

# Viterbo University Dietetic Internship Preceptor Newsletter Spring 2024



**VITERBO**  
UNIVERSITY

## IMPORTANT DATES

**February 7th**  
Interns Post Clinicals

**March 6th**  
Interns Post Clinicals

**April 10th**  
Interns Post Clinicals

**May 1st & May 7th**  
Intern Portfolio  
Presentations

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

### LETTER FROM THE DIETETIC INTERNSHIP DIRECTOR

I hope everyone's 2024 is off to a good start and that this newsletter finds everyone healthy. I have returned from my sabbatical and am back in the Dietetic Internship Program Director and Department Chair roles.

I had two aims for my sabbatical: to incorporate social media training into our nutrition curriculum and to obtain additional international clinical and research opportunities for students.

I was successful in both aims. I have created social media training and assignments for all courses within our nutrition curriculum in both undergraduate and graduate courses. Our department feels this is important training for future dietitians whether they find themselves in private practice, community, or clinical social media use and promotion of nutrition education and services via social media is ever expanding amongst health care providers, including dietitians.

I was able to secure additional clinical and research experiences in Spain, Denmark and Panama. We hope to be able to send students to these sites in the coming years.

We have a smaller intern class this year of nine. We have had dwindling DICAS applications over the past few years. This is on trend with what has been happening across the country. This is due to a multitude of reasons:

- The Master's requirement and some delaying internships or completing coordinate Masters programs
- The Master's requirement potentially deterring some that would choose the RDN career
- Decreasing numbers of undergraduate students across the country

That being said, we have worked to expand our priority placement for the internship. So far, we have 11 interns placed for the 2024-2025 year and are hoping that between this and the DICAS match applications we will have a full class of 24.

In fact, the dietetic internship match will be discontinued after this year, there are currently discussions on what will be used to replace the match. Most likely, it will look something like our priority placement applications. There will be a town hall hosted by ACEND later this month and I will share more updates in the fall newsletter.

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 all so much for your service!

Sincerely,

Maria Morgan-Bathke, MBA, PhD, RD, CD, LD, FAND

Associate Professor

Director, Dietetic Internship

Chair, Nutrition and Dietetics Department

## Meet our Students!

Hi! My name is Annie Dang. I completed my Bachelor of Science in Nutrition – Dietetics Option with a minor in Plant-Based Food and Nutrition at California State Polytechnic University of Pomona. I am from Los Angeles, California and I was born and raised here my whole life. Some of my hobbies include gardening, drawing, and watching movies. I sometimes also like to help out at food pantries and food banks in my spare time!

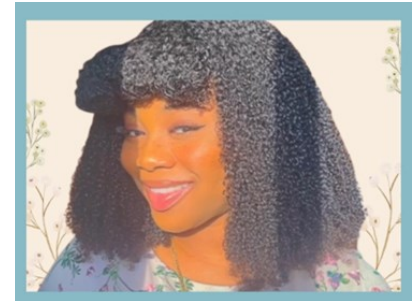
For the 2023-2023 academic year, I am currently working on completing my supervised practice experiences based in Los Angeles, California. I wanted to work in the community where I grew up and areas similar to them to give back what they have given me! Right now, I'm in my first community rotation helping to develop their health and wellness programs for the community and tenants. Once I obtain an RDN credential, I hope that I am able to continue this line of work with the expertise of a professional in this field of nutrition and dietetics.



Hello! My name is Hannah Ennis and I am super excited to start my supervised practice. I am starting my community rotation at the Band of Ojibwe's diabetes clinic. I will complete my clinical rotation at CentraCare's St. Cloud Hospital. Once I obtain my RDN credential, I would either love to work towards a Certified Diabetes Educator (CDE) license or obtain lactation consultant credentials, but I also have interest in Sports Nutrition. My interests are all across the board, but it keeps my options open. In my free time, I love to teach dance (pictured is our last recital with my intro to ballet class), go camping, bake and cook.

My name is Miquel Hanna. I recently earned my bachelors degree in Nutrition and Dietetics this year from the College of Saint Benedict. I am originally from the island of New Providence, which is the capital city of The Bahamas. I currently reside in Minneapolis. My hobbies include fishing, playing the piano and spending time with good friends and family!

Growing up in a West Indian household, food was always seen as something culturally significant. Food has the power to strengthen bonds and imitate a type of love that words themselves can not express. Food also has the power to heal. A career in dietetics has been one of my life's ambitions because I believe it will help me utilize my passion for food to help people live nutritious and healthy lives. My current areas of interest are maternal nutrition, pediatric nutrition and diabetic education. After I received my credentials I would like to work in a community setting.



My name is Jennifer Meyer. I am completing my supervised practice experiences at Training Haus, with the Minnesota Timberwolves, at Reed Behavioral Health working with eating disorders, and at St. Cloud hospital. After obtaining my RDN credential, I hope to work in sports nutrition for a few years before opening a practice of my own. My sister is a chiropractor, and I would like to work alongside her eventually. I am a marathon runner, I love hiking, spending time outdoors, going to UMN football games, and spending time at the lake!

My name is Meghan Restock, and I am currently a student and dietetic intern at Viterbo University. I will be completing my supervised practice experiences in various areas of nutrition all around the city of Milwaukee. Currently I am working with a registered dietitian, Sarah Koszyk, from San Francisco who specializes in digestion and skin care, as well as, has her own private practice. In the upcoming months I will be working with WIC, Ascension St. Francis Hospital, and Ascension All-Saints Hospital. In these sites I will continue to learn about food service, clinical nutrition, and eating disorder recovery in an inpatient unit. I am not 100% sure on what I would like to do once I obtain my RDN credential, but I am interested in eating disorder recovery, oncology, and pediatrics. Either way I would like to use my RDN credential to help others. Some hobbies of mine include traveling, hanging out with friends and family, listening to music, and I just taught myself how to crochet.



My name is Isabella Pitzo, I am currently a first year student in the DI + M.S. Community Nutrition Non-Thesis track. Sports nutrition is the area of nutrition that interests me the most and I was fortunate enough to work with the UW Badger's Football team for close to 3 years as a nutrition student worker. I moved to Gainesville, Florida in July and I am completing part of my supervised practice with the University of Florida Gator's football team and continuing my sports experience. This is my first time living outside of Wisconsin! In the spring, I will be completing more of my supervised through a private practice in Florida, Nourish Alive, as well as partaking in a virtual rotation with the Minnesota Timberwolves.

Once I obtain my RDN credential, I hope to continue working in sports either with an SEC or BIG10 football team (but I am not picky!) as I have really enjoyed my experiences so far. Outside of work, my hobbies include baking, reading and running (when it isn't 100 degrees out)!

My name is Bridget Schlichting, and I'm currently a Dietetic Intern at Viterbo University, in the dual MS/DI program. I grew up in Madison, WI, and attended UW Madison for my Bachelors in Dietetics. I really enjoy cooking and baking and staying active, whether that be going to the gym, going for walks and runs outside or playing sports with friends. I also enjoy spending quite a bit of time at the Memorial Union Terrace in the Summer and Camp Randall in the Fall (Go Badgers!).

I've always had an interest in nutrition, specifically the relationship between fitness/athletic performance and nutrition. I grew up playing sports, and nutrition always played a big role in how well I did. I'm also really interested in nutrition education and general nutrition and wellness. I'm looking forward to finding out about what working with different aspects of nutrition is really like.



Hello! My name is Sydnie Steinmetz. I completed my undergraduate degree in Dietetics at the University of Wisconsin-Madison. I am originally from Eau Claire, Wisconsin, but I currently reside in Woodbury, Minnesota. In my free time I enjoy, spoiling my nieces, cheering on all of the Wisconsin sports teams, traveling, and spending time outside.

My interest in nutrition and dietetics stems from my desire to help people live healthily. My biggest goal as a future dietitian is to help people create positive relationships with food because it is such a big part of all our lives. As I've learned more about nutrition, I've become increasingly interested in sports nutrition. I'm intrigued by the idea that nutrition can influence an athlete's performance and recovery. Although I'm quite interested in sports nutrition, I look forward to learning about other aspects of nutrition during my supervised practice.

As my supervised practice experience quickly approaches, I look forward to soaking up all of the new information, learning from my mistakes, and meeting new people. I'm grateful for your willingness to teach and mentor, and I look forward to learning more nutrition soon!

Hello, my name is Andrew Thomas. I currently live in Cresco, Iowa but I'm originally from the Washington DC area. Quick fun Fact about me, I've lived on every coast in the United States, born in California, raised in DC, graduated college in Texas and now me and my family live in Iowa. A few other states I've called home over the years, Illinois, South Dakota and Mississippi. During the 2023-2024 academic year I will complete my supervised practice at Regional Health Services of Howard County in Cresco, Iowa. I am a former college athlete, I love sports, this summer I completed my Sports Nutrition rotation at Texas A&M University. (During that time the weather in Texas reached a new temperature record of 100+ degrees 24 days in a row). My interests in Sports nutrition are even greater now than before I started my rotation, becoming a Sports Dietitian would be a dream come true.



## LETTER FROM THE GRADUATE PROGRAM DIRECTOR

Hello everyone! We have several wonderful cohorts of graduate students in full swing working their way through their respective programs. It has been wonderful to work with such a passionate group of students coming from a wide range of backgrounds.

By way of the direct entry program, this group enters our program with bachelor's degrees other than dietetics. Some students, however, had closely aligned degrees, such as nutrition science, or had nutrition science minors. It has been remarkable to see students bring in their diverse background experiences to the field of dietetics! Our students also represent many different areas of the country, something that makes this program so great.

Many of our master's students are currently working diligently on their thesis projects. I am so proud of the dedication and ingenuity our students have shown! For example, we have a student studying the effects of matcha consumption on body composition in athletes, we have another student examining the knowledge and signs and symptoms of relative energy deficiency in sports (RED-S) and access to registered dietitians, and a third student assessing barriers to utilization of WIC benefits, just to name a few. There are so many well-designed research studies being undertaken by our students. These projects will be presented via Zoom in April and May. We will post the links to join on our website. I want to thank all of the research advisors who have worked closely with our research students. This research would not be possible without each of you!

Thank you to all of you that precept, act as research advisors, guest speak in our classes, and mentor our students. We at Viterbo are so grateful to have such a wonderful network of nutrition professionals to have our students learn from!

Sincerely,

Kelsey McLimans, PhD, RDN

Assistant Professor

Graduate Program Director, Nutrition and Dietetics

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### Spring Rotation Sites

Javon Bea Hospital	Mercy Hospital	Buffalo Hospital
AZ Nutrition	Northwestern Medicine Nutritional Services	Regional Health Services
Gundersen Health Systems	Christus Spohn Hospital	Nourish Alive Nutrition Counseling
JTA Wellness	Utah State Hospital	Cambridge Medical Center
YMCA	Monarch Healthcare Management	Healthy Mission Dietitian
La Crosse County WIC	Children's National Hospital	Anoka County WIC
HyVee	Ascension SE Wisconsin Hospital	Owatonna Hospital
Edelweiss Behavioral Health	Kayla Jessop Nutrition	Tomah VA
UW—Oshkosh	Fitness Lying Down	Open Arms
Pivot Weight Loss Center	Reed Behavioral Health	Unrestricted Nutrition
Southwest Health	MN Timberwolves	San Diego Food Bank
SSM Health St. Mary's	Stoughton Hospital	RDN Functional Nutrition
Rogers	Nourished with Kindness	Scenic Bluffs
Woodside Nursing Home	St. Cloud Hospital	