 p.m. - 4:30 p.m.

Organic Food for Thought: Shoppers' Perceptions in the Dairy Aisle

Terry D. Etherton, PhD

Sponsored by The Mid-Atlantic Dairy Association

This presentation will address biotechnology and innovation in food marketing and how it influences consumer perception.

CPE Credit:1.5 CPE Level 2 LNC: 2000, 8018, 7120

Continuing Professional Education Credits

Continuing Professional Education Credits

Application has been made to the Commission on Dietetic Registration for CPE Credits:

Thursday – 5.5 sessions + 1 exhibit;

Friday – 6 sessions + 1 poster.

*CPE level and Learning Needs Codes are **suggested** for each session.*

Reception

Thursday Evening Reception...Stay and Enjoy!

Don't miss this chance to network and enjoy complementary light fare and beverages...stay and earn CPE Credit while listening to another great presentation by **Dr. Jo!** The presentation will include motivational stories and statistics as Dr. Jo shares her secrets she has gleaned from her research and interviews of dietitians who have remained in the dietetics field and earn in the top 10% of all dietitians. Further, she will provide tips for your personal financial success.

Don't want to drive home late? Check out the fabulous rooms near by the conference site: **www.cprockville.com** (for Crowne Plaza) or **www.woodfinsuitehotels.com** (for Woodfin Suites)... at an unbelievable price available only for the MDA Annual Meeting! *(For more information, see Hotel Information on the back cover of this booklet.)*

Support Scholarships

Support Scholarships

The Maryland Dietetic Association Foundation will hold a Silent Auction during the Annual Meeting to raise funds for scholarships for Maryland Dietetic students and dietitians returning to school.

EVERYONE benefits from the Silent Auction:

- Scholarship winners.
- Business contributors who receive exposure...all contributors will be acknowledged in the Silent Auction Catalog.
- Business contributors receive tax deductions for their contributions.
- Individual contributors who can claim a charitable deduction.
- Bidders who get a product or service at a great price!

How can you get involved? Ask businesses you deal with to contribute a gift certificate or in-kind service. Contribute personal or professional items...you may have the item that is just what someone is looking for!

Send your contributions no later than March 28, 2008 to:

Linda H. Paren, RD, LD • 1429 Stoney Point Way • Baltimore, MD 21226

If you have questions about the auction or specific items that you would like to contribute, please contact Linda at: 410-550-1025

MDA Cookbook

MDA Cookbook

Explore the Tastes of Maryland: From the Mountains to the Sea will be available for purchase during both days of the MDA Annual Meeting. If you don't yet have a copy of this wonderful cookbook, now is your chance to purchase at the special meeting price of only \$10.00 per cookbook or buy 9 cookbooks and get one free (10 for \$90.00). A portion of the proceeds from the cookbook sales will go towards scholarships and a local food charity. More information about the cookbook can be found on the MDA web site, **www.eatwellmd.org**.

Questions about the Annual meeting...

Please contact: Kerry Strom at 702-277-4295 or stroms23@hotmail.com.



2008 ANNUAL MEETING Registration

Pre-Registration Deadline: March 28, 2008

YOU CAN REGISTER ONE OF TWO WAYS:

1. **MAIL** completed registration and payment to:

MDA
c/o BCS, Incorporated
8920 Stephens Road, Suite 200
Laurel, MD 20723

2. Use your credit card to pay **ON LINE**:

www.eatwellmd.org
Follow the links to the Annual Meeting.

NOTE: Pre-registration Deadline is March 28, 2008.

Registrations postmarked after March 28, 2008

and on-site registrations will incur a late fee of \$25.00.

After March 28, 2008, refunds are not given and On Line Registration is no longer available.

A fee of \$25.00 will be charged for any returned check.

To register by mail please complete section A, below, and sections B, C, and D on the back of this sheet and send with payment as directed above.

A. Payment Information:

Full Name: _____ ADA#: _____

NOTE: For **multiple registrations with the same credit card**, please fill out section A with credit card information and make copies and complete sections B, C, and D for each registrant.

Multiple registrations can not be completed on line. Thank you.

METHOD OF PAYMENT TO GUARANTEE REGISTRATION:

☐ Check made payable to: Maryland Dietetic Association, Check # _____

☐ Credit card : ☐ Master Charge ☐ Visa

Card # _____ - _____ - _____ - _____ Expiration Date _____

Name as it appears on the card (print): _____

Billing address of credit card: _____

City, State, Zip: _____

Phone number of cardholder: _____ - _____ - _____

Cardholder Signature: _____



B

B. Registrant Information:

Full Name: _____ ADA #: _____

Address: _____

City, State, Zip: _____

Day Phone: _____ Fax: _____

Email: _____

Name preferred for name tag: _____ Credentials: _____

Job Title (for name tag): _____

Employer (for name tag): _____

Any special needs: _____

C

C. Payment Amount

REGISTRATION STATUS	ADA Member	Non-ADA Member	Student*
Two Day Registration: April 10 & 11, 2008	<input type="checkbox"/> \$180***	<input type="checkbox"/> \$275***	<input type="checkbox"/> \$90
Thursday Only Registration: April 10, 2008	<input type="checkbox"/> \$110***	<input type="checkbox"/> \$160***	<input type="checkbox"/> \$50
Friday Only Registration: April 11, 2008	<input type="checkbox"/> \$110***	<input type="checkbox"/> \$160***	<input type="checkbox"/> \$50
Thursday Afternoon Member Reception and Presentation by Dr. Jo	<input type="checkbox"/> No Charge	<input type="checkbox"/> No Charge	<input type="checkbox"/> No Charge
On-Site & Late Fee (if post-marked after March 28, 2008)	\$25	\$25	\$10
TOTAL FEES	\$ _____	\$ _____	\$ _____
***Deduct ADAF Contribution (see below)	\$ _____	\$ _____	\$ _____
***Deduct MDA-PAC Contribution (see below)	\$ _____	\$ _____	\$ _____
TOTAL AMOUNT DUE	\$ _____	\$ _____	\$ _____

Please note: Facilities sending multiple staff may be eligible for a discount. Please call Karen Bellesky at 1-866-260-0412 ext. 1229 for details. *Students must submit a copy of their affiliate membership card. ***Registration for either one or two days includes voluntary contributions of \$5.00 to the American Dietetic Association Foundation (ADAF) and \$3.00 to the Maryland Dietetic Association Political Action Committee (MDA-PAC). Additional donations can be made to either or both of these groups. If you do not wish to contribute to the ADAF or MDA-PAC, please subtract the appropriate amount from the above total due.

D

D. Concurrent Session Preference

Please indicate your first, second, and third choice of breakout session so that we can determine room sizes needed for each speaker. Thank you.
Indicate Preference 1=first choice, 2=second choice, and 3=third choice

Thursday Morning Sessions <input type="checkbox"/> A) Treatment of Compulsive Eating & Health at Every Size Paradigm <input type="checkbox"/> B) What To Do When There's Too Much To Do <input type="checkbox"/> C) Does Vitamin D Affect Cancer Risk?	Friday Morning Sessions <input type="checkbox"/> A) Sports Nutrition: What Every RD Needs to Know about Fueling and Hydrating Active Individuals <input type="checkbox"/> B) HIV Update <input type="checkbox"/> C) Emergency Preparedness: Personal and Professional Roles
Thursday Afternoon Sessions <input type="checkbox"/> D) Entrepreneurial Opportunities in Publishing and Media <input type="checkbox"/> E) Pathophysiology and Treatment of Dyslipidemia and Atherosclerosis in Diabetes <input type="checkbox"/> F) A Garden of Delights — Nutrition, Physical Activity and Gardening	Friday Afternoon Sessions <input type="checkbox"/> D) Conceptual Leadership — Harness your Ideas, Focus your Vision, and Plan your Future <input type="checkbox"/> E) Genetic Lipoprotein Testing <input type="checkbox"/> F) The Ethics of Food: The Battle for American Hearts and Stomachs

2008 ANNUAL MEETING Speaker Information

Todd Brown, MD, PhD

*Asst. Professor of Medicine
Division of Endocrinology and Metabolism
Johns Hopkins University
Baltimore, MD*

Amy Carraher, RD, LDN

*Clinical Nutrition Manager
Morrison Management Specialists
Baltimore, MD*

Jennifer Cipra, MS, RD, LDN

*Clinical Dietitian
FutureCare Canton Harbor
Baltimore, MD*

Terry D. Etherton

*Distinguished Professor and Head of the
Department of Dairy and Animal Science
Penn State University
University Park, PA*

Virginia W. Hartmuller, PhD, RD, LD, CDE

*President of Hartmuller Health and Wellness
Ellicott City, MD*

Brian G. Henning, PhD

*Assistant Professor of Philosophy
Mount St. Mary's University
Emmitsburg, MD*

Deborah Kauffmann, RD, LDN

*Former Director of Nutrition Services at
The Center for Eating Disorders at St. Joseph Medical Center
Baltimore, MD*

Joe Krenitsky, MS, RD

*Nutrition Support Specialist
University of Virginia
Charlottesville, VA*

Mark Levin, CAE, CSP

*President
BAI Inc.
Columbia, MD*

Joanne "Dr. Jo" Lichten, PhD, RD

*Author, Speaker, Media Spokesperson
DrJo.com
Marietta, GA*

Jacqueline Marlette-Boras, RD, LDN, MHS

*President, Maryland Dietetic Association
BCS, Incorporated
Laurel, MD*

Rita Nixon Martin, RN, MSN

*Clinical Consultant
Berkeley HeartLab
Burlingame, CA*

Patrick McLeroth, MD

*Director of HIV Medicine and Research
Chase Brexton Health Service*

Laura A. McNally, MPH, RD, FADA

*Team Lead, State and Local Preparedness Initiatives
DHHS/Asst. Secretary for Preparedness and Response
Washington, DC*

Kristin Napora, RD

*Clinical Educator
Berkeley HeartLab, Inc.
Edgewater, NJ and Burlingame, CA*

Linda Paren, RD, LDN

*President-Elect, Maryland Dietetic Association
Baltimore, MD*

Michelle Rockwell, MS, RD, CSSD

*Consultant Specializing in Sports Nutrition
RK Team Nutrition*

Jeanne E. Sexson, BA, MA

*National Motivational Speaker
Sole Owner of je Sexson Enterprises
Leesburg, GA*

Kari Smith, BS, BA

*Assistant Director
Community Greeting Stewardship Program
Parks and People
Baltimore, MD*

Peggy K. Yen, RD, MPH, LDN

*Program Consultant
National Association of Chronic Disease Directors
Atlanta, GA*

Dave Zino

*Executive Director, Culinary Center
National Cattlemen's Beef Association
Chicago, IL*



**Directions to
UNIVERSITIES AT SHADY GROVE**
9630 Gudelsky Drive • Rockville, MD 20850
301-738-6023 • www.shadygrove.umd.edu

From Washington, D.C. and points south:

Take I-95/495 N. toward Baltimore/Silver Spring.
Merge onto I-495 toward Silver Spring and follow to I-270 N.
Take the MD-28 W. exit #6B towards DARNESTOWN.
Merge onto W. Montgomery Ave./MD-28 W.
Turn LEFT onto Darnestown Rd.
Turn LEFT onto ShadyGrove Rd.
Turn RIGHT onto Gudelsky Way.
Turn LEFT onto Gudelsky Dr.
Parking available in lots 1 and 2 on your left.

From Hagerstown/Frederick and points west:

Follow I-70 E. to I-270 S.
Take I-270 to Exit 8 Shady Grove Road West.
Go 1.5 miles, cross Route 28/Darnestown Road.
Turn Right onto Gudelsky Way.
Turn Left onto Gudelsky Drive.
Parking available in lots 1 and 2 on your left.

From Baltimore and points north:

Take I-95 S. toward Washington, D.C.
Take the I-495 W. exit toward US 1/College Park/Silver Spring
Merge onto the Capital Beltway (I-495) and proceed to I-270 N.
Follow bolded directions from above.

From Annapolis and other points east:

Follow US 50 W. to I-95 N/I-495 N. toward Baltimore/Silver Spring
Merge onto Capital Beltway (I-495) and proceed to I-270 N
Follow bolded directions from above

Parking is free of charge, available in lots 1 and 2.

HOTEL RESERVATIONS

*A block of rooms has been reserved for
April 9 and 10, 2008 at a special meeting
rate of \$159.00 + all applicable taxes,
per night, single or double occupancy at
The Crown Plaza or at a rate of \$119.00 +
applicable taxes, per night at the
Woodfin Suites. This rate will be
available until March 26, 2008.*

*To reserve a room, call the hotel directly at:
1-800-227-6963 for The Crown Plaza or
1-888-433-9407 for Woodfin Suites.*

*To receive the group rate, you must
identify yourself as a guest of the
Maryland Dietetic Association.*

** Since we do not have control over
USM Shady Grove Center's temperature
settings, some rooms may be cool.
Please bring a jacket or sweater.*



BCS, Incorporated
8920 Stephens Road, Suite 200
Laurel, MD 20723

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