



Annual Meeting 2015

Empower. Connect. Thrive.

Friday, April 24, 2015



Highlights

- Approved for 7.5 CPEs for RDs and DTRs.
- Continental Breakfast, Snacks, and Lunch included.
- Free Parking.
- Three Learning Tracks: Clinical, Communication and Public Health/Policy

Thank you to Sponsors of the 2015 Annual Meeting:



The Conference Center at the Maritime Institute • Linthicum Heights, Maryland

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| 7:00 a.m. - 4:30 p.m. | Exhibits (0.5 CEU available) and Posters (0.5 CEU available) | |
| 7:00 a.m.-8:00 a.m. | Registration and Continental Breakfast | |
| 8:00 a.m.-8:15 a.m. | Welcome and Board Recognition Sonal Patel, RD, LDN President, Maryland Academy of Nutrition and Dietetics | Room: Auditorium |
| 8:15 a.m.-8:45 a.m. | Annual Business Meeting Sonal Patel, RD, LDN | CPE: 0.5 Level: I |
| 8:45 a.m.-9:00 a.m. | ANDPAC Update Berit Christensen, RD, LDN; Delegate to AND | LNC: 7000 Room: Auditorium |
| 9:00 a.m.-10:00 a.m. | Keynote Speaker: Make the Connection: Utilize Communication Skills to Boost Your Career Melissa Dobbins, MS, RD, CDE <i>Registered Dietitians are uniquely qualified to dominate the nutrition conversation in forms of nutrition communications. Whether you are working with patients/clients or doing presentations/webinars, media interview, writing articles/blogs, networking or negotiating, superb communication skills can set you apart from the rest. Learn how to speak with one voice from the dietetics community while still letting your unique personality shine through. .</i> | CPE: 1.0 Level: II LNC: 1000, 1090 Room: Auditorium |
| 10:00 a.m.-10:30 a.m. | Breaks and Exhibits | |
| 10:30 a.m.-11:30 a.m. | CONCURRENT SESSIONS I | |
| | <u>Clinical Track:</u> The Power of Nutrition for Pressure Ulcer Prevention and Treatment: Featuring the New 2014 NPUAP/ EPUAP/PPPIA International Guidelines Becky Dorner, RDN, LD, FAND <i>This presentation will review the 2014 NPUAP/EPUAP/PPPIA Nutrition Guidelines for the prevention/treatment of pressure ulcers; providing the most current evidence based nutrition research available, including tools for nutrition screening/assessment, and practical suggestions for the most effective nutrition interventions for pressure ulcer prevention and treatment in this population.</i> | CPE: 1.0 Level: II LNC: 5000, 5380 Room: Auditorium |
| | <u>Communication Track:</u> Speak UP! Enhancing Professional Communication Skills Jamie Stamey, MS, RD, LDN <i>Optimizing our communication skills is essential for our success.</i> | CPE: 1.0 Level: II LNC: 1000, 1130 Room: A300 |
| | <u>Public Health/Policy Track:</u> Eat Right, Live Well! A Supermarket Intervention to Increase Healthy Food Purchases Sheryl Hoehner, MS, RD, LD and Anne Palmer, MA <i>Come hear about how a concerned grocery store owner collaborated with researchers from Johns Hopkins Center for Livable Future to change his customers' purchases to healthier choices.</i> | CPE: 1.0 Level: II LNC: 4000, 4010, 4020 Room: Bridgeroom |
| 11:45 a.m.-12:45 p.m. | CONCURRENT SESSIONS II | |
| | <u>Clinical Track:</u> Aspects of Physical Assessment in Adult Malnutrition Robert DeChicco, MS, RD, LD, CNSC <i>Incorporate findings from a nutrition-focused physical assessment along with evidence obtained from other sources to diagnose the etiology and degree of malnutrition in adult hospitalized patients using the Academy/ASPEN recommendations.</i> | CPE: 1.0 Level: II LNC: 5000, 3000, 3030 Room: Auditorium |

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| 11:45 a.m.-12:45 p.m. | CONCURRENT SESSIONS II (continued) | |
| | Communication Track: The OOH! Factor – Making Your Messages Memorable and Meaningful Melissa Dobbins, MS, RD, CDE <i>Learn insider tips for on-camera skills and participate in a hands-on messaging activity that can also be utilized for presentations, articles and blogs.</i> | CPE: 1.0 Level: II LNC: 1000, 1090 Room: A300 |
| | Public Health/Policy Track: Changing the Way We Look at Agriculture Abigail Copenhaver, RDN, CDN <i>Describing the current state of US farming and identifying innovative advances in agriculture globally.</i> | CPE: 1.0, Level: I LNC: 8018 Room: Bridgeroom |
| 12:45 p.m.-1:45 p.m. | LUNCH | |
| 1:45 p.m.-2:45 p.m. | CONCURRENT SESSIONS III | |
| | Clinical Track: Food Sensitivities and Inflammation - Understanding the Connection and Empowering Patients to Heal from the Inside Out Erin Peisach, RDN, CLT <i>Learn about adverse food reactions and how they impact the inflammatory response and patient symptomatology.</i> | CPE: 1.0 Level: II LNC: 5000, 5110 Room: Auditorium |
| | Communication Track: Positive Attitude: The Key to Peak Performance Wolf Rinke, PhD, RDN, CSP <i>This highly motivational and entertaining presentation based in part on Dr. Rinke's popular book: "Make It a Winning Life: Success Strategies for Life, Love and Business," combines storytelling, humor, and motivation with specific action strategies that you can apply immediately to improve the quality of your personal and professional life.</i> | CPE: 1.0 Level: I LNC: 1000, 1120 Room: A300 |
| | Public Health/Policy Track: The Art of Self-Defense: Tracking and Reporting Violators Who Threaten Your Profession Mark Rifkin, MS, RD, LDN <i>This presentation will a) discuss the rationale, b) describe the legal structure, and c) review practical applications to find and properly report unlicensed violators.</i> | CPE: 1.0 Level: II LNC: 1080 Room: Bridgeroom |
| 2:45p.m.-3:15 p.m. | Breaks and Exhibits | |
| 3:15 p.m.-4:15 p.m. | Inspirational Leadership: Create a Dramatic Impact in Areas that are Important for Success and Fulfillment in Your Life and Career Becky Dorner, RDN, LD, FAND <i>This presentation will help you learn to lead, inspire, and empower people to take action to achieve common goals.</i> | CPE: 1.0 Level: II LNC: 1000, 1070 Room: Auditorium |
| 4:15 p.m.-4:30 p.m. | Awards and Prizes for Poster Sessions Dr. Meena Somanchi, LDN, Education & Research Division Chair, Maryland Academy of Nutrition and Dietetics | Room: Auditorium |
| 4:30 p.m.-4:35 p.m. | Raffle Drawing | Room: Auditorium |
| 4:35 p.m.-4:45 p.m. | | |
| 4:45 p.m.-6:15 p.m. | MAND Awards and Evening Reception Calorie Awareness Without Sacrificing Taste and Health Catherine Jones and Elaine Trujillo, MS, RDN <i>Looking for delicious food that keeps you in your ideal calorie range? Award-winning chef and nutritionist authors team up for a cooking demo to show you how to create simple meals with big flavor, plus tips on increasing your calorie awareness and ways to find energy balance</i> | CPE: 1.0 Level: I LNC: 8000, 8060 |

2015 ANNUAL MEETING REGISTRATION

You can register one of two ways:

- Mail completed registration and payment to:
Maryland Academy of Nutrition and Dietetics
P.O. Box 212, Severna Park, MD 21146
- Use your credit card to pay online:
www.eatwellmd.org
Follow the links to the Annual Meeting.

To register by mail, please complete sections A, B, and C and send with payment as directed above.

NOTE:

- Early bird registration deadline is March 27, 2015. Registrations postmarked or entered online after March 27 will be charged the regular registration rate. On-site registrations will incur a late fee of \$30.00.
- After April 10, 2015, refunds are not given
- Online registration ends April 10, 2015.
- No mail-in registrations postmarked after April 10 will be accepted; you must register on-site.
- A fee of \$30.00 will be charged for any returned check.
- As a courtesy to other attendees, MAND graciously asks that no children be present at conference sessions.

A. PAYMENT INFORMATION

Full Name: _____ AND #: _____

NOTE: For multiple registrations with the same payment, please fill out section A only one time and submit with a completed section B and C *for each registrant*.

METHOD OF PAYMENT TO GUARANTEE REGISTRATION:

_____ Check made payable to Maryland Academy of Nutrition and Dietetics. Check # _____

_____ Credit card: _____ Master Card _____ Visa _____ American Express

Card # _____ Exp. Date _____

Amount on Credit Card: \$ _____

Name as it appears on the credit card (PRINT) _____

Billing Address of credit card: _____

City/State/Zip: _____

Phone Number of cardholder: _____

E-mail address: _____

B. REGISTRANT INFORMATION

Full Name: _____ ADA#: _____

Address: _____

City, State, Zip: _____

Day Phone: _____ Fax: _____

Email: _____

Credentials: _____

Job Title (for name tag): _____

Employer (for name tag): _____

Any special needs: _____

C. PAYMENT INFORMATION

| REGISTRATION STATUS | MAND MEMBER | NON-MAND MEMBER | STUDENT* OR RETIRED A.N.D . STATUS |
|---|---------------------------------|---------------------------------|--|
| Early Bird Registration (Before 3/28/15) | <input type="radio"/> \$135 | <input type="radio"/> \$155 | <input type="radio"/> \$50 |
| Registration (3/28/15 - 4/10/15) | <input type="radio"/> \$155 | <input type="radio"/> \$175 | <input type="radio"/> \$50 |
| Afternoon Member Reception | <input type="radio"/> No Charge | <input type="radio"/> No Charge | <input type="radio"/> No Charge |
| TOTAL FEES | \$ _____ | \$ _____ | \$ _____ |
| ADAF Contribution | <input type="radio"/> \$5 | <input type="radio"/> \$5 | <input type="radio"/> \$5 |
| MDA-PAC Contribution | <input type="radio"/> \$3 | <input type="radio"/> \$3 | <input type="radio"/> \$3 |
| TOTAL AMOUNT DUE (Registration + Contributions) | \$ _____ | \$ _____ | \$ _____ |

*Students must submit a copy of their affiliate membership card.



HOTEL RESERVATIONS

A block of rooms has been reserved at the rate of \$139/night at **The Conference Center at the Maritime Institute**, 692 Maritime Boulevard, Linthicum Heights, MD. **To reserve a room, please call 410/859-5700 and ask for Reservations with the Maryland Academy of Nutrition and Dietetics.**

DIRECTIONS TO THE CONFERENCE CENTER AT THE MARITIME INSTITUTE

692 Maritime Boulevard, Linthicum Heights, MD 21090

866/629-3196

www.ccmmit.org

From Baltimore and points North:

Take 695 (Baltimore Beltway) South toward Glen Burnie

Use Exit #7 – MD-295 (Baltimore/Washington Parkway)

Go South on MD-295

Exit at West Nursery Road (the first exit south of 695)

Turn left off of the exit

Turn left at International Boulevard (3rd light)

Turn left onto Aero Drive (first street)

Proceed 2 blocks and enter through the gate onto the property

Follow signs for Parking Lot A OR Parking Lot D.

The conference entrance is in Building #4

From Washington DC and points South via I-95:

Take I-95 North to 195

Take 195 East to MD-295 (Baltimore/Washington Parkway)

Take 295 North

Exit at West Nursery Road (just after BWI exit)

Bear right at the end of the ramp onto West Nursery Road

Turn left onto International Drive (the first accessible light)

Turn left onto Aero Drive (first street)

Proceed 2 blocks and enter through the gate onto the property

Follow signs for Parking Lot A OR Parking Lot D.

The conference entrance is in Building #4

Parking in lots A and D is free of charge.

For more information regarding directions to The Conference Center at the Maritime Institute, please see <http://www.ccmmit.org/t-directions.aspx>.

Learning Tracks!

Once again, we are pleased to offer three learning tracks this year: **Clinical Nutrition, Communication, and Public Health/Policy**. We hope this allows you to better achieve your learning needs goals!

MAND POSTER AWARD OF EXCELLENCE

The MAND Poster Award of Excellence recognizes quality poster sessions at the MAND Annual Meeting. All abstracts submitted by March 31, 2015 will be considered for the award. The winners will be determined and announced during the MAND Annual Meeting. In addition, the award will be highlighted on the MAND website and in the *Chesapeake Lines*.

The first place winner will receive \$100 and the first runner-up will be awarded \$50.

For more information, go to <http://www.eatwellmd.org> or contact Dr. Meena Somanchi, drsomanchimda@gmail.com



Paper copies of presentations will not be provided. Presentations will be available on our website, www.eatwellmd.org by April 20, 2015. Please bring copies of desired presentations to the meeting. Thank you for helping MAND be GREEN!

