

UNH Dietetic Internship Newsletter 2015

Christmas Musings 2015

Warm greetings from our UNH Dietetic Internship-We hope this holiday season finds you enjoying time with family and friends, and hopeful in the commitments reached in Paris during the United Nations Framework Convention on Climate Change. Though this agreement is far from perfect, it is a remarkable step forward in acknowledging that climate change is a reality, and although we are multiple nations, we are indeed living, breathing and raising our families on one world.

As nutritionists, climate change represents another opportunity in which our expertise can make a difference. Despite the fact that the 2015 Dietary Guidelines for Americans will not officially include a call for sustainability guidelines to impact our dietary patterns, the important conversation for this lens has been unleashed. The outpouring of the American public requesting this commitment was indeed remarkable, and globally, other countries and organizations are moving forward with adopting more plant friendly dinner plates as part of their dietary guidelines. Though we may not see the call for a more carbon friendly menu in the language in this edition of the Dietary Guidelines, we have indeed gotten the conversation started and a commitment to revisiting in 2020.

Our NH landscape and land-lines are

Happy Holidays!

It has been another exciting year with the Internship! The Food Service Management and Community course experiences has continued to develop. This year we translated our summer sustainability research into posters which we exhibited at the Fall NHDA meeting; we brought in Patti Rooney from UNH Human Resources to talk about talent management from the perspective of the organization; and continued the summer farm tours of Stuart and UNH Organic research lab and Dairy Council Communications training. The fall interns this year even got to present a training to the Health Teachers of Manchester School District, the largest school district in the state.

presently being swarmed by a variety of presidential hopefuls, so indeed wishing that children's well-being, food insecurity, and wage and race equity were more central to the campaign rhetoric. There are a number of food and nutrition issues that need our collective attention, so don't forget that policy and advocacy section of Nutrition 930 and write and call your legislators, senators and presidents-to-be!

Our internship staff and interns continue to amaze me, for their steadfast commitment and enthusiasm to our program and our profession. I am reminded daily how lucky I am to work with Lisa and Becca! We are living in exciting yet pivotal times. Our work as instructors, students and professionals in the food and nutrition arena is one in which we can make a difference, and we see that happening via our current interns, and those we hear about in our newsletter, Facebook and beyond. On the Burke home-front, our family was blessed with the arrival of our fourth granddaughter "Maeve Delaney McKenna." She joins her brother Conor (4) and cousins William (8) and Lois (3)! Amazingly busy but fun times.

Hoping you truly are able to enjoy quality and quantity time during this holiday season, and best wishes for a very rich, peace filled and blessed 2016! Onward as we create a better world for current and future generations.

-Joanne

One of the highlights of this past semester was finding a few new ways for interns to de-stress as a group. We coordinated a visit with UNH Office of Health Education and Promotion therapy dog, Hamilton, and had a fun Friday morning with him. We also visited Alicia Rossman RD and owner of Let's Get Movin' yoga and took a class and learned of some strategies to calm the mind and tackle our busy schedules.

Another year has gone by and still our interns and graduates amaze me. I feel very fortunate to get have the opportunity to get to know so many bright, talented individuals and then to see a few recent graduates working out in the field too! Please stay in touch!

Wishing everyone a very joyous and happy holiday!
-Becca

First of all, thank you to everyone who contributed to this year's newsletter. We are so happy to hear from so many of you and truly cherish the fact that so many of you keep in touch!

This has been another great year of interns-a highly motivated and dedicated group of women. They are a hard working group!

The big news is that Dr Burke, Dr Janson-Sand and I are moving offices! Starting in January, you will be able to find us in Kendall Hall, ground floor. Once the BioScience Library closed, they converted the space to offices, so we will be moving there, along with other nutrition faculty. It will be nice to be closer to the other department faculty! And I cant say I will miss my "roomy" office ☺ Although there is a sense of sadness, as I've been in Nesmith for almost 10 years! Please be sure to visit us in our new "home"!

On the home front, my girls are getting way to big- Cassandra is almost 13, and Kaylee will be 10 in a few short months. I am continuing to run lots of races, so if anyone is planning to run any races in the area-let me know and we can meet up beforehand!

Best wishes for a wonderful holiday season and a Happy New Year!

-Lisa



News from Our Graduates

Sarah (Waterman) McCoy ('06) left Sodexo and St. Joseph Hospital in Nashua after 8 ½ years to become an outpatient RD at Dartmouth-Hitchcock Manchester. She misses many aspects of inpatient practice and the opportunity to host interns, but this has been a fantastic move for her. It is allowing her to get her CDE, which was the entire reason why she became a RD. She is also waiting on the results of her CNSC recertification. In other news, her family has been living in a hotel for the past 8 months after their newly replaced roof failed. Hotel life was okay for the first few days to weeks, but the pool is only entertaining for so long! They should be home in time for Christmas!

Ashley (O'Brien) Hopkins ('08) has been working as a Regional Pediatric Clinical Specialist for Abbott Nutrition for 4 1/2 years. Ashley and her husband celebrated their 1 year anniversary and recently bought a home in Newburyport, MA.

Katy Magoon-Fredette ('10) and her husband moved to Iowa in 2014 for her husband's job. She's been working for a small community hospital covering ICU, Med/Surg, Cardiac, and Oncology. Her tenure in the midwest will end in 2016, eventually allowing her to return to their home in Concord, NH. They have 2 adorable boxers Roxy and Duke. They plan to spend Christmas this year in the Southern Caribbean followed by a week back east with family.

Stephanie (Noel) Lanning ('11) is a RD who went back to school for Physician Assistant in 2014. She will integrate her RD with her PA degree to enhance the overall health and wellness of her patients and to continue to educate the medical community about the importance of nutrition. She is completing her final rotation in the NICU at Baystate Hospital in Springfield, MA before graduating this month! She plans on starting her PA career in Family Medicine while starting a family of her own! She and her husband Scott are expecting a baby girl in March, 2016!

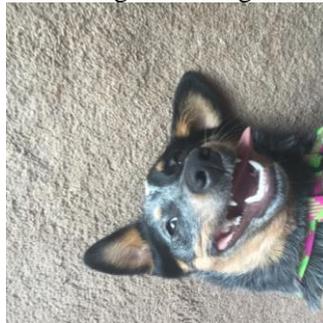
Kelly (Staid) Azarian ('12) is still working as a renal RD in 4 DaVita clinics. She got married in August! If that wasn't enough, she is running the Boston Marathon in 2016 on behalf of the Liver Foundation <http://go.liverfoundation.org/goto/kellyazarian>

Carolyn (Kopcha) Pancarowicz ('12) has had a very eventful year! She got married in August on a perfect summer day at URI where she met her husband. She relocated from Providence, RI to Waterford, CT, and currently works as a dietitian for the East Hartford Public Schools. Most of her work is done with the Head Start program, but she is also utilized throughout the district as needed for her nutrition expertise. She works closely with families of children with food allergies, obesity, and other nutritional concerns.

Kristin Davis ('12) graduated with a Master of Science in Nutritional Sciences from the University of New Hampshire in December of 2014. She now enjoys working as a dietitian at Southern New Hampshire Health in Cardiopulmonary Rehabilitation.

Karen Mountjoy ('14) ran the Seacoast 1/2 Marathon, getting a new course personal record by beating last years' time by 2 minutes!! She has joined the Nutrition Feeding and Swallowing Team through Special Medical Services at the state. She does home and school visits for kids up to age 21. Despite the travelling, she loves her job, as it's a blend of special needs and nutrition-exactly what she wanted. She works about 1-1 1/2 days per week for SMS and then sees her own clients. Even though her kids are older, this gives her the flexibility to still be around, especially during the afternoon.

Stephanie Swanick ('15) is still working at both Huggins and Nutrition Connections. Here is a picture of her dog Sydney-She's a 7 month old Australian Cattle Dog and the light of her life!



Carly Lewis ('15) is working for Genesis HealthCare as a dietitian for a long term care facility in Williamsport PA. She moved to Central PA this past summer to

a beautiful new apartment that is less than a mile from where her boyfriend works.

Kara Pavlidis ('15) and Stephanie Swanick ('15) ran the Feed the Need Predict Your Time 5K Turkey Trot in Stratham that benefits End 68 Hours of Hunger!



Kim Mayo ('15) was offered a summer position with UNH Cooperative Extension in the Manchester area, once the internship ended. Her position was extended at the end of September to continue working with UNHCE, but was transferred to Merrimack County. It was great, as she was working alongside Anne Dunn, who was one of her community rotation preceptors! Recently, she was also offered a Per Diem RD position at Southern NH Medical Center, which was actually her clinical site! Right now, she is enjoying educating a wide variety of ages, socioeconomic levels, and disease states. She is also getting to work with some of the current interns, which is great, since she knows what they are going through. She likes answering any questions they may have about the site or the internship. She is living in Merrimack, NH at this time, but is hoping to move to Boston or out west in the upcoming year.