

| Meeting: January 2021 | | Recorded By: Coral Clarke | |
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| Date: 1/17/21 | Time: 11:00 AM | Location: Virtual | Next meeting date: February 28, 2021 |
| Present: Elizabeth Hartz, Coral Clarke, Sarah Ray, Maria Aguero de Manunta, Sarah Martin, Trisha Shea, Jamie Vallone, Amy Julicher, Katie Brown, Noelle DeSantis Jason Stewart, Casey Sullivan, Heidi Charland, Val Robies | | Absent: Jennifer Everdyke, Pam Beamer | Excused: Allyson Odachowski, Jenna Guadagna, |
| AGENDA ITEM | DISCUSSION (concise summary) | | ACTION/NEXT STEPS |
| Call to Order | 11:09 AM | | |
| Roll Call/Quorum | Quorum met | | |
| Approval of Minutes | Via email: 12-22-2020 Motion- Sarah Ray Second- Elizabeth Hartz Approved unanimously | | |
| Other Votes | Combine Treasurer and Secretary positions until next election <ul style="list-style-type: none"> • Via email 12-30-2020 • Motion- Elizabeth Hartz • Second- Jamie Vallone • Yea Votes: Elizabeth Hartz, Sarah Ray, Jamie Vallone, Sarah Martin • Abstain: Coral Clarke Appoint Reimbursement Co-Chair Melinda Yoder <ul style="list-style-type: none"> • In-person (virtual) 1-17-2021 • Motion- Elizabeth Hartz • Second- Coral Clarke • Approved unanimously | | |
| President's Report and Agenda Items (Liz) | Annual Meeting <ul style="list-style-type: none"> • Did not book venue but is optimistic for an outdoor event Open Positions on BOD | | |

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| | <ul style="list-style-type: none"> • Major positions remain unfilled • no President-Elect to fill President position <p>National Nutrition Month coming up</p> <ul style="list-style-type: none"> • Will have another merchandise sale • Two logo options <p>Possible Position Mergers</p> <ul style="list-style-type: none"> • Secretary/Treasurer; Treasurer/Membership; PR/Media Rep; Membership/Website • Will continue to discuss and organize <p>Awards</p> <ul style="list-style-type: none"> • Only two award nominations received | |
| Immediate Past President (Liz) | No report | |
| President-Elect (vacant) | No report | |
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| Interim Treasurer (Coral) | <p>Transfer of Position</p> <ul style="list-style-type: none"> • Citizens Bank account access completed • Citizens Bank account name changed to WNYAND Inc • Physical documents received and examined • Digital file examination in progress • No budget update due to need for more information <p>Questions brought up in transfer process:</p> <ul style="list-style-type: none"> • Where else does name change need to be filed? • Where does address need to be changed? <ul style="list-style-type: none"> ◦ Can all addresses be changed to PO box? ◦ Where is a person's address used? • Is there/can there be a Treasurer email address (i.e. treasurer@eatrightwny.org) rather than having to change everything with each new Treasurer? <ul style="list-style-type: none"> ◦ Ditto for other positions • Should WNYAND merge with another district? <ul style="list-style-type: none"> ◦ District mergers have been in discussion statewide for 1+ years ◦ Liz will bring up again at next week's meeting | Let Treasurer know of any documents, accounts, etc. you receive or have access to with the old name or address |
| Secretary (Coral) | <p>Historical Document Scanning</p> <ul style="list-style-type: none"> • Almost complete • Can historical documents be put on website? <p>Bylaws and Policy/Procedure Manual</p> <ul style="list-style-type: none"> • Updated with new name • Formatting changes | |

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| | <ul style="list-style-type: none"> • Will distribute for review after position combinations are discussed <p>Google Drive</p> <ul style="list-style-type: none"> • Each BOD member should have own log-in rather than all using the same one • Can identify who made changes • Access determined by position to limit accidental change/deletion of files • Accounts set up by position rather than individual (i.e. Treasurer, President, etc. See WNYAND email request!) | |
| Professional Issues (Sarah/Maria) | <p>Diversity Forum Event</p> <ul style="list-style-type: none"> • February 25th • Dr Dorie Marshall speaker • How they incorporated more diversity in the school of medicine and how RDs can do the same • Interactive event; breakout rooms on Zoom • Email blast to members this week • Postponed from November due to lack of registration | |
| Public Relations (vacant) | No report | |
| Public Policy (Sarah M) | <p>Developed a video tutorial of state's public policy website</p> <ul style="list-style-type: none"> • Asked to put on hold by NY until new legislative session started • Will put into place now <p>Funding was renewed for SNAP and other nutrition programs</p> | |
| Reimbursement (Noelle) | <p>Brought on Melinda Yoder as potential Reimbursement Co-chair</p> <ul style="list-style-type: none"> • Vote held and appointment approved <p>NYSAND is holding weekly lunch hour videos in January</p> <ul style="list-style-type: none"> • First one is reimbursement related <p>Telehealth extended to April 21 2021</p> <ul style="list-style-type: none"> • Will put together an email for membership • AND working closely with CMS pushing for continued coverage post-covid • Governor is pushing for continued telehealth coverage (didn't mention RDs) <p>IHA sent a letter with rate reductions</p> <ul style="list-style-type: none"> • May be related to medicare • AND and NYSAND are aware and will be writing to IHA regarding the issue <p>NPI Information</p> <ul style="list-style-type: none"> • Most practitioners are not aware of what an NPI is | |

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| | <ul style="list-style-type: none"> Produced a powerpoint and will be sharing with other district reps <p>BCBS has closed credentialing for RDs in other areas</p> <ul style="list-style-type: none"> Still open in WNY | |
| Membership (Allyson) | <p>Via Google Drive</p> <p>Membership remains unchanged from the last meeting</p> | |
| Nominating (Jamie/Amy) | <p>Limited response to attempts to recruit volunteers</p> <ul style="list-style-type: none"> Backup plan needed if President position not filled | Let nominating know if you know anyone who might be interested |
| Career Guidance (Katie) | <p>Two schools contacted her (out of over 100 contacted)</p> <ul style="list-style-type: none"> Plans to reach out again towards the end of the school year | |
| Media Rep (Jenna) | <p>Via Google Drive</p> <ul style="list-style-type: none"> Segment in The Buffalo News for the new year See image below Gave editor the WNYAND website but they used the eatright website Sent Allyson an email about membership spotlight email blast for the social media pages. | |
| Website (Allyson) | <p>Notified members via email about this meeting in email about meeting minutes having been put on website</p> | |
| Delegate (Jennifer) | <p>No report</p> | |
| Additional | <p>CFSA event will be virtual</p> <p>No student updates</p> | |
| | | |
| Adjournment | <p>12:01 PM</p> | |



Photos by Derek Gee/Buffalo News

Jenna Guadagna, registered dietitian, certified dietitian and nutritionist, and media representative for the New York State Academy of Nutrition and Dietetics in the WNY region, prepares a healthy chicken burrito bowl Dec. 23.

REFRESH SATURDAY, JANUARY 2, 21

Eat healthier

Jenna Guadagna, registered dietitian and certified dietitian-nutritionist

Variety matters: Change up lean animal, plant and seafood proteins throughout the week to establish a diet rich in vitamins and nutrients, Guadagna said. "For example, Monday may be meatless, Tuesday may be beef, Wednesday and Saturday may be seafood, Thursday and Sunday may be poultry and Friday may be pork," she said. "If you love Brussels sprouts but only boil them, try shredding and roasting them in the oven for a different texture and flavor."

Make a colorful plate: Filled with fruits, vegetables, healthy fats and grains for meals and snacks. "For example, topping oatmeal with berries, adding guacamole and salsa to tacos, pairing apples with cottage cheese, and planning asparagus next to salmon," said Guadagna, regional media representative for the New York State Academy of Nutrition and Dietetics.

Try a slow cooker: Make oatmeal overnight for breakfast, soup for lunch and a variety of unprocessed dishes for even the heartiest of eaters. A favorite for Guadagna is salsa chicken for a burrito bowl. Place 1 pound of chicken and 2 cups of salsa into the slow cooker and heat for four to six hours. "I recommend your favorite cooking oilless

quarter cup of any kind of beans and your favorite vegetable. Top with guacamole and either extra salsa or diced tomatoes.

Practice food safety: Wash your hands, and wipe down food-prep areas, before and after you cook. Store produce and raw animal proteins separately and if possible use different cutting boards for different food groups. "Have a food thermometer handy in the kitchen to make sure your foods are cooked and held at safe temperatures," Guadagna said.

Consult a pro: A changing landscape of nutrition information poses challenges for all. Health conditions and other personal differences can further complicate matters. "If you needed guidance for your skin, you would go to a dermatologist," Guadagna said. "If you needed guidance for your heart, you would go to a cardiologist. If you need guidance for your nutrition, go to a registered dietitian."

Helpful resources: Find a dietitian at eatrightwny.org/find-an-rd or ask your primary care doctor or health insurer. Eatright.org provides healthy recipes, including with slow cookers. Choosemyplate.gov can help with eating and food safety tips.

Move more

Steve Procknal, yoga and workplace wellness instructor

Procknal is a former Division 1 athlete, ultra-marathoner and triathlete who has spent

Gallery year-round on Wednesday mornings for cardiovascular and strength-training exercise.

Limited access to gyms is hardly an excuse for those with resolve to move more during 2021. He recommends more walking.

"It gets me outside, boosts my creativity and enhances my mood," Procknal said.

Become a tourist in your community: "You can see more by slowing things down on foot," he said. "Look up, Look down. Fall in love with your city or town." The Elmwood Village, East Aurora, Niagara Gorge, downtown Buffalo, Williamsville and North Buffalo are among his favorite stomping grounds – any time of year.

Drop the numbers: Procknal has stopped religiously measuring each fitness step. "This eliminates pass or fail workouts and an all-or-nothing mentality," he said. "Just get outside and walk; 5 minutes, 10 minutes, 30 minutes or more, it all counts."

Try a weight vest: Add 10 or more pounds to make your walk more challenging.

Snap photos: Then send them to a friend. "Tell them about what you learned," Procknal said. "It may inspire them to get outside."

Find nearby nature trails: There is a bounty in Western New York.

Procknal also recommended cross-training your body and mind by choosing a new form of exercise early in the new year and combining it with "stamps"