

Happy Fall Ya'll!

While COVID-19 continues to be on the rise, it does not stop our members to continue to show up, be united, and help one another through the unknown. This newsletter highlights what the NEPAND members have been up to and what there is to still come!



NEPAND continues their 2020-2021 year with the start of Virtual Fall Series. Last week, we had the lovely Lisa Wolk, RDN, LDN discuss mindfulness and our relationship with food and this week Janet Greenfield RN, presented The What, Where and Why We Eat There are still opportunities to make sure you are staying on top of your game with Continuing Education credits! NEPAND has one more virtual opportunity November 18th, 2020 by Erin Kilduff MSPAS, PAC presents Improving Overall Health with an Anti-Inflammatory Diet.



Our NEPAND members joined and supported the NEDA walk this past September at Lake Scranton in a social distance 5k.



NEPAND is looking to feature a Member Spotlight. If you know of a member who you think would be a great feature contact us at nepandbod@gmail.com !

DIVERSITY, EQUITY, AND INCLUSION

“The time is always right to do what is right.”
– **Martin Luther King Jr.**

NEPAND continues to stand with those who have been misrepresented, mistreated, and oppressed. While not only is our profession predominantly white, cis-gender, female so is our district. We continue to unlearn our conscious as well as our unconscious bias to uphold the standards of our first line of ethics, do no harm.

RESOURCES:

- <https://www.blackscranton.org/>
- <https://www.eatrightpro.org/acend/about-acend/diversity-equity-and-inclusion>
- <https://www.insidehighered.com/advice/2020/10/02/concrete-steps-faculty-and-administrators-can-take-fall-challenge-systemic-racism>
- <https://www.eatrightpro.org/practice/practice-resources/diversity-and-inclusion>

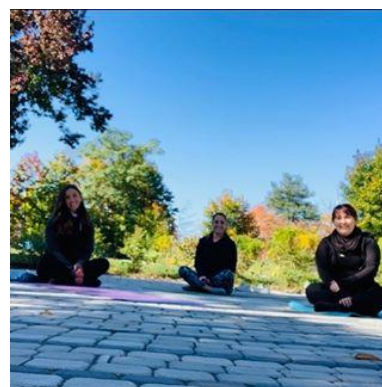
DON'T FORGET TO WASH YOUR HANDS AND WEAR YOUR MASK: COVID-19.

The Academy has great resources dedicated to you as an RDN, providing resources, handouts, and facts about COVID-19 and how you can stop the spread.

<https://www.eatright.org/coronavirus>

LICENSURE TASK FORCE-HB 1802-UPDATE:

On October 13,2020 we were informed by PAND the Dietitian Nutritionist Bill (HB1802) has been put on hold for the House of Representative 2019-2020 legislative session. Our PAND Licensure Task Force has been working tirelessly on this bill and they need **US** to succeed! If you have not caught up and chatted with your state representative, find out who they are and reach out to introduce yourself! There is strength in numbers here!



Some of our NEPAND members got together to embrace the fresh FALL air and enjoy an outdoor yoga class taught by one of our members, Christine Valente!

FUTURE DATES/EVENT

- Meeting: Thursday 11/19/20 at 7 PM
 - Holiday Party TBD
- Meeting: Thursday 12/17/20 at 7 PM
- Meeting: Thursday 1/14/20 at 7 PM