Meet The Press

It is our pleasure to introduce to you the very first publication of The Press, a quarterly newsletter featuring NewYork-Presbyterian Hospital’s Dietetic Internship Program and the Food and Nutrition Department. In these newsletters, we will be discussing the dietetic internship program, spotlighting alumni, sharing exciting events that NYP interns and registered dietitians have attended, and providing NYP BeHealthy recipes. The purpose of this newsletter is not only to highlight our program and alumni, but also to provide an outlet for the past, present and future of the NYP Dietetic Internship Program to stay connected. We could not be more proud of our program and all who are involved, and we are thrilled to share it with you. And now, without further adieu, The Press.

- Alexa Bickhart,
Dietetic Intern

Coleen’s Message

Dear Dietetic Interns, Graduates, Preceptors and Advisory Board Members,

Thank you for the privilege to introduce myself formally. My name is Coleen Liscano and I am the Program Administrator/Director of the Dietetic Internship Program at NewYork-Presbyterian Hospital. My career path began at NYP in the spring of 2013, as the Senior Dietitian under the direction of Elaine Rosenthal. My family and I relocated from Southern California, where I completed a coordinated program, obtained my graduate degree and continued my path to be a Board Certified Specialist in Pediatric Nutrition, Certified Nutrition Support Clinician and International Board Certified Lactation Consultant. My career trajectory has afforded me numerous opportunities to gain strong clinical skills, impart knowledge to practitioners, novice and veteran, and opportunities to advocate for the profession.

My hope and desire is to engage current and future dietetic interns of our program to know their capacity and their influence on how to make the nutrition and dietetics profession prosper as we enter our second century as a profession.

I look forward to meeting and seeing you in the near future.

Respectfully yours,
Coleen Liscano
On August 20, 2015, the NYP Dietetic Internship Program celebrated its Ninetieth Graduation. Friends, family and colleagues gathered at the Wintergarden of NYHP/Morgan Stanley Children’s Hospital to celebrate our 16 DI graduates along with our Nutrition Fellows. The 90th class had the honor of being presented by our newly appointed DI Program Administrator, Coleen Liscano. Coleen’s keynote address featured those pioneers of our profession who built the layers of infrastructure beneath the road we now travel. One such pioneer, our Past DI Program Administrator, Elaine Rosenthal, was thanked and honored for helping to build the prestigious NYP DI Program that has launched the careers of generations of RDs. After the traditional White Coat Ceremony, our fellow interns lightened the mood with their funny anecdotes and reminiscences. Louise Merri

Graduation of the 90th Class of Dietetic Interns

Preceptors of the Year (West and East)

Jennifer Linder

Rachel Close

Top Chef, NYP-style

In July, teams of Dietetic interns participated in our 2nd annual Top Chef competition. Each pair created a one day meal plan for patients with varying levels of dysphagia and need for diet restrictions.

After submitting their meal plans, the top two teams went head-to-head to present their highlighted entrées on Class Day. They prepped their meals and used the rethermalization units, then presented in front of the intern classes and an interdisciplinary team of judges. The meals were scored based on appearance, taste, texture/mouth-feel and compliance to the diet prescription.

Runners-up Caitlin Goodman and Leslie George liked the “challenges of creating a dish that met the needs of a specific patient population” while maintaining “appeal and comfort to our patients during their stay at NYP.” The winning entrée was a classic Hispanic dish called Pasteleón, created by winners Leigh Carmody and Ursula Trivedi. Leigh explained, “We wanted to make Hispanic/Latino foods” in order to enhance the NYP menu to better accommodate the typical diets of this large patient population seen at NYP. “It is always important to remember your population when building a menu,” added Leigh.

This project incorporated not only clinical knowledge, but also personable, cultural and culinary competencies to showcase some AMAZING talent amongst our interns! Well done everyone!

- Victoria Coglianese, Dietetic Intern
Alumni Corner Highlight: Elaine Rosenthal, MS, RD, CDN

It is with great honor that we highlight Elaine Rosenthal, MS, RD, CDN, in our Alumni Corner in this issue of The Press.

As a graduate of the then New York Hospital Dietetic Internship Program, Elaine was hired as a Staff Dietitian at Cornell Medical Center, where she provided nutrition therapy to patients with renal disease and the pediatric population. She was afforded professional development opportunities and represented the Department of Food and Nutrition in inter-professional projects and committees including the inception of the Nutrition Support team at the hospital. As the Senior Dietitian, Elaine oversaw areas of clinical nutrition and food service. She served as the Program Administrator/Director of the Dietetic Internship Program and ran a successful program for 33 years prior to her retirement this past summer. Under Elaine’s direction, over 700 interns have graduated from the program, representing the United States, Canada, Spain and Japan. She is a pillar in the world of nutrition education as evidenced by being the recipient of the NYSADA Educator of Year Award in 2013. The influence Elaine has on the lives of program graduates and the practitioners who have trained under and worked with her, myself included, is forever changed.

- Coleen Liscano,
  Program Administrator

Introducing the 91st and 92nd classes of Dietetic Interns

It is an exciting time for our dietetic interns; the February class is over halfway finished with the internship and our September class has just begun! One of the best things about New York Presbyterian’s Dietetic Internship Program is that it consists of hard-working aspiring RDs who can learn from one another and excel together. This year, our interns come from all over the country, from the tri-state area, to South Carolina, all the way over to Washington and California. In addition, one of our interns joins us all way from China! Some of our dietetic interns already have a Masters degree while the majority of those who do not have a graduate degree, wish to pursue one in the future. Our dietetic interns also have a range of interests beyond clinical nutrition, such as ambulatory/outpatient care, community nutrition, private practice, sports nutrition, nutrition communications, corporate wellness, weight management, food service, culinary careers and academia. Our classes consist of first career and second career nutrition lovers who all have unique experiences and backgrounds. One thing we all have in common, however, is that we chose a prestigious dietetic internship that we know will prepare us not only for the RD exam, but to be competitive entry-level dietitians with strong clinical backgrounds.

- Alexa Bickhart,
  Dietetic Intern

NYP on the Street—Nutrition at the Annual 3rd Avenue Fair

NYP Nutrition took it to the streets to engage the community in healthy eating in a fun and easy-going setting.

Headed by Ambulatory Senior Dietitian, Melissa Flynn, NYP interns and outpatient RDs dialogued with visitors all day at an educational booth on the Whole Truth about Whole Grains. The theme for our booth came from the notion that nutrition professionals often promote whole grains to our patients and clients, so we wanted to help the community learn to identify and cook with unfamiliar whole grains. Jars containing various whole grains from well-known brown rice to lesser-known amaranth were on display and paired with cooking cheat sheets so visitors could see firsthand how they actually appear as well as have concrete guidance for how to utilize whole grains at home. Participants were particularly receptive to the recipes we offered for preparing whole grains at home.

Possibly the best part was the samples of freshly air-popped popcorn as a tasty takeaway of making whole grains a frequent and desired part of a healthy diet.

- Victoria Coglianese,
  Dietetic Intern

Left to right: Wioletta Brzozowky, Dietetic Intern, Susanna Slukhinski, Nutrition Fellow, Melissa Flynn, RD, Alexis Fissinger, Nutrition Fellow and Jenny Manseau, Nutrition Fellow
NYP BeHealthy Featured Recipe:  
- Marian Glick-Bauer and Alexis Fissinger

**Wheat Berry Squash Salad with Chicken**

**Ingredients:**
- 12 oz Chicken breast, grilled
- 1+ ⅓ cup Wheat berries, dry
- 1 tsp Salt
- 3 cups Water
- 1 cup Butternut squash, diced
- ¼ cup Red onion, diced
- 2 tsp Olive oil
- ½ tsp Balsamic vinegar
- 1 tsp Mint, fresh chopped

**Preparation Instructions:**
Preheat oven to 375° F.

Rinse and drain wheat berries, combine with 1 tsp salt and water in large, heavy saucepan. Bring to a rolling boil, then cover and simmer until wheat berries are tender (about 1 hour, 10 minutes). Remove from heat, drain excess water and set aside.

Toss squash and onion with 1 ½ tsp olive oil and the balsamic vinegar. Arrange in single layer on rimmed baking sheet and place in oven for 15-20 minutes. Toss every 5 minutes to brown evenly. Remove from oven and let cool.

Gently toss wheat berries in a large bowl with mint, and remaining olive oil. Add squash and onion; gently mix together. Scoop 1 ¼ cup wheat berry squash salad on plate and layer 3 oz sliced grilled chicken breast on top.

**Nutrition facts per serving:**
- 508 Calories
- 12 g fat
- 45 mg cholesterol
- 70 mg sodium
- 70 g carbohydrates
- 13 g fiber
- 30 g protein

**Interview with Alexis Fissinger, RD, ACEND Student Rep**

**What is your role as the ACEND Student Representative?**

As a voting member of the board I bring a unique student/intern perspective to our discussions. I communicate with students and interns around the country in order to accurately represent the opinions of our future RDs. I also serve on the ACEND Standards Committee, which is in the process of reviewing our current standards and making recommendations for improvements.

As the ACEND Student Representative, I participated in site visits of nutrition and dietetics programs across the country to evaluate accreditation status. I observed first hand the infinite number of details that go into ensuring that students are getting the best education possible to prepare them for a future in the field of nutrition and dietetics. I have developed such an immense appreciation for the work that program directors do.

**You were a speaker on an educational panel at FNCE this year. What was your takeaway message for students facing the DI application process?**

I presented at the "Set Yourself Up To Earn The Internship" educational session. It was such an honor to be asked to speak alongside a DPD director and a distance dietetic internship director. As students in such a competitive field, we often discount our skills or traits which are not directly related to clinical or nutrition experience. It is important for the student to consider that the internship-intern relationship is mutually beneficial.

I also participated in the Educators Roundtable in which representatives from CDR and ACEND discussed upcoming changes related to education and addressed questions and concerns from educators.

**What changes are in the works at ACEND? How will DI programs be changing in the future?**

ACEND is recommending a new model for the future education of nutrition and dietetics practitioners. This will include moving the educational preparation of entry-level dietitian nutritionists to the master’s level. In 2017, ACEND will release mandatory revisions to the 2012 Standards for Internship Programs. Standards for the future model, including the master’s dietitian nutritionist program, will also be released for voluntary adoption.

- Marian Glick-Bauer, Nutrition Fellow