



VITERBO UNIVERSITY

Dietetic Internship Preceptor Newsletter

Fall 2021

FROM THE DIRECTOR

Happy fall everyone! It seems that COVID-19 is continuing to impact our lives as we start a new academic year. We had been mask-free on campus over the summer but are back to our masks for the fall semester to help do our part to help contain the current surge. I am happy to report that all of our students and interns completing supervised practice are vaccinated against COVID-19.

I want to extend a sincere thank you, again, to all of you who have continued precepting despite the current challenges including working with interns remotely and in new ways related to COVID-19 changes in policies and procedures.

We are continuing with changes in our department, never a dull moment! This will be the last year that we have a 4-year BS-level coordinated program as we move into our accelerated 4+1 Coordinated Program where students will complete their BS, MS and supervised practice hours in 5 years. We also added a direct-entry Masters program. This two year programs allows individuals without a BS in Dietetics to complete the DPD requirements, an MS and their supervised practice hours so they are able to sit on the registration exam upon completion of the program. We continue with the on-site dietetic internship and the optional MS in Nutritional Sciences, about half of our intern class chose the MS option this year. And in fall 2022 we will start with distance dietetic internship + MS program. I will continue as dietetic internship director and oversee both the onsite and the distance tracks.

In case you missed the spring newsletter, we added Tiffany Lein as a full-time faculty member in January and we plan to add another full-time faculty member in fall 2022 to meet our increased needs with expanding Masters-level courses as well as the distance dietetic internship track.

Please note that our preceptor training will be held via Zoom (<https://viterbo.zoom.us/j/97438660015>) this semester on Tuesday November 16th at 12pm. This training will provide 1 CEU for Diet and Inflammation.



Meet The 2021-2022 Dietetic Interns



Alianna Anselmi

My name is Alianna Anselmi. I am from Westchester, New York. I graduated from the University of Delaware in 2016 with my BS in Dietetics. In 2021, I completed my MS in Exercise and Nutrition Science at Lipscomb University in Nashville, Tennessee. Since completing my undergraduate degree, I have had some extremely rewarding nutrition-related work experience as a Nutrition Assistant at New York Presbyterian Hospital and as a WIC Nutritionist for the Saint Barnabas Health System. During the COVID-19 pandemic, I became the Food and Nutrition Director of a food pantry called The Little Pantry That Could. I am particularly interested in community nutrition, nutrition education, prenatal/women's health, and nutrition advocacy. I look forward to having a career focused on making nutrition accessible, understandable, and beneficial to all the individuals that I have the opportunity to work with.



Michaela Eckstein.

I grew up in a small town near Durango, Colorado, and completed my undergraduate at the University of New Mexico in Albuquerque. In my free time, I enjoy baking, hiking, reading, and hanging out at coffee shops. I am interested in community nutrition, especially as it pertains to making a healthy, happy lifestyle accessible to individuals of all cultures and backgrounds, though I am excited to learn more about other areas of dietetics as well. In my future career as an RDN, I hope to equip people with knowledge and practical hands-on skills that they can use in their everyday lives, whether it be a greater understanding of where food comes from, cooking techniques to prepare recipes that are both nutritious and delicious, or anything in between. I am looking forward to working with you!



Bria Ferns

I was born and raised in Sartell, Minnesota. My undergraduate degree was completed at the College of Saint Benedict in St. Joseph, Minnesota. During my four years at the College of St. Benedict, I had the opportunity to study abroad in Spain, Italy, and Greece, taking many different courses such as language, theology, art history, ect. Before coming to Vitbero University, I advanced my nutrition understanding through community and medical involvement. During my work as a nutrition intern with the Eagan, Minnesota school district, I witnessed the responsibilities of a dietitian and district supervisor of a large food service environment. I experienced hands on foodservice work at a few restaurants and as a culinary services associate at the College of Saint Benedict's campus dining hall. Within the central Minnesota community, I volunteered for a community program, the Yes Network, preparing meals for over 300 school aged children. I enjoyed working as a personal caregiver and shadowing professionals including a surgical RD, pediatric RD, and health wellness coach. However, with limited nutrition-related work experience in the medical field, I am looking forward to my clinical rotation at the Mayo Clinic Health System- Albert Lea and Austin this spring.



Austin Croze

My name is Austin Croze. I grew up in Coon Rapids, MN; however, I now live in Maple Grove, MN! I completed my Bachelor of Science in Dietetics at North Dakota State University. Growing up in Minnesota, and a hockey family, it was destined that I picked up the sport, which I did! Although, my competitive years ended in high school I still enjoy pick up hockey and watching the Wild. A big passion of mine is music, I have been playing the guitar for around 13 years and recently picked up piano, and the ukulele during my undergrad. Since I resonate with music so much, I am constantly listening to new artists and creating new playlists. Also, I am an avid golfer. Not good by any means, but I can certainly enjoy a day out on a new course. The Area of nutrition that interests me the most in the long run is the management of childhood obesity, I have a keen focus towards this topic because of personal experience, volunteering and wanting to make an impact. For now, the short term, I do have an eye on a clinical career and I think this internship will let me decide the specific area to specialize in.



Kayla Watanabe

Hi, my name is Kayla Watanabe. I am from Honolulu, Hawaii. I attended the University of Idaho for my undergraduate and played on the Women's Soccer team for 3 years. In 2016, I tore my ACL and was forced to redshirt, allowing me to get a 5th year of NCAA eligibility. I received my B.S in Nutrition from the University of Idaho in 2019 and then transferred to the University of Hawaii, where played my final season on the Women's soccer team and finished up my DPD. Currently I am interested in Sports dietetics and how to better enhance athletic performance. I am also interested in clinical nutrition and the importance of primary care. My career goal is to become a sports dietitian for a professional or college program.



Lila Finney

Hello! My name is Lila Finney and I am from Minnetrista, Minnesota! I earned my Bachelors degree in Dietetics at Iowa State University. Go cyclones! In my free time I enjoy exploring the area I'm in whether it's through food, hiking, or music. I also love paddleboarding when I'm home and spending time with my family.

I took my first graduate course through Viterbo University last summer on oncology and this has made me very interested in clinical. I'd also like to learn more about menopause because during my final bootcamp project I realized there's a lot of potential research. I'm possibly interested in management but overall I'm very open to learning through new experiences and I'm excited to have this opportunity. My goals in life is to become a well respected registered dietitian who helps people through having a personalized diagnoses for each patient.



Natalie Miltenberger

Hi my name is Natalie Miltenberger and I'm originally from Stratton, Colorado which is near the Colorado/Kansas border. I grew up on a small farm raising beef and pork, and participated in many clubs and organizations throughout high school. After high school I attended Colby Community College in Colby, Kansas for two years before transferring to the University of Northern Colorado in Greeley, Colorado to finish my undergrad in Dietetics. I recently graduated from UNC on May 14th, 2021 with my Bachelor of Science degree. I was interested in Dietetics coming out of high school because I wanted to be able to help people heal and recover from health issues through their diet. After working for the athletic department at Colby Community College my freshman year, I realized that sports dietetics was something that I was super interested in. Being an athlete growing up, nutrition is a vital part of body recovery and performance in athletics.

Long term, I would love to be a sports dietitian for an athletic program somewhere but I'm still open to other various settings of the field. I do have a slight interest in the clinical aspect although I'm not 100% sure which area yet. The GI does pique my interest so that is something I will be seeking to learn more about. I'm excited to learn about all the different avenues of nutrition and can't wait to continue my journey to becoming a Registered Dietitian.



AUTUMN

Johanna Parker

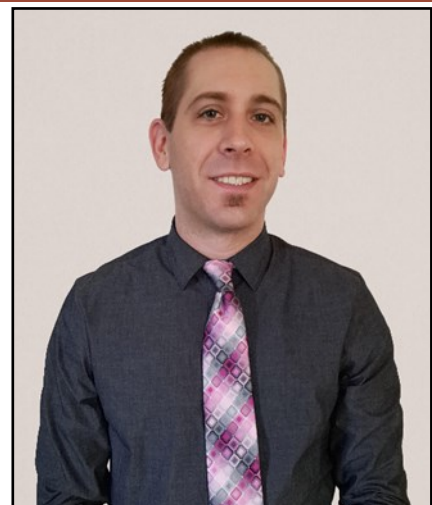
My name is Johanna Parker. I am from Vancouver, Washington, but have spent the last four years attending the College of Saint Benedict in Saint Joseph, Minnesota for my undergraduate degree. In addition to being a Viterbo dietetic intern, I am also working on my Master's degree in Community Medical Dietetics at Viterbo University. Some of my hobbies include reading, travelling, and embroidery. I just got into reading and embroidery during the pandemic as a way to spend time during quarantine and have found that I really enjoy them! This summer, I went on a fun national park road trip with my twin sister, and both of our boyfriends, and we got to explore four national parks: Bryce Canyon, Zion, Grand Canyon, and Joshua Tree. My current bucket list travel destinations include Alaska, Yellowstone National Park, and the Netherlands.



I am not 100% sure which area of nutrition I would like to focus on; however, I have had some experience in community nutrition, food service, and health promotion among college students. I am really looking forward to gaining experience in clinical nutrition and getting to experience more in the realm of community nutrition, and I hope to find what my nutrition “calling” is during this internship.

Alex Richeson

My name is Alex Richeson. I graduated with a Bachelor of Science in Dietetics from the University of Wisconsin Stevens Point in 2018 and received my Master of Science in Nutrition Science from Viterbo University in 2021. I am originally from Georgia but I call Wisconsin my home. In my time as a student of diet and nutrition I have centered my scholarship around the areas of nutrition for health and performance, and dietary behavior from the perspective of evolutionary psychology. These are my most beloved topics in nutrition. My career interests range from clinical work to nutrition for athletic performance, but despite the setting I strive to make evidenced based practice and nutrition education integral parts of my practice. I also have a strong interest in research and investigating the evolution of family dynamics and its role in the United States' Obesity Epidemic.



Lindsey Sharp

My name is Lindsey Sharp, and I am from Maple Grove, Minnesota. I have lived in Maple Grove my entire life, besides being up in St. Joseph, MN for undergrad at the College of Saint Benedict and when I lived in Athens, Greece and Rome, Italy for 4 months (2 months per location) when I studied abroad in Fall 2019. I graduated from St. Ben's with honors in May of 2021. I decided to continue my education at Viterbo University to get my master's in community medical dietetics and complete my dietetic internship with the dreams of being a successful RD someday.



My motivation for getting into dietetics has all been personal and family related. My family history is not the best; my relatives struggle to live long due to CVD/hypertension, cancer, and type 2 diabetes. As all of us know, these diseases can be prevented (besides the consideration of genetic reasons) through healthy eating and exercise. I chose to pursue nutrition/dietetics to help my family, my community, and the communities around the world combat chronic disease and to simply provide people with the power and care to change their own lives for the better. I also have had my past of personal struggles with food, so having the opportunity to major in dietetics as an undergrad and to continue my education now as a graduate student has given me the knowledge and confidence to have a better relationship with food. The specific areas of nutrition that I'm interested in is sports dietetics, eating disorders, public health, and I'm hoping I love clinical, perhaps in the oncology unit. Regardless of where I end up in dietetics, I simply hope to positively impact the lives of all those I come in contact with and to promote nutrition as a more prominent topic in the healthcare field.

Fall MNT/Food Service Sites

- Gundersen Tri-County: Johanna Parker
- Mayo Clinic Healthcare System La Crosse: Kayla Watanabe and Johanna Parker
- University of Wisconsin – La Crosse: Austin Croze and Kayla Watanabe
- Sauk Prairie Healthcare: Lila Finney and Natalie Miltenberger
- Madison VA: Lila Finney and Natalie Miltenberger
- University of Wisconsin – Madison: Alex Richeson

Community Nutrition Final Rotation Sites

- Ho-Chunk Health Center: Alianna Anselmi and Erin Gill
- GROW La Crosse: Michaela Eckstein
- University of MN Athletics: Maggie Tolleson
- Monroe County WIC: Bria Ferns
- Jackson WIC: Riley Stark
- Performance Nutrition: Lindsey Sharp

Erin Gill

Hi, my name is Erin Gill and I'm originally from Mokena, IL which is about 45 minutes outside of Chicago. I graduated from Southern Illinois University-Carbondale in May 2019 with my Bachelor of Science in Human Nutrition and Dietetics. I have spent the past two years working at the Eating Recovery Center in Chicago where I gained experience in both clinical and foodservice. I'm currently interested in working with eating disorders and diabetes but, I am excited to learn about the various area of nutrition. My goal in my career as a registered dietitian is to become CEDRD (Certified Eating Disorder Registered Dietitian) and a CDE (Certified Diabetes Educator) because I am really passionate about both of those fields.



Riley Stark

Hi! My name is Riley Stark, and I am a current dietetic intern and graduate student at Viterbo University. I was born and raised in Southern California, but my family and I relocated to Minnesota 4 years ago. I completed my undergraduate studies at College of Saint Benedict where I earned my Bachelors in dietetics and minor in psychology. Throughout college I worked for a health promotion team that advocated for nutritional, mental, and physical health on a college campus. In addition to that, I volunteered as a Maternal Nutrition Educator at the local Pregnancy Resource Center. My experiences have definitely contributed to my passion for community and maternal nutrition, yet I am very much looking forward to getting exposure to the clinical side of dietetics as well. I am particularly interested in gastroenterology, oncology, and bariatrics. I am excited to begin this journey and expand my knowledge over this upcoming year!



Maggie Tolley

Hi, my name is Maggie Tolley! I am so excited to have you as one of my preceptors for my dietetic internship. I am originally from Omaha, Nebraska and just finished undergrad in the spring of 2021 at the College of Saint Benedict in St. Joseph, Minnesota. My curiosity about food and nutrition began because of my mom's job as a pediatric nurse and her amazing ability to cook. My interest in nutrition grew even more as an athlete playing soccer which, I continued through college. Throughout high school and undergrad, I was able to experience a wide variety of nutrition related work opportunities including pediatric diabetes care, pediatric developmental nutrition, and sports nutrition education as well as sports team grocery purchasing. From Summer of 2020 to Summer of 2021, I had the opportunity to work with a dietitian who was private practice in the functional realm. By working with her I was able to practice a lot of interviewing and discussion with patients as well as become confident in meal planning, creating personal education materials, and practicing public speaking. I am very excited to put my prior knowledge and skills into practice as well as observe and learn from my preceptors during my rotations. My future career goals include picking a specialization and advancing my scope of practice to include that. Currently I am most interested in sports nutrition and clinical pediatrics



Viterbo University Dietetic Internship

Maria Morgan-Bathke
Director 608-796-3660
memorganbathke@viterbo.edu

Adm. Assist.
608-796-3671

<http://www.viterbo.edu/dietetic-internship-program>



VITERBO
UNIVERSITY