**Nutrition & Health Summercise Internship**
Norton Sound Health Corporation: Nome, Alaska

**What we are looking for:**
Are you energetic and creative and looking for an experience of a lifetime? Norton Sound Health Corporation in Nome, Alaska is recruiting 6-8 intern students for the summer of 2016 to operate the award-winning program called, *Summercise*. Recognized by the American Diabetes Association for the John Pipe Voices of Change Award for an “innovative” diabetes prevention program, Summercise is a nutrition education and physical fitness program for youth in the Norton Sound region. Over the past 15 years, approximately 90 students from around the United States have come to Nome to work with local youth in efforts to prevent diabetes and learn about the Alaska Native culture, the Alaskan outdoors, and community nutrition/health. Students may also visit remote villages to provide community health education.

This internship will offer many exciting community nutrition experiences through the Summercise program. Other opportunities interns may experience include: diabetes/prevention, nutrition education, WIC, outpatient counseling, long-term care, health fairs and community screenings, maternal and child health, community nutrition displays and public service announcements, and summer lunch. You will also be a mentor to high school age assistants who will work with you during the summer to learn more about nutrition and health.

**What we offer:**
This is an unpaid internship that lasts between 8-10 weeks. We will provide you with housing, pay your airfare to and from Nome, provide a recreational pass and give a weekly stipend for food. Interns will also be able to eat free at the hospital for breakfast and lunch Monday through Friday. You will be sharing housing with other nutrition interns and will most likely share a room with another intern. Your apartments/housing will be fully furnished with kitchen supplies, furniture, beds, bed linens, washer and dryer, and a house phone to keep in touch with family and friends. Some cell phone providers will work in Nome but a calling card can be useful. Registered dietitians that work at Norton Sound Health Corporation will provide mentorship. A two-week training session will be provided.

**What do we consider a good candidate?**
- Leadership qualities: professional behavior, strong value set, good role model, ability to motivate and inspire, positive energy, maturity and the ability and willingness to mentor a high school student
- Initiative: self-starter, independent thinker, creative, problem-solver, ability to multi-task, culturally sensitive, open-minded, and motivated to learn
- Nutrition/health knowledge: Student should be enrolled in an undergraduate program that will qualify you to become an RD or other healthcare provider or have previously completed such a program OR student may be enrolled in a graduate program.
• Physical Fitness: Only students with demonstrated abilities to teach physical fitness in addition to nutrition/health knowledge will be considered. Physical fitness includes everything. Be creative!
• High priorities: Instructors for swimming/lifeguards, experience in the outdoors, dance/gymnastics/cheerleading, football/base sports, cooking classes, experience in a specialty sport or activity, and many more. We are always looking for new things to offer the kids. (Please indicate if you have any special skills in any kind of physical activity.)

**Important Dates:**

- **Due Date for Summercise Application:** February 12, 2016
- Arrive in Nome: May 29th or 30th (Memorial Weekend)
- Orientation & Training: May 31st – June 10th
- Summercise Dates: June 13th – July 28th
- Leave Nome: August 3rd
- **Total Summercise Commitment:** May 30th – August 3rd

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**How do you apply?**

Please send the listed application packet via email to Megan Timm at Summercise@nshcorp.org or mail by February 12, 2016. All application materials must be sent as either a Microsoft Word Document of PDF attachment.

**Application Packet Includes:**

- Application Information Sheet
- Cover Letter: 1 page only indicating your career goals, experience working with or coaching children, comfort level leading a group of children, and why you would be a valuable addition to our summer team
- Resume
- Completed Summercise Questionnaire (3 pages)
- 2 Letters of recommendation - Can be sent with your application or directly from the person submitting the recommendation letter. Ensure that the person submitting the recommendation letter puts your name in the letter. Recommendation letters are to be sent to Megan Timm via Summercise@nshcorp.org, fax, or mail.

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**Do you have questions about Summercise?**

Megan Timm, CTTS: Summercise Coordinator - Questions about Summercise program, typical day, nutrition projects, and more. Please contact Megan at mtimm@nshcorp.org or (907) 443-4583.
What an Intern can expect

Who will you work with?
You will be working for the CAMP Department (Chronic care, Active, Management, & Prevention) as part of the Norton Sound Health Corporation. Our staff includes a Wellness Director (RD and CDE), Nurse Case Managers (RN, CDE), Registered Dietitians (RD), Prevention Program Supervisor, Wellness Care Coordinators, Tobacco Treatment Specialists (CTTS), and Administrative Assistant. Our mission is to “Empower people and communities to promote healthy lifestyles and improve the quality life of people with chronic illnesses”.

What is Summercise?
Summercise is a summer program for the youth of Nome. It is a program designed to help prevent diabetes in which daily activity and healthy eating are emphasized. We recruit summer college students/nutrition interns to help lead the program and teach classes on nutrition, exercise, sports and healthy living. Other program staff includes CAMP staff, high school assistants, and community volunteers.

What work will you be doing?
You will work at least 40 hours per week and must always be available during working hours Monday through Friday 8 am to 5 pm. There will be occasional evening and weekend work required. Summercise hours are 1-5 pm Monday through Thursdays and interns will be expected to plan and teach classes for Summercise. Mornings and Fridays will be used for other nutrition projects/experiences, planning for Summercise. Other opportunities interns may experience include: diabetes/prevention, nutrition education, WIC, outpatient counseling, health fairs and community screenings, long-term care, maternal and child health, community nutrition displays and public service announcements, and Summer Lunch. Interns may also visit remote villages to provide community health education.

More about Nome, Alaska:
Nome is a secluded town and resources can be hard to come by. Food and supplies are expensive and sometimes limited. Staying positive with good problem solving skills is essential. Weather in Nome can be extreme and unpredictable, usually ranging between 40-70 degrees during the summer. Northern parts of Alaska, like Nome, have about 24 hours of daylight during the summer that takes time to get use to. Nome has mostly dirt roads and can be muddy during rainy times and dusty when dry. At times it can rain for many days and with unpaved roads it can be very muddy. Nome is considered “Bush Alaska”, which means that we are on the coast (the Bering Sea) and there are no trees. We are off the road system therefore you can’t drive from Anchorage to Nome. The only way to get here is by plane. Nome’s population is about 3,500 people year round and can be up to 5,000 during the summer months. There are 15 villages surrounding Nome that we serve as a regional hub and you must fly to these villages. (There is one village that you can drive to in the summer time).
**Weather:**
Nome’s weather can be unpredictable. The weather varies and can change drastically from day to day and even hour to hour. In one day it can start our rainy and over-cast and end with a sunny evening. Bring layers to be prepared for the changing weather. You will want warm clothes for colder WINDY days, rain gear including rain jacket and boots, and clothes for those warm days. Be prepared that the mud can get pretty bad when it’s wet outside. (Remember most of our roads are not paved). We are right next to the ocean so it can be in the 60’s and 70’s or it can stay in the 40-60 degree range with fog.

Nome has a beautiful countryside and friendly people and there may be opportunities to explore, hike, fish, camp, and more. There can be a lot to do in Nome; however you have to be creative. We do have 3 roads that lead out of town to the country where the opportunity to hike, explore and see wild life like grizzly bears, musk ox, reindeer, caribou, arctic fox and more. We also have a salmon run that comes through and fishing is a strong possibility for visitors. When you are out in the country be ready to battle the mosquitoes. Bug spray is highly recommended, however the airlines may limit the amount that you can bring. There are other summer activities you can participate in including: summer softball league, exploring the beach, mining camps, different community activities- including Midnight Sun Festival, Folk Festival, Parades, Fun Runs and more. To learn more about the unique community of Nome you can visit the following websites: [www.nomealaska.org](http://www.nomealaska.org) to find out about the city of Nome, to visit the local newspaper, [www.nomenugget.com](http://www.nomenugget.com).

**You will not have a car assigned to you while you are here**, but we do try to get you out in the country with other people. The town is small and most activities are within walking distance.

**Things you may want to bring to Nome:**
- Warm clothes (sweat shirts, hoodies, fleeces, long-sleeve t-shirts, pull-over zip up sports clothes, warm socks, jackets, etc.)
- Lighter clothes for the few warm days (shorts, capris, tank-tops, short sleeve shirts)
- **Rain gear** (including: rain boots (rubber boots), rain jacket, waterproof pants, water proof hiking boots)
- Towels
- Swim gear and water shoes
- 1-2 pairs of jeans, khakis or casual work clothes; jeans without holes are appropriate for work here
- Active wear for Summercise (work out clothes/pants)
- Lap top computer recommended if you have one
- Sleeping bag
- Camping gear (you may be able to borrow gear from people as well)
- Cell phones (most cell phone carriers have service here)
SUMMERCISE APPLICATION: INFORMATION SHEET

Application Instructions:
1. Application Due date: February 12th, 2016
2. Send in the following: application information sheet, cover letter, resume Summercise questionnaire and 2 letters of recommendation.
   - Please have your name on every sheet
3. Please send your complete application to Megan Timm at
   - Summercise@nshcorp.org (PREFERRED METHOD), OR
   - Mail: (Please note that mailing via postal service may take over 2 weeks for delivery)
     NSHC-CAMP department
     Attn: Megan Timm
     PO BOX 966
     Nome, AK 99762

4. Applications must be sent as an attachment as a PDF or word document.
5. Letters of recommendation may be sent with your application or directly from the person submitting the recommendation letter. Please ensure that the persons submitting your recommendation letters put your name in the letter. Recommendation letters are to be sent to Megan Timm via email, fax or mail.
6. If you do not receive a response within 48 hours of submitting your application, please follow up to confirm that we have received your application. You may contact Megan Timm by email or call (907) 443-4583. Please note that all communication regarding the application will be done via email.

CURRENT CONTACT INFORMATION:

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<tr>
<td>COLLEGE/UNIVERSITY:</td>
<td>YEAR IN COLLEGE/YEAR GRADUATED:</td>
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REFERENCES:

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Summercise Questionnaire
(3 pages)

Please fill out this questionnaire and send in with your cover letter and resume.

Name
___________________________________________________________________

If you were to come to Nome, Alaska to teach a nutrition class and physical fitness or exercise class what would you name them? Be creative and briefly explain each class in a short paragraph. (Please note that the class ideas listed here may be used for actual Summercise classes. Make sure you are comfortable leading or instructing your class suggestions.)

Nutrition/Cooking Class:
________________________________________________________________________
________________________________________________________________________

Physical Fitness Class: (Sports class, exercise, etc.)
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Describe your experience participating in or teaching physical fitness (exercise/sports):
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Please list and describe any other unique hobbies you have that children in this community may be interested in:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

If you need extra space you may attach 1 extra page to complete application.
1. Kids ages 5 and 6 do not switch classes for Summercise. They complete all activities as a group. What is your comfort level teaching 5-6 year old kids the following classes? Please indicate on a scale of 1 – 5: (1) not very comfortable, (2) fairly comfortable, (3) comfortable, (4) very comfortable, and (5) extremely comfortable. Please note if you rank a class at a 4 or 5 you may be teaching this class during Summercise.

- ___ Beginning cooking and kitchen skills
- ___ Beginning dance and tumbling
- ___ Beginning soccer and other ball skills
- ___ Coordinated gym games
- ___ Healthy snacks
- ___ Swimming lessons
- Other - please list and explain any other ideas you have for the 5-6 year old age group: __________________________________________

2. Kids ages 7 and up switch classes during Summercise. They complete a new activity every hour as part of their individual choice. What is your comfort level teaching kids 7 and up the following classes? Please indicate on a scale of 1 – 5: (1) not very comfortable, (2) fairly comfortable, (3) comfortable, (4) very comfortable, and (5) extremely comfortable. Please note if you rank a class at a 4 or 5 you may be teaching this class during Summercise.

- ___ Backcountry Cooking
- ___ Ballet
- ___ Basketball
- ___ Biking
- ___ Cheerleading
- ___ Cooking
- ___ Cultural Cooking
- ___ Dance
- ___ Floor Hockey
- ___ Football
- ___ Frisbee
- ___ Gardening
- ___ Gymnastics
- ___ Hiking
- ___ Hip Hop
- ___ Jump Roping
- ___ Nutrition Education
- ___ Outdoor Survival

- ___ Running
- ___ Scavenger Hunts
- ___ Self Defense
- ___ Soccer
- ___ Softball/Baseball
- ___ Swimming Lessons
- ___ Tennis/Raquetball
- ___ Volleyball
- ___ Yoga
- Other - please list and explain any other creative and unique class you would like to teach:
  __________________________________________
  __________________________________________
  __________________________________________
3. Please describe further your experience on teaching any of these activities with a limit of 100 words:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

4. Which age group are you more comfortable teaching?

Please Choose:  5-6 years old 7 years & up No preference

5. Are you comfortable with our food system? You will receive a meal ticket and may frequent the hospital cafeteria for breakfast and lunch during the weekday. In the evenings and on weekends you will have a food stipend to buy your own food.

Please choose: YES NO

6. Do you realize this is an unpaid internship? Transportation to and from Alaska, housing, Rec Center Pass, a weekly stipend, and internet are provided:

Please Choose: YES NO

7. You will most likely share your apartment/house with other interns and most likely share a room with another intern. Are you comfortable with this living situation?

Please Choose: YES NO