

March 23, 2026



**METROPOLITAN  
STATE UNIVERSITY<sup>SM</sup>  
OF DENVER**  
**Department of Nutrition**

[Nutrition Website](#) | [Instagram](#) | [Facebook](#) | [LinkedIn](#)

**Alumni Newsletter**



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## **Important Dates**

### **Admission Dates**

April 15 — Priority Application Deadline - Lactation Consultant Training Certificate

May 1 — Final Application Deadline - Master of Science in Nutrition

May 1 — Final Application Deadline - Accelerated BS to MS Concentration

### **Event Dates**

March 31 — Nutrition Career Panel

April 11 — MSU Denver Open House

May 8 — Nutrition Research Day

May 8 — Dr. Erin Murray & Dr. Cindy Dormer Retirement Party!

May 15 — Commencement

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## **Upcoming Events**

# Nutrition Career Panel:

Speak with professionals in the field of Nutrition and get your questions answered.

**Tuesday, March 31st**  
4:00 PM - 5:00 PM MST

**HOSTED BY: ASSOCIATE CHAIR AND GRADUATE PROGRAM DIRECTOR, DR. JESSE LUNSFORD**

Held virtually via Microsoft Teams

Meeting ID: 298 214 220 381 01  
Passcode: qu9bh6V2



## PANELISTS:



**LISA ENGLANDER  
LANDES, MPH, RDN**

Dietetic Internship Program Coordinator  
Clinical Nutrition Department Children's  
Hospital Colorado



**LANNEA HAND,  
MS, RDN**

Nutrition Manager  
Metro Caring



**NATALIE NOWAK,  
MS, RD**

Registered Dietitian Nutritionist  
Health Center at Auraria

[Click here to attend the event on  
March 31<sup>st</sup> at 4:00pm](#)

Meeting ID: 298 214 220 381 01

Passcode: qu9bh6V2

— THE DEPARTMENT OF NUTRITION PRESENTS —

# **NUTRITION RESEARCH DAY & END OF YEAR CELEBRATION!**

Celebrate Undergraduate and Graduate  
student research and our Spring 2026  
graduates with us!

**9:00 AM | TIVOLI 640 | MAY 8TH**

FOOD AND REFRESHMENTS WILL BE SERVED



Join the Department of Nutrition in Celebrating Undergraduate and Graduate student research & Spring 2026 graduates!

9:00 AM | Tivoli 640 | May 8th

**Alumni, Mentors, Friends, Family are welcome!**

You're Invited To  
**DR. CINDY DORMER &  
DR. ERIN MURRAY'S**

*Retirement  
Party*

Let's celebrate Cindy and Erin,  
their wonderful careers and all they've done for the  
Department of Nutrition and MSU Denver.

Friday **08** May

**1:00pm - 3:00pm**

5470 W 25<sup>th</sup> Ave  
Edgewater, CO 80214

[Click Here to RSVP](#)

Dear MSU Denver Department of Nutrition Alumni,

We are excited to invite you to a special celebration honoring the retirement of two remarkable members of our faculty, Dr. Cindy Dormer and Dr. Erin Murray. Please join us on Friday, May 8th, from 1:00-3:00 PM at Memorial Park in Edgewater, CO, as we celebrate their years of dedication, leadership and impact on our community.

Please use the link down below to RSVP by **Wednesday, April 8th.**

**Click here to RSVP!**

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## Job Opportunities

### Colorado Pace

Part-time position open for a Diet Aide at Colorado PACE. Hours are Monday-Friday, 11:00-3:00 (flexibility for students), with pay up to \$20/hour. This is a great opportunity to fix meals, create recipes and provide menu analysis!

Please email intent to apply to John Simmons [jsimmons@coloradopace.org](mailto:jsimmons@coloradopace.org)

**Check out Colorado Pace Here!**

### [Career Preparation and Opportunities - MSU Denver](#)

Where do you want to go in the field of nutrition and dietetics? Learn about possible career opportunities here.

[www.msudenver.edu/nutrition/career-opportunities/?utm\\_source=codys-newsletter-b8ac91.beehiiv.com&utm\\_medium=newsletter&utm\\_campaign=alumni-newsletter-department-of-nutrition-fa-25&\\_bhlid=fb0a19b3008818e3f5191900adf176ef43bc1aab#job-board](http://www.msudenver.edu/nutrition/career-opportunities/?utm_source=codys-newsletter-b8ac91.beehiiv.com&utm_medium=newsletter&utm_campaign=alumni-newsletter-department-of-nutrition-fa-25&_bhlid=fb0a19b3008818e3f5191900adf176ef43bc1aab#job-board)





**Alumni Spotlight**  
**Jessica Martinez**  
**RDN**

**Dietetic Internship**  
**Spring 2022**

Jessica is a registered dietitian nutritionist and certified personal trainer who serves as the Wellness Coordinator for Aurora Public Schools. As an APS alum, she is grateful to support the community she grew up in. Jessica expands affordable wellness opportunities for staff and families through nutrition education, virtual sessions, group fitness, and district initiatives, including an annual nutrition challenge. Her approach centers on joyful movement and nourishing food.

Jessica completed all of her higher education at MSU Denver, earning degrees in Exercise Science and Human Nutrition Dietetics, followed by the Dietetic Internship. She continues to give back as a preceptor for current interns.

Outside of work, Jessica enjoys running, strength training, and cheering on her three boys.

If you are applying for a job, internship, or graduate program in the near future, contact Jessica here!

[jess.martinez4647@gmail.com](mailto:jess.martinez4647@gmail.com)



## Faculty Spotlight

# Cat Martin

MS RD CNSC

**Cat Martin, MS, RD, CNSC, grew up and completed her education in New England before moving to Colorado in 2018 to pursue her dietetic internship at Children’s Hospital Colorado. During this time, she immersed herself in acute care and hospital nutrition and ultimately stayed on to work at UHealth following her DI graduation. Her years at UHealth provided many opportunities to engage with her true passion: education. As an inpatient RD, she presented lectures for the CU Schools of Medicine and Dental Medicine and worked closely with interns as both a preceptor and mentor. More recently, she has transitioned into clinical research while also teaching part time at Arapahoe Community College.**

**Outside of work, she enjoys mountain biking, skiing, baking, and spending time with her two cats, Bradley and Oscar. She is thrilled to be joining the MSU team and looks forward to educating-and learning from-our interns.**



## Staff Spotlight

# Megan Steelman

MA

Originally from Chicago and a proud Coloradan for nearly 20 years, Megan is a lifelong Cubs fan with a deep passion for music and social justice. She earned her master's degree in Higher Education, Student Development from the University of Denver, with an emphasis on social justice, equity, and access.

With more than 15 years of experience supporting students in higher education, Megan currently serves as the Graduate Admissions and Advising Coordinator in the Department of Nutrition. In her role, she is deeply committed to fostering welcoming, inclusive environments where students, staff, and faculty can thrive.

Outside of work, Megan enjoys hiking, kayaking, and exploring Colorado with her young family.

Nutrition Programs

MSN/Accelerated BS to MS Programs

# FALL 2026 ADMISSIONS NOW OPEN!

**MASTER OF SCIENCE IN NUTRITION  
& ACCELERATED BS TO MS  
PROGRAM**

**Application Deadline**

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**Final Deadline: May 1**

contact: [gradnutrition@msudenver.edu](mailto:gradnutrition@msudenver.edu)  
for more information



## Lactation Training Certificate

The Lactation Certificate program beginning in Fall 2026 is **OPEN!**

# Lactation Training Certificate Program

The Pathway 2 Lactation Consultant Training Certificate Program is housed in the Department of Nutrition and 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 with scholarship and funding opportunities available to help support participants.

Final Application Deadline - **APRIL 15<sup>TH</sup>, 2026**



Check out our website!

Contact: Jennifer Bolton [jbolton3@msudenver.edu](mailto:jbolton3@msudenver.edu) for more information

**Click here to view more  
information!**

MSU DENVER DEPARTMENT OF  
NUTRITION PRESENTS

# RDN EXAM PREP STUDY SERIES



All review sessions are pre-recorded. Use this proposed guide for self-paced study!  
Recommended completion dates are listed in red.

**Monday, March 30th**  
Study Tips and Tricks

**Monday, April 13th**  
Domain I: Principles of Dietetics

**Monday, April 27th**  
Domain II: Nutrition Care for Individuals and Groups

**Monday, May 11th**  
Domain III: Management of Food & Nutrition Programs & Services

**Monday, May 18th**  
Domain IV: Food Service Systems

## PREP FOR THE RDN EXAM WITH MSU DENVER!

**Free for MSU Denver Dietetic Interns/Alumni!**



**MSU**™ Department of Nutrition  
DENVER College of Health and Human Sciences

**Click here to register!**

Contact: [gradnutrition@msudenver.edu](mailto:gradnutrition@msudenver.edu) for any further questions or help regarding the study sessions

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Involvement

# 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](mailto:gradnutrition@msudenver.edu) to be featured in our next Alumni Newsletter or on our social media accounts!*

# STAY IN TOUCH!

## FOLLOW US ON SOCIAL MEDIA!



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METROPOLITAN  
STATE UNIVERSITY™  
OF DENVER  
Department of Nutrition

# MSN Alumni Conference Funding Opportunity



METROPOLITAN STATE UNIVERSITY  
OF DENVER  
Department of Nutrition

- Must have graduated from the MSN program within the last 2 years
- Must be attending a professional conference to present research conducted during the MSN program
- Funds can help cover registration, travel, and other expenses related to the conference

Applications due  
at least 21 days  
before the  
conference  
begins

**For more information and to apply check out  
the link below.**

<https://www.msudenver.edu/wp-content/uploads/2024/06/MSN-Alumni-Conference-Funds-Application.pdf>

Roadrunner Alumni

Check out our Roadrunner Alumni opportunities here:

## [MSU Denver Alumni and Friends - MSU Denver](#)

MSU Denver's Office of Alumni Relations connects over 105,000 alumni to each other, the University and the greater MSU Denver community. MSU Denver Alumni can reach MSU Denver Career Services and volunteer with MSU Denver through the office of Alumni Relations.

[www.msudenver.edu/alumni](http://www.msudenver.edu/alumni)



## **Did you miss our last Alumni Newsletter?**

Check out our Archive Here:

## [Alumni and Friends - MSU Denver](#)

Connect with fellow alumni for updates on department events, networking and opportunities to contribute to your alma mater!

[www.msudenver.edu/nutrition/alumni-and-friends/#alumni-newsletter-archive](http://www.msudenver.edu/nutrition/alumni-and-friends/#alumni-newsletter-archive)



**Give to the Department of Nutrition**

