We hope this newsletter finds you well. Class 25 has put this together to give you some updates on the VSU internship, as well as, the field of dietetics. You will also find a message from the director, Dr. Wynn, and alumni updates and information.

As we near the end of our internship, we are enthusiastic about taking the next step! We realize that we could not have made it this far without you! Class 25 would like to thank all of the alumni who served as speakers and preceptors for the program, as well as, those who have given back to the profession in other ways. Your contributions and commitment have not gone unnoticed and we appreciate your time and support.

We hope that you enjoy this newsletter and find it helpful in staying current with your dietetic internship “alma mater.”
Message from the Director

Crystal Wynn, PhD, RD

Greetings Alumni! This has been a great year for the internship program. We have completed the selection process for the upcoming year. This year’s applicants represent a very diverse group. Many applicants were drawn to our program based on recommendations from our alumni and our land grant focused rotations. As many of you are aware, VSU is an 1890 land grant institution; therefore, we focus on integrating the tripod mission of teaching, research, and extension. Our internship includes these components throughout the internship. Interns continue to work with our Agriculture researchers in the Agriculture Research Station to conduct state of the art research on food science and processing and food microbiology. Several interns have received publications as a result of this rotation and the opportunity to present their research at our state annual dietetics meeting. Our farm to table rotation is still blooming as interns receive the opportunity to work on VSU’s 400 acre farm to understand and experience all aspects of the farm to table phenomenon from packaging, harvesting, recipe development and food preparation, and marketing. Both of these rotations continue to remain the internship’s niche and its best marketing tool.

This summer we will be graduating Class 25 and welcoming Class 26. The internship continues to remain committed to preparing competent and proficient dietitians and fostering growth and leadership. I’ve enjoyed meeting alumni of the program and am very grateful to alumni who continue to volunteer their time, talents, and services to the program by serving as preceptors, members of the advisory council or selection committee, and class guest speakers. Many thanks to Grace Miller, Tarrin Ismail, Christine Lacy, Hiliary Muse, Alison McGrail, Katrice Mayo, Jessica Jenkins, Katie Robbins, Rachel Williams, Valerie Losego, Amber Lester, Malory Foster, Jennifer Fagan, Rachel Duque, Sara Webber, Julia Tracy, Samantha Simon, Travis Chandler, Leigh Monahan, Jamie Holubar, Ashleigh Holcomb, Tara Kissinger, Aeree Lee, Julie Barbaro, Rosemary Hutcherson, Sarah Johnson, Danielle Somoza, Erin Ford, Stephanie Davis, Charles Rubin, Felicia Reese, Wesley Smith, Meredith Bowers Martin, and Lanita Benjamin.

This upcoming fall, we will launch our Graduate Certificate Program in Food and Nutrition Science. This certificate program will allow interns to receive 16 graduate credits at the completion of their dietetic internship program. We are really excited to be finally starting this program. This will be the launch pad for our Master’s Program.

If you are interested in volunteering your time to serve as a preceptor, an advisory council member, a selection committee member, or a guest speaker, please feel free to contact me at crwynn@vsu.edu.

DI Alumni Newsletter
2017-2018
As you know, the VSU dietetic internship is research-based. As part of their research rotations this year, dietetic interns researched chickpea proteins, catfish proteins, and the microbiology (bacterial growth) of produce and meats from local farms. Some of the interns will have the opportunity to present at VAND and at the VSU graduate conference. This year, interns had the opportunity to volunteer with Virginia Cooperative Extension, Child Savers, and Feedmore. They also spent time at the Virginia State Fair educating visitors on sugary beverages! Legislative Day was another great experience for the interns as it gave them the opportunity to raise awareness about our profession but also learn how important it is to advocate for our profession (because let’s face it, not many people truly know what we do)!

**Nasreen Rehmani says:** “Hello all! My name is Nasreen and I am from Mechanicsville, Va. I recently completed my undergraduate work at Virginia State University and was blessed to receive a place in the dietetic internship. The dietetic internship has provided me with many opportunities for exposure in various rotations. In the beginning, I was nervous about the clinical rotation, but now I want to pursue in-patient clinical nutrition and gain more experience in it. My future plans are to become an oncology dietitian and to continue research in the functional foods. Later on, I want to get my masters and PhD in Nutrition.”

**Danielle Ambrose states:** “My name is Danielle Ambrose and I graduated from Oregon State University in 2017 with a BS in nutrition with a concentration in dietetics. I have learned so much throughout the internship so far. Each rotation and preceptor has taught me valuable knowledge that I can use for future rotations and in my career. My favorite rotations in the internship so far have been Geriatrics, Renal, and WIC. I completed all three of these before starting my clinical rotation and I felt like they all taught me a lot and helped prepare me for the hospital setting. I enjoyed my Geriatrics rotation because I was able to practice navigating and charting in a paper chart. I also liked that I got to follow patients for an extended period of time. I liked my renal rotation because I got to take the time get to know, talk to, and educate the patients. My WIC rotation gave my a lot of practice with nutrition counseling and education and I enjoyed working in a community setting and learning more about nutrition for kids. In the future, I would like to start in the clinical setting then as an outpatient dietitian.

**Andrea Delorito writes:** “My name is Andrea Delorito and I graduated from Virginia Tech in 2016 with a BS in Human Nutrition, Foods and Exercise with a concentration in dietetics. Since starting the internship, I have learned so much related to dietetics, the workplace, and people. My favorite rotations thus far have been diabetes, geriatrics, and school foodservice. These rotations were more specialized and allowed me to hone in on specific skills. For example, diabetes helped me develop my one-on-one skills as well as my classroom presentation. Geriatrics gave me a look at following patients for a long period of time. Finally, school foodservice combined foodservice and community into one occupation and gave me a little more freedom in designing projects. For the future, I want to work in an outpatient setting, preferably in diabetes or sports nutrition. I really love the one-on-one time with patients and seeing the impact I have on their day to day lives over time.”
**Simone Hairston** currently works at Overlook Hospital, where she has been for 2 years, come June. She is 1 of 8 dietitians. With the recent switch to EPIC charting software, work has been crazy. Soon, they will start implementing nutrition focused physical examinations. Simone covers the oncology floor, a surgery floor, and a med surgery floor. She is currently getting her masters in public health with the hopes of becoming director of WIC one day or a clinical nutrition manager. Simone would like to wise the interns good luck with the rest of internship! If you would like to stay in touch with Simone, you can email her at hairsimone@yahoo.com

**Erin Ford** currently works with the community nutrition outreach team for Bon Secours. They are a team of dietitians dedicated to educating the local community with a focus on the underserved. Based on the need of the population, they create programs, host cooking and nutrition classes, and support community-based activities through tastings or cooking demonstrations. If you would like to stay in touch with Erin, she can be reached at erin_ford@bshsi.org

**Teara Hairston** is a 2015 graduate of the Virginia State University Dietetic Internship: Class 22. She currently resides in Charlotte, NC and works as a long term care Registered Dietitian. After graduating, she began her career in food service as a Patient Services Manager. Teara says that “[i]t was a great opportunity to enhance [her] food service skills and gain management experience.” Her current role as a long term care dietitian is very rewarding. It allows her to use and sharpen her clinical skills. Most importantly, she is able to see all of her residents on a daily basis. In the next two years, Teara plans to enroll in a Masters program to further her education.
Gabrielle Mancella is currently the Outpatient Corporate Wellness RD for Orlando Health. She is on the nominating chair committee for Orlando Academy of Nutrition and Dietetics and an adjunct professor at Valencia Community College. She is also a doctoral student at the University of North Florida and working on her Doctorate in Clinical Nutrition. She is originally from NJ and excited to continue to progress in her career within the field of dietetics. If you would like to stay in contact with Gabrielle, she can be reached at gabrielle.mancella@orlandohealth.com.

Julie Barbaro has been happily employed by HCA as the Nutrition Educator for the Workplace Wellness Health Drive team since completing the internship at VSU. This position allows her to participate in health screenings and health fairs, teach nutrition, weight loss and mindful living classes and work one-on-one with clients in the Richmond Metro area including Chesterfield and Henrico county, City of Hopewell and University of Richmond. It’s a pleasure to be on the wellness/prevention side of dietetics! She also visits Fort Lee a few times a month to provide nutrition counseling to both military and civilian personnel on base. In addition to completing her Certified Health Coach training, she is working toward a certification in Obesity and Weight Management credential through CDR. There is always the opportunity to keep learning in this field! Julie and her husband also own and operate several Sedona Taphouse restaurants in the area with plans to double their franchise business this year. If you would like to stay in touch with Julie, she can be contacted at jhbarbaro@gmail.com.
Graduate Degree Requirement

Beginning in 2024, entry-level registration eligibility education requirements change from baccalaureate degree to a graduate degree. [Click here](#) for more info.

FNCE
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Washington, D.C.
October 20-23, 2018

School Meal Regulations
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Changes to school meal regulations to provide more flexibility in meeting standards. Changes will include low-fat OR 1-percent flavored milk, no further reduction of sodium content, and some exceptions for whole-grain guidelines. To find out more, [click here](#).

Parenteral Nutrition
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New clinical guidance for using Parenteral Nutrition. ASPEN developed new recommendations for PN therapy to promote clinical benefits and minimize risks. Recommendations can be found in the March 2017 issue of *The Journal of Parenteral and Enteral Nutrition*. [Click here](#) to read more.

Triglycerides
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Earn CEUs learning about the current research on triglycerides. Find out more about the recommendations and strategies to use when counseling patients on managing and preventing CVD. [Click here](#) to learn more.

Lifestyle Medicine
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Food choices, lifestyle medicine, and disease prevention. The American College of Lifestyle Medicine, ACLM, is speaking up about food’s impact on lifestyle-related diseases. As dietitians, we play a major role in lifestyle medicine. To read more about ACLM’s Standards of Lifestyle Medicine, [click here](#).

Fad Diets
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Staying in the know about fad diets is no easy task, especially recently. Some popular diets of 2018 include the alkaline diet, macros diet, Whole30, and blood type diet. [Click here](#) if you’re interested in learning more about these diets.
Recipe

Mango Pineapple Banana Smoothie

1 part Frozen Pineapple
1 part Frozen Mango
1 part Frozen Banana
3 parts Liquid (i.e. Fairlife milk)
To taste Unsweetened coconut chips

1. Combine frozen fruits and liquid in a blender and blend until smooth.
2. Pour into glass and top with coconut chips.