

**Northeast Lipid Association
Board of Directors Meeting
Saturday, September 14, 2019
Minneapolis, Minnesota**

CALL TO ORDER

Karen Aspry, MD, MS, FNLA, President Elect of the Northeast Lipid Association (NELA), called the meeting to order at 6:49 AM CT.

Attendees

Karen Aspry, MD, MS, FNLA
Caroline deRichemond, ANP-BC, MSN
Eugenia Gianos, MD, FNLA
Laney Jones, PharmD
Kenneth Kellick, PharmD, CLS, FNLA
Guy L. Mintz, MD, FNLA
Saleem Naina, PharmD
Roda Plakogiannis, PharmD, BS, BCPS, CLS, FNLA
Dan Soffer, MD, FNLA

Staff

Mary Green
Vivian Grifantini

ANTITRUST REVIEW

Vivian Grifantini reviewed the NLA Antitrust Policy.

SECRETARY'S REPORT

Guy Mintz, MD, FNLA presented the minutes from the January 10, 2019 Board of Directors conference call. A motion was made to approve the minutes from the January 10, 2019 Board of Directors conference call.

MOTION 19-09-01

MOTION ADOPTED TO APPROVE THE MINUTES FROM THE JANUARY 10, 2019 BOARD OF DIRECTORS CONFERENCE CALL.

PRESIDENT'S REPORT

Karen Aspry, MD, MS, FNLA introduced the NELA Officers for the 2019 – 2020 term. Vivian Grifantini provided a budget update that NELA currently has \$37 in its budget until December 31, 2019 and that the budget will automatically reset to \$5,000 on January 1, 2020.

Dr. Aspry summarized the goals that she and the NELA President, Edward Goldenberg, MD, FNLA, discussed for the 2019 – 2020 term year. She said that one goal is to focus on recruiting more RDN members into NELA and the goal is 5 new RDN members for the Chapter. The Board discussed creating a lecture at an NLA meeting or

49 writing a JCL article on the importance of incorporating
50 RDN's into practice. Dr. Aspry explained that a second
51 goal is to recruit more trainees and the Board deliberated
52 on how social media, podcasts, and a YouTube channel
53 may be the best way to reach the younger population.
54 They also discussed the idea of creating a handout that
55 can be used to highlight the benefits of membership
56 specifically for trainees.
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58 Dr. Aspry conveyed that the third goal is to conduct
59 outreach to the medical community regarding the 2018
60 Cholesterol Guideline. She explained that the NLA is
61 working on developing a slide set for the Guideline as an
62 educational resource and that this tool can be used to
63 help spread awareness of the Guideline. The Board
64 brainstormed other ideas to spread awareness of the
65 Guideline, including giving formal lectures to trainees or
66 internal medicine groups, writing a short article for
67 publication, writing a blog post, developing a Guideline
68 mobile app resource, and sharing relevant information
69 on social media.
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71 Dr. Aspry mentioned that another goal could be to
72 participate in the *Check. Change. Control. Cholesterol*
73 initiative that AHA collaborates on at a regional level. Ms.
74 Grifantini reported that the Pacific Lipid Association
75 (PLA) Chapter collaborated with the AHA on this initiative
76 and that she will share information about the program
77 for reference.
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79 Dr. Aspry asked if any Board members had additional
80 ideas for goals. Guy L. Mintz, MD, FNLA explained that an
81 important goal for the Chapter can be the NLA
82 Membership Recruitment Competition that just
83 launched during the Fall Clinical Lipid Update. He
84 explained that the Chapter with the most recruited
85 members by March 31, 2020 will receive an extra \$2,500
86 in their Chapter's budget. Dr. Mintz provided detail on
87 the difference between the individual and Chapter
88 competitions and referred the Board to the meeting
89 materials for additional information.
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91 Dr. Aspry encouraged the Board to begin thinking of
92 topics for their edition of the *LipidSpin* and mentioned
93 the ideas provided by Dr. Goldenberg, which included
94 genomics and genetics.
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96 **NLA COMMITTEE UPDATES**

Mary Green, NLA Director of Marketing, updated the Board on the various initiatives the NLA is focusing on to increase awareness of the NLA, including the lipid specialist campaign and CMS recognition, certification, the development of more scientific statements, and the enhancement of live and online educational activities.

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Vivian Grifantini updated the Board that the Fellowship of the NLA nomination window is open until the end of October. She referred the Board to the meeting materials to see the details of eligibility and how to nominate, and explained that she will be sending an email to the Board in the coming weeks with a list of members who are eligible for fellowship. Ms. Grifantini reviewed the NLA conference meeting dates for 2020 and reminded the Board that NEHA will be hosting the Fall 2020 Clinical Lipid Update in Washington, DC. Ms. Grifantini discussed the Lipid Scholarship Program and asked the Board to email her if they have suggestions for first-year trainees that may be interested in the program.

ADJOURN

With no additional business to discuss, the meeting was adjourned at 7:52 AM CT.