

Viterbo University

Nutrition Notes

SDA Springing Forward



Moriah Keiper, Emily Schmidt, Dani Ashman, and Margaret Hundt (above) helped to organize the food pantry at Place of Grace this fall.

Below: Amanda Danzl and Katie Dempsey, along with nursing student Kelly Meiners, participated in UW-L's annual Turkey Trot in November. Proceeds from the event go towards assisting local food shelves.



The Student Dietetic Association is back and springing into action!

Looking back on the fall semester, the SDA was very pleased with the amount of participation among members and the enthusiasm that was brought to the wide range of events. Members volunteered at the Kane Street Community Garden as well as the Place of Grace, listened to guest speaker Allison Pfaff share the experiences of her dietetic internship in Houston, gathered for a fall social that included pumpkin carving and pumpkin pancakes, participated in UW-L's annual turkey trot, and baked apple pies for the traditional bake sale held every November before Thanksgiving. The apple pie sale was a success as shown by the \$545 profit and the rave reviews of those who bought the pies. The funds raised will go towards sponsoring the juniors when they attend the WDA Conference in April. A special thank you to those who helped make this a success! It truly was a productive and exciting fall semester.

The excitement of the fall semester has indeed carried over into the spring! The SDA has an ambitious agenda and an assortment of plans being set into motion. Members can look forward to a panel composed of dietitians from a variety of fields, potentially including ICU, eating disorder and oncology. Other opportunities for involvement may include a spring social and a second visit to the Kane Street Community Garden. The SDA has also started to get organized and motivated to begin work on a calendar that will include recipes of healthy and delicious recipes for each month! Proceeds from the sales will go towards the SDA and will be a fun project.

The SDA's calendar is not the only fundraiser in progress at the moment. The junior class has also been busy in preparation for the Wisconsin Dietetic Association conference. Carol Klitzke, who teaches Foodservice Management, requires the

juniors to set up their own fundraisers as part of the course curriculum. The benefits are three-fold as students not only learn the ins and outs of business management and raise funds for their trip to WDA, but also have a chance to test their own creativity and capacity as entrepreneurs. Fundraisers so far have included a breakfast and body composition, a Valentine's Day sale of flowers and personalized cookies, tantalizing trail mix, and a variety of snacks offered to faculty such as guacamole, vegetable bowls and wraps. Upcoming fundraisers include a pumpkin and banana bread sale as well as a festive salsa in honor of Cinco de Mayo! The juniors have enjoyed putting on the various events and have seen the prosperities of their labor. It has been a rewarding experience for all involved.

Overall, this year has been a very gratifying one for the SDA. The wide variety of social events along with chances for volunteering has really set the tone for the club. Members have been continually active and aspirations are high as they look forward. As the year comes to an end, the organization looks forward to electing a new batch of officers and ending the year with the 3rd annual desert social. The club is springing in the semester with a fresh appetite and is excited for what the future holds!



Whole wheat pancakes dressed with strawberries and yogurt will be one of the recipes featured in SDA's healthy recipe calendar!

Inside This Issue

- Interview: Abigail August 2
- Poster Presentation 2
- Next Student Editor 3
- CADE Review 3
- Alumni Update 4

Interview: Abigail August



Abigail August came to Viterbo from Belize roughly eight months ago and shares what the experience has been like for her so far.



Belize, formerly British Honduras, is located in a part of Central America, bordered on the North by Mexico, West and South by Guatemala and on the East by the Caribbean Sea. It is the only country in Central and South America with English as the official and first language. Belize has a tropical climate with a rainy season and a dry season. Its 8,867 square miles (about the size of New Jersey) contains a diverse population and most Belizeans are multi-racial and multi-ethnic. The culture is very diverse, with significant cultural influence from the British and both Central America and the Caribbean.

Each year, Viterbo sends two senior students to this country to learn the culture of Belize and practice dietetics. The people are always hospitable and welcoming and students are grateful for all that they learn. This year, we have been fortunate enough to return the favor and share some of our culture with a Belizean native. Abigail August, an international student, has joined us from Cayo which is located along the western border of Belize. After attending Viterbo for a full semester Abigail was kind enough to give us some insight into what life is like in La Crosse in comparison to Belize, what cultural differences she has noticed, and challenges she has faced moving to a new country.

What brought you to Viterbo?

There is a great need for diet and nutrition education in Belize and there are no degrees offered in this or related fields. As a result, I began to search for colleges that had a degree in nutrition or dietetics. I discovered Viterbo at an annual undergraduate college fair. I was very impressed by the level of communication with prospective students, during and after the event. Viterbo is a small school which was a plus for me, and the program is ADA accredited and coordinated with an internship.

How would you compare where you lived in Belize to La Crosse?

Belize has a tropical climate with a rainy season and a dry season; experiencing the four seasons is definitely something new. My home town is much smaller than La Crosse. The variety and choice of stores in Belize are much less than those available in and around La Crosse, so that aspect has been very convenient.

What has been the biggest challenge overall for you moving to a new country?

I would say the weather/winter has been challenging/ It's been difficult trying to gauge unpredictable weather. In the tropics it's usually hassle free which means footwear, for rain or shine and an umbrella.

What cultural differences you have noticed since moving?

Definitely pace and paperwork! I think the amount of significant digits that I have had to learn over the past six months tops the number of significant digits that I have had to learn over the past five years. Life moves at a much faster pace and that is made possible through plastic and paperwork.

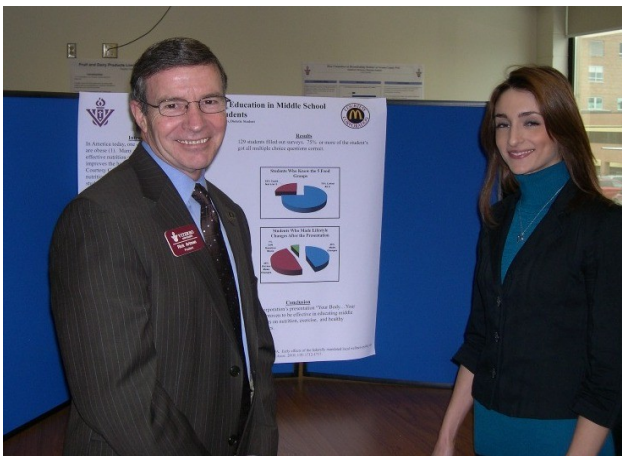
What kind of adaptations in food you have faced?

I would say the biggest challenge is the amount of additives and length of processing that so much of the food goes through before it is actually on your plate. I do enjoy having a wider variety of food choices, especially fruits.

As for Abigail's future plans, the role of community dietetics is of interest to her at this point. She enjoys talking to people about the benefits of healthy eating and the way food can be used as a tool for health. She believes the role of community dietitian is being able to help people from a preventative perspective and is something she is very passionate about.

Thank you for sharing a bit of your cultural perspectives and experiences with us Abigail!

Community Nutrition Research Poster Presentation



At the culmination of each Community Nutrition Research course, the students present their academic work in a poster session. It is the students' opportunity to show their work for faculty, preceptors, dietetic students and invited guests. Not only is this session an academic event but also a celebration of the students' work.

Gina Dolenti, pictured to the left, is one of the senior students that had the opportunity to present her research to President Artman.

Introducing Dani Ashman: Next Student Editor!

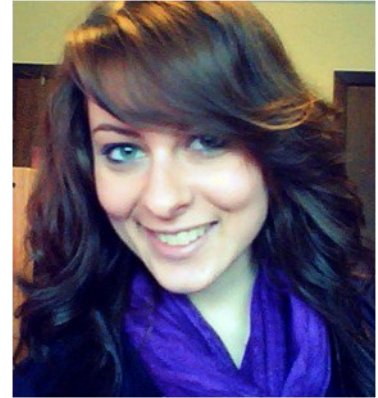
Hello fellow food enthusiasts!

My name is Dani Ashman, and I am honored to introduce myself to you as the new student editor of the Nutrition Notes newsletter. Over the next few months I will be helping out and learning the ropes from current editor, Kaitlyn Rothmeyer, and then next school year I will use her as a great example in continuing work on my own. I'm very anxious to get started, and I look forward to working with everyone in the Nutrition and Dietetics Department!

I originally am from Appleton, WI, and this is my first year in La Crosse. I attended Wisconsin Lutheran College in Milwaukee for my first two years out of high school, and then made the decision to transfer to Viterbo after discovering a passion for nutrition. In addition to a major in Dietetics, I am also studying Spanish with

the hopes of incorporating it into a future occupation. I plan on studying abroad someday as well and currently have my eyes set on the Dominican Republic.

Aside from classes, I am a part of the Student Dietetics Association, Spanish Club, the Student Support Services Leadership Council, and Viterbo's show choir, Platinum Edition. I love music, travel, the Food Network, and just staying active. Organizing a newsletter is something that I have never done before, but I welcome the experience as a way to expand my horizons and try something new. Again, I feel very privileged to have the opportunity to serve as student editor, and I will strive to represent the ever-changing world of Nutrition and Dietetics well!



Dani Ashman, pictured above, will be the next editor for the Nutrition Notes Newsletter - Welcome Dani!

CADE Site Review Scheduled at Viterbo

April 18th and 19th will be important days for both the Viterbo Coordinated Dietetics Program and the Dietetics Internship Program. Those are the dates the Commission on Accreditation of Dietetics Education (CADE) will conduct a site visit for re-accreditation of the two Viterbo programs.

Nutrition and Dietetics Department faculty have been busy writing the program Self Study for each of the programs over the last 8-10 months. The Self Study document is a

comprehensive report which verifies how each program meets the CADE eligibility requirements and educational standards. The document is reviewed by the CADE review team prior to the on-site visit and then used to guide the review team's activity during their campus visit.

While at Viterbo, the reviewers will meet with various program stakeholders: Viterbo administrators, program faculty, the Nutrition and

Dietetics Department Advisory Board, Program preceptors, alumni, and current students. The review team will also visit a few of the supervised practice sites to which our students are assigned.

This periodic program review is a critical step in assuring quality education that prepares dietetic professionals.



**Commission on
Accreditation for
Dietetics Education**

the accrediting agency for the
eat right. American Dietetic
Association



If you or someone you know would like to be included on our mailing list please email Kaitlyn Rothmeyer at krothm01995@viterbo.edu. Also, please inform us if you have had a recent change of address or email address so you do not miss any publications. We would love for you to be included in future mailings!

Alumni Update: Jodie (Pickering) Burke



I am honored to provide an alumni update for the Nutrition Notes newsletter. When I attended Viterbo College, as it was named then, never did I imagine I would be where I am today. I began my college venture at Winona State University in the fall of 1990. It took three years, and a Nutrition class, to provide inspiration to apply for the Coordinated Program at Viterbo.

In December, 1996, I graduated from the Coordinated Program with expectations of working in a clinical nutrition setting, as this is what I enjoyed during college. Since I had recently met my future husband, I limited my job search to the Winona, La Crosse, and Rochester area which made it difficult at first to find a position in my field of study. A year later and a couple temporary jobs in between (all non-nutrition related) brought me to my first “real” job – a Dietary Manager and Registered Dietitian for a small long-term care facility in Preston, Minnesota. It was a great learning experience, as I was not only able to utilize my clinical nutrition skills but also learn the role of a Dietary Department Manager, including hiring, scheduling, and budgeting. Two years later, even though I enjoyed the job, I found the commute long.

That led me to apply for a Nutrition Services Specialist position within the Corporate Quality Assurance Department at Reinhart FoodService (RFS), La Crosse, Wisconsin. At first I worked alongside a Registered Dietitian completing nutrition information requests, analyzing and creating menus using nutrition software, writing nutrition publications, and conducting trainings for RFS customers.

Then a HACCP (Hazard Analysis & Critical Control Points) Auditor was needed for the department, and I decided to go for it! Little did I know that in a short time I would find a career I never considered during college. This position involved development, implementation and training of food safety and quality Standard Operating Procedures and HACCP plans, and auditing RFS distribution centers and meat processing plants against company standards, customers’ requirements, and state and federal regulations. The job provided me with a wealth of knowledge: distribution chain, food processing, food quality standards, labeling, government regulations, transportation, tracking and recalls, and working with chain accounts and their expectations to name a few! I was also able to travel to a lot of different places in the country. I discovered that food safety had become somewhat of a passion for me.

In fall of 2006 I took time off to be with our first-born daughter. Having her made me re-evaluate my life and where it was going. The opportunity to apply for a Sanitarian position with Winona County Environmental Services came up (three minutes from my house!). I was hired in March of 2007 and am still there. The department coordinates and provides services to residents and businesses of Winona County including recycling, household hazardous and solid waste, and indoor air and water quality to name some. My current responsibilities include the inspection, regulation and education of food, beverage and lodging establishments, swimming pools, and special event food stands; assist in the investigation of food borne illness complaints and outbreaks; and investigate public health nuisance and food safety complaints. A requirement of this position was to become a Registered Sanitarian/Environmental Health Specialist by taking an extensive exam. Food safety was only a small part of it! I had to learn about things I didn’t know much about: water-borne diseases, wells, septic systems, wastewater treatment and disposal, solid waste, air pollution, and pest and weed control. Most recently I have also earned the credential as a Healthy Homes Specialist, which allows me to help Winona County residents with questions and solutions to home environment issues.

The most unique experience of this job by far occurred within months after I started. In August 2007, Winona County, along with other nearby counties, experienced flash floods created by heavy rains. Our department was part of the emergency response which included visiting licensed establishments and residents to assess the effects of the flood on the safety of their food, provide information on clean up and mold, and collect household hazardous waste being discarded from flooded homes. I spent two weeks helping out at a transfer station where residents and businesses disposed of demolition materials and solid waste. Our job was to assist in monitoring and documenting every incoming and outgoing load, including photos and paperwork. I saw a lot of destruction and lives forever changed, along with a community pulling together in a time of need.

You never know what exciting things your education at Viterbo will lead you to! I received a quality education and experience that prepared me well. I would encourage students to research other areas of food and nutrition that aren’t necessarily focused on in school. The bottom line is that you often don’t know what you will like the most until you venture out of school and challenge yourself! Good luck in your personal venture!



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We’re on the Web!
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