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Education

Simmons University, Boston, MA MS/DI Program Master of Science in Nutrition and Health Promotion Certificate in Nutrition	September 2018 to June 2020
Simmons College, Boston, MA Bachelor of Science in Nutrition and Dietetics Certificate of Didactic Program in Dietetics	September 2016 to May 2018
North Shore Community College, Danvers, MA Nutritional Science	September 2013 to August 2017
Lesley University, Cambridge, MA Master of Education: Curriculum and Instruction	1990-1992
University of Maine at Farmington, Farmington, ME Bachelor of Science: Special and Elementary Education	1981-1985

Simmons University Internship Placements

Good Measures LLC, September 1 to September 31, 2018

- Developed and updated handouts for Type 2 Diabetics with information including carb counting, insulin medications, how to shop in the grocery store, and mindful eating techniques
- Created cultural diversity worksheets to assist RD coaches when speaking to their clients all over the United States
- Observed telehealth calls with Type 2 Diabetic clients and developed goals and objectives using motivational interviewing
- Used the Good Measures LLC food database that included nutrients and calorie counts to assist clients reach their nutrient goals
- Worked closely with an interdisciplinary team to incorporate nutrition care plans
- Followed HIPAA privacy practices

The Open Door, October 1 to October 31, 2018

- Researched and developed medically tailored meals for local communities

- Used practical strategies like education, counseling, and in-store assistance to connect all people with healthy food choices
- Prepared meals for the grocery store and weekly dinners, unloaded delivery trucks, and placed items into inventory
- Assisted clients with shopping according to their food sensitivities and tight budget
- Developed healthy eating plans for clients with different types of comorbidities
- Lead cooking demonstrations at the local Senior's Center
- Distributed fresh fruits and vegetables at local Elementary Schools
- Followed HIPAA privacy practices

Nutrition For Life Inc, November 1 to December 7, 2018, and May 7 to May 24, 2019

- Observed and participated in private counseling sessions focusing on wellness, lifestyle changes, a relationship with food, mindful and intuitive eating, Health at Every Size® (HAES), and medical nutrition therapy
- Trained with the assistant for billing and coding insurance payments
- Read and reviewed books and research articles pertaining to the client's comorbidities
- Used and interpreted information gathered from bio-impedance analysis
- Planned, shopped, and demonstrated healthy cooking techniques for clients
- Interpreted test and lab results to assist in medical nutrition therapy clients
- Followed HIPAA privacy practices

Fresenius Kidney Care, December 10 to December 27, 2018

- Observed CKD patients while on hemodialysis machines
- Attended interdisciplinary meetings for CKD care
- Educated patients about eating well with kidney disease and the importance of sodium, potassium, and phosphate binders
- Followed HIPAA privacy practices

Marblehead Community Charter Public School, January 4 to February 15, 2019

- Prepared and served breakfast and lunch in a from-scratch kitchen for grades 4 to 8
- Provided and prepared alternative meals for students with food allergies and sensitivities
- Developed food and nutrition labels for all recipes used in the kitchen for state inspection
- Supervised, planned, ordered, and prepared a Chinese New Year Celebration for 400 students
- Taught 5th grade students about eating the rainbow, healthy snack choices, and My Plate
- Worked closely with the school nurse to follow and assist students with Type 1 Diabetes
- Conducted an after-school program with a focus on healthy snacks with simple ingredients to make at home

Anna Jaques Hospital, February 18 to May 3, 2019

- Educated and counseled patients with a variety of health conditions and comorbidities using evidenced-based information
- Worked closely with interdisciplinary healthcare teams to incorporate nutrition care plans
- Attended daily interdisciplinary rounds and kept notes for the Nutrition Department
- Monitored and actively participated in tube feeding nutrition support and ensured accurate administration and patient comfort
- Observed and conducted nutritional-focused physical exams
- Supported clinical dietitians in evaluating patients and charting notes
- Collaborated with healthcare teams to coordinate individualized nutrition plans
- Developed a display about the role an RD plays in a hospital setting for RD Day
- Observed, planned, and taught weekly nutrition education to Psych Ward patients
- Observed and participated in the Outpatient Diabetes Clinic
- Developed evidenced-based nutrition plans for Type 1, Type 2, and Gestational Diabetes patients
- Provided understanding of diabetic medications, insulin, and how to manage side effects to Diabetic patients
- Attended seminars on continuous glucose monitors and the newest developments in the diabetes education field
- Followed HIPAA privacy practices

Simmons College Experience

Day on The Hill co-coordinator, March 2016

- Organized workshop for Nutritionists and Nutrition students at the Massachusetts State House
- Attended monthly meetings on state policy with other Registered Dietitians
- Reviewed all correspondence to be given out at the workshop
- Contacted and invited all Massachusetts State Senators and Representatives to the workshop
- Created a database of contact information of all Massachusetts State Senators and Representatives
- Arranged caterer and handled all correspondence with event organizers
- Spoke with State Representatives about the importance of nutrition legislature

Work Experience

Nutrition For Life, Inc
Registered Dietitian

June 1, 2024, to Present

- Provide medical nutrition therapy to chronic disease states by conducting assessments of client's intake, dietary habits, interpreting lab results, and medical history
- Help clients build a positive relationship with food through mindful and intuitive eating as well as Health At Every Size® (HAES)
- Support clients in making sustainable changes to their eating habits, addressing barriers like
- Manage health concerns with an understanding of how the body works and the impact of nutrition for an improved quality of life
- Assist clients in adapting behavioral lifestyle changes in small steps as they increase and improve their health
- Provide client education on diabetes management including glucose monitoring, carbohydrate counting, and lifestyle adjustments
- Coordinate personalized care plans through education and tailored interventions
- Collaborate with multidisciplinary healthcare teams
- Offer one-to-one counseling in person and virtually
- Follow HIPAA privacy policies

Nutrition Diversity Mentor
Simmons University

May 1, 2024, to Present

- Support and guide students from diverse backgrounds
- Assist with navigating students career paths
- Provide support with overcoming potential barriers with a focus on promoting inclusivity and diversity within the Dietetics Profession
- Assist in the preparation and review process for the Registered Dietitian Board Certification Exam
- Providing guidance and support to ensure successful credentialing

MyRDguide
Instructor

October 13, 2023, to May 31, 2024

- Provide individual instruction to students all over the country via Zoom who are authorized to sit for the RD and DTR exams
- Develop and create questions to assess comprehension and critical thinking skills of students
- Teach exam topics to groups ranging from 15 to 80 students
- Prioritize learning styles to effectively teach students exam information
- Create individual lesson plans
- Facilitate discussions around exam topics
- Assess student's abilities, strengths, and weaknesses and adapt lessons accordingly to accommodate all skill levels

Science Alliance

2003-2005

- Created a business with two partners focusing on Science

- Brought Science learning to the classroom when funding was scarce
- Customized lesson plans to parallel school curriculum
- Met with teachers to personalize lesson plans
- Kept budget and ordered all supplies and materials
- Planned birthday parties and workshops for elementary students

Self-employed Educational Tutor

1997-2012

- Tutored students from grade 5 to grade 12 in Science, Mathematics, and Language Arts
- Recommended by teachers to parents

Rupert A. Nock Middle School, Newburyport, MA

1985-1997

Special Education/Regular Education Teacher

- Developed individual educational plans according to state regulations for learning-disabled students in grades 5-8
- Member of the first team of teachers to include Special Education Students in the Regular Classroom
- Planned daily lessons following curriculum guidelines for all students
- Adapted lessons according to the student's abilities, strengths, and weaknesses
- Graded students' assignments and exams
- Communicated with parents about students' progress
- Co-taught in the classroom with Special Education Teacher
- Represented the school system in court mediations
- Developed classroom curriculum plans in Math and Language Arts for all students
- Started a Math Lab for learning-disabled students in grade 6
- Lead IEP annual meetings with parents and teachers

Awards and Certifications

- Ann DeForest Baker Spaulding Award 2016-2017