

NUTRITION & DIETETICS NEWSLETTER

Summer 2023



N&D HOSTS RDN DAY

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This spring the Department of Nutrition and Dietetics hosted an RDN Day event Food for Thought: What Can Nutrition Do For You? in the Memorial Union.

The purpose of this event was to celebrate the wonderful nutrition professionals working in the Grand Forks area and help attendees to learn that nutrition professionals work in a wide variety of areas.

At the event, a panel of nutrition experts was able to give attendees a sense of what nutrition professionals are doing out there in the “real world.”

Two individuals were nutritionists working in vastly different spaces – Amanda Dingeldein works at WIC as the Breastfeeding Peer Counselor Manager and Madeline Comeau works in a research space as a Biological Science Lab Technician at the USDA HNRC. The other panelists were registered dietitian nutritionists who also work in varied spaces. Dustin Frize who, at the time was UND’s Dietitian of Dining Residence and FoodPro Administrator, Karina Knutson working as an Assessment and Accreditation Specialist with

Academic Affairs, and Mandy Burbank is a Dietitian and Lactation Counselor with Grand Forks Public Health.

Attendees came away with a sense that the sky’s the limit when it comes to working in the field of nutrition.

An additional component of the event was education booths led by UND student dietitians. Students put forth significant effort to prepare for the event, including selecting a topic relevant to the audience and translating evidence-based information into something meaningful in people’s daily lives. Attendees had the opportunity to see UND dietetic students in action as they learned something new about nutrition.

Finally, guests could contribute to a National Nutrition Month food drive with items being donated to UND’s Food For Thought Food Pantry.

Thankfully the weather cooperated, and we were able to honor local professionals who graciously shared their time and conveyed their passion for this field.

MESSAGE FROM THE CHAIR



Brenna Swanson and Dr. Nathaniel (Thanny) Johnson joined the Department of Nutrition and Dietetics (N&D) in full-time faculty positions fall semester 2022.

Brenna Swanson and **Dr. Nathaniel (Thanny) Johnson** joined the Department of Nutrition and Dietetics (N&D) in full-time faculty positions fall semester of 2022. Brenna brings expertise in several areas, including health coaching/counseling and medical nutrition therapy, and Thanny brings expertise in several areas, including research methods, nutritional biochemistry, and rural food accessibility.

The **Human Nutrition (formerly known as Community Nutrition)** program will begin to be offered as a distance program fall semester of 2023, in addition to maintaining the campus-based program option. Our master's program has led the way in online education, and our N&D faculty and staff team is eager to begin offering undergraduate students at a distance the opportunity to study nutrition at UND.

The **Dietetics program** is in the final stages of transition to graduate education for entry-level practitioners, with our last cohort of BSD students to sit for the RDN credentialing exam walking across the stage at Commencement on May 13, 2023. As of January 1, 2024, candidates for the national credentialing exam for registered dietitians will be required to have a graduate degree. In response to this change, UND offers a 5-year accelerated bachelor's master's (AMB) program. Our first cohort is scheduled to graduate with their MS degrees in May 2025 in preparation for the national exam. Recently, many of our BSD graduates have chosen to continue their education at UND by optionally pursuing their MS degrees. We are excited to continue to work with these students at UND to achieve their educational goals and facilitate opportunities for them to develop specialized knowledge and skills for dietetics practice.

Dr. Anne Bodensteiner became director of the new **Health and Wellness Coach Certification** (graduate, online) program and received her coaching certification (NBC-HWC) last fall. She most recently led a curriculum revision to the online MS in Nutrition program that will align with Certified Nutrition Specialist educational requirements and address updated North Dakota licensure requirements for dietitians and nutritionists.

Our **research and grant writing activities** have recently increased, with Thanny working on a collaborative grant with colleagues from

NDSU to provide nutrition education to older adults living in remote locations. Danielle Villano is leading N&D's grant-writing effort with colleagues in the college to increase resources and access for under-represented students, especially Indigenous populations, in nutrition programs at UND.

Erin Lauckner began serving the University as an **Inclusion Ambassador** for the college this past fall and spearheaded the first-of-its-kind **RDN Day event** held on March 8th on campus. The event involved students, alumni, and faculty with various learning opportunities concurrently with a celebration of the profession enjoyed by all in attendance!



N&D recently **recognized the success of our graduates**, scholarship awardees, and student award recipients at the Student Association of Nutrition and Dietetics (SAND) Banquet held on May 4th, recognizing their outstanding efforts in the classroom and to their communities and for the profession. We look forward to updates from our alumni, welcome campus visits, and invite opportunities to connect our current students with our alumni whenever possible through class, service, or social activities.

Mary Anna Carls (Department of Nutrition and Dietetics) and Jen Koller (College of Nursing and Professional Disciplines) have been instrumental in sharing the great work of our students, alumni, and faculty throughout the year via social media (join our LinkedIn, Facebook, or Instagram groups) and through our annual department newsletter.

We always enjoy welcoming alumni back to campus with Hailey Huspek (UND Foundation). Let us know if you would like to visit the campus, participate in a class as a guest speaker, or suggest other ways we can stay connected with you!

Have a wonderful summer!

Desiree Tande, PhD, RDN, LRD, CLC

Chair, Associate Professor

Nutrition & Dietetics Program Director

Dietetics & Human Nutrition Programs, University of North Dakota

MEET OUR NEW FACULTY



Brenna Swanson, MS, RDN, LRD, CDCES, NBC-HWC is a clinical instructor at the University of North Dakota (UND).

Although not new to UND, she is new in a full-time role. She received her Bachelor of Science in Food and Nutrition from North Dakota State University which included completing

the coordinated dietetics program. She graduated from Texas Tech University with a Master of Science in Food and Nutrition and worked with the Supplemental Food Program for Women, Infants and Children and Early Head Start.

Much of her career was spent engaged in a variety of rural dietitian experiences across the lifespan including hospitals, nursing homes, group homes, and community wellness. She is currently enrolled in a Ph.D. Teaching & Learning, emphasis higher education program. She works flex time for a local critical access hospital/rural health clinic.

Health and wellness coaching (HWC) has been a game changer for her career and is her greatest interest area. Health benefits are shown when HWC is applied to chronic diseases such as diabetes and cardiovascular disease, leading to improved outcomes. Long term these improved outcomes have the potential to decrease health care costs. Brenna is an instructor in UND's Health and Wellness Coaching Certificate program. Her dissertation proposal explores instruction in the National Board of Health and Wellness Coaching programs.

Living on small grain farms most of her life, she also has an interest in rural health issues including food access, nutritious food access year-round, and the health of the farmer.

A third area of interest is mental health and nutrition with bipolar disorder, anxiety, and depression found in her family tree.

Her hobbies include hiking (especially in National and State Parks), fishing, skiing, traveling, yoga, reading, writing, great conversations, and supporting her kids and husband in their many activities.



Dr. Nathaniel Johnson is a recent graduate, earning his doctorate in Nutrition and Exercise Sciences from North Dakota State University in May 2022.

Dr. Johnson grew up in the Twin Cities metro area and attended St. Anthony High

School where he enjoyed participating in high school sports, music, and plays. He pursued an undergraduate degree in Nutrition at St. John's University, graduating summa cum laude in 2016. Dr. Johnson worked for one year before starting work on a doctorate in 2017. He was the winner of his department's and college's research awards and is looking forward to further developing a comprehensive interdisciplinary research agenda at the University of North Dakota and with Grand Forks Human Nutrition Research Center.

He lives in Grand Forks, North Dakota with his dear wife, Meghan, and dog, Murphy. He enjoys sports, loves dogs, and is happy to be expecting his first child, a son, this summer.



Thank you to our alumni and friends for providing support for N&D students!

\$41,450

awarded to students

43

students received scholarships

Interested in supporting the department?

Give online using the QR code or contact

Hailey Huspek

HaileyH@UNDFoundation.org

701.777.5608.



NURTURING HEALTH THROUGH NUTRITION

LAURA PIETIG '17

Passionate about the benefits of food and its impact on overall health, Laura Pietig '17 was drawn to nutrition to empower individuals to lead healthier lives. "I just simply love food and the different benefits it can have on a person's health," she says. Her desire to help people stay nourished and develop a healthy relationship with food fueled her determination to pursue a career in dietetics.

Why Study Nutrition at UND?

When choosing a university, UND stood out for its exceptional program in Dietetics. In addition to its proximity to her family in Minnesota, Laura appreciated the small class sizes and the engaging professors. Unlike traditional didactic internships, UND's coordinated program combines all the necessary components within the four-year curriculum, streamlining the learning process. "I liked that everything was incorporated within the four years."

Laura also found great value in UND's mentorship program, which paired her with a student already enrolled in the coordinated program. This invaluable support and guidance helped her navigate the application process and fostered a sense of community within the program.

Furthermore, UND's strong emphasis on community service resonated with Laura, providing time to make a difference. "The program was also very big into giving back to the community with numerous community service opportunities," shares Laura.

Reflecting on her UND experience, Laura acknowledges its significant role in shaping her personal goals and needs.

To those considering a degree in dietetics today, Laura wholeheartedly encourages them to pursue it. The field of dietetics is expanding, offering a multitude of career opportunities. Laura finds her work as a Clinical Dietitian Specialist in the cardiac unit at Regions Hospital in St. Paul, MN, deeply satisfying. "It has been a very rewarding career being able to help people improve their nutrition and health."

Specialization Aids Recovery

Additionally, Laura has earned a Clinical Nutrition Specialist certification with competency in placing naso-jejunal feeding tubes. This specialized certification requires extensive training. Naso-jejunal tubes provide nourishment directly to the small bowel in patients unable to consume sufficient nutrients orally. Using the Cortrak machine, an electromagnetic sensing device, Laura ensures proper tube placement, reducing the need for repeated attempts. "I feel



LAURA PIETIG, A 2017 DIETETICS ALUMNA OF THE UNIVERSITY OF NORTH DAKOTA, HAS FORGED A SUCCESSFUL CAREER AS A REGISTERED LICENSED DIETITIAN, POSITIVELY IMPACTING PATIENTS' LIVES THROUGH HER NUTRITION EXPERTISE.

like I have direct impact on the patient's nutrition, says Laura when explaining the method. "Once the feeding tube is placed, we can help nourish the patient to meet their needs for recovery."

Laura credits the UND Nutrition and Dietetics program for providing her with the skills and knowledge necessary to succeed as a Registered Dietitian. Moreover, the program's strong network facilitated her seamless transition from college to the workforce. She says that UND has "provided me with a great network that made it easy for me to find a job right out of college."

Through her experiences in various areas such as hospitals, communities, research, and long-term care, Laura gained a comprehensive understanding of the field, further solidifying her foundation as a professional in the nutrition industry.

Laura Pietig's journey from UND Student Dietitian to a respected Clinical Dietitian Specialist exemplifies the profound impact that a passion for nutrition and a strong education can have on one's career.

WENBERG PRECEPTOR AWARDS

The Department of Nutrition & Dietetics (N&D) offers the Wenberg Preceptor Award that promotes professional development for N&D preceptors and recognizes preceptor efforts.

Janelle Olson is a recipient of the 2022 Wenberg Preceptor Award, enabling her to complete online professional development courses through the National Kidney Foundation. Janelle is a Clinical Dietitian in the kidney dialysis unit at Altru Health System in Grand Forks, ND. When asked how she impacts the UND student experience, Janelle wrote: "Dialysis is a specialized area, and therefore, it gives students a different perspective of dietetics. I encourage them to visit the patients and have as much interaction with the staff and patients as possible. Establishing good communication skills is a very important aspect of healthcare. I'm a firm believer that confidence and knowledge improve with a hands-on approach. I feel that I have a good rapport with the students and provide a well-defined learning opportunity and experience."

Susan Scholz is a recipient of the 2023 Wenberg Preceptor Award, enabling her to attend the ASPEN Nutrition Science and Practice Conference. Susan is a Clinical Dietitian at Essentia Health St. Mary's Medical Center in Duluth, MN. When asked how her conference attendance may impact the UND student experience, Susan wrote: "My participation at this conference will help to keep me up to date with current practice in the area of nutrition support. I will be able to share best practice guidelines with students and utilize this with patients that are being cared for."

Alicia Reardon is a recipient of the 2022 Wenberg Preceptor Award, enabling her to complete online professional development courses. Alicia is a Lifestyle Counselor and Bariatric Manager at CHI St. Joseph's Health in Park Rapids, MN. When asked how she impacts the UND student experience, Alicia wrote: "My goal for students at this facility would be for them to be independent as a nutrition and dietetic provider. They have already completed a large amount of schooling and should start preparing for real world jobs. At times my presence may be nerve-racking but other times, my presence is encouraging, so I always ask them where they would like me to be as they practice."

Jennifer Haugen is a recipient of the 2023 Wenberg Preceptor Award, enabling her to attend the Collegiate and Professional Sports Dietitians Association Conference. Jenn is a Philanthropy Specialist and Sports Dietitian at Altru Health System in Grand Forks, ND. When asked how she impacts the UND student experience, Jenn wrote: "It was very important to me to create meaningful experiences for our dietetic and human nutrition students as they are the future of our profession. My goal is to provide unique experiences to set UND students apart from others in our field, such as opening the door to provide training to become lifestyle coaches certified for the diabetes prevention program and leading their own cohort/co-teaching. It is also important to allow students to use their creativity in building community education programs and employee wellness challenges Altru, teaching them skills in marketing, and outcomes measurement for target markets. My approach with students is to learn about their goals initially and provide them with experiences within those interests during their time spent with me."

N&D would like to thank the preceptors who supported students through the 2022-2023 academic year. Your contributions are valued, and we cannot thank you enough! **N&D Preceptors are encouraged to apply for the award!** Learn more about the opportunity on our website.

EARN CPEU CREDIT FOR PRECEPTING DIETETIC STUDENTS

The Commission on Dietetic Registration (CDR) offers CPEUs for this important work and contribution to the profession! ACEND defines a preceptor as a practitioner who serves as faculty for students or interns during supervised practice by overseeing practical experiences, providing one-on-one training, and modeling professional behaviors and values.

To receive CPEU credit;

- The precepting must occur during the current recertification cycle.
- The preceptor must complete a Verification and Self-Reflection form provided by program director.
- The preceptor should retain the form as documentation to be submitted to CDR if audited.

A maximum of 3 CPEUs per year or 15 CPEUs per 5-year reporting period can be awarded to RDNs and NDTRs for this activity. Refer to the CDR website for more information on CPEU credit for preceptors.

Interested? Contact us at 701-777-2539 or UND.nutritiondietetics@UND.edu

Did you know? The Accreditation Council for Education in Nutrition and Dietetics (ACEND) is now offering the **Dietetics Preceptor Training Program**. The content has been divided into seven learning modules to help preceptors prepare and succeed as teachers, coaches, and mentors. The training is free, and participants will earn 8.0 CPEUs.

N&D RESEARCH UPDATES



Dr. Nathaniel Johnson

This year was exceptionally busy for research as Dr. Johnson set the foundation for his future interdisciplinary research agenda. Dr. Johnson published one manuscript in the 2022-2023 academic year and submitted five different research proposals.

The manuscript was published in the journal *Sensors*, regarding a **novel biomarker sensor** and the association of these biomarkers with weight loss during a diet and physical activity weight loss intervention. Dr. Johnson's research proposals well describe how broad, impactful, and aggressive his research agenda is.

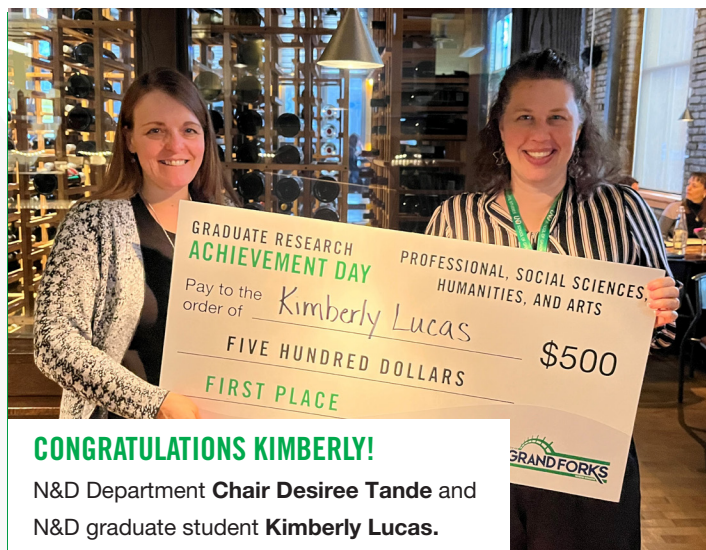
First, a proposal submitted when Dr. Johnson was at NDSU to the USDA was funded. This project intends to provide improved nutrition and physical activity education for **rural North Dakotans** and he will continue his work.

Dr. Johnson was also part of an interdisciplinary team, including his mentor from the Alice T. Clark program Dr. Gary Schwartz, who submitted a proposal to investigate methods to increase home **radon testing** through the Dakota Community Collaborative on Translational Activity; this proposal was accepted and awaiting a final decision.

In addition, Dr. Johnson was also invited to write a full proposal to the **National Pork Board** to investigate the effects of increasing protein intake at breakfast on muscle strength and mass and cardiometabolic health in older adults; this full proposal is still under review.

Lastly, Dr. Johnson submitted two research projects to the Early Career Scholars program, although neither was funded. One project sought to develop an **internet application** that community members could use to request food from a food bank while receiving tailored nutrition information and cooking and recipe ideas. The project was not funded, but partnerships was identified with NDSU Extension and St. Joseph's Food Bank that can be built on for future resubmission to a different funder.

Another project had the goal of trying to use a **smartphone camera** to measure the degradation of cooking oil, a factor in cancer development. Dr. Johnson plans to continue this line of research this summer.



CONGRATULATIONS KIMBERLY!

N&D Department **Chair Desiree Tande** and
N&D graduate student **Kimberly Lucas**.

GRADUATE RESEARCH ACHIEVEMENT DAY

Every year the School of Graduate Studies GRAD contest highlighted research from graduate students across the University. At this event, four Nutrition and Dietetics Students shared their findings.

- Kimberly Lucas – The Role of Vitamin D in Treating Diabetic Foot Ulcers
- Kali Wake – Effects of Continuous versus Intermittent Energy Restriction on Weight Loss
- Madison Musich- Eating Disorders and Nutrition Knowledge: A Narrative Review
- Ellie Morgan – Food Insecurity in College Students with a Focus on Collegiate Athletics: A Narrative Review



UND TODAY:
Kimberly
Lucas' GRAD
experience



Brenna Swanson

Brenna Swanson collaborated with Dr. John Fitzgerald from the Education, Health, & Behavior Department to complete a systematic review on adolescent and adult vitamin D knowledge, awareness, and attitudes.

The study was accepted for publication in the **Journal of Nutrition Education and Behavior** and will be published in the near future.

She is also submitting a dissertation research proposal to explore educational practices to teach competencies in the **National Board of Health and Wellness Coaching (NBHWC)** Programs. The study methodology will use a sequential design, beginning with a quantitative survey followed by a qualitative one-on-one interview.

NORTH DAKOTA ACADEMY OF NUTRITION AND DIETETICS CONFERENCE

Three UND Nutrition & Dietetics students presented during the poster session.

- Jonathan Dralle – Effects of Phytosterol Consumption on Heart Disease Risk in Adults: A Literature Review
- Candice Brierley - The Physiological Effects of Dehydration Amongst Firefighters with Regards to Personal Protective Equipment
- Katie Huettl – Risk Factors and Intervention in Parkinson's Disease



Danielle Villano

Danielle Villano is a part of the College of Nursing and Professional Discipline's (CNPd) Interprofessional **Recruitment and Retention of American Indians into Nursing** (RAIN) grant writing team and has been working with the group as

part of CNPD's strategic plan to support the RAIN program, to include Nutrition and Dietetics and Social Work students.

This past spring, Danielle collaborated with Sonya Anderson from the Nursing department, Kathy Smart from the College of Education and Human Development, and Turtle Mountain Community College to submit a grant to the National Institute of Food and Agriculture (NIFA). The project aims to **support Native American students** interested in pursuing the nutrition field and increase the number of Native American nutrition professionals to better serve the needs of tribal communities.

She also worked with this team to submit a grant to the Early Career Scholars program which was aimed at developing **culturally appropriate nutrition** courses for Native American students. While this project was not funded, the team is pursuing other funding opportunities.

Danielle continues to work with the Altru NICU team to recruit infants for her study: Can probiotics **improve feeding tolerance** and shorten the length of stay in infants with neonatal abstinence syndrome: A pilot study? The study has recruited 10% of the number of participants needed and has been approved by IRB to continue through the end of the year.



COLLEGE OF NURSING & PROFESSIONAL DISCIPLINES RESEARCH & SCHOLARSHIP DAY



Undergraduate and graduate students participated in the College's Research & Scholarship Day.

- Cameron Kraning – A Narrative Review of Dehydrated Foods and Outdoor Backpacking (online video presentation)
- Pratistha Pokharel – Effectiveness of Probiotics as Nutrition Intervention in ASD Population (online video presentation)
- Lauren Steiner – Nutrition Implications in the Treatment of GI Symptoms in Hypermobility Ehlers-Danlos Syndrome (hEDS) and Hypermobility Spectrum Disorders (HSD) (online video presentation)
- Madison Musich - Eating Disorders and Nutrition Knowledge (online video presentation)
- Kali Wake - Continuous vs. Intermittent Energy Restriction - Which is Superior? (online video presentation)
- Mishal Lucido and Quinn Hilber - Relation Between Vitamin D and Depressive Symptoms in Adolescents
- McKenzie Moe and Larissa Baird - Magnesium and Fibromyalgia
- Rachel Qualley and Marcus Gilbertson - Maternal Vitamin B-12 Status: Effects on the Neurocognitive Development of Offspring

Research & Scholarship Day Catalog & Video Recordings
are online at bit.ly/cnpd-rs-day



A MESSAGE FROM THE DEAN

Every day I am amazed by our College of Nursing & Professional Disciplines alumni and students!

Our 2023 graduating classes from Nursing, Nutrition & Dietetics, and Social Work were no exception.

It was such a pleasure to attend their respective banquets, pinning, and commencement programs and learn about their future plans. Every single student was looking to make a difference in the communities they will serve. Every single student makes us CNPD proud!

This was my first year as Dean attending the Registered Dietitian Nutritionist Day at the Memorial Union, the CNPD Research and Scholarship Day and the Nutrition & Dietetics Spring Banquet hosted by SAND. It was so fun to see Nutrition & Dietetics students everywhere! And these students are smart! I was inspired from their knowledge, felt a little bad about some of my dietary choices when they counseled me, and loved all of their really good questions. My takeaway...Our nutritional future is in great hands with our UND graduates!

Thank you to all of you, our alumni and friends of the department. Your trust in our students, faculty and staff, along with the time and talents you share with our students, allows us to continue to successfully grow exceptional nutrition professionals. We appreciate you and wish you a wonderful and healthy summer!

Maridee Shogren DNP, CNM, CLC

Dean, Clinical Professor
College of Nursing and Professional Disciplines
University of North Dakota



UPDATE MS IN NUTRITION PROGRAM

Our graduate program continues to evolve as the field of nutrition changes.

We applied to become partners with the American Nutrition Association for the Certified Nutrition Specialist (CNS) credential. This partnership will help us support and welcome students who seek the CNS and wish to complete their educational requirements at UND. We will add one more course to our curriculum in Integrative and Functional Nutrition as well as updates to several of our current courses to include stronger focused information on clinical nutrition care. As North Dakota updated their licensure laws with a statute effective August 1, 2021, we are able to support more licensure options for our graduates and the needs of Nutrition & Dietetics.

Our first cohort in the Graduate Certificate in Health and Wellness Coaching will complete the certificate this summer. There is one student currently enrolled in the Graduate Certificate and we have another student beginning the program this summer. Additionally, four of our MS-seeking students are completing the coach training as part of their graduate program requirements.



Anne Bodensteiner, Ph.D., R.D.N.
Clinical Assistant Professor
Graduate Program Director
Nutrition & Dietetics
University of North Dakota

MS NUTRITION STUDENT EXPERIENCES ON YOUTUBE

We have a series of videos launching to share student experiences. Visit the playlist on our CNPD YouTube channel to learn more about their experience!



ADVENTURES IN SIMULATION

Instructors Brenna Swanson and Danielle Villano continue to work on simulation projects by developing new case studies to better prepare dietetics students for working with patients in the clinical setting.

In addition to practicing assessments, students have begun practicing Nutrition-Focused Physical Exams on medically trained live actors. Students have used an electronic medical record program for case studies for several years.

The curriculum plan for the upcoming year combines the simulation and electronic medical record program, including billing practices, into case studies for a comprehensive experience.



2022-2023 OUTSTANDING STUDENT AWARD WINNERS

N&D recognizes outstanding students for their exceptional contributions to the Department, the University, and the community.

- Outstanding Student Leader: Claudia PromSchmidt
- Outstanding Senior – Human Nutrition: Natalie Koster
- Outstanding Senior – Dietetics: Emily Scheresky
- Outstanding Graduate Student: Ellie Morgan



SAND WRAPS UP EXCITING YEAR

This year, the Student Association of Nutrition and Dietetics (SAND) acted upon its goals for the semester of increasing participation, holding service-learning opportunities, and networking with peers.

Giving Back

SAND participated in service-learning events such as the Find Your Classes event in the fall, helping to show incoming freshmen around campus, the United Way Backpack Program to create meal packages for those in need, and the Big Event, where the student organization helped the older adults in the greater Grand Forks community with yard work and maintenance.

Throughout the academic year, members were granted opportunities to gain service-learning hours and network with others to aid in their development as they progress through their education.

Networking & Mentorship

SAND's networking activities included baking and cooking classes, assembling holiday care packages for loved ones, and hosting



SENIOR DIETETIC STUDENTS, SYDNEY AND SARAH, MAKING A DIFFERENCE WITH EVERY RING.

Get involved. Join SAND!

SAND exists as an open forum for those interested in nutrition. The primary focus is on service learning hours for students associated with any kind of academic major. We do various activities and emphasize networking opportunities.



UND PRESIDENT ANDY ARMACOSTS STOPS AT THE SAND BOOTH DURING THE UND HOMECOMING PARADE.

pizza and hot chocolate socials. Another program we offered was the mentor-mentee program to allow for greater interaction among early career and advanced students, with groups attending meetings to network and share their advice and experiences through their education at UND.

Meetings Provide Education

To maintain participation among members, SAND added a virtual meeting option for those away on rotations or unable to attend the meeting physically.

During some monthly meetings, nutrition professionals were invited as special guests to share their educational and professional experiences with SAND members. The speakers included Mandy Burbank, who works at Grand Forks Public Health, and Barbara Arnston, who works in her own private practice. They spoke about their experiences through their education and work and provided advice to students.

In addition to the nutrition professionals, SAND brought in UND Career Services to speak about building cover letters and resumes and instructed nutrition and dietetics students on how to create their own.

End of Year

The year concluded by electing and welcoming the incoming officers for the 2023-2024 year and hosting the SAND Banquet. At the banquet, attendees enjoyed wonderful food from UND catering, and celebrated scholarships, student awards, and graduates. Guest speaker, Jami Rokala, shared an inspiring message of perseverance and following one's dreams.

ALUMNI UPDATES

Send us your updates!

ALLIE ERDMANN (BSCN '17, DPT '20)

Allie is now working in Boise, ID, as an outpatient physical therapist, hoping to incorporate nutrition into her practice.



TAYA OLSON (BSHN '21)

Taya was recently accepted into the Physician Assistant (PA) school at the University of South Dakota! She is excited to use the skills she learned as a nutrition student in her future practice as a PA. She is especially interested in rural health care.



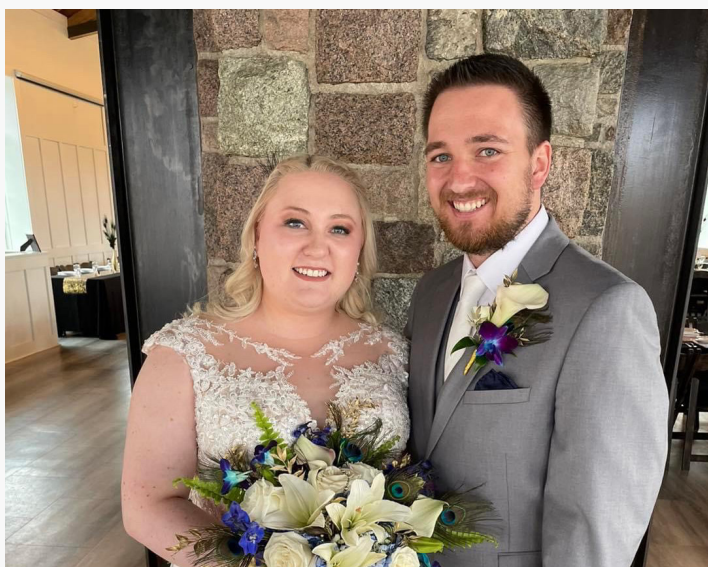
HELEN HERNANDEZ (BS HOME ECONOMICS '69) & DOROTHY DEHANN (BS HOME ECONOMICS '70)

Helen (Ngan) Hernandez '69 and Dorrie (Cook) DeHaan '70 say that quite a lot has changed since their time at UND. They and their spouses stopped by the Nutrition & Dietetics department for a visit.

Nutrition and Dietetics history at UND runs deep for Dorrie's family. Her sister is a 1968 grad who donated her entire cookbook collection and provided funding for the kitchen in the Gorecki Alumni Center.

Originally from Hong Kong, Helen was part of the International Club at UND, which promoted international understanding and hosted panel discussions, an Annual International Dinner, international films, and parties, and worked for community relations. Interestingly, former UND President, George Starcher, gave Helen away at her wedding.

Helen, Dorrie, and Kathy stayed active in the Penates Organization. This group was for students interested in professional careers in home economics. They kept a busy schedule by sponsoring Bazaars, a style show, and hosting a Career Day for area high school students.



KARA STRUM (BSD '20)

Kara recently married Kody Strum (UND Physical Therapy class of 2019) on April 29th, 2023. She is also celebrating 2 years at Eventide Moorhead in June, working as the Director of Nutrition and Culinary.

N&D STUDENTS IN ACTION

