

California State University, Sacramento

Dietetic Interns

2021-2022



**SACRAMENTO
STATE**



**ASHLEY
CLEMONS**

Ashley earned her Bachelor of Science degree in Nutrition and Food Science with an emphasis in Dietetics in 2010 from California State University, Chico. While attending CSU, Chico Ashley was an active member of the Nutrition and Food Service Club, volunteered as a nutrition educator at a local grade school and at Placer County's Woman, Infant, Care (WIC) facility. She also interned for Sierra Cascade Nutrition and Activity Consortium (SCNAC) where she had the opportunity to introduce locally grown fresh fruits and vegetables to classrooms for students to sample.

Since graduation, Ashley has relocated to the Sierra Foothills to pursue her career as a Degreed Nutritionist. She has been working as a diet assistant at acute care facilities where she plays a critical role ensuring patients receive adequate nutrition in relation to their therapeutic diet. Her interest in becoming a Registered Dietitian Nutritionist grew when her mother was diagnosed with cancer.

Assisting her mother and other patients personally showed her how critical proper nutrition is.

Ashley experienced economic hardships growing up and strongly supports everyone having access to an array of nutrient dense foods. Her desire to provide high quality nutrition to her community encouraged her to help prepare and serve a hot meal for a local hospitality house. A long-term goal of Ashley's is to develop a community garden where people have access to fresh produce and learn basic gardening.

During Ashley's free time she enjoys line dancing, cooking, gardening, and being outdoors. She is eager to explore various branches of dietetics and build a network team with local dietitians and mentors. Upon completion of the internship and becoming a Dietitian, Ashley plans to continue serving the greater Sacramento area with a focus in oncology.



**MADELINE
COLE**

Madeline Cole received her Bachelor's of Science in Clinical Nutrition from UC Davis in 2019. As an undergraduate, she involved herself in various projects and groups on campus. As part of a student-run preventative health organization called R.I.V.E.R., she had the pleasure of teaching weekly nutrition and exercise education classes to Sacramento elementary school students. She was also involved with Nourish at UC Davis, a project aimed to help Davis students and community members make healthful choices at cafeterias and eateries across UC Davis campuses. After graduating, Madeline worked as a Diet Technician for the Discovery Mood and Anxiety Program in Granite Bay, a residential treatment facility for adolescents struggling with mood and behavior disorders. In this role, she prepared healthful meals, managed grocery purchasing, monitored and evaluated anthropometric data, counseled clients and helped them prepare meal plans. After a year of working at Discovery, Madeline transitioned to a role as a Degreed Nutritionist and Site Lead for The Resource Connection WIC Program serving Amador and Calaveras Counties. Working as a DN, she has had the pleasure of providing new and expecting parents with nutrition education and breastfeeding support. She has also had the opportunity to work with high-risk participants, particularly those infants and children who require specialized formula or supplemental nutrition. Since learning more about maternal, infant, and early childhood nutrition in her undergraduate classes, Madeline has developed a passion for this area of nutrition and hopes to continue developing her education and skills during her internship. In her spare time, Madeline enjoys cooking, baking, and spending time with her family, boyfriend, and new puppy Bodie.



ISABELLA
COSIO

Isabella graduated from UC Davis in 2019 with a Bachelor of Science in Clinical Nutrition and a Minor in Spanish. During her time at Davis, she took advantage of a variety of opportunities to explore the field of dietetics. Her sophomore year she worked as an intern at the Sacramento Food bank where she developed and taught a series of adult education nutrition classes. Junior year she worked as a translator and nutrition assistant at a community clinic for at-risk, low-income, pregnant women in Woodland and senior year she was a nutrition intern at a Cardiac Rehab facility at the UC Davis Medical Center.

In addition to her internships she also volunteered with “Fruit and Veggie Up!” a campus organization that worked to combat food insecurity among the student population by providing fresh fruits and vegetables to students. She was also the chair of the Student Advisory Committee that strived to make campus recreation inclusive and accessible to everyone. The highlight of her college experience was working for the UC Davis aquatics department, she started freshman year as a lifeguard and worked her way up to Student manager. Through this job she developed her management skills and made lifelong friendships with her coworkers.

Since graduating, Isabella has worked as a Diet Technician at Cottage Hospital in Santa Barbara. As one of the few Spanish-speaking nutrition employees at the hospital, Isabella came to further appreciate the need for increased diversity in dietetics and the importance of being able to communicate effectively with patients.

Throughout her career in dietetics, Isabella intends to work in public policy and public health to create and implement policies that allow for improved health and wellness outcomes specifically within Spanish-speaking and immigrant communities. In her free time, she enjoys hiking, swimming, gardening and cooking.



LISA
DO

Lisa Do received her Bachelor of Science degree in Clinical Nutrition from UC Davis in 2021. Her pursuit in the dietetics field started with the desire to educate her single mother on nutrition and continued through the desire to integrate nutrition and preventative health in underserved communities. In her time at UC Davis, Lisa was involved and held officer positions in organizations such as Circle K International (community service), Nā Keiki O Hawai‘i (Polynesian Dance), and R.I.V.E.R (Recognizing Illnesses Very Early and Responding) (preventative health internship). As the nutrition director of R.I.V.E.R, Lisa managed the nutrition interns during biweekly meetings and projects. Also through R.I.V.E.R, Lisa worked as a Health Coach Intern in a team to advise clients through their nutrition and exercise SMART goals. Lisa also worked for over two years as a Peer Advisor for the Nutrition Department at UC Davis where she advised students on the nutrition majors offered. Lisa was also a lab intern for the Foods For Health Internship, Smilowitz Lab, that studied the effects of human breast milk on the infant gut microbiota. In her free time, Lisa likes to read, bake, and play board games with friends. Lisa’s favorite nutrition topics revolve around diabetes mellitus, metabolism, renal disease, cultural diversity, nutrition education, eating disorders and disordered eating. Lisa intends to work in the future with underserved and marginalized communities such as BIPOC, low-income folx, undocumented immigrants, and single mother families.



**HEATHER
HENRY**

Heather graduated from CSU Sacramento in 2017 with her bachelor's degree in Food and Nutrition, with a concentration in Dietetics. During her time as an undergraduate, Heather participated in the campus Nutrition Peer Health Educator program. By leading cooking demonstrations for students, facilitating healthy eating presentations for freshmen seminar classes, and conducting individualized diet analysis for students interested in making healthy lifestyle changes, she gained valuable experience that furthered her passion for dietetics. Heather has spent the last three years gaining work experience in the clinical setting as a diet assistant. Whether communicating with patients, collaborating with the health care team, or supervising food service production, she enjoys being a part of the patient experience and aims to work as a clinical dietitian after completing her internship. She aspires to use her education and experience to guide people into ways of healthy eating that are wholly sustainable and reflective of their cultural and personal experience. Heather is excited to return to her alma mater to complete her dietetic internship. She hopes to gain a wide range of experience, particularly in areas that she has not yet been exposed to. She looks forward to the many learning opportunities ahead and is eager to connect with and learn from other professionals in the field. When not working, Heather loves trying new recipes, doing DIY projects, and spending time at the dog park with her husband and their rescued golden retriever.



**MARINA
KAN**

Marina Kan graduated from University of California, Davis in 2021, with her Bachelor of Science degree in Clinical Nutrition. Throughout her time in Davis, she took part in different nutrition related opportunities. She facilitated Diabetes Prevention Programs for UC Davis faculty members. Through teaching cohort members lifestyle changes and promoting the importance of an active lifestyle to decrease their chances of developing type 2 diabetes mellitus, she found an interest in disease prevention with an emphasis in nutrition. Her experience in working with people from all walks of life showed her how people face different obstacles when making lifestyle changes. She hopes to continue to focus on tailoring health and wellness with a nutrition approach for people in the community. Apart from working with staff members, Marina also worked as a student assistant for a UC Davis campus-wide signage called Nourish, which aims to help students identify and choose better food choices. She worked with chefs and snack vendors by giving nutrition recommendations. Marina also volunteered at Paul Hom Asian Clinic in Sacramento, where she provided remote nutrition consultation services to patients during the pandemic. She enjoyed working with patients of different cultural backgrounds as she has lived in three different countries before and understands how food choices are diverse. Marina is excited to start her internship and aspires to be a Registered Dietitian Nutritionist. She hopes to explore her interests during the internship for diabetes prevention, weight management, nutrition entrepreneurship and to work with different cultures.



Danny Musielak graduated Cum Laude from California State University, Sacramento in 2021 with a B.S. in Nutrition and Food with an emphasis in Dietetics. While pursuing his degree he ran and managed his own landscape design and construction business, volunteered for the River City Food Bank, was a board member on the 2018 Juvenile Diabetes Research Foundation One Walk committee, and volunteered at Wellspring Women's Center where he conducted bilingual cooking demonstrations. Additionally, Danny was fortunate to be offered a position working alongside the dietetic internship director, Dr. Nadine Braunstein, as an Instructional Support Assistant. This opportunity to provide guidance to students in the dietetics field further validated his desire to counsel others.

Danny's pathway to becoming a Registered Dietitian began when he was nine years old, and was attending a bilingual Spanish immersion school, when he was diagnosed with type 1 diabetes. This experience sparked his interest in nutrition and he was certain he wanted to work in the medical field. He began attending diabetes camps, was chosen to participate in several clinical trials for Continuous Glucose Monitoring Systems and insulin pump therapy. Through self-advocacy, he became the first pediatric patient at Lucille Packard Children's Hospital to wear the Animas insulin pump and joined an adult insulin pump support group to learn from others living with diabetes.

After completing the dietetic internship and passing the RD exam, Danny's goal is to work within the clinical setting providing medical nutrition therapy helping other newly diagnosed diabetic patients take control and self-manage their diabetes. During his free time, Danny enjoys working out at the gym, cooking, traveling to different countries, trying new foods, exploring the outdoors, and hiking. Danny is excited for the opportunity to be back at CSUS as a dietetic intern as he works towards becoming a Registered Dietitian.



Jenna Parks graduated Magna Cum Laude from California State University, Long Beach (CSULB) in 2021 with a Bachelor of Science in Dietetics and Food Administration with a concentration in Nutrition and Dietetics. During her time as an undergraduate, Jenna was involved in on campus nutrition activities and community outreach. She was elected as the Historian Co-Chair for CSULB's Student Dietetic Association after becoming very involved in their club meetings and community events. She also volunteered at the campus' Athletic Fueling Station by providing nutritious snacks to collegiate athletes before and after team practices. Jenna has developed a passion for social and environmental justice around food inequalities and an interest in general food policy. She has participated in Sacramento Food Policy Council's Environmental Justice Committee to help address limited food access in her own community. She currently serves as the Academy of Nutrition and Dietetics' Legislative Ambassador for Senator Brian Dahle. Jenna is excited to gain more experience in clinical and community dietetics and looks forward to working alongside inspiring health professionals.



Madeline Sideco, MSN (she/her) is a graduate of Bastyr University and attained a Master of Science Degree in Nutrition - Didactic Program of Dietetics. Previously deemed “most likely to own her own restaurant” upon graduating high school with an International Baccalaureate (IB) certificate, she completed her final IB project on food design and cake decorating. She has since shifted her focus to nutrition services. She earned a Bachelor of Arts in Family and Consumer Sciences with a concentration in Nutrition and Food and a Bachelor of Science in Business Entrepreneurship. She became a student intern teaching cooking and nutrition at a high school. After graduating, she worked for the University of California Davis as a Nutrition Educator for the Cooperative Extension. She later was hired to work at the headquarters of a food production company. She also dedicated time to become a certified yoga instructor and found acrobatic yoga. After a few great years at her job, she decided to leave her work and hometown to immerse herself in the graduate program at Bastyr. She moved to Washington state and attained her Master’s degree in 2021. From middle school to graduate school, she devoted time volunteering in many settings alongside her academia. She was a volunteer afterschool teacher for kindergarten to grade school students, animal caretaker at a local animal shelter, and library assistant at her favorite childhood library. She also has held various leadership positions in her volunteer work, such as community service Event Coordinator, Chair of the Volunteer Youth Group in Northern California, and Assistant Chair of the Volunteer Youth Group in Seattle. Happy to be back in her hometown, Madeline is excited and ready to learn from the Dietetic Internship at Sacramento State University, her college alma mater.



Hailey West is a graduate from California State University, Chico, receiving a Bachelor of Science degree in Nutrition and Food Science with an emphasis in Dietetics as well as a Master of Science in Nutritional Education. During her time as a Wildcat, Hailey was involved in different clubs and organizations. As the fundraising coordinator and secretary for the Nutrition and Food Science Association, Hailey participated in community-serving activities and on-campus fundraising functions promoting healthy eating. In the community, Hailey spent much of her time working for the Center for Healthy Communities (CHC) as a Community Nutrition Assistant, a Dietetic Extern, and a Food Access Outreach Intern where she completed nutrition assessments and referrals for Tehama County's Head Start/Early Head Start program, providing hands-on nutrition education and cooking demos. Additionally, she provided food items to her fellow Wildcats by volunteering her time in the CSUC's Food Pantry. Passionate in motivational interviewing and intuitive eating, Hailey became a FitU Mentor on CSUC's campus. She worked one-on-one with clients focusing on guiding her clients toward developing healthier relationships with food and identifying strategies to overcome clients' motivational barriers to regular physical activity. As someone who values education and teaching, Hailey worked as an Instructional Student Assistant for numerous courses. Being highly passionate in clinical nutrition, Hailey became a Dietetic Extern at Orchard Hospital and Oroville Hospital, where she worked as part of a cohesive team with Registered Dietitians to ensure all patients and clients were meeting their nutritional and health needs. In her free time, she enjoys mountain bike riding, hiking, reading, and spending time with her family and friends. After completing her internship and passing the RD exam, Hailey would like to work as an outpatient dietitian.