Summer is officially here! While this is typically a time many of us enjoy picnics, parties, family vacations and a variety of events, it is likely that your summer and fall will look very different this year. This includes many of the CPEU and networking events planned by our organization including AME, the Advocacy Summit and FNCE. Thanks to the hard work and dedication of volunteers at the district, state and national level many of these events will still be made available virtually. (See Page 3 for more details). Many free CPEU opportunities are also being made available, links to several of these offerings can be found in this months newsletter.

During these unprecedented times it is imperative that we join together as a community now more than ever. If you would like to join our board and help make a positive impact in our community now is the time (see Page 4 for current available positions). This is a pivotal time for our organization as we revise our strategic plan for the next few years. A lot of work/discussion has been held over the past several weeks regarding diversity and inclusion. See page 5 for more information including a link to the latest message from the Academy President.

As the COVID-19 pandemic continues to impact our community, the Academy is regularly updating the Professional Resources hub. Check out Page 6 for links to the latest information.

I hope you enjoy this months newsletter. Stay well.

Jennifer

Jennifer Simpson, MS, RD, LDN
PitAND President, 2020-2021
Pennsylvania Extends License Renewal Deadline for Dietitian-Nutritionists

Given the ongoing impact of COVID-19, the PA Department of State, with approval from the governor, has extend biennial license renewal deadlines for Dietitian-Nutritionists, Pharmacists and Chiropractors. Deadlines falling between September 1, 2020, through and including October 1, 2020, have been extended for 90 days. Therefore, the previous renewal deadline of 9/30/20 for Dietitian-Nutritionists has been extended per the following PA Department of Health renewal extension waiver.

Extended PA License Renewal Deadline for Dietitian–Nutritionists:

December 29, 2020

Extending these deadlines will ensure that anyone who forgets or is unable to renew their license will not have it expire as a result. While the Department encourages licensees to renew on time if possible, this waiver ensures that if they miss the deadline, their licenses will remain valid. This waiver provides an extra 90 days to renew as well as to secure any remaining continuing education hours that may be needed for renewal.
The Pennsylvania Annual Meeting and Exhibition (AME) is now available virtually, offering the same exceptional learning experience while promoting safety and wellbeing! This opportunity offers you 8 hours of continuing education and a flexible format that you can complete at your own pace. The cost of the program is $69.99 and offers access until May 2021. The program was designed to help you grow your knowledge and passion for our profession. The program includes the following sessions:

Protecting Your Licensure  
Helping Wade through a Fad Crazed World  
Is Private Practice Right For You  
Thinking Globally, Acting Locally: A Recipe for Sustainable Nutrition  
The Low FODMAP for IBS from Evidence to Implementation  
Personalized Nutrition Based on the Gut Microbiome  
The Future of Dietetics is Now

Registration and additional information can be found accessed through the following link:  
AME Registration and Info

The Academy's Board of Directors announced that the 2020 FNCE, scheduled for October 17 to 20 in Indianapolis, Ind., will transition to a virtual event experience, to be held on the same dates. In the coming weeks, visit eatrightFNCE.org for Virtual FNCE 2020 updates.
We are looking to fill the following positions for the 2020-2021 membership year.

- Webmaster
- Mentoring Co-Chair
- Student Liaisons
  - University of Pittsburgh
  - Indiana University of Pennsylvania
  - Seton Hill University

Contact Jen at jen230sim@gmail.com for more information.
The Pittsburgh Academy of Nutrition and Dietetics acknowledges that nutrition is a social justice issue, one that goes far beyond individual virtue or choice. Systemic racism & racial inequalities are prevailing health disparities in our country.

We stand with our Black members & the Black community.

#BlackLivesMatter

CLICK HERE to read the latest Diversity and Inclusion update from Academy President Linda T. Farr, RDN, CSOWM, LD, FAND.
As the impact of COVID-19 unfolds, the Academy of Nutrition and Dietetics is gathering resources for food and nutrition practitioners to address preparedness, patient care and food safety and access. Here are some links to keep you informed:

**COVID-19 Professional Resources Hub**

Access the updated **Telehealth Quick Guide for RDNs**, which provides guidance as Medicare, commercial/private payers and some Medicaid programs modify their policies to expand access to care via telehealth.

**Find answers addressing business and telehealth at the COVID-19 Q&A**

**Stay informed with telehealth articles from the Academy**

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**Earn free CPE with COVID–19 Front Line webinars**

From their homes to the front lines of COVID-19 care, RDNs share how they are providing the best possible nutrition care to patients right now. **Front Line webinars** are available to all practitioners and cover topics such as:

**Providing Nutrition Services via Telehealth**

**Nutrition Assessments**

**Nutrition Support**

**Enteral Nutrition During Prone Position in the COVID-19 Patient**

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**Browse additional resources and CPE opportunities**

**Medical Nutrition Therapy (MNT) references** – free for Academy members

**Publications** to help you guide patients and build your practice

**Center for Life Long Learning Webinar Series** Earn up to 2.5 credits per month on a wide variety of hot topics presented by the industry's leading professionals.
FREE Continuing Education

Are you in need of continuing education credits? Did you know there are tons of FREE CPE opportunities if you just know where to look? We’ve pulled together a list of free webinars and self-study courses to help you get your credits. If you know of others, please email Courtney Riedel (cgriedel@gmail.com) so they can be shared with our members in future newsletters.

The Academy of Nutrition and Dietetics offers free CPE

Sign up for the Academy's CEP on Demand program to receive regular alerts about free CPE.

Current CEU Webinars

Cracking the Code: Understanding the Use of Coding & Billing Terminology

International Dysphagia Diet Standardisation Initiative: USA and Global Readiness (FNCE® Session)

Meeting the Global Protein Demand: The Role of Animal Protein in a Sustainable Food System

Medicare Diabetes Prevention Program: Opportunities for Nutrition and Dietetics Practitioners

Neurocognition: Understanding Nutrition Needs and Knowledge Gaps

Primary Care Plus: How a Registered Dietitian Nutritionist Adds Value to Your Practice

The Research Process Podcasts This is a six-part series created by the Academy's Council on Research that discusses different aspects of research such as forming a research plan, funding, collecting and analyzing data, sharing results, and Academy research opportunities.

Complimentary Webinars on Malnutrition

Competency to QI: Lessons Learned from Implementing the Pediatric Malnutrition Criteria

Transitioning from Hospital to Community: Malnutrition Past, Present and Future

Recognizing and Treating Malnutrition in Special Populations

Going Global: Collaborative Approaches to Solve Malnutrition
FREE Continuing Education Continued

eArticles On Demand:

(eArticle) Ethics and the Dietitian in the Digital Age (1 CPEU)

(eArticle) Six Simple Steps to Using Mindful Eating with your Clients (1.5 CPEU/CEU)
https://www.skellyskills.com/Six_Simple_Steps_to_Mindful_Eating_CE_article_p/sixsteps.htm

On Demand/Self-Study:

https://www.skellyskills.com/Bringing_Our_Soil_Back_to_Life_CE_webinar_p/web-soil.htm
https://ce.todaysdietitian.com/FreeCE
https://www.bellinstitute.com/webinars
https://anhi.org/education
https://www.myceeducation.com/kd/training_menu.cfm
https://nutrition.org/meetings/continuing-education/
https://www.beckydorner.com/free-resources/free-cpes/
https://dietitianhub.com/cpe_provider/siggis-dairy/

Journals and Magazines:

As part of your Academy membership, you receive the Journal of Academy of Nutrition and Dietetics as well as Food and Nutrition Magazine. Both offer CPE credit.

Journal of the Academy of Nutrition and Dietetics
https://jandonline.org/content/cpe

Food and Nutrition Magazine:
https://www.eatrightstore.org/cpe-opportunities/food-and-nutrition-magazine
Renew your Membership today!
***will ensure your are active through April 2021***

Active Dietitian or Diet Tech: $30
Retired Member: $20
Student Member: $10

Two Ways to Join/Renew, One Simple Website
http://eatrightpittsburgh.org/join-renew

- Visit the website and join online
- Download the form online and mail to Alaina Petagno.
  Contact Lauren at AlainaP97@gmail.com

**Membership Benefits**

- Save on continuing education events throughout the year.
- Network and make friends at our Membership events.
- Mentor a student (Students, get a mentor!) at our Mentoring Mixer.
- RDN/NDTR Celebration
- Must be a member to be nominated by the district for awards

REMEMBER,

Renewing for the Academy and PAND does not renew your membership for your district.
Don't forget to renew for the year and support your local affiliate.
Looking for a new job? 
Or for the perfect candidate to fill a position at your workplace?

OUR WEBSITE CAN HELP!!

Check out the most current job postings on the PitAND website today by following this link:

http://eatrightpittsburgh.org/careers
Help make our newsletter even better!

We love to celebrate our members and spread the word about nutrition! Help us share information about volunteer or community efforts, key takeaways of new research or guidelines, and professional milestones like a new job or certification.

Contact Angela Tetteris at ciserano3@hotmail.com with your contributions!
### PitAND Board of Directors 2020-2021

<table>
<thead>
<tr>
<th>Position</th>
<th>Board Member</th>
<th>E-mail</th>
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<tbody>
<tr>
<td>Past President</td>
<td>Rikki Rabbin, MS, RDN, LDN</td>
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<tr>
<td>President</td>
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<tr>
<td>President-Elect</td>
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<tr>
<td>Secretary</td>
<td>Courtney Riedel, MS, RD, LDN</td>
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<tr>
<td>Delegate</td>
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<td>Treasurer</td>
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<td>CPE Program Chair</td>
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<td>CPE Program Chair-Elect</td>
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<tr>
<td>Nominating Committee, Chair</td>
<td>Erin Cotter, RDN, LDN</td>
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<td>Nominating Committee, Chair-Elect</td>
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<td>Webmaster</td>
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<tr>
<td>Membership Co-Chair</td>
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<td>PR/NNM Co-Chair</td>
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<td>DTR Chair</td>
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<td>Community Involvement Co-Chair</td>
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<td>Community Involvement Co-Chair</td>
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<td>Career Guidance Chair</td>
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<td>Mentoring Co-Chair</td>
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<td>Student Liaison CCAC</td>
<td>Bethany Cappelli</td>
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<td>Student Liaison Seton Hill</td>
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The Pittsburgh Academy of Nutrition and Dietetics (PitAND) is the professional organization of Registered Dietitian Nutritionists (RD/RDNs) and Nutrition and Dietetic Technicians, Registered (DTR/NDTRs). As the advocate of RDs and DTRs, PitAND strives to promote optimal nutrition, health, and well-being of the citizens of the Pittsburgh and surrounding areas. The members of Pit-AND are recognized as the experts in the field of food and nutrition by the public as well as by government, business, industry, and health professionals.

Mission, Vision & Commitment

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<th>Mission</th>
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<td>Empower members of the Pittsburgh district to be food and nutrition leaders</td>
<td>Optimize the public’s health through food and nutrition</td>
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Commitment

The Pittsburgh Academy of Nutrition and Dietetics is committed to proactively provide direction and support to its members to assure quality practice, education and research in order to serve the public. The Pittsburgh Academy of Nutrition and Dietetics also assumes a leadership role in influencing public policy and legislation.

WAYS TO STAY CONNECTED

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Twitter account: @eatrightPGH  
Website: [http://eatrightpittsburgh.org](http://eatrightpittsburgh.org)  
Email: pittsburghand@gmail.com