

Intern Inquirer

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**Illinois State
University
Dept. of Family and
Consumer Sciences**

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Upcoming events:

Research Forum:

April 24th, 5:30 pm

104A Turner

FNCE 2006

Sept. 16-19, 2006

Task Force Update:

As many of you may know, the Dietetics Education Task Force was created to explore educational alternatives addressing the future needs of Registered Dietitians to reflect the evolving practice of dietetics. In order for dietitians to remain competitive in the future, one approach is a seamless design in which both didactic and supervised practice is provided under the direction of an institute of higher education. During the 2005 FNCE in St. Louis, educators, employers and practitioners were invited to participate in a discussion concerning the proposed impact of the recommendations. The results of this discussion were analyzed for common themes that emerged. Some examples included: the need for standardized curriculum, a graduate degree would produce a more knowledgeable and confident practitioner, and economic concerns centered on the cost of graduate school. After continued analysis, the task force will issue a final report to the House of Delegates during the Spring 2006 HOD Meeting April 29-30 in Chicago. We will keep you updated with results from this meeting.

Greetings from ISU!

Happy 2006— another exciting year for the dietetic internship program at ISU! As we begin this new year, we have eight interns who are completing their final rotation and will graduate this May. The class of first year interns is eager to begin their rotations the end of May. Some of the modifications to the program include the community rotation of 8 weeks now being split into 4 weeks at one site and 4 at another. This will allow for more diversity in the clientele the interns will be working with. This schedule change will be implemented summer 2006. I want to thank all of you; interns, preceptors, and Mardell Wilson, for all of your support during the year as I developed my skills in administration as the assistant to the director of the internship. I know the program will continue to be so successful. Thanks again to all of you!

Julie Raeder Schumacher, MS, RD, LDN

2006 marks the 10th year for the Dietetic Internship at Illinois State University. It has been a fabulous decade in dietetics education. Over the past 10 years the internship has evolved into a dynamic program which compliments practical application with a scholarly focus. I would be fooling myself if I didn't admit that it has been a challenge to step back this year as my participation with the internship has transitioned. However, as I now look from afar I get to see the many wonderful things that the ISU MS-RD program has to offer to its students, preceptors, and alumni. I would like to

thank our preceptors for the outstanding job they do for our program and for the dedication they have to maintaining the highest quality opportunities for our students. I would also like to thank our alumni who provide us with valuable feedback in an effort to continually improve the curriculum. Lastly, I would like to express my gratitude to Julie Raeder-Schumacher. She has done a fantastic job this year maintaining the day to day operations of the program. I am excited to learn who will be the next Internship Director. I am certain that he or she will be well supported by the many friends of the ISU MS~RD Program. Until next time...

Mardell A. Wilson, EdD, RD, LDN

Fresh Faces

Andrea Eertmoed

I have been married 1 year (husband is Nick), born and Raised in Peoria, currently I live in East Peoria. I also have one cat named "Ernie". I went to ISU for undergrad. My professional goals include: working as a dietician in any area, I love the variety of opportunities offered in dietetics and I am interested in all of them. Whether it be clinical, FS, or community or whatever in between, I know I will love it!! My hobbies include My husband and I both love astronomy, we have a very dark spot picked out to view the stars, the stars are just so fascinating and beautiful! Stargazing also makes for cheap



Brittany Radwan

I went to to Illinois State University for two years of undergraduate school. My goal is to eventually work in the school system or at a hospital as a food service director. I enjoy running, playing basketball, water skiing, snow skiing and watching movies. The reason I chose ISU was because I really liked how the program is set up. I like that we have many rotations in each area of specialization. The reason I chose to go into dietetics is because I enjoy helping others and I find nutrition very interesting.



Breine Stevens

My hometown is Monticello, Illinois. I graduated from the University of Illinois, and I am excited to be an ISU dietetic intern. My dietetic interests include diabetes, maternal and childhood nutrition, foodservice management, wellness, public health, teaching, and research. I chose ISU because they offer diverse experiences that will prepare me to be a leader in any area of dietetics. I want to be a Registered Dietitian because it is a career that will allow me to exercise my passion for nutrition and helping people. I enjoy exercising, cooking, and spending time with friends and family.

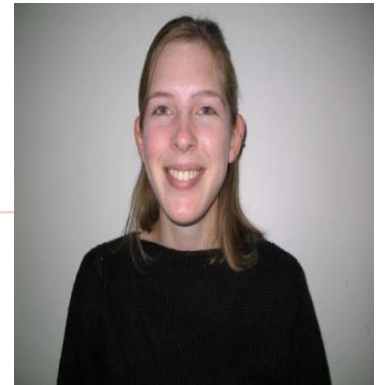


Suzanna “Suzie” Rivero

I was born in Chicago Heights, IL and lived in Crete, IL until I was 13 years old. At which point, my parents and I moved to Phoenix, Arizona. I graduated from Arizona State University. Initially, I was not matched with the internship of my choice. Luckily, I had no restraints to move to Illinois. I am looking forward to the internship rotations. I have known for a long time that community interests me. However, as I get older my feelings are beginning to change. I am hoping that the internship will provide me with some guidance! I absolutely love traveling. I lived in Spain for 8 months learning the language and the culture. If I could, I would travel every second! There is something about the Mediterranean that is soothing to the soul! Life does not get much better than siestas and tapas!

Mary Ellen Idstein

I am from Naperville, IL, and went to school at Saint Louis University. I am interested in many aspects of nutrition including sports nutrition, maternal nutrition and pediatric nutrition. I enjoy cooking, knitting and marathon running.



Lisa Flier

I grew up in Saint Louis, MO. I'm interested in all areas of nutrition and dietetics, especially clinical and food service. I am also interested in pediatric nutrition and would like to work in a children's hospital. I enjoy cooking, reading, and being active.



Nisa Maleki

I have lived all over the U.S. and overseas—so I really have no place I consider my home. I went to undergrad at ISU. After working at Methodist for a year, I gained many valuable experiences in dietetics. I also realized how much I missed school and decided to return. Currently, I am a math/science tutor at Heartland College and I absolutely love my job and working with others. I love new experiences and am excited to begin rotations. I want to experience every division of dietetics before I decide what area I want to practice in. My interests include: foreign languages, travel, art, cooking, skiing, learning, etc. I also have a Pomeranian dog, (my baby) named “Rocky”.



Kalee

The rotations I have been on include McLean County WIC, Diabetes Camp, OSF St. Joseph's foodservice, and District 87 school foodservice. My favorite two rotations were WIC and the diabetes camp. I really loved WIC because I got to be around kids and babies all day, and it was a clinical environment, but was really laid back and fun. It was a great place to work. I loved diabetes camp because it was so much fun.....all of us interns got to do all the camp activities that the kids did, so it was just like we were in a summer camp. It was also great to get to do nutrition education directly with the kids instead of having to go through parents. It was a really fun week. Before rotations started I had no idea that rotations would be so fun! My community rotations were very laid back, and I was sad to leave them!

Erin Beatty

For community I went to OSF St. James in Pontiac and Diabetes camp. During my food service rotations, I went to Decatur Memorial Hospital and Olympia School District. I liked Diabetes camp best because I was in a completely different environment and it was rewarding to be able to help the kids out with their disease. Hopefully I was able to teach them something that they can remember for the rest of their lives. Something I wish I had known before rotations...your internship is almost completely self-directed. You have to know what questions to ask and when. The preceptors treat you as if you are working in the facility and not "just an intern" - so sometimes you have more responsibility than you thought you would. Also, take LOTS of notes and keep everything they give you - you never know when these things will be useful to you in the future.

Melanie Hewett

For my rotations, I went to the Community Cancer Center, Diabetes Camp, Campus Dining, and Methodist. My thesis paper is about the knowledge level dietitians have about motivational theories and techniques when it comes to counseling over weight and obese patients. So far the rotations I have completed are community and food service. The rotation that I like the best so far is food service at campus dining. This rotation site allowed me to learn a variety of skills and increase my knowledge not only about food service but also about people with food allergies on campus and what the selection process is for hiring an executive chef within a college food service setting.

Sandy Tolzien

I am currently in my community rotation at Methodist Diabetes Center. At the diabetes center, I am able to work on many projects as well as learn about outpatient counseling. I really enjoy working with patients who have diabetes. District 87 was my first foodservice rotations and I learned so much about school foodservice. I had a great opportunity to assist in the start-up of the summer foodservice program, which was a very rewarding experience. I did my hospital foodservice rotation at Proctor hospital and was able to work in many areas of hospital foodservice from managerial duties to working trayline. My clinical experience was mainly at Proctor hospital. The people at the hospital were wonderful to work with and they taught me an abundance of knowledge about clinical dietetics. I have thoroughly enjoyed all of my rotation sites and I probably could not classify one being better than the other. All the sites I have been at has offered me different opportunities and experiences. With such a versatile internship I have discovered that I enjoy teaching patients, whether in a hospital or community setting. I think the most important thing I was taught prior to rotations was to be open-minded to all areas of dietetics and be willing to try and experience new and different things. With this in mind I got a lot of positive experiences and opportunities throughout the internship

Chris Bendegkey

Thus far I have completed my food service and clinical rotations. For my food service rotations I went to District 87 for school food service and Decatur Memorial Hospital for hospital food service. As for my clinical rotations I went to Decatur Memorial Hospital, Proctor Hospital and Springfield Memorial Medical Center. Of my rotation experiences I enjoyed my clinicals at Decatur Memorial Hospital best. The DMH dietitians are very knowledgeable, friendly and provide a great learning environment by taking the time to teach and explain effectively. Further more I liked DMH because it provided the opportunity to work with a wide range of interesting patients from sickle cell disease to traumatic brain injury as well as working along with a variety of medical disciplines ranging from nursing, PT/OT to neuro-surgery. The one thing I would liked to have more experience in prior to my clinical rotations would be how the various nutrition labs can reflect each other such as albumin and calcium.

Kristin Wessel

I have completed my food service rotation at Methodist and Campus Dining and my clinical rotations at Methodist, Memorial, and BroMenn, and will be in my community rotations at the Community Cancer Center and National Nutrition Month in the spring. I have absolutely loved every site I've been at and every preceptor I've worked with has taught me so much. My ten weeks at Methodist made me realize that I love clinical work even more than I thought I would, and the dietitians I worked with there made me feel like a member of their family. I loved working in a Magnet hospital atmosphere and really enjoyed the teamwork I felt with all of the employees at Methodist. Before I started rotations, I was nervous that I would be in the way at all of my sites and that I would spend a lot of time observing rather than actually doing. After my first day, however, I realized just how much the preceptors really do enjoy having interns working with them and just how much you learn to work as a dietitian in what seems like such a short time.

Scott Bartlett

My rotations include:...Peoria EFNEP and Diabetes Camp for Community; Olympia Schools and BroMenn Hospital for Food Service; BroMenn Hospital (current), Decatur Memorial Hospital (March), Springfield Memorial Hospital (April).

One thing I would have liked to have known going into the rotations... the challenges of new parenthood with my son, Fletcher, and the juggling of time and responsibilities.

Nicque Ashby

For foodservice I went to Campus Dining at ISU with wonderful Dianne Feasley and BroMenn Medical Center with great Karen Mellon. For clinicals I went to BroMenn Medical Center where I got to work one-on-one with Robin Rinker and Angela Malinowski - it was great! I also worked at Methodist in Peoria for two weeks with many friendly and knowledgeable dietitians. I liked working in clinicals at BroMenn the best because I got to apply my science and medical knowledge. I feel like my hard work and effort in school paid off and things "came back tome" when I needed them. I also feel like there was one-on-one attention at BroMenn and they valued my input. It was very strange to feel like one of the staff instead of just a student. Something I wish I had known before rotations...time flies! I know that everyone said this who completed the internship before us but you really don't appreciate how fast time really goes! Try to do everything in advance as much as possible and TRY TO WORK AHEAD!! I can't stress that enough.

Where Are They Now?

Class of 1997:

Kristen Alfonsi

Is currently working as a pharmaceutical representative and a mom!

Class of 2000:

Muriel Herring (Pano)

I began working in Iowa after school with the Maternal Health Center as a community dietitian. I did that for a year and then moved back to my homestate Florida where I worked as a Clinical Dietitian. I enjoyed working with my patients, families, and the hospital staff. I loved it so much that I realized that I wanted to do more in the field of medicine. So I applied for Physician Assistant school and chose to attend NOVA Southeastern's PA program. That's what I am currently doing right now and I love it. I am learning so much and look forward to getting back to work. During holidays and breaks, I consult for the local hospitals as a Clinical Dietitian. Aside from work and school, I got married to my wonderful husband Jonathan on May 14, 2005. I enjoyed most about ISU's internship program was it's attention to detail and organization. Also, the professors were so helpful and encouraged the students to see them for questions. In addition the faculty to student ratio was wonderful! The internship was very detailed and thorough and provided the students with opportunities to learn and function in various fields of dietetics. utilize the internship experience and learn as much as you can and seek every opportunity that you can to learn!

Class of 2001:

Sarahbeth Kayton

I work in school food service in Illinois, but I will be moving to Texas soon with my husband Chris. Chris is a Research Chef with Tyson Foods. I am also very proud that I have started a second career that grew out of a hobby. I have been studying Middle Eastern Oriental Dance or Egyptian Belly Dance for a number of years now. I am finally performing through out the Midwest as a soloist and part of a troupe called RoHe, which means "soul" in Arabic. I will also be continuing this as we move to Texas in April!



Class of 2004:**Chelsea Matsko**

Moved in January to Ocala, Florida where she works as a consulting dietitian at a nursing home and local health club. She enjoys the flexibility of her job and the variety of rotations she visited while at I.S.U. Chelsea advises the current interns to remember to keep an open mind and remember nothing is black and white.

**Michelle LeCount**

Jason & I welcomed our first born on October 4, 2005. His name is Cooper William. After my maternity leave, I'll be going back to work part time as a clinical dietitian at Goshen Hospital. I'm also embarking on a new adventure. Starting in January I'll be teaching an intro to nutrition course at Goshen College.

Class of 2005:**Sarah Murray**

I am currently working as a dietitian at AIDS Project of the Ozarks, which is a non-profit organization that provides services to HIV/AIDS infected individuals. I really enjoy the variety in my job. All of our clients have HIV/AIDS but also have other disease states and health issues such as diabetes, heart disease, wasting, etc. I enjoy using all aspects of dietetics in this job since I am the only dietitian.

Christina M. Rollins

Is a clinical dietitian for oncology at memorial medical center in Springfield, IL. On June 3, 2005, she married Nicholas Rollins. She enjoyed writing her thesis with Dr. Nnakwe the most during the internship and received a variety of experiences at OSF St. Joseph's which prepared her for her current position. She enjoys helping cancer patients who want to eat, but physically cannot. She advised current interns to study as early and as much as possible for the R.D. exam. "Understand that many of the questions will not be covered in the internship or review session. You have to rely on instinct to pass the exam."

Ruth Towns

I work as a Diabetes Educator in a pain clinic. What I liked about ISU's program was that we get to go to so many sites, not just stay in one place. The ISU internship prepares interns for life. It is not often that a person stays in one job for the rest of their lives. The internship exposes students to many diverse experiences and work with many different groups of people. This will definitely prepare students for when they enter the workforce. Her advice to new graduates with families is to do what is best for your family, even if it means giving up a job you really want. If you are not able to accept the job at the time it is offered, perhaps the position will become available in the future and you can apply again.

The Food Network's Predictions for 2006

From the Cincinnati Post , 1/1/2006

We've already seen sauerkraut sales soar and the sensible switch from low-carb weight-loss diets to healthful whole grains. So long, Atkins. What else could we see happen to American cooking and dining habits in the new year?

Here's a peek into the Food Network's crystal ball:



Health

Breakfast of champions: Fueled by parental concerns about childhood obesity and data on better school performance among breakfast eaters, look for even more cereals, bars and breakfast beverages, such as drinkable yogurt.

Also, breakfast gets a makeover with the addition of more high-quality products: artisanal bacon, yogurts, whole-grain cereals, etc.

Reality portioning: Restaurants take a cue from Spanish tapas and further the "small plates" craze, which encourages food experimentation and socializing. Look for more single-serving and calorie-controlled packaging, too.

Whole grains gain strength: The USDA's new food pyramid recommends 3 ounces of whole grains a day, half of our daily grain intake. Where will it all come from? Our bets are on quinoa, farro, quicker-cooking brown rice and whole-white-wheat products. (Editor's note: The old style of pillow-soft, all-white Wonder Bread has encountered slowing sales and resulting financial trouble. We expect that kids will miss making dough balls. Now can the big bakeries improve hamburger buns?)

Salads everywhere: Expect to see more main-course salad options on menus. (Editor's note: However, Wendy's fast-food chain has dropped its fruit salad for lack of sales.)

Luxury

Artisanal meats: Consumers continue to look for authentic foods: meats/sausages/salami.

Greening of the chains: Whole Foods' success and expansion will continue the trend of more "green" products in mainstream supermarket chains.

Democratization of luxury foods: Affordable pod coffee machines, wine by mail, charcuterie, four-star world cuisine (no longer just French-haute), high-quality bar chocolate will continue to attract consumer dollars.

Induction trophy kitchens: The cool-to-the-touch cooktop of magnetic technology will become more mainstream here in high-end kitchens.

World flavors: Global comfort foods are here. Culinary comfort is not just chicken soup and mashed potatoes anymore. Comfort food is reflecting the internationalization of the American pantry. (Editor's note: Go ahead. Get a noodle fix with some pad thai or that grilled-cheese buzz by way of quesadillas with plenty of cheese between crispy tortillas.)

Convenience

The blurring of snacks/meals: As we graze throughout the day, a meal may be composed of a series of snacks; look for healthier snack choices.

Meal-assembly kitchens: Home cooks gather in pro-kitchens to jointly prep one week's meals. This is recreational cooking with a big incentive for busy people - another example of the ways food and entertainment are rubbing shoulders.

Quick prep for the home cook: Whether from the supermarket salad bar, meal-assembly pro kitchens, food clubs, people are looking to take the drudgery and guesswork out of cooking dinner. (Editor's note: What's next? Government-run cafeterias?)

Cooking for one: As single households multiply, we'll see more no-waste, single-portion sizes in frozen and packaged foods.

Online food shopping: This will finally catch on, at least in urban areas. Drawn by the ability to save time, eliminate impulse buys and control expenses, this techno-shopping has appeal - to men as well.

What's hot

Citrus flavors: Especially grapefruit and pomelo. (Editor's note: The best sorbet is still grapefruit, though it doesn't sound like it would be a favorite sorbet.)

Sauerkraut: Some speculation about kim chi and kraut warding off avian flu will undoubtedly bolster sales. It's been touted as everything from a cancer preventative to a libido booster. It has celebrity advocates, such as Heidi Klum and Bruce Willis. Don't bother looking for it; in 2006 it's likely to find you.

Tortillas: Latin goes mainstream as tortillas gain shelf space on the white-bread aisle.

Sliders: The nation's favorite sandwich takes on a diminutive size, perhaps because bitty burgers bring less guilt.

Ironic cultural food marriages: Whether it's Celtic chutneys, caviar soul food, Mexican-Chinese food or a Judeo-Latino bistro, look for new, inspired and somewhat tongue-in-cheek takes on global cuisine.

Flights of beers: The introduction of Belgian, seasonal, and local beers into national markets may mean more bars and restaurants offering flight-style tastings of beers, you know, like wine-tastings: beers divided by category, region, etc. Expect a widespread launch of high-end beers that sell for over \$100 a bottle, and even the existence of beer sommeliers in restaurants. Beer is poised for a surge.

**Illinois State University
Dept. of Family and**

If you have additional questions regarding the ISU Dietetic Internship Program, please call (309) 438-7031 or [e-mail dieteticinternship@ilstu.edu](mailto:dieteticinternship@ilstu.edu).

dieteticinternship@ilstu.edu.

Visit Us on the Web:

<http://www.cast.ilstu.edu/isudi>

Illinois State Dietetic Internship and Masters Program

Mission

The Dietetic Internship Program suitably prepares students to join the dietetics profession as a competent entry-level practitioner by providing ample opportunities to increase their capacity for inquiry, logical thinking, critical analysis, and synthesis as they apply theory to practice.

Illinois State University is located in the heart of the Midwest. Bloomington/Normal, Illinois is a delightful community that is easily accessible to both Chicago and St. Louis.

New Community Rotation Site: Decatur Memorial Wellness Center

The Decatur Memorial Hospital's Wellness Center is the new community rotation site for the ISU internship program. The Wellness Center is located in Forsyth, IL and is home to the Adult Weight Management

Program. Clients can choose a weight loss program that best fits their lifestyle. Balance is an eight week program starting with a one hour consultation with a Dietitian, 30 minute consultation with an Exercise

Physiologist, and an exercise assessment with a Certified Fitness Trainer. Balance includes mandatory weekly weigh-ins and classes geared to help with lifestyle modifications. Clients are educated on healthy meal plans and the importance of exercise. The Outlook Program is for women who need less than 40 pounds of weight to lose and for men who need less than 50 pounds to lose. Clients in this program receive two meal-replacing beverages per day and one modified meal according to the food exchange system. In the Outlook program, 1000-1300 calories are consumed per day. The New Direction Program is a VLCD where clients consume 3-4 nutritional beverages per day. This program allows for safe, rapid weight loss and the clients are medically supervised. The three phases of New Direction include Reducing, Adapting and Sustaining. Clients in each program are required to attend a weekly clinic and class session. Interns placed at the Wellness Center will be working closely with the weight management clients. Responsibilities will include instructing

classes, preparing educational materials, conducting start up appointments, meeting with clients during clinic, facilitating cooking classes, attending health fairs, and working with other members of the weight management team.

By: Monica Nyman, DMH Wellness