

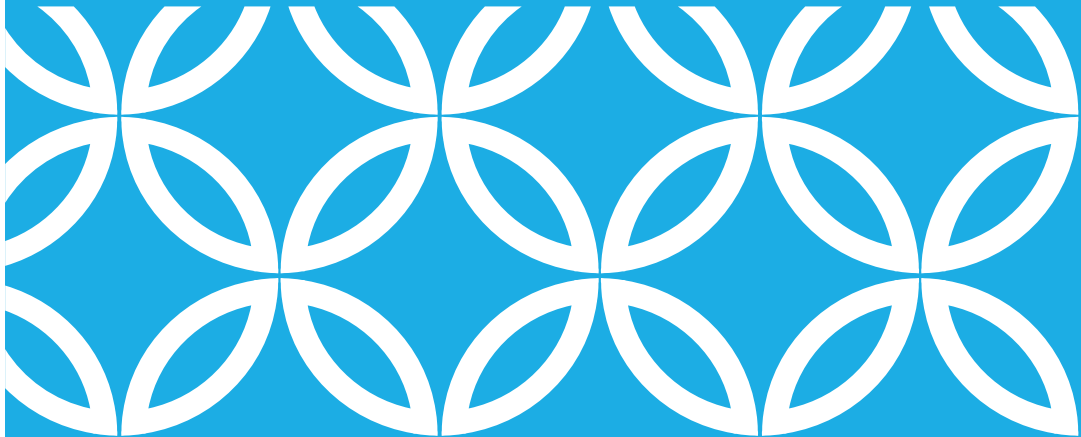


# A LOOK BACK

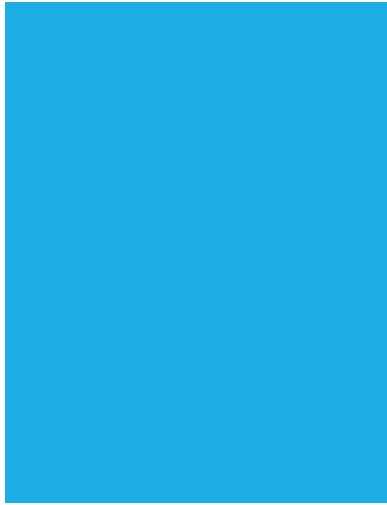
Graduate Programs in Human Nutrition  
OHSU  
Class of 2020



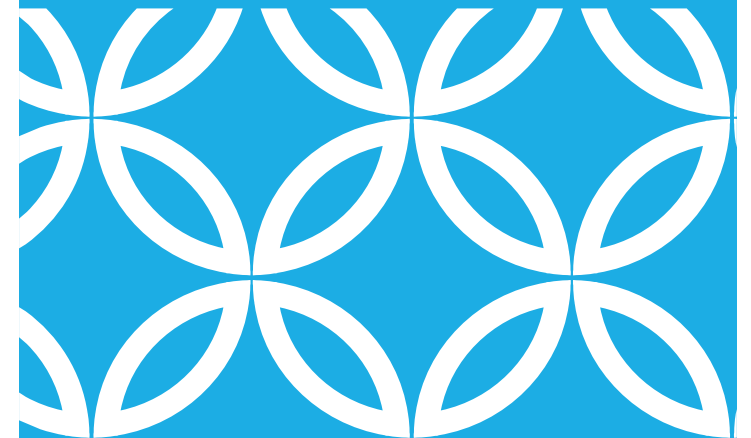
# HOW WE STARTED: THE FIRST WEEK



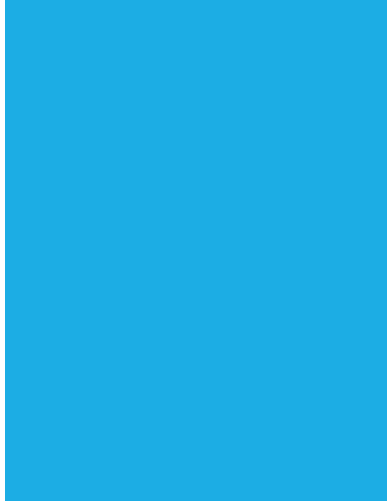




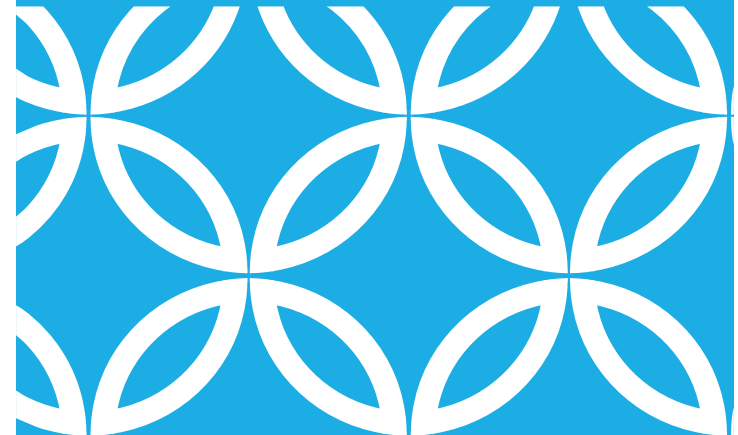
# FARM TOUR





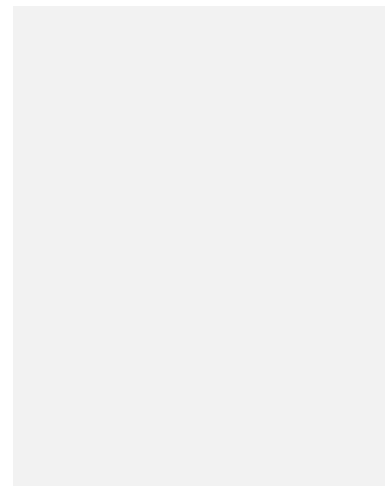


# ORIENTATION WEEK

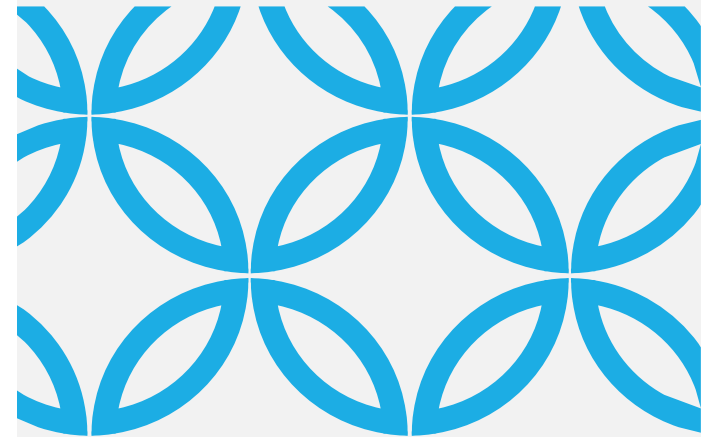




# OTHER ADVENTURES





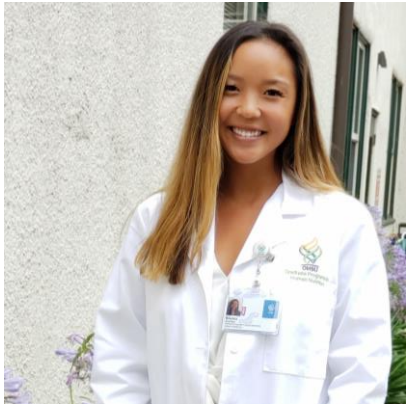
A decorative background pattern consisting of interlocking, stylized leaf or petal shapes in a vibrant blue color. The shapes are arranged in a repeating, tessellated manner across the entire page, creating a modern and geometric aesthetic.





# DIETETIC INTERNSHIP

Class of 2020





# LAUREN ANGELO

## Degree

Dietetic Internship Graduate Certificate

## Joined OHSU from...

San Francisco State University

## What's next?

Lauren will be staying at OHSU to complete her Master of Science in Human Nutrition. She hopes to work with oncology patients someday.





# KIANNA AUMILLER

## Degree

Dietetic Internship Graduate Certificate

## Joined OHSU from...

Cal Polytechnic State University, San Luis Obispo

## What's next?

Kianna will be staying at OHSU to complete her Master of Science in Human Nutrition. She plans to continue to explore Portland and the Pacific Northwest outside of school.





# CHELSEA AUSTIN

## Degree

Dietetic Internship Graduate Certificate

## Joined OHSU from...

University of Vermont

## What's next?

Chelsea plans to move back to Vermont and take the RD exam. She hopes to get an entry-level job as a dietitian so she can begin to spread the wealth of knowledge she gained during her time as an intern.





# SAMANTHA BESSERT, MS

## Degree

Dietetic Internship Graduate Certificate

## Joined OHSU from...

Montana State University (MS degree)

University of Washington

## What's next?

After lots of camping and visits to the Oregon Coast, Sam plans to stay in Bend and gain experience as a RD in outpatient facilities and/or in research.





# RACHEL BLOWERS

## Degree

Dietetic Internship Graduate Certificate

## Joined OHSU from...

Central Michigan University

## What's next?

Rachel has accepted a job as a RD at Asante Three Rivers Medical Center in Grant's Pass and will be continuing to further her career there.





# YINGJIE (YVONEY) CAO

## Degree

Dietetic Internship Graduate Certificate

## Joined OHSU from...

Seattle Pacific University

## What's next?

Yingjie plans to begin looking for positions as a nutrition professional.





# AMANDA FREDRICKSON, MS

## Degree

Dietetic Internship Graduate Certificate

## Joined OHSU from...

Bastyr University (MS degree)

Reed College

## What's next?

Amanda plans to take the RD exam and then begin to look for a position as a clinical dietitian.





# CHAD GRANDFIELD

## Degree

Dietetic Internship Graduate Certificate

## Joined OHSU from...

West Chester University of Pennsylvania

## What's next?

Chad will be moving back to Philadelphia and plans to take the next couple of months to adventure through the Pacific Northwest while studying for the RD exam. He looks forward to starting his first job as a dietitian in Philadelphia, and getting married in October of 2021.





# KATHERINE GUARAGNO

## Degree

Dietetic Internship Graduate Certificate

## Joined OHSU from...

University of New Hampshire, Durham



# MORGAN KUIPER

## Degree

Dietetic Internship Graduate Certificate

## Joined OHSU from...

University of Colorado, Colorado Springs

## What's next?

Morgan will be staying at OHSU to complete her Master of Science in Human Nutrition. She hopes to become an adult inpatient clinical dietitian.





# NICOLE TOMASA

## Degree

Dietetic Internship Graduate Certificate

## Joined OHSU from...

University of Hawai'i at Mānoa

## What's next?

Nicole will be staying at OHSU to complete her Master of Science in Human Nutrition. She hopes to pass the RD exam this summer.



# SERENA STEARNS-GARLAND

## Degree

Dietetic Internship Graduate Certificate

## Joined OHSU from...

Oregon State University

## What's next?

Serena plans to take the RD exam and work towards getting her CDCES. She hopes to set up nutrition services for the Bybee Lakes Hope Center.





# EMMA WHIGHAM

## Degree

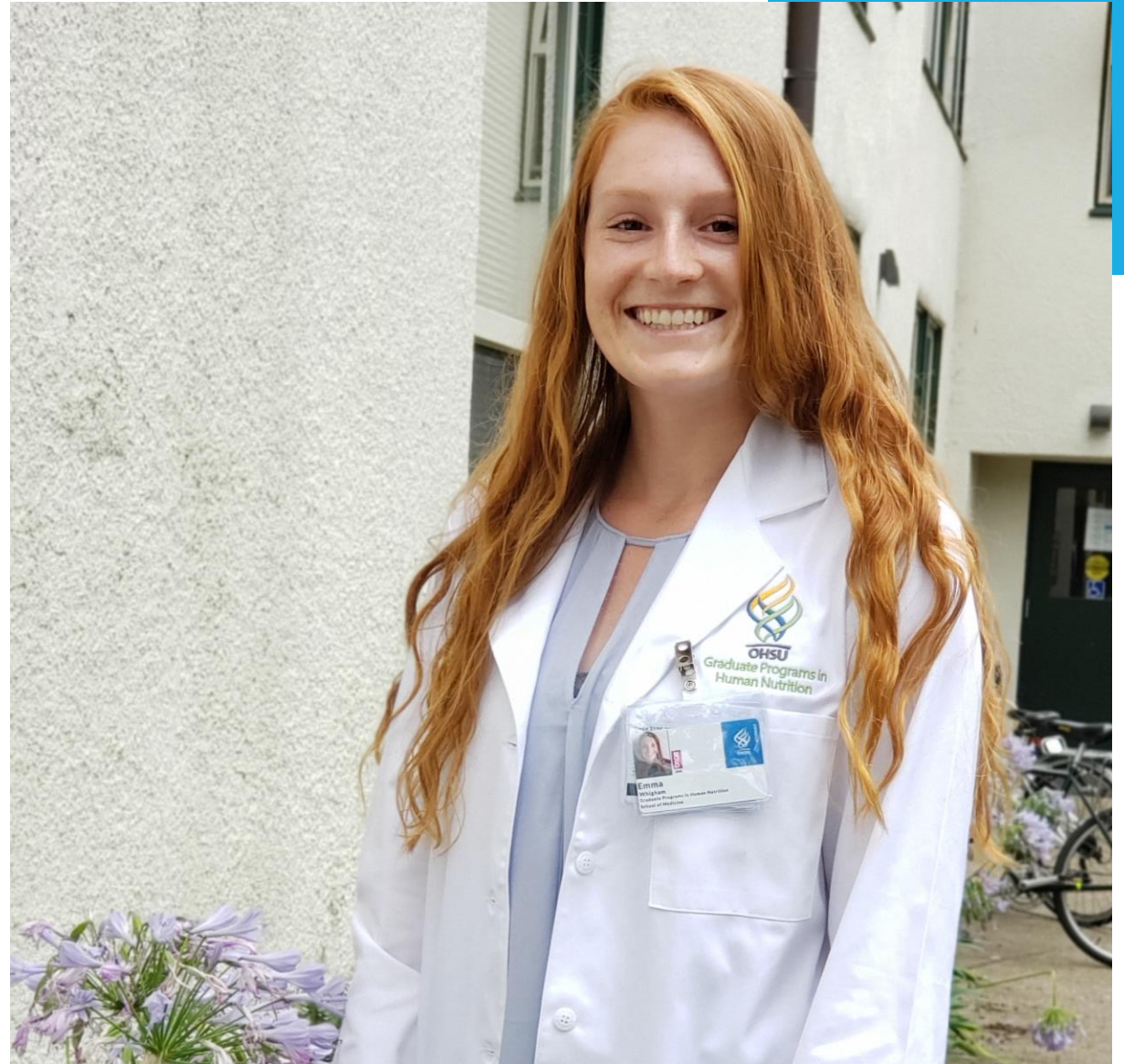
Dietetic Internship Graduate Certificate

## Joined OHSU from...

Iowa State University

## What's next?

Emma will be staying at OHSU to complete her Master of Science in Human Nutrition.



# COURTNEY LUK-TUNG WU

## Degree

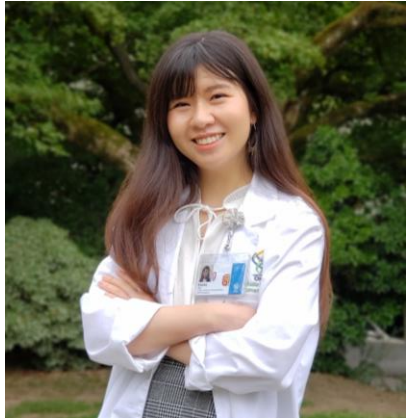
Dietetic Internship Graduate Certificate

## Joined OHSU from...

University of California, Davis







# MASTER OF SCIENCE IN HUMAN NUTRITION

Class of 2020





# LEIGH ANN BAUMAN, RD

## Degree

Master of Science in Human Nutrition

## Joined OHSU from...

Aramark, Napa (Dietetic Internship)

Cal Polytechnic State University, San Luis Obispo

## Thesis Project

Vitamin D in the Non Human Primate Pancreas

## What's next?

Leigh Ann works at OHSU as a research dietitian.





# TYLER CHASE

## Degree

Master of Science in Human Nutrition

## Joined OHSU from...

Oregon State University

## Thesis Project

Muscle Assessment through the Nutrition Focused Physical Exam Compared to Skeletal Muscle Index Measured by CT Imaging

## What's next?

Tyler will begin his career at OHSU as a relief dietitian.



# LAUREN JOHNSON

## Degree

Master of Science in Human Nutrition

## Joined OHSU from...

San Diego State University

## Capstone Project

Demonstration Gardens in Lao PDR

## What's next?

Lauren will be at OHSU this summer to finish her capstone project.





# ZEDNIA LINARES

## Degree

Master of Science in Human Nutrition

## Joined OHSU from...

Oregon State University

## Capstone Project

Nutrition Education Modules to Support the Management of Adults with Type 2 Diabetes in Lao PDR

## What's next?

Zednia is eager to start her career and work inpatient as a dietitian. She looks forward to putting into practice everything she has learned and will continue to learn in this fascinating field where the science around nutrition continues to evolve.





# ALOURA LINFESTY

## Degree

Master of Science in Human Nutrition

## Joined OHSU from...

Brigham Young University

## Thesis Project

Nutrient Analysis of Water Buffalo Milk and Water Buffalo Milk Acid Whey: A Pilot Study to Evaluate Suitability as a Protein Supplement for Human Consumption in Lao PDR

## What's next?

Aloura is currently working with her sister on Linfetté, a new gluten free bakery that offers breads and pastries for those with Celiac disease, individuals choosing to live a vegan lifestyle, and those who have a dairy allergy. She plans on specializing in foodservice management with an emphasis on food allergies and special dietary needs.





# MELISSA MARTUTARTUS, RD

## Degree

Master of Science in Human Nutrition

## Joined OHSU from...

Utah State University (Dietetic Internship)

Cal Polytechnic State University, San Luis Obispo

## Capstone Project

Preventing the Development and Progression of Type 2 Diabetes: Education as an Intervention for Adolescents

## What's next?

Melissa works as a dietitian in Portland.



# LAUREN MARTIN

## Degree

Master of Science in Human Nutrition

## Joined OHSU from...

Louisiana State University

## Thesis Project

Food Pharmacy at OHSU Knight Cardiovascular Institute: The Impact of a Pilot Fruit and Vegetable Provision Program on Cardiovascular Health – A Sample Population Analysis

## What's next?

Lauren plans to take the RD exam and then seek employment as a research or clinical dietitian in either Portland or New Orleans, LA.





# COURTNEY PAYNE

## Degree

Master of Science in Human Nutrition

## Joined OHSU from...

University of Arkansas

## Capstone Project

Increasing Self-Efficacy and Body Appreciation in Collegiate Athletes as part of a Cooking Education Intervention

## What's next?

Courtney plans to begin looking for work as a dietitian in the Portland Metro/Vancouver WA areas.



# ELAINE SIM

## Degree

Master of Science in Human Nutrition

## Joined OHSU from...

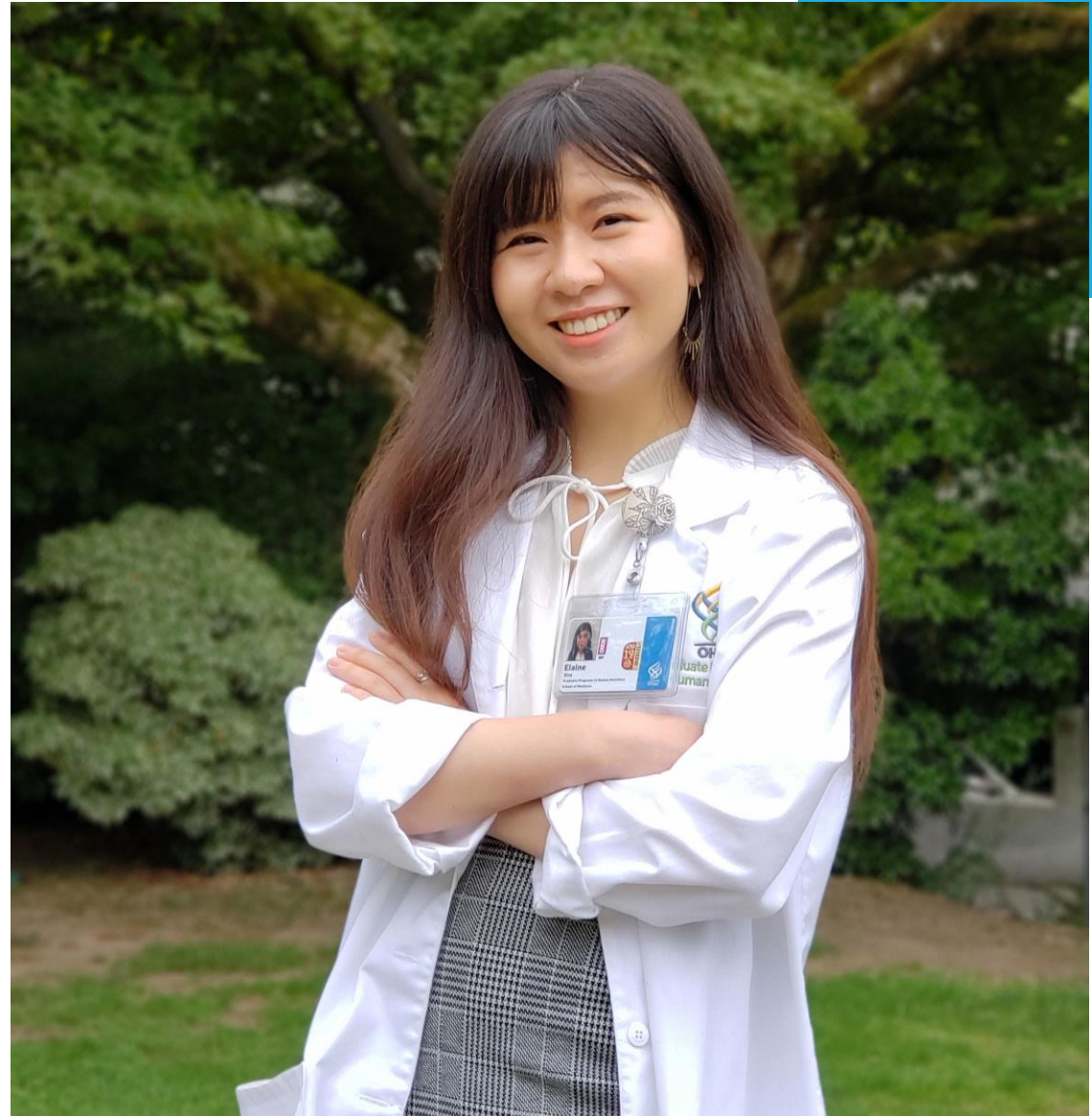
Oregon State University

## Capstone Project

Developing an Educational Booklet for Women with Maple Syrup Urine Disease During and After Pregnancy

## What's next?

Elaine plans take the RD exam and begin job-searching for clinical dietitian positions, ideally working with moms and children.





# SHEILA VISVANATHAN

## Degree

Master of Science in Human Nutrition

## Joined OHSU from...

University of California, Berkeley

## Capstone Project

Development of Dietary Guide and Analysis of Blood Phenylalanine and Protein Consumption Trends in Adults with Phenylketonuria Starting Enzyme Substitution Therapy

## What's next?

Sheila plans to take the RD exam, take an online breastfeeding certificate course, and hopefully, secure her first job as a dietitian.



# HUIQING (ESTHER) XU

## **Degree**

Master of Science in Human Nutrition

## **Joined OHSU from...**

Drexel University

## **Capstone Project**

Nutrition Education Handbook for Children with  
Thalassemia

## **What's next?**

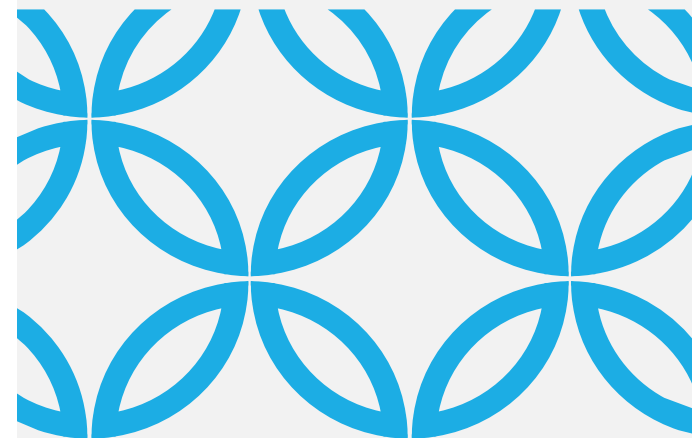
Huiqing plans take the RD exam and begin her  
career as a dietitian.







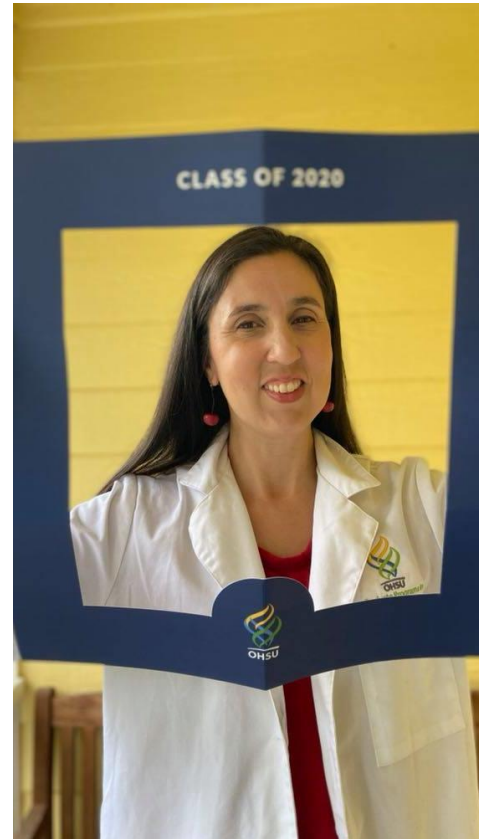
WHAT OUR  
GRADUATES  
ARE SAYING  
ABOUT THOSE  
WHO HELPED  
THEM GET  
HERE



# CONGRATULATIONS TO EVERYONE!

We are so proud of everything you have accomplished and can't wait to see what you do next.

~GPHN Faculty



CONGRATULATIONS

2020  
*Graduates*

**eat right.** Academy of Nutrition  
and Dietetics

