

eat
right. an affiliate of the
American Dietetic Association

Contents

PRESIDENT'S MESSAGE

VDA Members Explore the Dairy Industry

VDA Fall Fundraiser at Boyden Valley Winery, Cambridge, Vt.

What exactly is the Vermont Blueprint for Health??

Member Spotlight-Diane Imrie

VDA Awards-Nominate a colleague or yourself!!!

FACEBOOK-become a VDA friend

Job Opportunities: Consulting Dietitian



**NEXT VDA MEETING
JOIN US
Tuesday January 12th, 5:30 PM,
Burlington, TBA**

Presidents Message

Dear VDA Members,

It has been a very busy fall for VDA and I would like to thank all the board members and others who have so generously volunteered their time to make things happen. We had our first ever fundraiser at Boyden Valley Winery and it was a successful, lovely event. Thank you Lara! I would also like to thank Jill Goodroe and the New England Dairy Council for organizing the day long dairy farm and Cabot cheese plant tour earlier this fall, please read about it in the pages that follow.

Please check out the improvements on our website and be sure to visit and friend the new VDA Facebook page. We've posted lots of photos from the Hike for Hunger and the dairy tour and photos from the Boyden Valley fundraiser will be up shortly.

As you know, healthcare reform legislation seems imminent and VDA is doing what we can to best understand how it will impact our profession. We applied for a strategic planning grant from ADA so that we can be sure to respond appropriately to any changes. In addition, a subgroup of members are meeting to discuss and understand the role of the RD in the medical home model of Vermont's Blueprint for Health which has gained national recognition as a model delivery system for healthcare. Please contact Sylvia Gaboriault if you would like to join that group and participate in the discussions.

The Vermont Dietitians working for healthy food and health communities group has been very active in setting up volunteer opportunities. Please look for the eblasts in the next few days for volunteer opportunities. We will also send out an eblast about the USDA webinars on food security. According to Vermont's Campaign to End Childhood Hunger, hunger is escalating in Vermont faster than in most other states and these webinars are an opportunity to listen, provide testimony, and/or share written comments on improving access and nutrition quality in programs such as 3SquaresVT, school meals, childcare meals, and summer feeding sites. We hope you can participate.

I wish you all a wonderful holiday season with your families! Please contact me if you have any suggestions or ideas about VDA. Also, members are always welcome to attend board meeting, our next one will be on January 12th, see our website for details.

Best Wishes!

Sylvia Geiger

VDA President

VDA Members Explore the Dairy Industry

On Friday, September 25th, six VDA members had the opportunity through support and organization from New England Dairy & Food Council to tour the Blue Spruce Farm, a farm that is family owned and operated by the Audet family in Bridport, VT. The farm produces approximately 24 million pounds of milk a year and produces millions of kilowatt hours in the Cow Power program, the first cow manure-to-energy renewable choice program in VT.

Participants toured various parts of the farm and were provided with facts about the milking process, dairy cow nutrition, animal care, quality safety assurance, and sustainability efforts the farm is doing through their methane digester. Members were also fortunate to be on the scene to excitingly watch a calf being birthed!

After the farm tour, a lunch was enjoyed at Fire & Ice Restaurant in Middlebury. Thereafter, participants were transported to the nearby Cabot Cheese processing plant where they were given an hour tour that included above and beyond cheesemaking 101. Members were presented with a background and overview of the plant and were lead through process of cheesemaking from local raw milk to aged cheddar. In addition, participants observed machinery, safety and security procedures, and quality assurance in the cheese plant. We also all had the pleasure of sampling Cabot's award winning cheddar cheese and whey protein products throughout the tour.

Overall, the farm and cheese processing plant tours helped VDA members enhance their knowledge of the dairy industry, particularly understanding and appreciation of dairy farm operations and how on-farm quality control management practices maximize quality food production.

We all had fun and hope more members will participate if this opportunity arises again!



*VDA members at Blue Spruce Farm:
From left to right (Carolyn Malcoon, Eating Well Magazine,
Sylvia Geiger, Kay Tran, Marie Audet, Desiree de Waal,
Joanne Heidkamp, Deana Novembrino, Kathy Clark)*



Vermont Dietetic Association Fall Fundraiser

A Special Afternoon at Boyden Valley Winery
Cambridge, VT
October 23, 2009 4:00-7:00 PM

Our goal was to sell 40 tickets, and we sold 34! Our new VDA German friend, Chris, led the Winery Tour. After the tour we migrated upstairs to enjoy cheese plates and some wine tasting before selecting a glass. Raffle tickets were sold and folks had a chance to win a wine gift basket, a 1 lb bag of coffee from Capitol Grounds, a Smugger's Notch bash Badge, or a \$50.00 Gift Certificate to Fridas in Stowe, Vt. VDA members, family, and friends mingled and chatted, and enjoyed more wine throughout the afternoon. Sylvia Geiger spoke about VDA Strategic initiatives and the vision for VDA going forward. She also generously gave all attendees a green "VDA" t-shirt. A merry time was had by all.

Special thanks to Lara Borders for organizing the outing. Nice job Lara!!!!



Smart choices. Powerful tools.

The State of Vermont, under the leadership of its Governor, Legislature and the bi-partisan Health Care Reform Commission, has established a visionary program called the Blueprint for Health. The Blueprint is guiding a comprehensive and statewide process of transformation designed to reduce the health and economic impact of the most common chronic conditions and focus on their prevention. The state's strong commitment is demonstrated in 2006 statutory codification of the Blueprint as the state's plan for changing health care delivery. Further legislation in 2007 outlined its integration and in 2008 strengthened the involvement of private insurance carriers. The annual state budget supports the healthcare transformation process, along with expanded use of health information technology and development of a statewide health information exchange network.

The Blueprint is helping primary care providers operate their practices as patient-centered medical homes, offering well-coordinated care supported by local multidisciplinary teams, expanded use of health information technology, assisting the development of a statewide health information exchange network, and financial reform that sustains these processes and aligns fiscal incentives with healthcare goals. This high level of care incorporates strategies to enhance self management and is closely integrated with community-wide prevention efforts. It is based on a model that is designed to be financially sustainable, scalable, and replicable.

During the last 3 years, 6 Blueprint communities have implemented improved health care and prevention through: provider training and incentives, expanded use of information technology, evidence based process improvement through Clinical Microsystems training, self management workshops (statewide), and support for community activation and prevention programs (statewide). In 2009, expansion statewide is expected for all elements of the Blueprint listed above including the addition of care coordination, the infrastructure and resources that establish readiness to operate as an Integrated Health System.

Starting in 2008, 2 of the Blueprint communities implemented more comprehensive reform as part of the Blueprint Integrated Health Systems Pilot Program. An additional community from the original 6 Blueprint communities will be selected as an integrated pilot in 2009. Practices participating in the integrated pilots are provided with the care coordination infrastructure and financial incentives to operate a patient centered medical home (PCMH). The pilot practices are provided with enhanced payment through Vermont's private insurers and Medicaid based on meeting nationally recognized quality standards and integration of a local Community Care Teams (CCT) into clinical practice. This Blueprint- initiated payment reform ensures the program's sustainability.

A CCT is a multidisciplinary care coordination group that partners with primary care offices, the hospital, and existing health and social service organizations to create, monitor, and evaluate a holistic community care coordination system in their service area. The CCT is flexible in terms of staffing, design, scheduling and site of operation, resulting in a cost-effective, core community resource intended to minimize barriers and provide the individualized support that patients need to support them in their efforts to live as fully and productively as they can. In addition to direct patient care staff, CCTs include public health prevention specialists (local Vermont Department of Health employees) who provide the crucial link between public health and health care delivery personnel and programs.

These pilots represent an important step in Vermont's healthcare reform efforts and are intended to result in financially sustainable, high quality, evidence based healthcare and prevention across a community.



Member Spotlight
Director of Nutrition and Food Service at
Fletcher Allen Health Care
Diane Imrie

1. Tell us about yourself, your past and present jobs, how long you have been an RD and what you find to be the most interesting part of your job.

I grew up outside of Montreal, and went to McGill University where I received a Bachelor's degree in Dietetics, and I became a Professional Dietitian (the Canadian equivalent to an RD). I worked as a production manager in a long-term care facility for several years, then moved to Vermont to work at Fletcher Allen. I have always come to Vermont to stay at our camp in St Albans, and dreamed of living here. In 1977, after working a couple of years at FAHC, I became Director of Nutrition and have been in that position ever since. I think that there are many interesting parts to this my job. One of the challenges that I enjoy most is the ability to propose and then implement large quality improvement projects, like room service, the new Harvest Café, and our food sustainability program. Our department gets a lot of support for our work, and I have a great team to work with which makes my job fun.

2. How did you get into this field?

I have always been interested in food, and learned very young how to cook for myself. I think I was the youngest person in high school to buy my own barbeque!

3. Aside from your professional career, what else would you like VDA members to know about you?

I have a serious interest in sustainable food, and the result of that is a cookbook that I co-authored, titled *Cooking Close to Home; A Year of Seasonal Foods*. It was a very rewarding project, as we learned along the way how to do food styling, work with a designer, and finally self-publish the book. What an adventure! In addition to my interest in food, I love to cycle and cross country ski, and try to compete in a race or two every year. I also love to garden, and have started a community garden in my neighborhood. And I can't forget to spend time with my husband, Mike and my Labrador, Maximus!!

Become a FACEBOOK friend.



You are invited to become a member of VDA's Facebook page. Stay connected with other VDA members. View photos of past events and find out more information about what is coming in the future. If you are new to Facebook, do not worry. Creating an account is quick, easy, and free.

To Create a Facebook account:

1. Visit www.facebook.com
2. Create an individual Facebook profile for yourself

Minimal information is required and you can choose settings that only allow people you select to see your information. It's worth it.

Then ask to join our new group "Vermont Dietetic Association"

We would like to acknowledge Deana Novembrino and Joe Frost for their assistance in setting up this Facebook page.

Desiree de Waal
Website Administrator

VDA AWARDS

VDA Awards—Nominating Form

Nominate a member today and be entered in a drawing to win a \$25.00 Hannaford Gift Card.

The Vermont Dietetics Association sponsors a number of awards for outstanding dietetics professionals. Each year, VDA asks members to nominate individuals you feel deserve these awards. Nominate a co-worker, friend, colleague, or even yourself!

Nominate as many people as you like. Please use one form for each nomination. On the back of this form or in the body of your email, let us know why this nominee deserves this award.

Help to recognize the great talent among us!

For eligibility information on particular awards, please see the Awards section of the VDA website (<http://www.eatrightvt.org/>)

I nominate _____ for the following award (please check):

Recognized Young Dietitian of the Year Award (RYDY)

Recognized Dietetic Technician of the Year Award (RDTY)

Emerging Dietetic Leader Award

Outstanding Dietetics Student Award

Outstanding Dietetics Educator Award

The Vermont Pyramid Award

The Outstanding Dietitian of the Year Award

Optional information:

Your name: _____

Mailing address: _____

Telephone: _____

e-mail: _____

Please return completed form to:

CPI Chair

Amy Malinowski, RD

Vermont Dept. of Health

PO Box 70

Burlington, VT 05402

Email: amalinowski@vdh.state.vt.us

Job Opportunities

Consulting Dietitian

Company: Simplified Software Design

Website: <http://www.ssdllc.com>

Location: Palm Harbor, FL

Job Location: N/A

Respond to: sbennett@ssdllc.com or rreed.ssdllc@gate.net

Job Description:

The successful candidate will act as an ongoing technical consultant to our software development staff. Responsibilities will include professional expertise in ongoing design and enhancement of our application. Our product (installed in over 400 facilities) is a web-based, integrated dietary management software application, integrated with menu development & management, kitchen ordering and inventory control. Physical location of the candidate is not important, however some travel, particularly to Florida is anticipated.

Requirements:

Registered Dietitian with 10 years experience as a corporate level or consulting dietitian. i.e. experience in the direction/management of dietary menus and policies for multiple facilities, either on staff or as a consultant.

Experience in SNF and ALF organizations.

Experience working with IT technical personnel, i.e. experience in setting clear user requirements for systems & providing feedback to senior technical staff regarding fulfillment (or lack thereof) of those requirements.

Excellent customer relations skills in dealing with facility dietary staffs.

Need CPEU's.

Check VDA's Continuing Education Opportunities section on the VDA website (www.eatrightvt.org). This is continually kept updated.

There are some free education credits available plus some for a very reasonable price. There should be something of interest for everyone.

VDA Website Continuing Education Opportunities link:

http://www.eatrightvt.org/vda.cfm?page=continueing_education_opportunities