

# Yummy Tidbits

 Volume 1  
Winter/Spring 2000 

## Building New Opportunities

For those of you who haven't visited in a while, the campus has been undergoing some major changes. Three new buildings are being constructed - Science Center, Learning Center/Library, and apartment building. The nutrition department will be housed in the 2nd floor of the new three-story science center, tempting or torturing students in surrounding classrooms depending upon the days cooking schedule! This second floor will connect to the five-story Learning Center. The apartment building will be located behind the Krasa Center.

**Benedictine University**  
Katherine & Michael Birck Hall of Science



## NEW Nutrition Department

With the new academic reorganization, the Nutrition Programs are no longer a part of the Chemistry or Biology Departments, but rather housed in the Nutrition Department of the College of Arts and Sciences (pretty cool, huh?). With 50 majors, the undergraduate Nutrition Program is currently the 10th largest (of 42) undergraduate program at Benedictine University. Our the current curriculum is at: <http://alt.ben.edu/departments/nutrition/nutrprog.htm>.

The Nutrition Department also offers a graduate level American Dietetic Association Dietetic (ADA) Internship (DI). Our Dietetic Internship is part of the newer Community Nutrition

concentration of the Master of Public Health (MPH), and has a community and geriatric focus. We have expanded to accept twelve interns in 2000, some through a pre-match. Pre-match means that six of the twelve interns can be selected each year prior to ADA computer match. For a student to be eligible for this option, he or she must be a student or alumnus of Benedictine University. If you are interested in applying to our Dietetic Internship program, please contact us by phone or e-mail and/or access application forms and instructions from our web site at: <http://alt.ben.edu/departments/nutrition/intrnshp.htm>. If you would like to serve on one of our professional advisory committees, please contact Catherine Stein (630-829-6534 or [cstein@ben.edu](mailto:cstein@ben.edu)) or Julie Moreschi (630-829-6548 or [jmoreschi-mason@ben.edu](mailto:jmoreschi-mason@ben.edu)).

## Health Sciences Reunion a.k.a. Pizza Party

... has returned to Benedictine University! Please mark you calendars for Friday March 31, 2000 at 7 p.m. in the Krasa Center. The cost per person is a mere \$10 for an evening of networking, chuckles, pizza and "beverages"! Please mail or call in your reservation to the alumni office (630-829-6080) by March 24, 2000.

In addition, the Nutrition Department would like to invite all nutrition alumni to a mini pre-pizza party reception at 6 p.m in the Food Lab (Scholl Science Center, room 122). If you are interested in attending our "reception", R.S.V.P. to Catherine Stein at [cstein@ben.edu](mailto:cstein@ben.edu) or 630-829-6534 by March 24 so we can plan accordingly.



*Alumnus Spotlight:*  
*Andrea Frale Klouda,*  
*RD, MPH*



Following my internship at Edward Hines, Jr. VA Hospital, I spent five years as a clinical dietitian at Mt. Sinai Hospital. While the commute certainly wasn't fun, working in an inner city environment challenged my skills and was a tremendous learning experience. It was during this time that I started to become more actively involved in the West Suburban Dietetic Association (WSDA).

Not content with only graduating from BU once, I returned and received my MPH in '96. After receiving my MPH, I wanted a change and felt my next move was to get into management. My current position as Clinical Nutrition Manager at Rush Copley in Aurora provides me the opportunity to take on management responsibilities while continuing to practice as a clinician.

The famous line about "doing well by doing good" undoubtedly applies to the field of nutrition and I have been fortunate enough to be recognized by my peers (WSDA Emerging Dietetic Leader for '98-'99) and my employer (nominated for Outstanding Clinical Manager for Sodexo Marriott's Midwestern region covering 9 states in '99). However, I've always believed that not only should you push yourself forward, but that you should also strive to advance your profession as well. This is one of the reasons I accepted the President-Elect position for WSDA this year. In a similar vein, one of my longer-term goals is to teach at the collegiate level or in the public health arena.

Never accepting "no" for an answer, I try to live and work according to the following: dare to be different, be open minded, accept all challenges and don't be afraid to admit you don't know something (but then figure it out).

## *"Caring for the Older American"* *Seminar Series*

Benedictine University, with the generous support of a Central DuPage Health Community Reinvestment Program grant, will be hosting several seminars at the University this spring and early summer. All seminars are geared towards health care professionals working with Older Americans. Continuing Professional Education hours for Registered Dietitians, Registered Diet Technicians, and Licensed Nurses have been applied for. There is no fee to attend, but reservations are *required*. Space is limited to 100 people.

The seminar topics cross the spectrum of geriatric services.

- "Changing Profiles of the Baby Boomer Generation and Nutrition Identification and Service Provision" on March 15, 2000 7-9 p.m. in the Krasa Presentation Room (the presentation will be re-run on March 17, 2000 from 9-11 a.m.).
- "Senior Sensitivity Workshop" on April 8, 2000 from 9 a.m.-3 p.m. in the Krasa Presentation Room (the presentation will be re-run on June 29, 2000).
- "Interviewing and Counseling Skills" on April 12, 2000 from 7-9 p.m. in the Krasa Presentation Room (the presentation will be re-run on April 14, 2000 from 9-11 a.m.).
- "Nutritional Care of Geriatric Population" June 30, 2000 - more information on this six hour seminar will be provided via a separate mailing and announcement.

As a Benedictine University nutrition major degree and/or dietetic internship alumni, you should have received a flyer with seminar descriptions and detachable registration form by a separate mailing. However, in lieu of an official registration form, fax (630-829-6551) or e-mail (KHosburgh@ben.edu or jmoreschmason@ben.edu) your reservation request titles and dates along with your name, organization, occupation, address, work phone, home phone, and e-mail.

## *Food Services Management Seminar*

The Nutrition Department will be hosting a "Issues in Food Service Management" Seminar on Monday, April 10, 2000 in the Krasa Presentation Room from 9:00 am- 3:30 pm. 5 CPEs for RD/DTR have been applied for. There is no fee for Benedictine University nutrition alumni and preceptors to attend. There is a fee of \$25 in advance, or \$30 at the door for others wishing to attend.

## *Do You Aspire to Teach?*

Is teaching at the university level is of interest to you? Do you hold a related master degree and possess related field experience? If yes, then we might have an opportunity for you! No we are not selling swampland! We have available opportunities to positively impact the next generation of nutrition professionals as an adjunct faculty member.

Available nutrition courses include:

- NUTR C100 - Impact of Nutrition (3 cr.) - 5-week accelerated adult format fall '00.
- NUTR 245 - Food Science and Applications II (lecture and laboratory - 3 cr.) - spring '01, '02.
- NUTR-350 - Food and Nutrition Services Management (3 cr.) - spring '01, '02.
- MPH 621 - Obesity: Theory and Practice Applications (3 cr.) - summers in the graduate quarter system (10 weeks).

Course descriptions are on our web site at: <http://alt.ben.edu/departments/nutrition/nutrprog.htm>. Future offerings include: Business of Food (3 cr.), Nutrition Therapy (4 cr.), and Alternative Medicine (2 cr.).

Interested persons should send his/her curriculum vitae, references, list of teaching and presentation experience, and letter of interest, via mail to Catherine Stein, Nutrition Department, 5700 College Road, Lisle, IL 60532 or fax to: 630-829-6551.

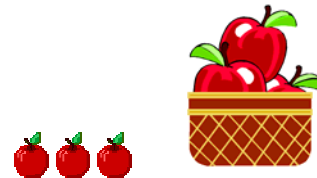
## *Our First Dietetic Intern Graduates! Meet Kelli Kurhajec*

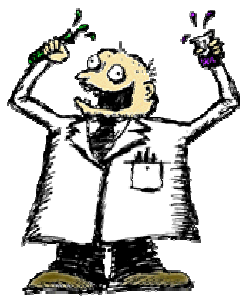


The first intern accepted into the program was Kelli Kurhajec (DI 99). Kelli began her program in fall 1997, and completed all of her coursework in winter 1999. Kelli successfully passed her RD exam, and is currently employed as a clinical dietitian at Christ Hospital in Oak Lawn, IL. Kelli was instrumental in the testing and subsequent revision of all dietetic internship rotations and associated curriculum.

## *Nutrition Club Events*

Paula Milas, president of the Nutrition Club, reports that the Nutrition Club has not only been actively involved in the community, but managed to run some fun social and educational events as well! The nutrition club, as a fundraising activity at the Homecoming game, sold caramel apples - they were a tasty hit! At the holidays, the Club members joined forces with the Daughters of Isabella to collect food for donation to needy families throughout the area. The beginning of the new decade was celebrated in style as the Nutrition Club and other organizations co-sponsored a Millenium pub party! This spring semester will be a busy one as the nutrition club plans on visiting Founders Hill Brewery and Wilton's Cake School, plus hear from various dietitians and food industry professionals. If you would like to be a speaker, or have some great ideas for the Nutrition Club, please e-mail ([jdavis@ben.edu](mailto:jdavis@ben.edu)) or phone (630-829-6521) advisor Julie Davis.





*Faculty Scoop*

G'Day from **Catherine Stein, MS, RD, LD!** I am celebrating my tenth year here as the full-time Nutrition Program Director! Time sure does fly! I also serve as the new Nutrition Department Chairperson. Through our coordinated efforts, we are working on geriatric nutrition and health activities funded by two grants. On a more personal note, I am engaged to Steven Arnold, and we will be traveling to Ireland, Scotland, England, and Canada to "Honeymoon".



Greetings from **Julie Davis MS, RD, LD** especially to those recent alums who were in my classes. I'm now teaching full-time and serve as advisor to the Nutrition Club. My love for travel got a boost when I joined Catherine Stein for a visit to Australia this last summer. We met with science professors in Australia to explore international study abroad opportunities, and started to mastermind our own three-week course to the "Land Down Under". Stay tuned for details!!! Travels with my husband Mike in 1999 included Bermuda and Sedona, AZ. Stop by for a visit!



A warm welcome to our first issue from **Julie Moreschi, MS, RD, LD!** I work as the Dietetic Internship Director, teach courses, and assist with grant related endeavors. I also serve the Illinois Dietetic Association as the State Professional Recruitment Coordinator, and am a co-chair of the Awards & Scholarship Committee for WSDA. In my leisure time, I enjoy taking my two-year old daughter Haley to museums, zoos, and parks.

Hi from **Gloria Jeanne Kensinger, MS, RD, LD!** I teach at both the undergraduate Impact of Nutrition and General Nutrition courses, plus graduate level course in both the MPH and Exercise Physiology programs. In my "spare time", I consult at long term and other health care facilities, and provide outpatient nutrition counseling, among numerous other speaking and publication activities! For fun, I golf with my husband, ski, garden, travel, and cook. Most of all, I enjoy being a grandma!

Hello from **Jo Ann Daehler-Miller, MS, RD, LD!** I teach the graduate level Geriatric Nutrition course during the summer session. I currently work half-time as a clinical dietitian at Central DuPage Hospital. I have just moved to a new position as the Maternity/Gestational Diabetes Specialist. Prior to this position, I was covering the medical, orthopedic and neuro-spine units and providing outpatient medical nutrition therapy. My two children and husband keep me on the go!



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*"Food, Fitness  
and Health for a  
Lifetime..."*

is the theme of this year's National Nutrition Month (NNM)! Celebrate NNM by attending the annual WSDA/Benedictine University National Nutrition Month Fair on Wednesday, March 29, 2000 from 3-8 p.m. at Benedictine University, Krasa Center. The Fair is open to the public at no charge. Please mark your calendars! For more information or to volunteer your time, contact Carrie Esposito at (630) 221-1975.

*Faculty Spotlight:*  
*Christine Palumbo, MBA,*  
*RD*



My professional nutrition career began when I graduated the College of St. Catherine in St. Paul, MN in 1975 with the "Outstanding Senior Award". In lieu of an internship, I earned experience via a Dietetic Traineeship at Unity Hospital, Fridley, MN. Employed as a clinical dietitian, I worked for several years before getting married and moving to the Chicago area. I continued my work in the clinical area for several more years, then ventured out on my own. As a Nutrition Communications Consultant, my job entails public speaking, recipe analysis, research, and private nutrition consultations. For the sixth year, I will be co-teaching the Writing and Evaluating Nutrition Literature course at Benedictine University with Catherine Stein.

Make yourself known by volunteering with your professional associations. The networks you develop are worth their weight in gold. That's how I've become successful. Since the "early years", I have been actively involved with numerous professional associations, elected as an Illinois Delegate, served the ADA Association Position Committee, and currently am the Newsletter Editor and Chair of the Nutrition Entrepreneurs Dietetic Practice Group. Along the way, I was the recipient of the Illinois Recognized Young Dietitian of the Year Award and recently awarded the first Distinguished Graduate Award from St. Mary School (Riverside). I am honored to be on the national ADA ballot.

I have enjoyed an exciting relationship with the media all of these years, having 80 interviews with the electronic and print media. I was in my twenties for my first local television and radio interviews (including appearance with Dr. Robert Atkins of the Atkins Diet Revolution, where he hit me during a Channel 11 interview). Through the years, I have made numerous television appearances on stations such as Fox-TV, WTTW-TV, and WBBM-TV. I have been heard on

Chicago-area radio stations, and quoted in newspapers, web sites, and national magazines including *Shape*, *Fitness*, *Redbook*, *American Health*, and *Today's Dietitian*. I was selected to be featured in the Chicago Tribune article "Who Knows What Goes Into the Food We Eat? Dietitian Christine Palumbo has the facts, and she's willing to share them, even with Oprah" following an invited television appearance on the Oprah Winfrey Show. Appointed to Hinckley & Schmitt Scientific Advisory Board, I appeared in two television commercials. I also served as the national spokesperson for several organizations, including the Florida Department of Citrus and Louis Rich. My advice is "Always carry your business cards with you. Be friendly. Seek out new people. Invest in a professional wardrobe. Exude energy."

In my spare time, I am an active mom of three children, donate my time to church, and for fun enjoy making soup and homemade pizza.

*Please Return the  
Enclosed Survey*

We, the faculty, are delighted by the continued caliber of the nutrition students and alumni! Over time, we will feature your alumni peers, some of whom have won professional awards, been scholarship recipients, earned master degrees, and ventured into less traditional areas of nutrition... maybe we can feature you! We hope you will share your experiences with us via the attached survey.

A Benedictine University Alumni Directory is being planned for fall 2000. To best enable our own nutrition alumni networking, please remember to respond to the upcoming Alumni Association directory request!

