It has been another busy year with the Illinois State University Dietetic Internship! The highlight of this past year has been our accreditation report and site visit in the spring of 2011. Many constituents—preceptors, interns, alums, etc.—participated in meetings with the site reviewers in April during the on-campus portion of the accreditation review.

It has been a busy start to the Fall semester for me personally with the birth of my twin boys, Evan and Jaden, on September 2nd. They are a true blessing...even with the sleepless nights!!

This August we welcomed ten new dietetic interns to campus. Meet the Class of 2013 on pages 2-4 of this newsletter.

Dr. Julie Raeder Schumacher

The Class of 2012 is in their second set of rotations this fall and many are working on their thesis research. They all attended Diabetes Camp this summer and learned about the day-to-day management of diabetes. Read more about their experiences at Diabetes Camp on page 7.

The dietetic interns are continuing their online journal club on a blog site. Each month an intern facilitates discussion of a current Journal of the American Dietetic Association article. Join the interns in their online discussion. www.isudi.blogspot.com/.

For RD’s—if you participate an hour each month (by reading the article, posting responses to questions, and responding to others’ posts) you can earn 1 CPEU. Email Julie at jmraede@ilstu.edu to receive your certificate for participation.

We look forward to another exciting year. Thank you for your support of the internship program.

The Commission on Accreditation for Dietetics Education (CADE) is the American Dietetic Association’s accrediting agency for education programs preparing students for careers as registered dietitians. CADE serves and protects the public by assuring the quality and continued improvement of nutrition and dietetics education programs.

In spring 2011, the undergraduate Didactic Program in Dietetics and the graduate Dietetic Internship program hosted CADE reviewers during an accreditation site visit. The site visit team engaged in a series of focused interviews, meetings, observations and tours that provided information to validate and further evaluate the programs. The site visit occurs every 10 years with a five-year interim written report.

Both the undergraduate and the dietetic internship programs received continued accreditation status after a successful site visit. Thank you to all of you who attended meetings during the site visit!
Meet the Dietetic Interns  Class of 2013

Kelsey Ahlers

Kelsey is from Pierre, South Dakota. She graduated from South Dakota State University with a degree in Nutrition and Food Science.

Kelsey chose the field of dietetics because she has a passion for the intimate relationship between diet and health. She grew up baking and cooking with her mother which sparked her interest in food. As early as her first nutrition class at SDSU, she knew she was hooked on dietetics because she became fascinated by the impact nutrition has on a person’s health and well-being.

Within the next few years, Kelsey plans to graduate from ISU and move closer to home. She would love to work in a clinical setting, but of course will be happy with whatever she can find!

Erin Czachor

Erin is from Chicago, Illinois. She graduated from Illinois State University with a degree in Family and Consumer Sciences.

Erin has always had an interest in the field of dietetics and feels that being a dietitian provides the ability to implement innovative and creative ways of providing nutritional information and services to help people achieve optimal health.

Within the next few years, Erin plans to pass the RD exam and aspires to improve her knowledge in the areas of exercise physiology/sports nutrition, as one of her long-term goals is to provide nutritional counseling in the athletic realm. Erin is a true Chicago sports fan!

Molly Dungan

Molly is from Elmhurst, Illinois. She graduated from Illinois State University with a degree in Family and Consumer Sciences.

Molly chose the field of dietetics because her love for running in high school fueled the need for better nutrition. After picking up her first nutrition book, she was hooked!

Upon graduation, Molly hopes to work in a clinical setting to gain experience and then work as an outpatient dietitian in central Illinois for David Grotto’s company, Nutrition Housecall. She also wouldn’t mind someday teaching at a university level!

Molly is currently doing her graduate assistantship with Health Promotion and Wellness at ISU.

In her free time, Molly loves to figure skate!
Joci Roskamp

Joci is from Macomb, Illinois. She graduated from Western Illinois University with a degree in Family and Consumer Sciences.

Joci chose dietetics because her dad is obsessed with eating healthy, so she’s grown up eating healthy foods, reading food labels, etc. Upon graduation, Joci is unsure exactly what she would like to do, but some interests of hers are working in nutrition support with patients with wasting diseases or in a grocery store like Hy-Vee.

Amy Sammis

Amy is from Altamont, Illinois. She graduated from University of Illinois-CU and Bradley University with degrees in Sociology and Dietetics.

There are several reasons Amy chose the field of dietetics. As a sociology undergrad, there was a particular class that sparked her interest while talking about food production, sustainable agriculture methods, and ancient diets of South America. As a barista/deli worker at a Natural Foods Market, she learned just how much there is to know about the politics of food, as well as the function. Finally, while working in the OSF Medical Center Laboratory, she found she loved working in a clinical setting. All of those experiences meshed together made her realize that dietetics was the field for her.

Within the next few years, Amy is most interested in School Wellness/School Lunch, IDPH, WIC, and perhaps clinical pediatrics.

Nate Schober

Nate is from Glenarm, Illinois. He graduated from Illinois State University with degrees in both Family and Consumer Sciences and Exercise Science.

Nate chose dietetics because he wants to be able to combine exercise and nutrition to help people improve their lives.

Within the next few years, Nate would like to graduate, become an R.D., move to a much warmer state, and then find a job in a hospital for at least a few years.

Alana Scopel

Alana is from Champaign, Illinois. She graduated from Illinois State University with a degree in Family and Consumer Sciences.

Alana chose the field of dietetics because from a young age, she has enjoyed cooking, baking, and entertaining. While in high school, she took multiple food preparation classes and loved them. In addition to those classes, she worked at a gym. Her love of nutrition sparked while working there, and she knew she wanted to incorporate cooking and wellness into a career.

Within the next few years, Alana would love to work as a community dietitian or work in foodservice.
Taylor Wolfram

Taylor is from Cleveland, Ohio. She graduated from Case Western Reserve University with a degree in Nutrition.
Taylor chose the field of dietetics not only because she is a huge foodie and has a passion for cooking and eating, but she firmly believes that most of the chronic diseases affecting Americans today can be prevented, managed, and cured through proper nutrition.

Within the next few years, Taylor wants to work in a wide variety of settings including inpatient, outpatient, wellness, public health research, and academia. She is looking forward to the internship so that she can have a better idea of where her passion lies. She is just excited to start working with patients, whatever the setting!

Emily Triner

Emily is from Coal City, Illinois. She graduated from Illinois State University with a degree in Family and Consumer Sciences.
Emily chose the field of dietetics because of an interest in healthcare, and after gaining some clinical experience realized it is definitely the career for her, even outside the clinical setting.

Within the next few years, Emily plans to gain more clinical experience, but her ultimate goal is a career in school or workplace wellness. She believes in the incorporation of quality health education in schools and that educating children and creating wellness in schools is a great start to improving the health of our society. She also likes the idea of helping adults live healthier, happier lives later in life in the workplace.

Angela Vale

Angela is from Bloomington, Illinois. She graduated from Millikin University and Illinois State University with degrees in Computer Science and Family and Consumer Sciences.

Angela chose the field of dietetics because she enjoys healthy cooking and just about anything involving food or living a healthy lifestyle. In dietetics, she saw a way to use what she enjoys doing most to help improve other peoples’ lives.

Within the next few years, Angela’s goal is to find a job that involves working with food! She is interested in food service (particularly school nutrition) and wellness.
Meet the Dietetic Interns  Class of 2012

Front Row: Stephanie, Jamie, Jordan, Michela, Kathy, Kevin, Tiffany
Back Row: Brooke, Amanda, Ali

Kathy Clark

Kathy completed her foodservice rotations over the summer at Unit 5 and OSF St Joseph Medical Center. At these sites, she taught an in-service, planned a catering event, developed recipes, implemented the Fresh Fruit and Vegetable Program at an elementary school, assisted with cooking classes, and worked on several projects with a vegetarian theme. She continues to work on her thesis and will be returning to OSF St Joseph this fall for clinical rotations.

Tiffany Demay

Tiffany is from Rock Falls, IL and completed her undergraduate work at Benedictine University. Her food service rotations this summer included Olympia and Advocate BroMenn. This fall, she will return to BroMenn for her clinical rotations. In her free time, Tiffany enjoys working out, cooking, and shopping.

Brooke Siebert

Brooke recently finished great community rotations at the DMH Wellness Center and WIC. She is currently at Proctor in food service management and is excited to work with the patients. So far her favorite project during rotations has been leading a grocery store tour at Kroger for the DMH Wellness Center.

Jordan Dennis

Jordan completed her community rotations this summer at the Community Cancer Center, EFNEP, and Day Care Resources Center. This fall she is in her food service rotations. She is currently at District 87 and then will finish this rotation at DMH. This summer Jordan ran her first half marathon in Chicago and loved it! Jordan is working with the athletic department for her thesis. The study looks at how a series of cooking classes affects knowledge retention and facilitates dietary change in college athletes.

Class of 2012
Kevin Pietro

Kevin completed his food-service rotations at two really great sites this past summer. His first rotation was at Methodist Hospital in Peoria where he designed a recipe contest, created all the marketing material, and helped prepare food. Kevin’s second foodservice rotation was with Campus Dining at ISU. He worked with many different chefs, went on multiple farm tours, did a bunch of recipe testing and gained important knowledge on how to counsel a person with an eating disorder.

Outside of food service rotations, his summer consisted of thesis work, weekly farmer’s markets, the Taste of Chicago, riding his bike 160 miles to Arlington Heights with a friend, and spending quality time with his girlfriend and family.

Amanda Novy

Amanda really found her niche while completing her community rotations this summer. At MMCI and DMH Wellness, she received many opportunities to give nutrition-related presentations and counsel individuals on weight loss, heart-healthy diets, and healthy lifestyle changes. During her break, she enjoyed a weeklong vacation water-skiing and wake-boarding on Bull Shoals Lake in southern Missouri.

She has also had a lot of fun planning her wedding for next summer! Amanda will begin her foodservice rotations this fall and is very excited to work with Olympia school district.

Stephanie Danforth

Stephanie started her community rotations this summer at McLean County WIC and Methodist in Peoria and of course Diabetes camp. She also took a trip to see some family in Las Vegas, Nevada and did a job shadow at Sunrise Children’s hospital. After rotations, camp and her job shadow she is very interested in pediatrics and will try to get as much experience as possible in the next year.

She is currently in her food service rotations at BroMenn and Campus Dining. She is also currently working with the community cancer center to complete her thesis. She is evaluating video podcast formats in cooking demonstrations in hopes to find the best format for the cancer center to move from in person classes to online ones.

Michela Flyer

This summer Michela completed her community rotations at EFNEP in Peoria and WIC in Decatur. She just started her foodservice rotation at OSF and will be going to Unit 5 school district next. Michela is really enjoying her internship so far and is trying to take advantage of every learning opportunity she can!

This summer her family and friends from Maine came out to visit Chicago, and the highlight was buying her wedding dress. Michela’s ongoing thesis project is investigating correlations among healthy eating attitudes, BMI, body dissatisfaction and diet quality.

Jamie Smythe

Jamie spent the summer in food service. She started at District 87 and finished up at Decatur Memorial Hospital. She loved food service more than she ever thought she would! Jamie is now doing her clinical rotation at Decatur Memorial Hospital. When she’s not working on things for the internship, Jamie loves spending time with her husband and their two dogs.

Ali Bryan

This summer, Ali completed her foodservice rotation. At ISU’s Campus Dining, she developed the theme menu, decorations, and advertisements for Oktoberfest. At Proctor Hospital, she worked on the nutrient analysis of the current menu and developed new sandwich and salad recipes for the cafeteria.

This fall, she will be working on her clinical rotation at Proctor Hospital and is very excited!

Ali Bryan
“I had a blast at diabetes camp. One important thing I learned very quickly was how differently diabetes effects all the campers. My advice for the 1st year interns is to let your inner kid come out while at camp and just have fun! I had a great time playing sand volleyball, jumping through the inflatable water slide, teaching Zumba, and educating the campers on healthy eating habits.”

- Amanda

“I learned so much about diabetes while at camp but my favorite part of camp was doing Zumba instructed by Amanda. I love Zumba, but it was even better to see how much the kids at camp loved it too! They really got into it!”

- Jamie

“My favorite part of diabetes camp was putting in my own site pump!”

- Stephanie

“My favorite part of diabetes camp was spending time with the campers during activities and meal planning each day.”

- Brooke

“Loved diabetes camp! I loved the campers, all the information I’ve learned, and the wonderful humbling experience!”

- Tiffany
"A highlight of summer was the week which all the interns went to Diabetes camp. I was lucky to have 8 and 9 year old boys. It was a great feeling at the end of the week seeing them make healthier choices and listening to all the carbohydrate information they had learned over that week."

- Kevin

"The highlight of diabetes camp was being given the opportunity to work as a team with the physicians, and counselors. I really enjoyed meeting as a team and discussing each camper and the goals or challenges we had with them."

- Michela

"I loved Diabetes camp! I think that it is important to be prepared! Always have menus/calculator/pens/snacks with you because you never know when you’re going to need any of those items. Come with a good attitude! If you come thinking it is going to be miserable it shows."

- Jordan

"Camp songs were sung at every meal in the dining hall and this was one of my favorite parts. It was fun to see everyone so animated and excited to participate. Go bananas, go, go bananas!"

- Kathy

"My advice for camp is to go into it with a positive attitude and try and learn as much as you can about all aspects of diabetes from both the campers and the team you work with. You will leave camp learning so much!"

- Ali
New Community Rotation Site

Day Care Resources
Child and Adult Care Food Program

This year, the ISU dietetic internship has a new community rotation site. Day Care Resources is a sponsor of the Federal Child and Adult Care Food Program (CACFP) located in Morton, Illinois.

DCR serves over 2,200 day care homes and centers throughout Illinois to ensure that facilities meet the CACFP nutritional requirements. To help their providers understand meal planning guidelines, they produce and provide examples of menus and recipes that meet meal pattern requirements. They visit each facility at least 3 times per year to monitor each facility and provide nutrition education and training. Since their day care home providers must have 15 hours of training through the Department of Children and Family Services, they also offer online training courses to help meet their needs.

Intern Expectations

At Day Care Resources, interns will be writing newsletters and information sheets, researching and creating recipes for the CACFP, planning meals and menus, sizing recipes for small scale and volume foodservice production, developing child nutrition education and training, generating online training and resources, and more. DCR expects the federal government to issue new nutrition guidelines for their program within the next few years, so interns may be able to help update their current materials at that time.

These experiences within the CACFP will prepare interns for careers in community or public health nutrition and nutrition education, especially child nutrition. It will also be valuable for any interns who want a career in any government program or agency.

Jordan was the first intern to work with Day Care Resources, and she was grateful for the unique experience in professional publishing using Microsoft Publisher and Adobe Design.

Preceptors: Dana Rein and Adrienne Arnold