UNH Dietetic Internship Newsletter

“True peace is not merely the absence of tension; it is the presence of justice.”-Martin Luther King 1958

Greetings All,

As we embrace this holiday season, we are reminded of the importance of connecting with one another, and of celebrating the gift of time with family, friends and colleagues. As you read through our newsletter, you will get the flavor of some of the amazing updates from UNH and our Dietetic Interns!

In July, the Nutrition Program joined with other faculty from a number of academic units to form a new “Department of Agriculture, Nutrition and Food Systems.” We are still in the College of Life Sciences and Agriculture. We are excited to have this opportunity, and feel quite fortunate that Dr. Curran-Celentano has graciously offered to be the interim-chair as we conduct a national search for the new department chair. On the internship front, we have succeeded in getting approval for the combined Masters with the Internship from the University of New Hampshire! Our proposal has been submitted to the Accreditation Council for Educators in Nutrition and Dietetics (ACEND) for their review. For now, all we can advertise and enroll is the non-Masters Internship, but we are indeed excited about the potential to eventually offer a Masters!

We are happy to report that Gretchen Arnold applied, and was appointed to a full-time clinical teaching position to help meet our Nutrition Program teaching needs created by Dr. Janson-Sands retirement! We are happy for Dr. Janson and grateful that she continues to help out—from Serve Safe to all things internship. We have also been very fortunate to add Molly Mayfield to our Dietetic Internship teaching team. Molly is now teaching the Food Service and Community class, has mastered the art of cooking in competencies, and shares a passion for teaching our emerging dietetics professionals. Thankfully, Lisa continues to run all sorts of marathons, be they in the community, by land and sea, or the work-related marathons of the internship. Indeed, I can’t nearly express my gratitude for the team that I am fortunate to work with at UNH. Dr. Catherine Violette (December) has also joined the ranks of the officially retired in December but she has been asked to consult part-time for Cooperative Extension as they try to fill her very big shoes!

Our amazing class of 2017-2018 interns have been very busy the past few months. They very successfully shared their experiences at the recent open house. Like classes before them, December is a time to reflect on their impressive accomplishments, and to renew their energy for the final stretch of the internship.

As nutritionists, we recognize that the need for food is a shared human experience that unites all of humanity. In this season when calls for ‘Peace on Earth’ abound, we are reminded of the power of coming together, of using our social capital to continue our commitment to promoting a food system that nourishes all with dignity. For those of us working in the food and nutrition arena, we have the unique opportunity to shape the future of food for our families, of promoting food justice in our communities and beyond. Wishing you all the peace and joy of the holiday season and beyond.

-Joanne

Christmas is almost here—a time filled with excitement, joy—and yes, stress!! Another semester is over and I’m sure our current interns are looking forward to their well deserved break.

Joanne and I have been so lucky to have Molly Mayfield join the internship team. She is just wonderful to work with and it’s so nice to have a fresh set of eyes on everything!

We have been working hard with big changes happening soon to the internship. I truly look forward to what the future will bring with these changes. After a back injury at the beginning of the year, I slowly was able to return to running. It has been a hard, but rewarding journey. Instead of focusing on trying to get my running back to where it was, I decided to use this year to try to inspire others to take up running. It has been such a joy to give back to others in the running community. My kids keep getting older, despite the fact that I do not. Cassandra is a freshman in high school (can you believe it?!?) and Kaylee is in 6th grade. How time flies! Wishing you all a joyous holiday season and a healthy and happy New Year! -Lisa

I am happy to be joining the Dietetic Internship program at UNH, and have had a great first semester working with the interns during their Food Service and Community rotations. My husband and I are new to NH, having moved here last fall from Massachusetts where I worked over the years for organizations like Boston Children’s Hospital and Tufts University. When the opportunity to teach the Food Service and Community Nutrition course became available earlier this summer, I was really excited to join the internship team. The position became available when Gretchen Arnold, who taught the class last year, was hired as a full-time faculty member of the Agriculture, Nutrition, & Food Systems department at UNH.

This past semester was another busy one for the interns. Minimizing food waste in the dining halls has been an important initiative throughout the semester as the interns worked with their dining hall sites to both track the amount of food waste, while also creating communications plans to educate students and faculty about the impact of wasted food. Several of the interns also attended a screening of Wasted – The Story of Food Waste at the Music Hall in Portsmouth where Bill McNamara, Director of UNH Hospitality Services, touted the efforts of the interns to reduce food waste at the University during a speaking panel after the film.

During their school food rotations, the interns worked with both the Manchester and Exeter school districts helping teach health and wellness courses to elementary, middle and high schools students. The interns also had the opportunity to work with community organizations including the NH Food Bank, Cooperative Extension, Farm to School, and the New England Dairy and Food Council to help educate some of the state’s most vulnerable populations on innovative ways to incorporate healthy foods into their diet.

For their business plan assignment, the interns ventured to Creative Chef Kitchen in Derry NH – an incubator for new food startups - to learn firsthand about the challenges and opportunities that face new food businesses. They used what they learned during the tour to develop a business plan for a refrigerated gluten-free cookie dough company called Ready to Roll (Note the capital R & D in the title to signify that the cookies are made by Registered Dietitians).

As I wrap up my first semester, I’m so grateful to the faculty, staff and interns for being so welcoming and supportive in my first semester at UNH. It has been a true pleasure working with the next generation of RDs and I look forward to the coming semesters.

Wishing you all a healthy, happy and delicious new year.

Molly Mayfield
UNH Dietetic Internship Graduates News

Heather Carmichael Eichorn (09) moved to Chicago and has been living there for over 7 years. She found her passion working with individuals struggling with eating disorders. She is the Nutrition Program Director at Eating Recovery Center in Chicago (ERC). She also became an International Association of Eating Disorder Professionals (IAEDP) approved supervisor. In her new role, she provides professional supervision to other RDs working in the field of eating disorders. Heather has also expanded the dietetic internship program at ERC in Chicago and has been enjoying working with interns.

Katy Magoon-Fredette (10), her husband Ryan, and their two boxers, Roxy & Duke, moved back home to Concord, NH this spring after 3 years of living in Iowa and Texas. They welcomed a sweet baby boy named Colton in June who is their world. Katy is currently working for Hannaford Supermarket and provides nutrition outreach at the Nashua Hannaford. She also does consulting on the side.

Kara Pavlidis Hewitt (15) got married this September! She is currently living in Dover with her husband and their two cats. She took a turn with her career and got certified with The American College of Sports Medicine as a Personal Trainer. She currently works for Orangetheory Fitness in Portsmouth NH as a trainer and also works with members one on one with weight loss, pre and post workout meals and athletic performance. She really enjoys getting to know the members they’ve had for almost two years and helping them achieve their personal fitness and health related goals. Some of their members have lost 50-75 pounds, which is incredible and very inspiring!

Liz Berman (15) is working as an outpatient RD at a primary care office in Massachusetts, seeing both adult and pediatric patients. She love both her coworkers and patients. She started the nutrition department at the office two years ago, and this year there was so much demand, they had to hire a second RD. Shane and Liz also got married this fall and are living in Winchester MA.

Carly Lewis Douthit (15) is currently working different contracts in clinical and food service throughout PA and OH, though she is looking for a place to stay permanently for the new year. She got married in July and moved back home to Pittsburgh with her husband!

Courtney Perrin (15) is finishing up a Master’s program in Nutrition and Health Promotion with an Entrepreneurship concentration at Simmons College and will graduate May 2018. She is working as an Outpatient RD at Behavioral Nutrition in Quincy, MA, where she provides nutritional counseling for those struggling with disordered eating. She’s been there for 2 years and really enjoys working with this population! She’s also been planning her wedding! She gets to marry her high-school sweetheart in June 2018. They are currently living in Melrose, MA.

Gabrielle Mele (15) lived in upstate NY for just over a year right after the internship. She LOVED living in Saratoga-hiking in the Adirondacks surrounding Lake George, checking out horse races, and experiencing the delicious food and coffee in the area. She was working full time at a small community hospital for Sodexo. The company and the connections she’s made through it helped her transition to per diem jobs when she moved back to this area.

She is currently working full time at Beth Israel Deaconess in Milton, MA. She has 3 jobs in one: inpatients, outpatients, and cardiac rehab. Cardiac rehab is her favorite part because she gets to educate patients and see their progress through the 12 week program.

Sarah Muzey (16) has been working in assisted living and helped to start up a new facility in which she designed the kitchen and bought all kitchen equipment. Currently, she does nutritional assessments for residents as well as oversees the kitchen and resident/family education. She loves working with the elderly and finds it to be a very fulfilling career. After 8 years of being with her boyfriend, he proposed and they are getting married next summer!!

Ashley Iannace (16) is the Chief Clinical Dietitian at Whittier Rehab Hospital-Bradford where she is the only full time RD. She manages the other per diem dietitians.

Patsy Evans (16) started working at Huggins Hospital on a per diem basis in September 2016 as a Diabetes Educator. She also started working at Good Measures as an outpatient nutrition counselor and lifestyle coach. She is trained as a coach for the CDC diabetes prevention program which she teaches at both jobs. She is working towards becoming a CDE.

Danica Cowan (16) moved to San Francisco, working at Kindred Hospital, a long-term acute care hospital, right after the internship. She is now working at her private practice full time.

She opened a physical office this month, as previously, her private practice was completely virtual.

She earned a certificate in Integrative and Functional Nutrition from the Integrative and Functional Nutrition Academy. She is studying for the credentialing exam, to become an Integrative and Functional Nutrition Certified Practitioner. She is a member of the Dietitians in Integrative and Functional Medicine practice group, and was the nutrigenomics and biochemistry editor of the newsletter for about six months. She is the Northern California state coordinator for DIFM. She volunteers with a local nonprofit called Project Open Hand; they provide nutritionally tailored meals to low-income, chronically ill individuals.

Lindsay Hoar (16) worked as the head Clinical Dietitian at Copley Hospital in Morrisville, Vermont for about one year after completing the internship. In August, she started a new job as a RD in the Lifestyle Medicine Department at a Northwestern Medical Center in St. Albans, Vermont. Currently she sees outpatients, is working with the Medical Director of the clinic to develop a lifestyle intervention program, and is helping with employee wellness at the hospital. Additionally, she is a part-time graduate student at Penn State World Campus. Her degree will be "Master of Professional Studies in Nutritional Sciences" with a concentration in leadership.

Megan Schor (17) is working as a part time clinical RD at Bon Secours Maryview Medical Center in Portsmouth VA, a hospital contracted with Morrison Healthcare. She works on a variety of different floors-everything from behavioral med to cardiovascular ICU, covering the dietitian that is off. Megan and her boyfriend got a new puppy named Luna, and she is one little ball of energy! They have been living in Norfolk, VA since August.

Melissa Groves (17) is working at the Hannaford Store Dietitian in Kennebunk & Wells, ME and as a per diem dietitian at Whittier Rehab in Haverhill, MA. She is the NH Nutrition Incentives Network Communications Assistant, working with the NH Food Bank/Granite State Market Match through the end of the year. Melissa lives in Portsmouth.

Holley Mihok (17) got married on August 12th and is now Holley Samuel! She worked for cooperative extension under Dr. Violette right out of the internship, to finish up the grant work she did during her internship until the grant funding ended in October. She is currently working at Elliot Outpatient Center for Diabetes management in Manchester and is studying to take her Certified Personal Trainer exam through ACSM in December!

She is hunkering down to run the Philadelphia marathon with the goal to qualify for the 2019 Boston marathon.

Kailey Donovan (17) is a clinical dietitian at South Shore Hospital and a part time dietitian for Cambridge Athletic Club where she will also be teaching group fitness and eventually personal training, once she passes her exam!

Casey Larsen (17) is currently living in Portsmouth, doing outpatient nutrition counseling with Body and Mind Physical Therapy and Wellness in Windham, NH. She is also per diem at Whittier Rehab Hospital in Haverhill, MA. Her personal website is vistaRDN.com and her Instagram handle is vistaanutrition.