

YUMMY TIDBITS

Volume 5
August 2004

Editor: Catherine L. Stein Arnold

Movers and shakers: the Nutrition club

The Nutrition Club planned and coordinated a multitude of social, educational, and philanthropic activities during the 2003-2004 academic year. In the fall, the club members hosted a booth at Quad Day, and volunteered at the Chicago Marathon. As spring activities, club members organized a movie night at Hollywood Blvd. and a challenging rock climb at Indoor Summits.



Shameka Jones, 2004 club secretary and 2004-05 club president, is featured on the university web site.

Bean Bag Tournament and a Cook Book Fundraiser. This 1st annual Bean Bag

Tournament was organized by the Nutrition Club. Seventeen teams joined in the fun to raise \$270, which was donated to Heifer International to purchase a pig, goat, and a flock of chicks and geese.

Food and drinks were donated by Jewel, Azteca, and Hoekstra Farms, prizes by area restaurants, and everyone received an event t-shirt.

The club members organized a vegetarian luncheon. Local restaurants donated vegetarian dishes for the event and a registered dietitian was a guest speaker.

The club sponsored numerous educational events. Members received a "behind the scenes" tour from a Brookfield Zoo Nutritionist. Tips on acceptance into dietetic internships was delivered by Ms. Moreschi, and Dr. Broeder discussed Exercise Physiology. The Nutrition Club visited the Block Medical Center in Evanston for a conversation about nutritional therapy for cancer patients and tour of their facilities by Dr. Block, and David Grotto RD. Some club members attended the Illinois Dietetic Association spring assembly in Oak Brook, which provided a great opportunity to network with fellow students and professionals.

Club fund raising activities included a

During the year the Nutrition Club members volunteered at the Northern Illinois Food Bank and Morning Star Mission Soup Kitchen, organized the Thanksgiving Day Drive for Elderly to benefit Senior Home Sharing, and sponsored a family during Christmas. The Nutrition Club teamed up with the American Cancer Society for their annual Relay for Life to raise money for cancer research. Nutrition Club had a team of 12 people and raised \$1150! Additionally, the club had a booth at the Relay promoting healthy eating and cancer prevention and nutritional therapy.

In conjunction with the department, the Nutrition Club always coordinates a banquet to bring the year to a close. As always, it was a great opportunity to recognize student achievements and bid "adieu" to graduating seniors.

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Special points of interest:

- The Nutrition Club "rocks"!
- Alumni and faculty present at ADA FNCE 2003.
- The careers and advice of three alumni are featured.
- Please share your news and send back the Alumni Survey Update form.

FNCE 2003 in san Antonio, Texas



This year's American Dietetic Association annual Food and Nutrition Conference and Exposition (FNCE) was held in San Antonio, Texas. Under the mentoring of Catherine Stein Arnold, Julie Moreschi, and Julie Davis, each M.P.H. dietetic intern conducts his or her own research. We were pleased to hear that three of our abstracts were accepted by the ADA for poster presentations. These three poster sessions represented the work of: Arnold, Moreschi, Christine Curry, Jennifer Meyers, and Meuy (Saephan) Arrayo. The poster sessions provided a unique opportunity to interact one-on-one with interested persons. The abstracts appear in the September 2003 supplement to the *Journal of the American*



Jennifer Meyers and Catherine Arnold pose in front of the poster in the exhibit hall at FNCE.

Dietetic Association.

Jennifer Meyers presented "Advantages and Barriers to the Case Study Method in Dietetics". Jennifer, in conjunction with Arnold, drafted a survey to dietetic educators to explore teaching methodologies utilized, and attitudes towards the case study method.

Christine Curry presented "A 30-Minute Lesson Increases 2nd Graders' Nutrition Knowledge and Retention". Christine, under mentoring from research supervisors Moreschi and Arnold, examined the use of puppetry to teach nutrition.

Catherine Arnold presented "Nutrition Service Provision at Free Clinics". As her thesis topic **Meuy (Saephan) Arrayo**, working with Moreschi and Arnold, surveyed providers at free clinics as to the nature of nutrition services provided to clients.



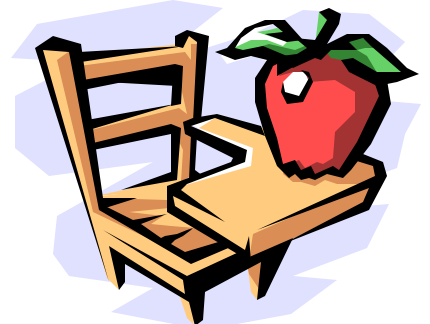
Christine Curry poses with the puppets created for teaching nutrition.

School nutrition grant

Two weeklong Fun, Food and Fitness camps designed to promote healthier eating and exercise habits among students at Boulder Hill Elementary School in Montgomery were held in July and August. Camp activities were designed to help children learn in a fun and creative manner. The camps were directed by Catherine Arnold, and taught by Julie Moreschi and Mary Jo Kurko Coyne. Nearly a dozen University nutrition students and dietetic interns assisted in the program.

The camp is part of the School Nutrition Education program funded through an \$8,335 grant awarded to the Benedictine University Nutrition Department by ARAMARK Corporation. The School Nutrition Education

program is a yearlong program, which includes educational bulletin boards targeting children and teachers. Nutrition handouts will be inserted in school newsletters targeting parents. In conjunction with their departmental research supervisors, the Benedictine University Dietetic interns will be assessing dietary, physical, educational and behavioral outcomes.



Alumni spotlight: Cindy baranoski



Cindy Baranoski

Cindy Baranoski, M.S., R.D., graduated from Benedictine University with her bachelor of science in nutrition in 1995. She continued her educational pursuits at Northern Illinois University (NIU), completing her master degree in nutrition and dietetic internship. In 1996, she was the recipient of the West Suburban Dietetic Association (WSDA) and Illinois Dietetic Association (IDA) Outstanding Student of the Year award. She later received the NIU Department of Family, Consumer and Nutrition Sciences Outstanding Thesis of the Year Award in 1999. Following graduation, Cindy worked at Alexian Brother's Medical Center as a Clinical/Resource dietitian. After 5 years of experience she became assistive technology assistant at Easter Seals DuPage, one of the largest pediatric habilitation/rehabilitation centers in the country. Cindy built the Nutrition Program - the ONLY nutrition program in over 450 Easter Seals in the country (so far). She created, implemented and coordinated the Loyola University Medical Center/Easter Seals DuPage Feeding Clinic – a multidisciplinary clinic of speech, nutrition, social services and pediatric gastroenterology, as well as assisted in the expansion and promotion of the nutrition therapy component of the Early Intervention System in the Chicago and suburban area. She has co-authored and received grants. Cindy is now the Head of the Nutrition Therapy Department . Working closely with an interdisciplinary team of physical, occupational, speech and audiology therapists, support staff and pediatric primary care and specialty physicians, together they assist parents and their children in providing and obtaining appropriate nutrition to promote growth and development, and allay complications and illness. Cindy is only one of a few dietitians credentialed in the Early Intervention System in Illinois. She earned a certificate in childhood and adolescent weight management from CDR, and plans to sit for the pediatric certification . Professionally involved, she is a member of the ADA, IDA, WSDA and Chicago Dietetic Association, as well is active on numerous IDA and WSDA committees. Cindy has been in print 21 times, 3 of them in professional journals such as *Journal of the American Dietetic*

Association. Recently she was cited in SHAPE magazine. Recognizing her achievements, she was a recipient of the WSDA and IDA Emerging Leader Award. Cindy provides assistance to and speaks annually at the MAGIC Foundation's Annual National Convention - an international support foundation of over 13,000 members that assists those with growth disorders. Additionally she works as a consultant with the Quaker Oats Company at FNCE. For those of you who know Cindy, yes, she still manages to fit hairstyling into her schedule. Cindy has been married to her best friend Bob for nearly 20 years. They have two parakeets. For fun and relaxation they travel every year.

Her advice to new graduates and those interested in a similar career?: *Request - often - any opportunities you can to work with kids and especially kids with special needs. Volunteer, just so you can get experience. Learn what other therapists do - their jobs impact and are impacted - by what you will do. Remember - you will never know it all, there is always something new to learn, and someone always knows something more than you do. Be a sponge. Read, read, read and ask questions of anyone who works with or has a special needs child. You'll be surprised at the overwhelming generosity of spirit and heart of anyone involved with special needs children. Know that working with kids with special needs has absolutely no pay scale. The benefits are innumerable and priceless."*

Yummy Tidbits Back Editions

BENEDICTINE UNIVERSITY
Nutrition Department

Check out the web site: www.ben.edu/nutrition/news.html

NUTRITION Alumni news...

Amber (Bierschwale) Accidentale C 99, is currently a Chef at Spring Meadows of Naperville. She and her husband are proud parents of three - Mason, born this year, Jamie and Arianna.

Lisa Alvarez C99, is featured in an Alumni Spotlight (p. 7 of this newsletter).

Catherine Stein Arnold, C84, M.S., R.D., is the Nutrition Department Chairperson at Benedictine University (refer to Faculty News p. 6).

Meuychoy (Saephan) Arrayo, M.P.H. (03), R.D., was married last July and moved to San Diego, California. She works as both the Food Service Director and Clinical Dietitian at Aurora Behavioral Healthcare in San Diego.

Cynthia Baranoski C95, M.S., R.D., is featured in an Alumni

*Use what talents you possess.
The woods would be very silent if no birds sang there
except those that sang best.*

Spotlight (p. 3 of this newsletter).

Diane Moore Barrera, C96, M.P.H., R.D., is joining the Nutrition Department as an adjunct faculty member this spring (refer to Faculty News p. 7).

Terry Beatty C00, R.D., works as a Renal Dietitian at Fresenius Medical Care. Terry has been Certified in Weight Loss Management.

Karen Behnke C02, M.P.H. (04), is employed by the Visiting Nurse Association/WIC in Aurora as a dietitian.

Julianna (Harper) Becker C96, is living in Washington state. After working as a WIC Certifier for several years now enjoys her current role of stay at home mom, raising two children.

Jennifer Burke, C93, M.S., R.D., is an Administrative Dietitian at VA Chicago HealthCare System. Jennifer has been accepted into Facility Leadership Development Program.

Christine Curry, M.P.H. (03), R.D., is employed as a Dietitian at DuPage Convalescent Center. She presented her thesis at the 2003 American Dietetic Association Food and Nutrition Conference and Exhibition in San Antonio, Texas (see FNCE article p. 2) and again at the 2004 Illinois Dietetic Association spring assembly.

Deepa Deshmukh C03, M.P.H. (04), will be working as an on-call dietitian at Sherman Health.

Bindi Desai C97, M.P.H., R.D., is joining the Nutrition Department as an adjunct faculty member this spring (refer to Faculty News p. 7 and Alumni Spotlight, p. 8)

Michel Divito C96, M.S.(EXPH) (97), R.D., is the Director of Dining Services at Clearbrook Center.

Kim (Hill) Drag, M.P.H. (01), is a stay at home mom busy keeping up with her daughter born in 2003.

Dena (Infelise) Durkin C98, R.D., works as a Clinical Dietitian at Rest Haven General Nursing Home.

Stephanie Ellis, M.P.H. (02), R.D., works as a Consultant Dietitian for nursing homes and drug rehabilitation at Health Technologies. Stephanie is also an Adjunct Faculty member at Heartland Community College teaching nutrition classes.

Brianne Feeley C04, is currently enrolled in the combined M.P.H. Dietetic Internship at Benedictine University.

Joanna (Vozenilek) Haak C98, M.P.H. (00), R.D., earned her certificate of Weight Management.

Betsy Hart C01, M.S. (EXPH) (02), is the lead Exercise Physiologist at the WISH Center's 7 sites nationwide.

Aimee Jarenowicz C99, R.D., is currently working as an outpatient renal dietitian at Renal Care Group. She, along with the other dietitians in the company, developed and published a renal cookbook, *Renal Culinary Gourmet*. In addition to creating educational materials in Polish and Spanish, Aimee has been published in a nationally circulated magazine, *RCG Exchange*. On a personal note, she traveled to Poland last year to visit family.

Wendy (Berger) Jasinski C96, after working in healthcare sales is currently enjoying being a stay at home mom, raising two children.

Karen (Cumpata) Kelly, M.P.H. (01), R.D., is the Director of Nutrition Services at Mettler Center, LLC, as well as on the board of the company. As part of her work Karen is creating comprehensive Obesity Management Program. Her daughter Paige, now 20 months old, keeps her busy.

Lou Ann Kinsella C90, R.D., is a Clinical Dietitian at South Suburban Hospital. This past year she developed the policies Nutritional Supplementation Protocol Med Pass and Probiotics for her facility.

Andrea Frale Klouda C92, M.P.H. (96), R.D., is an Adjunct Faculty Member of the Nutrition Department at Benedictine University. (refer to Faculty News p. 6).

NUTRITION ALUMNI NEWS...

Tina (Blair) Koral C99, M.P.H. (01), has a new position as the Marketing Manager for the American Society for Gastrointestinal Endoscopy. She previously worked as a Senior Research Associate of the American Medical Association (AMA). Tina has authored articles for AMA and other national trade communications. In 2003, she married Joseph (her first crush from kindergarten) in Rome, Italy!

Alice Kraft C00, M.P.H. (02), R.D., is enjoying living in Arizona. She is employed as the Senior Health Educator and Dietitian at Sun Health. As part of her role, she is developing new educational programs for Weight Management and Disease Prevention. Alice is a member of the Advisory board for a new "Fit and Well" Magazine for the Arizona Republic newspaper. She is also certified in Weight Management.

Cathy (Hamilton) Kyros C99, is a Nutritionist at DuPage County Health Department in the WIC Program.

Kelli (Kurhajec) Maitland, M.P.H. (99), R.D., works as a Dietitian at Advocate Christ Medical Center.

Cindy (Indovina) Miglieri C86, R.D., worked at the Chicago Center for Clinical Research, and then as a research coordinator then worked in Quality Assurance. Cindy and her husband are proud parents of three.

Paula Milas C01, M.P.H. (04), is a Clinical Dietitian at St. Anthony Hospital in Chicago, working in ICU, telemetry, Oby-Gyn, and Psych.

Kelly Murrey C01, was promoted to Bake Shop Manager Trainee for Jewel food stores. Highlights of a trip to Reno include participating in the National Women's Bowling Tournament and being on stage with the Chippendales.

Julia Richards C01, M.P.H. (03), is employed as a Dietitian at Manor care Palos East and Palos West.

Stacy Roth C03, is currently enrolled in the combined M.P.H. Dietetic Internship at Benedictine University.

Komal Shah C01, M.S., R.D., completed her M.S. in Dietetics from Ball State University in December 2003. She is working at the Rehabilitation Institute of Chicago as a dietitian. Komal is getting married this month (August)!

Gauri Shingote C01, R.D., is living in Pennsylvania currently working as a Dietitian at Mercy Fitzgerald Hospital in both clinical and community dietetics. She is studying to attain her C.N.S.D. certification. They have two children, one of whom is

"brand new"!

Joanna Siciliano C95, R.D., earned her certificate in Pediatric Weight Management. She currently works as a clinical pediatric dietitian at Maryville Youth Academy. Joanna ran in the 2003 Chicago Marathon!

Elizabeth (Mulcahy) Soderlund C96, R.D., works as a Clinical Dietitian at Palos Community Hospital.

Bridget (Touhy) Stockdale C96, R.D., is employed as a Clinical Dietitian at Good Samaritan Hospital. In addition to multiple committees at work, she served on the West Suburban Dietetic Association nominating committee in 2003. Bridget recently attended the Neonatal Intensive Care Unit Nutrition Conference in Houston.

Eileen (McNamara) Tichy C93, M.S., R.D., earned her masters of Medical Science at Yale University and is working as a Physician Assistant at Yale New Haven Hospital NICU. In her spare time she enjoys her 20-month old baby boy.

Lisa Vozella, M.P.H. (99), R.D. is currently working at Gottlieb Hospital (Melrose Park) covering ICU, Cardiac, GI, and oncology. Lisa also teaches courses for the department as an adjunct faculty member (refer to Faculty News, p. 6).

Erin Walker C01, M.P.H. (03), R.D., is joining the Nutrition Department as an adjunct faculty member this semester (refer to Faculty News p. 7)

JOIN THE DEPARTMENT LINK.
Please send us your e-mail address. We will limit its use to requesting Alumni News for the Nutrition Department.

PLEASE SHARE YOUR NEWS AND UPDATES!

We LOVE to hear about your jobs, volunteer work, new responsibilities, promotions, degrees and certifications, travel, awards, marriages, children, and the fun adventures in your life!

So if you have not yet done so, please complete the enclosed Alumni Update Survey 2004, fold it and pop it in the mail to us. Or simply e-mail any updates to: carnold@ben.edu. Thank you!

Faculty news...

Greetings from **Catherine Stein Arnold**! It's been a busy year (as usual)! This past year she served as elected President of the Illinois Dietetic Association (IDA). Ms. Arnold attended the 2003 ADA FNCE and presented poster sessions with some of our alumni (see FNCE article), as well as attended the fundraising Gala. She was one of less than 500 dietitians invited by the ADA to attend the 1st ever ADA Leadership Institute, held in Tucson. As part of the ADA Public Policy Workshop in Washington DC, she met with legislators and other dietitians to discuss nutrition policy issues. This past year Ms. Arnold served as Director for the Youth Champions Grant received from General Mills Foundation and the American Dietetic Association Foundation, and was recently awarded funds by ARAMARK to support School Nutrition Education research in an elementary school. The data collection phase of her dissertation has begun—her dissertation examines health behaviors and self-efficacy in nutrition courses. On the “home” front, she is again serving as the Nutrition Department Chairperson and has been working on the proposal for a new master degree program. She and her husband Steve are settling into their house, and frequent home improvement stores and nurseries for remodeling and decorating projects.

Julie Davis has resumed teaching full time after serving as the Nutrition Department Chairperson for the last three years. This summer she has been assisting in setting up the Exercise Physiology lab, and will be doing research with Dr. Craig Broeder (Clinical Exercise Physiology Program Director) this fall. Ms. Davis continues to serve as the Nutrition Club faculty advisor. This year she will be on the membership committee for the West Suburban Dietetic Association, and looks forward to seeing any local alums who attend the meetings! This year's travels with husband Mike included trips to the Caribbean (the island of Curacao), and hiking in southern Utah at Zion and Bryce Canyons, with a short stay in Las Vegas.

Hello from **Julie Moreschi**! She reports that she continues to be blessed in her work and personal life. Professionally, the dietetic internship program continues to blossom. A new class begins in Fall, 2004, and we have several new experiences for them this year including working with school systems in West Chicago and Montgomery/Oswego and working to develop nutrition education program at Villa St. Benedict. Ms. Moreschi is working diligently on the board of Action for Healthy Kids Illinois, as well as serving as IDA Council on Professional Issues chair-elect. She is authoring the book chapter “Planning and Evaluating Nutrition Services for the Community” in an upcoming edition of *Nutrition in Public Health*. Personally, Haley is growing up fast!.. starting 1st grade this year. Best wishes!

Contact Us:
Catherine Arnold—carnold@ben.edu
Julie Davis—jdavis@ben.edu
Julie Moreschi—jmoreschi@ben.edu

NUTRITION ADJUNCT FACULTY MEMBER NEWS...

Andrea Frale Klouda will be teaching the Food and Nutrition Services Management course this spring. Ms. Klouda brings years of insight from her successful consultant and manager experiences to her classroom applications. Professionally active, she was elected chair of the IDA nominating committee. This past year Ms. Klouda was nominated for the Outstanding Educator Award from the West Suburban Dietetic Association (WSDA). Currently she is taking courses in alternative and complementary nutrition in preparation of the Certified Clinical Nutritionist (C.C.N.) exam.

Tonya Hagenbaumer teaches the graduate level Advanced Life Cycle Nutrition course. She is working part-time with a consulting firm in the Chicago land area. Ms. Hagenbaumer's personal endeavors include training for triathlons and training for the Chicago marathon in October... lots of running! On a personal note, her 6 year old is starting first grade in a couple weeks (exciting!) and the twins just turned three...keeping her busy at home!

Gloria Kensinger continues to teach the undergraduate Impact of Nutrition and Nutrition Through the Life Cycle courses. She reports a new addition to her family — a puppy named Taffy!

Christine Palumbo utilizes her extensive media and communications experience to teach the “media communications” and “lay writing” portions of the writing and research course for nutrition majors. Ms. Palumbo is the Chair of Delegates for Illinois, and was also appointed to the ADA's Association Position Committee. She will be speaking at the 2004 Food and Nutrition Conference & Exhibition on her favorite topic: “Network Your Way to New Career Horizons”! She served as the health and nutrition expert for SuperTarget, was invited to media seminars sponsored by General Mills (Sundance, Utah), Peanut Institute (Napa Valley) and the National Chicken council (Washington, DC). She contributed to Weight Watchers magazine; appeared on the national “What's Cooking?” radio program; spoke to the International and Engine Corp., Sidley, Austin, Brown and Wood Law firm, and to the Chicago area dietetic interns; and joined McDonalds' US Nutrition Team. Ms. Palumbo also did a radio media tour for Kellogg's and a satellite media tour for the Florida Department of Citrus, plus appeared in a video news release with the Olsen Twins on the Milk Mustache Campaign (no, she unfortunately did not get to meet them!).

Mary Jo Kurko Coyne and **Lisa Vozella** again join us to teach the NUTR 100 Impact of Nutrition courses.



We're on the web!
www.ben.edu/nutrition

FACULTY NEWS...

NEW ADJUNCT FACULTY MEMBERS JOIN NUTRITION DEPARTMENT THIS YEAR...

Diane (Moore) Barrera joins us as an adjunct faculty member to teach the Community Nutrition this spring. In addition having earned several years of teaching experience, she is an experienced community and professional educator. After working for USA Rice Federation as the Manager of National Consumer and Nutrition Communications, Ms. Barrera is now employed as a Practice Team Manager for the American Dietetic Association. This past year she served on the IDA Grants and Awards committee.

Bindi Desai will be bringing years of community and public health education and counseling experience to teaching the Nutrition Counseling Lab course this spring (read more about Bindi in Alumni Spotlight p. 8).

Bring her knowledge base in Exercise Physiology and experience as a clinical dietitian and outpatient nutrition counselor, **Lou Ann Chvatal** joins the Nutrition Department this spring to teach the graduate Exercise Nutrition Lab. An experienced instructor, Ms. Chvatal has been teaching the Wellness courses at Benedictine University for several years.

A registered dietitian certified in weight management by the American Dietetic Association, with degrees in public health, biology, and biochemistry, **Mary Ellen Druyan** joins the depart-

ment as an adjunct faculty member. She is currently the Vice President and Consultant of Broad Spectrum Communications. Dr. Druyan will be bringing years of teaching, research, and practical experience to the classroom when teaching the graduate level Obesity course this fall, and Nutrition in Health course this spring.

Natural curiosity of the "how" and "why" of food science paired with a love of cooking prompted **Jennifer Lawson** to join us as adjunct instructor of Food Science. Ms. Lawson's professional interests include food science and wellness, particularly the relationships between the physical and chemical properties of food and how these properties affect human health. In addition to her position as a clinical dietitian at Loyola Medical Center, she has worked as a Nutrition Outreach Program Coordinator and Foodservice Manager. In her spare time, Ms. Lawson pursues her culinary interests, continually developing new recipes and experimenting with new foods, equipment, and techniques. Her husband, Roy, and her 9 year old boxer, Layla, serve as taste-testers.

Erin Walker joins the department to co-teach the writing and research course with Christine Palumbo. In addition to the practical experience gained through her current position as a clinical dietitian at riverside Medical Center, Ms. Walker held previous positions as sanitation inspector for the health department, instructor and manager. She volunteers her leadership talents as elected secretary of WSDA.

Alumni spotlight: lisa alvarez

Lisa Alvarez graduated from Benedictine University with her bachelor of science in nutrition in 1999. After working at the American Dietetic Association, she was hired by the Wm. Wrigley Jr. Company. Lisa currently holds the position of chemist, working in the research and development division of the company. Based on requests from market research, she develops products that pertain to the consumers needs, on a global level. With her primary job in product development, one of her best activities is rapid prototyping. They think of an idea, make it, shape it, and present it. Lisa believes that sometimes the biggest "mistakes" can be the best inventions! She advocates pursuit of continuing education related to candy and function of ingredients. Lisa has been to Candy School and plans to attend The National Technical Seminar for American Association of Candy Technologists.



For fun, Lisa has enjoyed traveling through Europe and Mexico within the past couple years. Keeping very fit, Lisa has been kayaking, skydiving, and rock climbing. She is a Graduate of the 2nd City improv program. Lisa also teaches religious education to 8th grade students.

Her advice to new graduates and those interested in a similar career?: *Read, read, read! Keep updated by reading periodicals or peer reviewed journals regarding the confections industry. Learn from other peoples work. Read old lab books. Play with formulas and take out ingredients to come up with new and interesting things. Network and learn from those around you. Talk to people who have been in the industry for years. There are things they know that you cannot find in any book. Food science is a hands-on learning experience. Experiment with food at home.*

Alumni spotlight: bindi desai

Bindi Desai, M.P.H., R.D., C.L.E., graduated from Benedictine University's undergraduate Nutrition Program in 1997, and went to Long Island to complete her Dietetic Internship at Good Samaritan Hospital through the New York Institute of Technology. After gaining a year of experience employed as a dietitian at the long-term care facility Presbyterian Homes in Evanston, Bindi returned to school. She earned her M.P.H. at the University of Illinois at Chicago in the Community Health Science division. During graduate school, she was employed by the campus wellness center to initiate and conduct nutrition counseling and coordinate the sexual health education program. Seeking for a unique practice experience in public health, Bindi headed to San Francisco. There she had a wonderful experience working for the Women, Infant and Children's program as a R.D. in the non-profit sector, and then as a Site Supervisor in the government sector. She



Bindi Desai poses with
Avi her fiancé

also participated in a one year long training through the State of California called "Finding the Teacher Within". As part of this program she was actively involved in improving and training health educators to enhance their teaching techniques through the use of the Learner-Centered model of teaching. Though the thought of leaving San Francisco was very difficult, the love of being near her family and the love of her life - her new fiancé - have brought her back to the Chicago area. Plans to buy a condominium and establish private practice in Chicago are underway. Bindi will be bringing her practical experience to the classroom this spring as she joins the Benedictine University Nutrition Department as an adjunct faculty member to teach the Nutrition Counseling Lab.

"Benedictine's nutrition program provided me with the foundation to explore the field of nutrition and public health. The feeling of family between student and faculty, and progressive teaching techniques at Benedictine University have influenced and continue to influence my teaching and supervising style."