Congratulations on a Great Semester!

UMNA would like to congratulate all members on finishing a great semester! You have worked hard and now it is time to enjoy whatever comes next; whether it is summer vacation, a job, or dietetic internship. We wish everyone the best of luck with everything!

UMNA Graduating Seniors:
Lauren Cullati
Ashley Geller
Stephanie Palmer
Kristina Secinaro
Molly Snedden
Alissa White

UMNA Dietetic Internship Placements:
Lauren Cullati: Yale-New Haven Hospital
Ashley Geller: University of Rhode Island
Stephanie Palmer: University of Connecticut
Kristina Secinaro: Medical University of South Carolina
Alissa White: UMass Amherst
Congratulations and Good Luck!!

Introducing the 2010-2011 UMNA Officers!

Elections for next year were held on March 30th in the Nutrition Library. Thank you to all who attended and congratulations to the new officers! We wish you all the best and we know you will have a great year!

President - Allie Sciallis
Vice President - Jacqui Joyner
Treasurer - Katie Gustamachio
Secretary - Elizabeth Lundy
Membership Coordinator - Lindsey O'Regan
Events Coordinator - Molly Fellows
Historian - Andie Sargent
Newsletter Editor - Lindsey Pfau
Website Coordinator - Erika Bourdon
Amherst Survival Center Dinner

On March 11 four UMNA members (Allie Sciallis, Alicia Couture, Jackie Lacasse, and Molly Snedden) planned and prepared a meal at the Amherst Survival Center. On the menu was a delicious lentil chili with brown rice, recipe courtesy of Allie Sciallis. We arrived at the Survival Center around 3:30, and the meal was ready to serve at 4:30. We worked with other survival center volunteers to set up, cook, serve and clean up after the meal. After dinner there was a social hour and a movie playing. The dinner was well-attended, with over 25 people joining us for dinner. This event was a great success and a lot of fun, and we hope to do more events like it in the future!

Sports Nutrition Dorm Talk

On March 30, UMNA members Lindsey Pfau, Jacqui Joyner and Allison Sciallis presented a Dorm Talk entitled “Recreational Sports Nutrition”. Nine residents attended the talk and we discussed the topic of sports nutrition for the recreational athlete. We focused on proper ways to fuel before, during and after exercise. We distributed handouts from the ADA website about eating before, during, and after exercise as well as hydration and how to calculate your calorie needs. After talking about sports nutrition we opened up the talk for general nutrition questions from the group. We got a lot of interesting questions, and overall the talk went well and seemed to provoke further interest from the group.

Eating Healthy in the Dining Commons Dorm Talk

UMNA members Ashley Geller and Anna Fedorowycz presented a dorm talk on March 23 entitled “Healthy Eating in the DCs”. The presentation included a handout from Dining Services about healthy eating, a question- and-answer session, and a quiz. Topics included the importance of breakfast, information on dieting and fad diets, discussion about carbohydrates, protein and fats, and information about caffeine. 85% of attendees indicated that they learned something new at this dorm talk! Thanks Ashley and Anna!

~ Do you have an event you would like featured in the UMNA Newsletter? Submit your write-up to the Newsletter editor. Be sure to include a photo! ~

Have a Wonderful Summer!