

Viterbo University Dietetic Internship

Newsletter Fall 2022



VITERBO
UNIVERSITY

IMPORTANT DATES

October 13th
Post Clinicals

November 9th
Preceptor Training

November 10th
Post Clinicals

December 12th
Final Presentations

December 13th
Final Presentations

December 15th
Final Presentations

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[http://www.viterbo.edu/
dietetic-internship-program](http://www.viterbo.edu/dietetic-internship-program)

LETTER FROM THE DIRECTOR

Happy fall everyone! I want to start by extending a sincere thank you, again, to all of you who have continued precepting despite the recent challenges including working with interns remotely and in new ways related to COVID-19 changes in policies and procedures. We are hopeful that this year COVID-19 will have less of an impact on our day to day lives. I am happy to report that all of our interns are fully vaccinated and boosted against COVID-19 and we are currently mask-free on campus!

We are continuing with changes in our department, never a dull moment! We graduated our last class of 4-year BS-level coordinated program in May and are now only offering our accelerated 4+1 Coordinated Program where students will complete their BS, MS and supervised practice hours in 5 years. We continue to see growth in our 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.

This fall, we started offering three distinct tracks for our dietetic internship, see the outline below:

| | Track 1: Dietetic Internship Only | Track 2: Dietetic Internship + Non-Thesis Masters (clinical focus) | Track 3: Dietetic Internship + Thesis Masters |
|----------------|--|--|---|
| Location | La Crosse, WI or anywhere within the US or it's territories (note that one week in La Crosse is required: July 11-15, 2022 and on-campus housing will be provided for this week at no cost to you) | La Crosse, WI or anywhere within the US or it's territories (note that one week in La Crosse is required: July 11-15, 2022 and on-campus housing will be provided for this week at no cost to you) | Must be outside of La Crosse, WI but can be anywhere within the US and it's territories |
| Clinical Hours | 1400 | 1400 | 1000 |
| Total Credits | 30 | 48 | 39 |
| Total Tuition | \$18,300 | \$29,280 | \$23,790 |

Please note that our preceptor training will be held via Zoom (<https://viterbo.zoom.us/j/91077184048>) this semester on Wednesday November 9th at 12pm. This training will provide 1 CEU for Working With and Precepting Generation Z.

We aim to continuously improve our program to make a better environment for you as the preceptor. If there are any particular CEU, networking opportunities or resources you would like to see offered please do not hesitate to contact me.

Thank you for all that you do!



Almost all of our interns completed the faculty led Sports Nutrition and Mediterranean Diet rotation that traveled to Spain for two weeks to learn how to prepare traditional Spanish dishes with Spanish culinary students and to provide nutrition counseling to professional Spanish athletes. We had a BLAST! And it was amazing to see the interns complete their training in such a fantastic way. This rotation will now be offered every year for interns to participate. The course is 3 credits, allows for 60 clinical hours and co-counts as a graduate elective.

Fall 2022 Rotation Sites

Ed Care and St. Joseph Hospital:
Jillian Arja and Keeler Henry

Way of Life Nutrition and Fitness Laying Down:
Freya Chatwin and Codi Zwack

San Diego WIC:
Erin Jacinto

Ho-Chunk Health Center and Trempealeau WIC:
Alex Weisshaar

University of Minnesota and Reed Behavioral Health:
Sophie Wagner

Anoka County WIC and HyVee:
Niqua Burrows

Sartell School District and Stearns/Benton County WIC:
Tiffany Roberts-Hall

Eat Elite and EXOS:
Rachel Watkins and Amy Fabrizio

Valeria Mallett Nutrition:
Madison Kading

St. Joseph County WIC and Elkhart Hospital:
Tiana Mick

Roger’s Memorial and Eat Elite:
Shaylei Brutger

Way of Life Nutrition and Eat Elite:
Lizzie Opichka

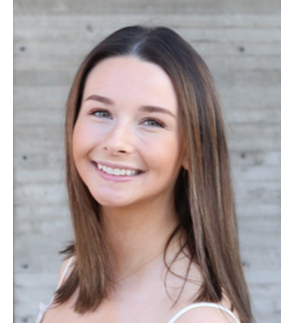
Minnesota Vikings and Ebenezer:
Morgan Kelly

Reed Behavioral Health and Buffalo Hospital:
Katelyn Hoerr

Dr. Maria’s Nutrition and Open Arms:
Kara Gruntner

Meet the Interns!

Hi there! My name is Kara Gruntner and I am from Lindstrom, MN which is a small town just north of St. Paul. I recently graduated with a degree in Nutrition- Dietetics from The College of St. Benedict and St. John's University. I am excited to start applying everything I have learned through my education. My experience thus far with nutrition includes mostly community work. I interned as a summer meal associate through AmeriCorps at Open Arms of MN in Minneapolis, MN last summer. I have also worked as a caregiver for the elderly which has helped to spark my love for gerontology. I have loved every experience I have had in the nutrition field. Therefore, I am open minded about all experiences and opportunities. I have been described by others as compassionate, hardworking, and personable. I pride myself on these qualities and look forward to growing both personally and professionally during my supervised practice and can't wait to get started.

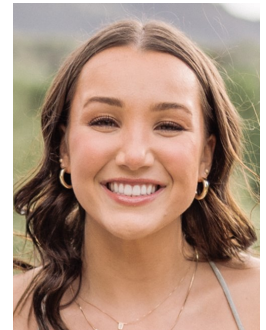


Hello, I am Alex Weisshaar and I am looking forward to my next year of learning with Viterbo University Dietetics. Professionally, I am interested in learning and working with communities as well as working in clinical settings. I am excited for this opportunity to learn more about all aspects of the dietetics field and how I can best serve my community in my future career. I look forward to moving to and living in La Crosse for the next year and learning more about this beautiful Mississippi river valley area.



Hi, I am Erin Jacinto. My undergraduate was completed at The University of Alabama. I am now living in San Diego, California. I am interested in all aspects of nutrition, but I am particularly interested in maternal and pediatric health. I fell in love with this profession after years of assisting my father nutritionally following his heart surgery. I enjoy baking and spending time with my family. I also like camping and being outside.

Hi, I am Tiana Mick, I completed my undergrad at the College of Saint Benedict in central Minnesota, which is also where I am from. I am really interested in learning more about all the different areas of nutrition but eating disorders has always been of interest to me. I worked as a catering associate at the St. Cloud Hospital in Minnesota, and that was great to get experience and see the behind the scenes of clinical dietetics. Beyond my passion for nutrition, I love staying active as well. I love to spend time outside during all the seasons. I enjoy rollerblading in the summer and snowboarding in the winter. It is great to have a winter hobby, as it makes the winters seem a little more manageable in Minnesota. I am looking forward to all that I will learn as a dietetic intern this coming year!



Hello! My name is Isaiah Baker, I'm from White Bear Lake, Minnesota but Wisconsin is my second home. I completed my bachelor of science degree in dietetics at the University of Wisconsin – Stevens Point and of course now am in the beautiful La Crosse, WI to complete my non-thesis masters and Dietetic Internship. During my time at UWSP, I was also on the men's wrestling team. I was blessed know I wanted to be a dietician since I was in middle school. My interest in nutrition was sparked through sports performance but since has expanded quite a bit. I envision myself in the future in an outpatient care or clinical setting. However, I've considered sports nutrition as well as working with eating disorder patients. Outside of dietetics, I enjoy running, triathlon, and hanging out with my cat Yoshi! I hope to have a long successful career in this field and positively impact many lives down the road. So, I'm very excited for the opportunity that Viterbo university provides me to do so.

Hi, my name is Freya Chatwin. I am from Highlands Ranch, Colorado. I was born and raised in Glen Ellyn, Illinois, just outside of Chicago. I am no stranger to the Midwest humidity! For my undergraduate studies I attended the University of Northern Colorado and was part of the Women's Swimming and Diving team as a diver. Since being from Colorado, I enjoy anything involving being outside. My hobbies include hiking, exercising, and paddle boarding. Besides being outside I enjoy baking/cooking, reading and searching for new coffee spots. I am a huge iced latte fan. In the world of Dietetics I am most interested in maternal and childhood nutrition. In university I was given the opportunity to volunteer with one of my professors. I helped in maintaining the lactation stations around campus by keeping them clean and comfortable for those who needed it. I have been given the opportunity since graduating to work in a few different nutrition related fields. However, I am so excited for this opportunity and cannot wait to broaden my knowledge on this journey!



Hi! My name is Lizzie Opichka and I am currently a dietetic intern and non-thesis master's candidate at Viterbo University. I completed my undergraduate degree in Nutrition and Dietetics from the University of Minnesota, Twin Cities in December of 2021 graduating in three and a half years. Originally, I am from Green Bay, Wisconsin and I will be completing my internship supervised practice experiences in Green Bay. Some of my favorite things include spending time with my family outside on the patio, exercising, camping, and trying new foods! I would cook over a campfire every night if I could.

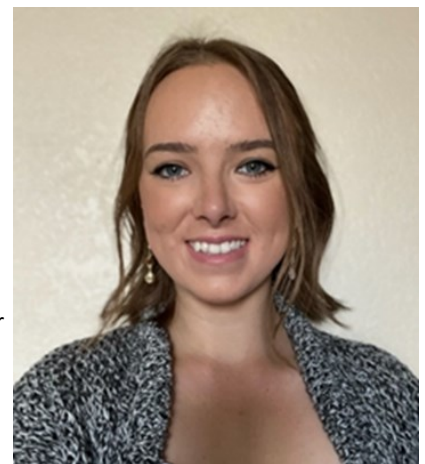


Prior to starting my internship, I have gained valuable experience working in sports dietetics at UMN Gopher Athletics and the Training HAUS. I have been able to work with a variety of levels of athletes and address all sorts of nutritional needs through education presentations, team talks, and purposeful fueling practices. I can see myself pursuing performance nutrition in my career as I love to be able to see how nutrition can directly affect outcomes through athletics. I love being able to educate teams of people and reach groups that are working towards a common goal. I also hope to work with youth and possibly school nutrition where I can use nutrition as a preventative medicine practice and teach those healthy behaviors at a younger age. My goal as a dietitian is to reach as many younger people as I can to work towards creating a generation of healthy adults with less underlying conditions and more wholesome nutrition practices.

Hello, Prospective Preceptors,

Thank you for your willingness and consideration in opening your workspace to help guide and engrave my dietetic path. I am thrilled to partake in this next milestone in my dietetic career. Enthusiasm runs through me as I am eager to meet my preceptors, in which I am sure your feelings are similar.

Here is some information to help you get to know me just a little bit more prior to our initial meeting. My name is Tiffany Robertson-Hall. I grew up in Sauk Rapids and Watertown, Minnesota. Recently I graduated from the college of Saint Benedict with my bachelor's degree in nutrition (dietetics). I have always had a strong interest in eating disorders. However, as I continue to expand my education, I find myself feeling excited about many different areas of nutrition such as pediatrics, diabetes, and preventative care. I have a four-year-old son, named Brently. Together, we love to go hiking, perform arts and crafts, and play with our dogs Diesel and Ana. When I have free time to myself, I love being outdoors, and performing DIY projects. Art and animals are my passions outside of nutrition. If I could combine dietetics and animals in some sort, I would be in heaven.



Thank you again for dedicating your time, encouragement, and your knowledge. I look forward to meeting you soon!

Best,

Tiffany M. Robertson-Hall



Greetings, my name is Shaylei Brutger. I am from central Minnesota from a little town called Eden Valley. I completed my undergrad at the College of Saint Benedict where I graduated in three years with my Bachelor of Arts in nutrition dietetics. I am currently attending Viterbo University where I am working towards my master's degree in community medical dietetics. I am looking forward to all the skills I will learn throughout my dietetic internship that I will be able to apply when I become an entry-level dietitian. Within this field, there are so many areas that I am interested in. I am excited to see what direction my rotations will steer me towards. I look forward to meeting you.

Hello! My name is Amy Fabrizio and I was born and raised in the warm city Phoenix, Arizona. I completed my undergrad at Arizona State University where I received my Bachelor of Science Degree in Human Nutrition. My hometown is also where I will be completing my supervised practice rotations and graduate courses as a Viterbo University Dietetic Intern. The areas of nutrition I am most interested in are clinical and sports nutrition. My time as a Diet Clerk at both Mayo Clinic and HonorHealth hospitals has given me ample exposure to the in-patient clinical field of nutrition. Throughout rotations, I look forward to expanding my knowledge and practicing my skills in different areas of nutrition. Ultimately in hopes of finding the field best fit for me and my future career as a Registered Dietitian.



My name is Keeler I. Henry and I am 27 year old female who was born and raised in Montego Bay, Jamaica. After moving to the United States in my adolescent years, I completed my undergraduate degree in Human Nutrition and Dietetics in December 2021 at the Metropolitan State University of Denver in Denver Colorado. I am deeply passionate about the many branches of nutrition but am currently most curious about functional nutrition, holistic nutrition, and pediatric nutrition. I love the concept of using food as Medicine and believe our earth provides us with everything, we need to support a long and healthy life.

As an aspiring Dietitian, I hope to be an advocate for positive change in the realm of Nutrition and dietetics and help those in need to meet their nutrition and wellness goals whilst building my professional rapport. Ideally, I see myself applying for travel dietetic positions to begin my professional career, then I hope to one day open up my own private practice once I figure out what specialty resonates most when completing my supervised practice hours in the next 10 months and my first few years in practice. I am excited for this journey to becoming an RDN and hope to develop and refine needed skills to become a competent and knowledgeable healthcare provider.



Hi, my name is Jillian Leon (formerly Arja). I married my husband last August, in the suburbs of Denver. We currently live in Lakewood, CO with our puppy Ridley. We love being outside and enjoy hiking, biking, camping, and paddleboarding.

Professionally, I have always been a huge advocate for the health of others. I love the biomechanics behind food and nutrition, and have a passion for helping others find ways to help food and nutrition meet their individual health goals.

I graduated from the University of Colorado Boulder with my undergraduate degree in Integrative Physiology. I then jumped into the medical field, in various medical offices, eager to start helping others. I then went back for my Masters in Nutrition and Dietetics at Metropolitan State University in Denver, and now am beginning my Dietetic Internship with Viterbo University.

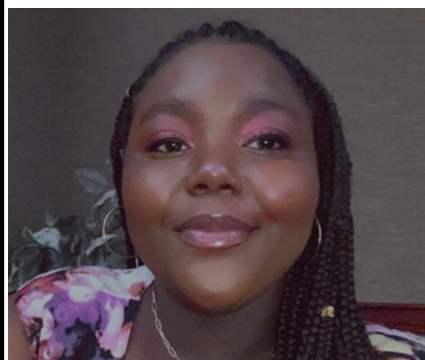
I am eager to start each rotation throughout the internship, as I am excited for each opportunity to broaden my understanding and knowledge in the field.

Hello, my name is Madison Kading. I am from Milwaukie Oregon, and I received my undergrad at Oregon State University. I first attended Clackamas Community College for 2 years, then I took a year off before attending OSU. I attended OSU for 3 years in order to receive my bachelor's degree in Nutrition with an option in Dietetics. I love learning about nutrition because not only is it necessary for life, but it brings people together and can help people learn about themselves and the people around them. Some hobbies I have include running and cooking. I have learned to cook from my mom and dad ever since I was little and love to host family dinners and parties over holidays, celebrations, and summer get-togethers. I found a love for running in 2017 and have one half marathon and one ultra-marathon (30 miles) under my belt and I look forward to the next ones I accomplish. During my training, I found it very interesting in how to balance your nutrition before, during, and through runs/workouts. I look forward to strengthening my education and look forward to rotations coming this fall.

Lastly, I want to thank the preceptors at Viterbo University for taking all of us under their wings and helping us achieve our goals of becoming RDNs. Ever since I joined this online program, I have had so much help and great communication. I can't believe we've already made it through 7 weeks! Bootcamp was fun and a great warm-up to our following courses and future rotations. Online classes can be daunting but their quick response to emails and organization of these courses is such a blessing. Thank you for your support and guidance!



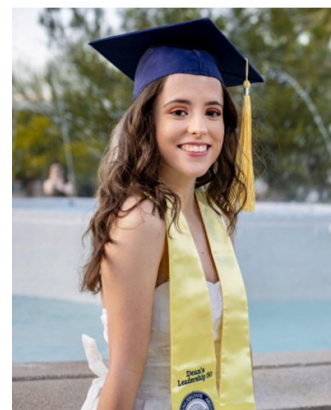
Hi! My name is Antiniqua Burrows. I am from Nassau, Bahamas. I am a recent graduate of the College of Saint Benedict/ Saint John's University with an undergraduate degree in Nutrition-Dietetics. I am interested in becoming a clinical pediatric dietitian. I am now on the Thesis Masters + Dual Internship program here at Viterbo. I enjoy swimming, traveling, and helping others in my free time. At CSB/SJU, I worked as Nutrition Assistant under the Dietitian and a Culinary Associate supervisor in the dining hall.



I wanted to let you know how much I sincerely appreciate your help in my placements to my dietetic rotations. With your assistance, I can be closer to my career goals. The experiences you will share about your work and role in your current organization will serve to further strengthen my interest in Nutrition. I am incessantly grateful for your proficiency and expertise in this area. Your help is valued as I gain insight into the skill and education requirements required to enter the field.

Nevertheless, I am looking forward to furthering my education and experience while having this opportunity to reach my goal of becoming a registered dietitian. I am so happy to be a part of Viterbo University and a 2022-2023 dietetic intern.

My name is Rachel Watkins and I graduated with my B.S. in Nutritional Sciences, emphasis in dietetics at the University of Arizona in December 2020. Since graduation, I worked at an outpatient mental health facility while studying for my Registered Dietetic Technician (DTR) certification, and currently work at Banner Baywood as a DTR. Working as a DTR has further developed my clinical and critical thinking skills as well as grown my confidence when speaking to patients and providing diet education. I have a strong relationship with the RDs in our team, and I love getting to talk through cases with them and seeing their clinical judgement. I have grown up in Phoenix, Arizona but I was originally born in Germantown, Tennessee. I am one of triplets, with my brother Matthew and my sister Molly. I am a big animal person - especially obsessed with bunnies. I am currently the pet parent to a tortoise shell cat named Raisin and a rex bunny named Storm. Both of them are adopted, and Storm was neglected, leaving her with several disabilities requiring regular speciality vet visits. These girls are my pride and joy and I would love to be a full time Registered Dietitian, part time bunny sanctuary owner. My end goal is to become a Registered Dietitian that works with eating disorders. My dream job would be to work in an inpatient or residential treatment center, and I plan to eventually become a Certified Eating Disorder Registered Dietitian (CEDRD). I am in recovery for an eating disorder, and I believe that my own personal connection to the topic will help me provide better nutrition interventions and connect deeper with my patients!



Hello! My name is Katelyn Hoerr (pronounced "hair"), and I recently completed my Bachelor of Science in dietetics this May 2022 at Saint Catherine University in Saint Paul, Minnesota.

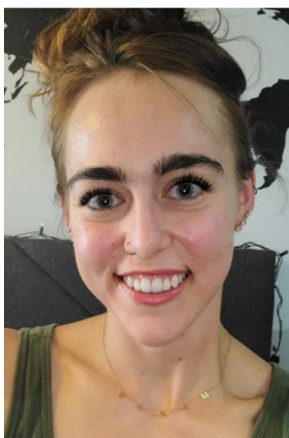
The areas of nutrition that interest me the most are pediatrics, eating disorders, gastrointestinal conditions, and pre and post-natal nutrition. However, I am confident and excited that I will discover new areas of interest throughout the course of my internship. I am committed to remaining open-minded to various learning opportunities and a wide variety of experiences and look forward to spending time at each clinical rotation site.

I have worked as a research assistant conducting original research on the effectiveness of MNT services at a student-led, community health clinic on campus during my senior year at St. Kate's. Through this experience, I performed numerous nutrition health assessments on patients, many of whom were non-native English speakers and required interpretation services, and provided ongoing nutrition education and counseling services.

I also worked as a full-time yoga instructor for five years before going back to school to complete my undergraduate degree. While I no longer teach, I still enjoy practicing yoga as a student and hope to incorporate learnings on health, wellness, and mindfulness practices from this experience into my dietetics internship and future career.

Other hobbies of mine include gardening and tending to my indoor plants, exploring the outdoors and anything related to nature or animals, kayaking, biking, cooking, baking, and spending time with family and friends.

Lastly, I would like to take one final moment to acknowledge my gratitude for each preceptor that I'm fortunate enough to have the chance to work with this upcoming year. Please know how appreciative I am of your time, mentorship, and guidance.



Hello! I'm Sophia (Sophie) Wagner. I'm from Jordan, MN, about 40 minutes south of the twin cities. I graduated from Minnesota State University, Mankato. I have experience in food service, as a cook in an assisted living. I enjoy working out and being active, so sports nutrition is definitely an area of interest as well as clinical nutrition therapy. Right now, I'm doing exclusively the dietetic internship through Viterbo University (not the MS program). As of currently my goal is to eventually obtain a job as a clinical dietitian and acquire experience working as an RD. Once I gain experience, I'll decide what I want to pursue a graduate degree in. I'm interested in diversifying my skill set by getting an MS in public health, healthcare administration, or something else. I have an open mind and am eager to learn.

I am Codi Zwack and I'm from Orono, Minnesota. I recently graduated from The College of Saint Benedict where I received my Bachelor of Arts in Nutrition-Dietetics. I enjoyed so much about my time at CSB but a highlight for me was completing undergraduate research. My team and I examined the impact of gluten and inulin on breath hydrogen, cortisol, and various lifestyle factors in those with and without IBS. This was a very rewarding experience and recently got accepted to FNCE which I hope to attend!

In my free time, I enjoy being outdoors whether that is hiking in Duluth, spending time on the lake, or gardening. Although I love being in nature I am in for a change as I will be moving to New York City in August. I will be completing my rotations in NY and am very excited and ready for this change! I am looking forward to supervised practice as I am open and interested in many different areas of dietetics and can't wait to be exposed to it all!

Although I don't yet have a specific area of interest in the nutrition world, I am very interested and passionate about advocating for the profession. I think there is much to be fixed in the healthcare system and the field of dietetics offers many ways to make positive change in the world. I am excited to learn more from all the preceptors who have so much knowledge and experience and appreciate their willingness to share it with us interns. Can't wait to soak it all in!