Nutrition professor, Jessica Madson, has accepted a position as dietetic internship director at University of Illinois for this fall. Jessica has been a great asset to Viterbo and will be missed by students and faculty alike. The Nutrition and Dietetics department has been honored to work with her for the past years and wish her all the best in her future endeavors.

“Teachers plant seeds that grow forever.”

Congratulations, Graduating Interns!

L to R—Jordan Church, Lauren Von Drashek, Michelle Sawaya, Kandis Glaziner, Tori Erickson, Alyssa Carlstrom, Megan Zillmer, Haleigh Flottmeyer.
The Student Dietetic Association is proud to introduce its newest officers that will be leading this fall. These students were admitted into the Coordinated Program in June and will be Juniors in the fall.

As SDA executive members, we are eager to reach out to the community and student body at Viterbo to make a positive difference.” - Marla Mulcahy

Congratulations to the Nutrition and Dietetics Coordinated Program class of 2014! This year, several of the seniors had the opportunity to travel to various places for their spring clinical rotations. From New York and Pennsylvania to Minnesota and Arizona, they experienced many new and exciting aspects of dietetics.
Dietetics Senior Shelby Byrnes spent six weeks in Tempe, Arizona for her community rotation where she worked with the Western Regional Nutrition Coordinator at Life Time Fitness. Her preceptor oversees the Tempe club as well as 13 other clubs spread out over the West coast.

Shelby talks about her time there saying, “It was extremely fast paced and busy! It was great to see and work in the athletic realm of the dietetic field. It allowed me to see and experience great leadership which I will hopefully be utilizing in my future career endeavors.”

Meanwhile, many miles north of Shelby, Morgan McManimon-Myers did her community rotation with Dietitian on Wheels. This is a consultant dietitian based out of Peterson, MN.

Morgan described her experience there saying, “This rotation offered a wide variety of project work and program involvement. I was able to collaborate with Fillmore County WIC, working with the clientele completing education, assessments, and creating educational displays and handouts. I worked with SEMCAC Senior Dining in creating a pilot program plan for the implementation of a frozen home-delivered meal system. Much of my project work was for clients and managers in area grocery stores and schools. These locations offered opportunities to complete in-house training sessions and inservices, standardization of recipes and foodservice systems, and demonstrations/presentations for customers in the

(Continued from Page 4—Engstrom)

Recently, I have again taken on a new position as the Corporate Registered Dietitian for Riverside Corporate Wellness in La Crosse. I am again in a slightly different area of practice, but I have been eagerly learning my new role. I work part-time and primarily serve as an outpatient dietitian for Logistics Health employees as part of the Riverside Corporate Wellness Clinic. I also write articles for our monthly and quarterly newsletters.

While it was hard for me to choose a major at the time in college, I’m so glad I picked dietetics. It has opened so many doors and provided so many opportunities for both professional and personal growth. I am grateful for the all wonderful dietitians that have shared their time and knowledge with me in this process. I am happy to be in a part of this exciting field that offers so many opportunities.
After completing my undergraduate Nutritional Sciences degree from the University of Wisconsin, Madison, I was accepted into the dietetic internship through Viterbo University in La Crosse beginning in August 2005. This was a good fit for me since I grew up in La Crosse and was able to live at home while completing the program. The 11 months flew by and in June 2006 I was saying goodbye to being a student and hello to a career in dietetics, and to California!

My fiancé, a fellow Wisconsinite, had been accepted into a culinary school in Napa Valley so we were set to embark on a new journey together. I was fortunate to be offered my first position as a dietitian at the Veterans Home of California in Yountville, CA. The Vets Home was a huge retirement living complex for Veterans and their spouses and offered independent living up to skilled nursing facilities. Long term care had not been my passion, but I grew to love working with the elderly. I worked with a fantastic group of dietitians and had a great mentoring dietitian supervisor. Living there provided fun exploring Northern California and tasting Napa Valley wines. However, after about 2 years we decided it was time to return to the Midwest and be closer to family.

My next position was at a dialysis clinic in St Paul, Minnesota called Davita, which is a huge nationwide dialysis provider. I didn’t have much experience with renal nutrition and I had no idea if I would like it. However, with a tough job market in 2008, I was thrilled to get a job offer after months of applications and interviews. I gradually learned the ropes and grew to love this setting too. Like long term care, you get to know the patients and develop a relationship with them. There was a huge support network from the multiple other DaVita dietitians in the Twin Cities area (several with decades of renal experience). We had monthly continuing education opportunities and a wealth of other educational resources.

After 2 years in renal, we made another move back to my hometown of La Crosse. I worked for three years at Winona Health as a part-time inpatient dietitian and renal dietitian. While the dialysis was familiar, the inpatient position was another new challenge. I was lucky to again have the support of a fantastic veteran dietitian to develop the appropriate skills to manage the nutrition therapy needs of the Medical Surgical Floor on my own. Also during this time, I worked in temporary jobs with Monroe County schools and Gundersen Health System. It was a little wild to wear different hats on different days, but I obtained experience in different areas of nutrition and I made some invaluable connections. (Continued on Page 3)