



METROPOLITAN
STATE UNIVERSITYSM
OF DENVER
Department of Nutrition

Alumni Newsletter

April 2024

A message to our alumni...

Hello Department of Nutrition Alumni! We are excited to share upcoming events happening this spring for our alumni. Additionally, you will find resources, spotlights, and more in this newsletter!

Upcoming Events

Lactation Journal Club

-April 10, 2024
-3PM - 5PM
-CAVEA Theatre*



April's Topic:

Tongue Tie-Ankyloglossia: What is it, how is it identified, and what are all of the possible routes for treatment?

Lactation Journal Club is a great place to network with IBCLC's and others who work in maternal and child health!

**The CAVEA Theatre is located in the Jordan Student Success Building on MSU Denver's campus*



More Information: [msudenver.edu/nutrition/programs/certificate-lactation](https://www.msudenver.edu/nutrition/programs/certificate-lactation)

Register to attend: <https://www.msudenver.edu/nutrition/programs/certificate-lactation/>



YOU'RE INVITED TO

Nutrition Research Day + End of Semester Celebration

JOIN THE DEPARTMENT OF NUTRITION IN CELEBRATING
UNDERGRADUATE AND GRADUATE STUDENT RESEARCH &
SPRING 2024 GRADUATES!

4PM-7PM
MAY 2, 2024
TIVOLI 640

ALUMNI, MENTORS,
FRIENDS, FAMILY ARE
WELCOME AT 5:30PM

FOOD, MUSIC, AND
BEVERAGES WILL BE
PROVIDED!

DEPARTMENT OF NUTRITION GOLF TOURNAMENT FUNDRAISER



The Ranch Country Club
1187 Tejon Street, Westminster, CO 80234

Tuesday, May 21, 2024
Tee Time: 9AM



The deadline to purchase tickets is
May 17, 2024.

Join us at the Department of Nutrition's Golf Tournament Fundraiser to support student scholarships!

The Department of Nutrition will be hosting a golf tournament to raise money for student scholarships. The Department of Nutrition houses several programs, including:

- Bachelor of Science in Nutrition and Dietetics
- Master of Science in Nutrition
- Dietetic Internship Graduate Certificate
- Lactation Training Program Certificate

Metropolitan State University of Denver is a Hispanic-Serving Institution. It is a unique, access-oriented campus that values diversity, equity, and inclusion in all its forms. Over half of MSU Denver's students are persons of color and first-generation to college. The mission of the Department of Nutrition is to prepare diverse students for successful careers in food, nutrition, and dietetics by providing quality education that is culturally sensitive and instills a desire for life-long learning. The Department aims to support diverse students in their endeavors to complete the required education to become a nutrition professional. Please consider participating in or donating to this fundraising event.

Tee off will be at 9:00am at The Ranch Country Club located at 11887 Tejon Street, Westminster, CO 80234. Breakfast and lunch will be included.

Interested in attending or donating to this event? Contact gradnutrition@msudenver.edu.

Involvement

**VOLUNTEER
TO BE A
JUDGE!**

**WE
NEED
YOU!**



The Department of Nutrition is looking for volunteer judges for the 3-Minute Thesis competition scheduled on April 17, 2024, from 5:30PM - 7:15PM, on Microsoft Teams.

An additional event you can volunteer as a judge at is our Nutrition Research Day poster presentation competition. Nutrition Research Day is scheduled on May 2, 2024, in Tivoli 640.



Interested in judging for one, or both, of these events? Please contact gradnutrition@msudenver.edu by **Wednesday, April 10th**.

Looking for more information about these opportunities? Please contact Graduate Program Director, Prabhdeep Sandha, at psandha@msudenver.edu.

Job Opportunities

Nutritious Lifestyles[®]

**Did you just graduate
with your B.S in
Nutrition?**

**Do you want to practice
dietetics, become
gainfully employed,
and have an
opportunity to become
an RDN debt free?**

We can help you!

**Exciting Nutrition Career Opportunity at Nutritious
Lifestyles**

NutritiousLifestyles is currently hiring nationwide, with a fantastic openings in Florida, Texas, Georgia, and Oklahoma! From healthcare facilities to behavioral treatment centers, they offer mentoring, flexibility, relocation assistance, complimentary tutoring, and education support for RDN exam success.

Sponsorship opportunities are available for qualified candidates, and they particularly welcome diverse perspectives with a focus on various international food cultures. For didactic graduates, they offer gainful employment post-NDTR exam success. Aspiring RDNs can benefit from their unique program, which includes a complimentary internship and 50% tuition reimbursement for a Master's through an ACEND accredited program. This opportunity allows for earning while learning and comes with mentoring and individualized training for both NDTR and RDN exams.

Interested in learning more? You can visit <https://nutritiouslifestyles.com/>



Diabetes Program Coordinator

MetroCaring, a leading anti-hunger organization in Colorado, is accepting applications for our Diabetes Program Coordinator. This is a grant-funded position within our growing team. The Diabetes Program Coordinator is part of our Nutrition Team and will work toward our vision of equitable and inclusive access to resources to manage food-related diseases. They will plan, coordinate, execute and evaluate the impact of diabetes self-management support (DSMS) programs, including cohort-based classes, cooking clubs and healthy eating, active living (HEAL) activities. This is all accomplished working together with community leaders, including others living with diabetes.

REQUIRED QUALIFICATIONS/SKILLS/ABILITIES:

- 1+ year experience implementing community-based wellness and/or HEAL initiatives
- 1+ year experience in a leadership role, including volunteer roles and/or facilitating groups
- Highly motivated; can take initiative to implement plans autonomously

- Familiar with issues of systemic health inequity
- Experience with successful program recruitment, enrollment, and retention of community members of diverse linguistic, ethnic and racial backgrounds
- Understanding of diabetes through academic studies and/or lived experience
- Track record of developing and empowering adult leaders
- Familiarity with HIPAA guidelines and protection of confidential health-related data • Ability to successfully outreach community groups and leaders (including neighborhood, residential, religious, health and civic organizations)
- Familiarity with and ability to foster connections within communities in the Denver Metro area disproportionately impacted by diabetes
- Experience in managing data, implementing evaluation and reporting
- Competence in Microsoft Office, Outlook, and ability to learn other computer programs
- Ability to lift up to 20 pounds frequently while transporting supplies to community-based sites
- ServSafe certification and/or 6+ months of culinary/foodservice experience preferred
- Preference given to applicants multilingual in Arabic, Mandarin, Burmese and/or Spanish

STARTING DATE:

To be determined. We are committed to finding the right addition to our amazing team.

COMPENSATION:

\$24.04-\$26.92 per hour, full-time, nonexempt annual salary.

Metro Caring offers a fulfilling workplace and comprehensive benefits package, including: joining a diverse, passionate, enthusiastic and collaborative team; 120 hours per year of paid time off; paid sick leave; paid holidays; 401K retirement plan with a 5 percent employer-paid match; mileage reimbursement; and competitive employee health, dental, short-term disability and family leave plans.

For more information about the role and how to apply:

<https://static1.squarespace.com/static/5914e19f3a041161b1298fc0/t/65e7b9771fb5f85c98626bdd/1709685114037/Diabetes+Program+Coordinator.pdf>

SAMPLE MORE GREEN
IS HIRING
WELLNESS EDUCATORS
IN YOUR AREA FOR

 COLORADO RESTAURANT ASSOCIATION SHOW
Colorado Convention Center, Denver
April 3, 2024 

Job:

- Promoting Natural and Organic Food
- Must be Nutrition Educated, with Marketing Experience Graduate or Senior Undergraduate Student

Apply at
<https://samplemoregreen.com/apply-now>
Or email
info@samplemoregreen.com

Wednesday, April 3, 10:00am – 4:00pm
Payment is \$21 - \$25 per hour
Working with Small Business Owners & National Companies attending the Show

APPLY NOW AT
<https://samplemoregreen.com/apply-now>



For more information email info@samplemoregreen.com

One-Day Wellness Educator

Sample More Green is looking for students with a background in nutrition and possible restaurant/food service experience to work for one day, April 3, 2024, at an upcoming show in Denver.

Apply for this one-day event job at <https://samplemoregreen.com/apply-now>

Resources

MSND Alumni Professional Development Fund

Alumni of the Master of Science in Nutrition and Dietetics program (MSND) in the Department of Nutrition at Metropolitan State University of Denver who attend a professional conference to present the research they conducted during their time in the MSND program can apply to receive financial support to cover registration, travel and other related expenses. Given funding limitations, completion of an application does not guarantee support, nor does it guarantee that funds for the entire amount requested will be provided. Alumni are encouraged to seek additional external funding opportunities to cover travel expenses.

Examples of possible external funding opportunities include employer sponsored funds, professional organization funds (e.g. Colorado Academy of Nutrition and Dietetics), among others. Funding is typically limited to \$500 per alumni.

Eligibility:

- Applicants must have graduated within the last 1-year from the MSND program.
 - Students must be presenting (e.g. poster, oral, paper) at the conference for which funds are requested.
- Conference presentation must be work completed during the MSND program.
 - Conference must be nutrition or health related.
 - Only one award will be considered during the 1-year post-graduation.
- All parts of the application must be completed in order to be considered for funding

More information and the application can be found here:

<https://www.msudenver.edu/wp-content/uploads/2023/02/MSND-Alumni-Conference-Funds-Application.pdf>

LinkedIn Learning:

LinkedIn Learning is an award-winning industry leader in online training, with a digital library of over 6,000 courses covering a wide range of technical, business, software and creative topics. Register for your free account today!

Enjoy benefits like LinkedIn Learning, an award-winning industry leader in online training, with a digital library of over 6,000 courses covering a wide range

of technical, business, software and creative topics. [Register for your free account today!](#)

Master of Science in Nutrition



WE NOW OFFER DIFFERENT CONCENTRATIONS FOR OUR MS DEGREE!

Blending experiential learning with high quality education in a flexible hybrid format, this student-focused Master of Science in Nutrition (MSN) program will strengthen your research skills, expand your knowledge of advanced nutrition topics, and set you up to be a leader in the field.

We now offer a dietetics concentration and a general nutrition concentration for our MSN students!



For more information about this program, you can visit <https://www.msudenver.edu/nutrition/programs/ms-nutrition/> or email gradnutrition@msudenver.edu

Lactation Consultant Training Certificate Program



TRAINING DIVERSE LACTATION PROFESSIONALS TO MEET COMMUNITY NEEDS!

The Lactation Consultant Training Certificate Program allows students to meet the eligibility requirements to complete the International Board-Certified Lactation Consultant (IBCLC) Exam and, once students pass the exam, work as a credentialed IBCLC.



For more information about this Certificate, you can visit <https://www.msudenver.edu/nutrition/programs/certificate-lactation/> or email gradnutrition@msudenver.edu

Graduate Certificate in Nutrition Science



PROMOTING HEALTH THROUGH ADVANCED NUTRITION STUDY!

Few things are more elemental to health promotion and disease prevention than nutrition. This *convenient hybrid program* provides up-to-date information relevant to your professional career or personal life.

At MSU Denver, quality education is the focus. Our advanced curriculum provides a solid foundation of knowledge in nutrition.



For more information about this Certificate, visit
<https://www.msudenver.edu/nutrition/programs/certificate-nutrition-science/>
or email gradnutrition@msudenver.edu

Culinary Nutrition Certificate



A BRAND NEW CERTIFICATE JUST DROPPED!

The Culinary Nutrition Certificate provides hands-on culinary knowledge and experience that can be used to help patients and clients make healthy changes through food choices and cooking techniques.

This certificate pairs well with: Nutrition, Exercise Science, Health Coaching, Nursing, Hospitality Leadership, Integrative Health Care, Lifestyle Medicine



SCHOOL OF HOSPITALITY



Department of Nutrition
College of Health and Human Sciences

The Culinary Nutrition Certificate at the Metropolitan State University of Denver provides the opportunity for students to explore and master skills and knowledge related to the intersection of food, cooking, and nutrition. Students that complete the Culinary Nutrition Certificate may work in a variety of settings that focus on wellness and nutrition while emphasizing the importance of culinary and food skills in a healthy lifestyle. Students complete classes in nutrition, food science, and a variety of healthy cooking techniques.

Contact for more information:

Assistant Professor, Chef Jennifer Watson: jwatso60@msudenver.edu
Academic Advisor, Maddie Wright: mwright73@msudenver.edu
Department Chair of Nutrition: Rachel Sinley: rsinley@msudenver.edu

Take the NCHA Survey

Share your voice
to help shape
health and well-being
at MSU Denver!

April 1 - April 19

Complete & enter to win:

Fall Textbooks Paid For
(up to \$500)

Dell Laptops

RTD Passes

Amazon Giftcards

Personal Training



Health Center
at AURARIA



MSU
DENVER Student Affairs

National College Health Assessment

MSU Denver and the Health Center at Auraria are excited to launch the National College Health Assessment! The American College Health Association administers the National College Health Assessment (NCHA), which is a nationally recognized research assessment that assists in collecting precise data about students' health habits, behaviors, and perceptions. This data helps our campus leaders better understand how to support our students and make necessary improvements to campus resources, systems, programming, and support for our students! Please consider taking the assessment today!

Link to take survey: <https://www.msudenver.edu/student-affairs/ncha-assessment/>

Alumni Spotlight

A graphic with a dark blue background. At the top center, a red rounded rectangle contains the text "ALUMNI SPOTLIGHT" in white. Below this is a rounded rectangular photo of a woman with long brown hair, wearing a dark jacket, sitting in a car. At the bottom center, a red rounded rectangle contains the name "MADELEINE WEITZNER" in large white letters, with "MS, MA, RDN, CPT, E-RYT, YACEP" in smaller white letters below it. In the bottom left corner, the Metropolitan State University of Denver logo is visible, featuring a stylized eagle head and the text "METROPOLITAN STATE UNIVERSITY OF DENVER Department of Nutrition". Red starburst icons are placed in the corners of the blue background.

Madeleine Weitzner graduated from Metropolitan State University of Denver in Summer of 2021 with a Master of Science in Human Nutrition and Dietetics. Additionally, she holds a Master of Arts in Counseling from Regis University in Denver, Colorado. She completed her Dietetic Internship at Iowa State University in Spring of 2020 during the height of the pandemic.

As the Inpatient and Outpatient Endocrine Medicine Obesity and Bariatric Surgery Program Lead Dietitian at Children's Hospital Los Angeles, Madeleine's role is crucial in providing comprehensive nutrition care for pediatric patients undergoing bariatric surgery. Madeleine develops and implements individualized

nutrition plans, conducts nutrition assessments, and provides ongoing education and support to patients and their families. She collaborates closely with a multi disciplinary team of surgeons, endocrinologists, psychologists, social workers, and physical therapists to ensure coordinated care and optimal outcomes for patients.

Additionally, Madeleine contributes to research and program development initiatives aimed at advancing pediatric bariatric care. Her research focuses on the intersections of Bariatrics, Obesity Medicine, Mental Healthcare, and Eating Disorders, aiming to provide insights into the complex biological, psychological, physiological, and genetic aspects of metabolism regulation, regarding both the individual and society.

Madeleine describes this role as “a rewarding opportunity to make a meaningful impact in the lives of children and adolescents with obesity.”

WE WANT TO FEATURE YOU!

SHARE
YOUR
STORY
WITH
US



SHARE
YOUR
STORY
WITH
US

**As an alumni of the Department of Nutrition at MSU Denver, we want to hear from you and share your story!
Have you done something notable recently?
Volunteered somewhere? Received a job offer?
Accepted an award? Started a business? Let us know!**

Email gradnutrition@msudenver.edu to be featured in our next Alumni Newsletter or on our social media accounts!

Department Spotlight

A graphic with a dark blue background and red sunburst icons in the corners. A red rounded rectangle at the top left contains the text "FACULTY SPOTLIGHT". In the center is a portrait of Dr. Rachel Sinley, a woman with blonde hair and glasses, smiling. Below the portrait, a red rounded rectangle contains the text "DR. RACHEL SINLEY" and "DEPARTMENT OF NUTRITION'S CHAIR". In the bottom left corner is the logo for Metropolitan State University of Denver, Department of Nutrition.

FACULTY SPOTLIGHT

**DR. RACHEL
SINLEY**

DEPARTMENT OF NUTRITION'S CHAIR


METROPOLITAN
STATE UNIVERSITY™
OF DENVER
Department of Nutrition

Dr. Rachel Sinley has been the Department of Nutrition's Chair since Fall 2020 and she is this year's Department Chair Excellence Award winner! Dr. Sinley received numerous nominations from students, faculty, and staff members demonstrating her outstanding leadership, curricular innovation, promotion of student success and overall contribution toward achievement of the College and University's mission! Her record of leadership epitomizes the excellence that truly enhances MSU Denver, our faculty, our staff, and our students. The Department of Nutrition is fortunate to have a strategic, thoughtful, and compassionate leader like Dr. Sinley at the helm and both the College of Health

and Human Sciences and university benefit immensely from Dr. Sinley's guidance and direction.

Give to the Department of Nutrition



The Countdown is On: MSU Denver Day of Giving

The eighth annual MSU Denver Day of Giving on April 11 is a way for the entire Roadrunner community to provide MSU Denver students with the resources they need to become tomorrow's changemakers.

The Department of Nutrition is raising funds for graduate students enrolled in the Master of Science in Nutrition. Students enrolled in this program aspire to become nutrition professionals and Registered Dietitian Nutritionists. At MSU Denver, students with Colorado Residence will pay nearly \$20,000 in tuition for the Master of Science in Nutrition program and that does not include any required fees, or the cost of prerequisite courses needed for admissions. With the rising cost of graduate education coupled with unpaid internships, our students are in need of additional scholarship opportunities.

Funds raised during MSU Denver's Day of Giving will be provided to graduate students enrolled in the Master of Science in Nutrition to assist them with paying for the cost of their graduate education. Help us make a difference in the lives of MSU Denver students by being an Olympian on April 11th for Day of Giving!

Interested in donating or reading more about the Department of Nutrition's Day of Giving efforts? You can visit this link:

<https://www.givecampus.com/schools/MetropolitanStateUniversityofDenver/msu-denver-day-of-giving-2024/pages/nutrition>

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[Visit the Department of Nutrition's website.](#)