Hello from Turner Hall! After a year of holding classes around campus because of life safety renovations in Turner, our department moved back into the building this summer. Thanks to the help from many interns and food and nutrition students, the food lab’s six kitchen areas are up and running. Our newest additions to the lab are two plasma flat screen TV’s on wheels with cameras attached to capture various angles of the food demo area. These TV’s have replaced the hanging mirror, and the students look forward to using them for cooking demonstrations.

The interns have experienced many unique opportunities for involvement in the community and on campus. The interns have designed informational tables at several campus wellness fairs. Additionally, the first year interns had the opportunity to cater a Leadership Initiative luncheon for the Provost’s Office. With the help of Chef Tim from Campus Dining, the event was a huge success with a menu that included: butternut squash soup, mixed green salad with blueberries and pecans, smoked turkey sandwich with apricot walnut mayo, and pecan pie bars……delicious!

This newsletter provides you the opportunity to meet the wonderful dietetic interns that I am fortunate to work with this year!

Have a wonderful Holiday Season!
-Dr. Julie Raeder Schumacher
1st YEAR INTERNS

Ali Bryan

Ali is from Germantown Hills, IL. She attended ISU for her undergrad. In her free time she loves spending time with her family, friends, and boyfriend. She also loves to go shopping, play volleyball, and spend time outside when it’s warm out. She has a chocolate and a black lab and two cats that she adopted from a shelter. She is interested in possibly working in a weight loss clinic or working with patients with eating disorders upon graduation but is keeping her mind open to anything!

Tiffany DeMay

Tiffany is from Rock Falls, Illinois. She attended Sauk Valley Community College and Benedictine University. She is currently doing her graduate assistantship with Dr. Nnakwe in the FCS department. She likes to cook, shop, and workout in her free time. She would like to obtain a personal training certificate and combine nutrition and fitness into her future career.

Brooke Seibert

Brooke is from O’Fallon, Illinois. She completed her undergrad here at ISU. She enjoys baking, paint, travel, and try new foods (especially cheeses). Someday she hopes to go skydiving although she is scared of airplanes. She has one sister and two cats back at home with her parents.

Jamie Hendrix

Jamie is from Bois D’Arc, Missouri. She attended Missouri State University for her undergraduate degree. She enjoys baking, scrap booking, shopping, spending time with friends and family. She is currently planning her wedding which is May 28th. She is interested in the clinical side of dietetics and teaching at a university level. She also hopes to become a Certified Diabetes Educator.

Jordan Dennis

Jordan is from Denver, Colorado. She completed her undergrad at Johnson & Wales University in Denver. She loves to cook, travel, scuba dive, and play the piano. She has a dog and cat named Luna and Egypt. She wants to teach culinary nutrition classes for Operation Frontline after becoming and RD.
MORE 1st YEAR INTERNS

Kathy Clark

Kathy comes here from Northern Illinois University in Dekalb. She moved here with her husband, one dog and one cat. In her free time she likes to do yoga, read, and bake. Kathy is currently a graduate assistant for Dr. Cullen in the FCS department and is looking forward to beginning internship rotations.

Michela Fyler

Michela is from Wayne, ME and did her undergraduate studies at the University of Maine, Orono. She is enjoying getting to know Normal, IL and has fallen in love with Chicago! Her favorite things to do include cooking, running, and traveling. She recently adopted a dog named Maggie, and enjoys taking her on morning walks and going to parks. She is interested in Clinical or Community nutrition but is counting on the internship rotations to help her find her passion.

Stephanie Danforth

Stephanie is from Burlington, Iowa and attended Iowa State University. She is a graduate assistant at the Community Cancer Center, and loves being in a place where she can see clinical and community dietetics combined. She likes to travel, run, knit, and spend time with family and friends. After graduating she hopes to stay in the Midwest.

Kevin Pietro

Kevin is from Arlington Heights, Illinois and completed his undergraduate degree at Illinois State last May. He is currently Richard Kane's Graduate Assistant in the FCS advising office. He loves to cook and workout which are the two biggest factors that have led him down this career path. After becoming an RD he would like to work as the dietitian at a high school or college and maybe teach a class or two.

Amanda Novy

Amanda is from New Berlin, Illinois (home of the Pretzels)! She received a B.S. in Exercise Science from Illinois State University in 2008. Amanda is the first dietetic intern to be working with the Health Promotion & Wellness office as her graduate assistantship. Her passion for health is also exemplified in leading group fitness classes and personal training at Campus Recreation. In her free time, Amanda enjoys hiking at Matthiessen State Park with her fiancé, Luke, and dog, Bamboo, making homemade BBQ chicken pizza, and adventuring to a new MLB park every year. Currently, Amanda would like to work in a wellness center or diabetes clinic, but she is very excited to begin rotations next year and experience more realms in the field of dietetics.
Sarah Udell
Sarah has completed her community nutrition rotations at Methodist Medical Center, Decatur Wellness Center, and a week at Diabetes Camp. She has enjoyed doing foods demos, teaching classes at DMH Wellness, and working on her counseling skills in the outpatient setting. Sarah enjoyed learning more about hospital and school food service at Bromenn and Unit 5 and is looking forward to her clinical rotation in the spring at Advocate BroMenn. Sarah’s main interests are community nutrition and diabetes education—she loves the idea of working with clients to improve their quality of life through proper nutrition and a healthy lifestyle. When Sarah is not busy with rotations, she is working on her thesis related to undergraduate students’ perceptions of the Dietetic Internship Centralized Application Service (DICAS).

Rose Morris
Rose is from Racine, WI and attended the University of Wisconsin-Stevens Point for her undergrad. She has already completed community rotations at the Community Cancer Center and Methodist Medical Center. She is currently in her foodservice rotation at OSF St. Joseph Medical Center and will be starting shortly at ISU Campus Dining. Rose has a strong interest in clinical dietetics and is very excited to explore the options in clinical rotations, although community nutrition has quickly become a new love. She’s looking forward to graduating and starting the job search!

Bethany Harris
Bethany grew up in Bloomington, Illinois and earned her undergraduate degree in Nutrition from the fabulous Illinois State University. During undergrad she became interested in long term care and is now working on the weekends at an assisted living facility in hopes to get some more experience on top of her rotations. She is now in her first clinical rotation at Proctor Hospital in Peoria and is amazed at how interesting clinical dietetics can be. As of now, her mind is still open to any area of dietetics and she's waiting to see where the road takes her. Maybe the Peace Corps!

Sarah Gervais
Sarah grew up in Minnesota, and went to college at The College of Saint Benedict in Central Minnesota. She has completed her foodservice rotations at Decatur Memorial Hospital and Campus Dining Services, and enjoyed both rotations. She just finished her clinical rotations at Decatur Memorial Hospital and absolutely loves it. Clinical has always been her primary interest, and rotations in the hospital has helped confirm that she wants to start her career in a hospital. In her free time, Sarah likes to cook, play golf with her fiancé, and plan for her wedding next September!

Liz Jaeschke
Liz is from Morris, IL and an alum of Illinois State University. She has finished her foodservice rotations at Advocate BroMenn and Olympia School District and is jumping into clinicals. So far Liz has enjoyed all of her internship sites, but feels school foodservice may be her career path. She is excited to work in the community setting and gain some more experience throughout clinicals.
MORE 2ND YEAR INTERNS

Melanie Pavlovic

Melanie is from Fowler, Illinois. She has always had an interest in nutrition and health and decided to major in Dietetics at Western Illinois University for her undergraduate studies. She enjoys running and any kind of outdoor activities. Melanie is also very passionate about helping others as well as being involved in the community. Her plans for the near future are to become a registered dietitian and work in a community or clinical setting. Some day in the distant future she plans on obtaining her PhD and working at a large university teaching food, nutrition, and dietetics.

Anna Taylor

Anna is from Toledo, OH and a graduate from Bowling Green State University. Anna has completed her foodservice rotations at District 87 Schools and Methodist Medical Center, and just finished her clinical rotation at Methodist as well. She loved going to Diabetes Camp this past July, and is so excited for her community rotations this spring! Although her heart has always been in nutrition education in a community setting, she really enjoyed her time at Methodist for clinicals, and is looking forward to spending some time at Memorial Medical Center in Springfield to strengthen her clinical experience. In her free time, Anna loves to run, cook, and read, and she can’t wait for the holidays to visit her family in Ohio!

Meredith Eley

Meredith is from Virginia Beach, VA, and completed her undergraduate degree at Virginia Tech in Blacksburg, VA. She has successfully completed her community rotations and is currently in the middle of her foodservice rotations. She really enjoyed teaching and interacting with members of the community while with EFNEP in Peoria and WIC in Decatur. She has enjoyed the business side of dietetics while completing her foodservice rotation with District 87 schools in Bloomington, and looks forward to what foodservice has to offer her at Decatur Memorial Hospital. In her free time, she enjoys cooking, traveling, and spending time with friends and family. Meredith is looking forward to defending her thesis and finishing up clinical rotations in the spring, so that she can successfully pass the RD exam, and begin her career!

Amy Melton

Amy has completed her community rotations and is currently halfway through the foodservice aspect of dietetics. She has learned a world of information and gained great relationships and experiences. Over the recent months, Amy has greatly broadened her horizons and challenged herself on many occasions. She is looking forward to clinical rotations at Methodist Medical Center as she has always been drawn to the clinical world of healthcare. She enjoys the busy schedule with rotations and coursework, and is excited to see which direction all of the interns will take when they complete the program.

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Kara Witz

Kara is currently in her clinical rotation at OSF St. Joseph Medical Center. During her time there, she has really begun to enjoy the clinical side of dietetics, which she never thought would happen! She likes being able to see the importance of nutrition in the clinical setting and has learned so much about the role of a dietitian in healthcare and other settings. Kara has also finished her rotations in food service at Unit 5 Schools and St. Joseph Medical Center, which she also enjoyed very much. She is interested in several areas of dietetics including clinical outpatient, community wellness, and corporate wellness. Kara cannot wait to finish her clinical rotations to spend the holidays with her loved ones and then start her community sites in January.
In a long standing tradition, the 2nd year ISU Dietetic Interns returned to Camp Granada this past July to act as Cabin Dietitians for children ages 8-16 who have diabetes. The interns immersed themselves in the world of diabetes for a full week, counting carbs, preparing snacks, working on their negotiation skills with the campers, and dealing with highs and lows. Each Dietetic Intern served an essential role as part of a medical team, which consisted of nursing students, hospital residents, counselors, and doctors. It was a long week, but the kids made it worthwhile – well, that and the snacks! (See recipe below for a Camp Granada favorite!)

How to Make a Smunchie:
Makes 4 Smunchies
1. Combine ½ cup sugar-free chocolate pudding and ½ cup smooth peanut butter (at room temperature).
2. Mix together pudding and peanut butter until smooth. Divide mixture into four equal portions.
4. Wrap in aluminum foil and freeze for at least 2 hours. Enjoy!
McLean County Wellness Coalition Summit

Many of the 1st and 2nd year interns attended the McLean County Wellness Coalition Summit where they were able to meet and hear presentations from others in the community. Topics covered the community’s assets and needs, as well as how to become advocates and make change. Overall, the summit was very informative and left the interns inspired to be the change they want to see in their schools, workplace, community, and healthcare systems.

1st year intern Amanda Novy lead the entire group in physical activity breaks throughout the day, which included Zumba and kickboxing.

Changes to the Cooking Class

1st year intern Stephanie Danforth has been given the opportunity to work with Mary Kay Holloway, RD, LDN at the Community Cancer Center in Normal, and it is an exciting time to be there as some big changes are happening. In previous years the Cancer Center has offered cooking classes to the community to increase nutrition knowledge and introduce foods that may help reduce the risk of cancer. Stephanie is working with Mary Kay and many other contributors including Dr. Schumacher and Anna Taylor, a second year intern, in a new and exciting project. In place of the cooking classes, recipe demonstrations will be offered on the internet through Podcasts. These Podcasts will allow individuals to view the demonstrations at home on their own time, or even while they are preparing the meal being demonstrated. A variety of topics will be discussed including wheat berries, kale, and beans.

Construction!

Additionally, the Community Cancer Center is undergoing construction! Most of the building is enclosed and they are working on the interior to create a TomoTherapy addition to radiology oncology. The construction is expected to be done mid-December.