

**EDUCATION****California Polytechnic State University**, San Luis Obispo, CA**Bachelor of Science in Microbiology**, June 2003 Minor: **Biotechnology****Master of Science in Nutrition**, March 2009**CDA Dietetic Internship**, September 2007 – June 2008**WORK EXPERIENCE****Director, Didactic Program in Nutrition and Dietetics – California Polytechnic State University, San Luis Obispo, CA**

August 2019 – present

- Present the annual faculty orientation to ACEND with statistics from the previous year at Fall conference to Nutrition faculty.
- Data collection and evaluation for accreditation self-study and annual reports.
- Annual report for ACEND and regular communication with ACEND.
- Taught FSN 463 Professional Practice Seminar, making available digital uploads and live broadcasting of the seminar, expanding access to past graduate students.
- Helped students navigate the dietetic internship application periods in Fall and Spring, as well as "non-DICAS" (non -matching) programs.
- Guided students to select between coordinated programs, future education models, traditional internships, and Individual Supervised Practice Pathways (ISPP).
- Maintained databases and elaborate records on all Cal Poly applied nutrition grads in last 5 years.

**Instructor – California Polytechnic State University, San Luis Obispo, CA**

January 2014 – present

- Taught Clinical Nutrition I and II (lecture and lab), Human Nutrition, Nutrition in Aging, and Food Customs and Cultures (online), Maternal and Child Nutrition, Professional Practice in Nutrition and Dietetics, and advised Senior Project
- Created new assignments, case studies, and helped revised lab manual for Clinical Nutrition I and II.
- Helped create curriculum for transition from SOAP to ADIME charting style.
- Created all new class material and assignments for Nutrition and Aging including custom textbook. Transitioned all classes from Polylearn to Canvas.
- Faculty advisor to “International Student Volunteers Club”

**Renal Dietitian – ESRD (PD, HD, and HHD modalities)**, DaVita (formerly KCI); San Luis Obispo, Pismo Beach, Hanford, and Lemoore CA

July 2009 – present:

- Collaborated with patients to reach optimal control of phosphorous, potassium, sodium, and calcium lab values through extensive counseling and motivational interviewing.
- Recommend pharmaceutical adjustments regarding phosphorus binders, vitamin D, calcium supplements and renal vitamins.
- Created monthly patient education boards and handouts in English and Spanish.
- Conducted employee in-service regarding phosphate binders and the role of the renal dietitian. Supervised and evaluated dietetic interns.
- Participated in Comprehensive Interdisciplinary Patient Assessment (CIPA) meetings and conducted quality outcomes review (QIFFM) as well as FHR.
- Kidney Smart Educator – taught classes to patients with Chronic Kidney Disease

WORK EXPERIENCE (Continued)

**Teacher – Allan Hancock Community College, Santa Maria, CA**

August 2013 – present

- Taught Food Science, Nutrition Science (online and face to face), and Food Customs and Cultures.
- Created all new class material for Food Customs and Cultures and Food Science class.
- Advised community college students regarding career opportunities in food science and nutrition.

**Teacher – Cuesta Community College, San Luis Obispo, CA**

January 2015- present

- Taught Food and Cultures and Introductory Nutrition (online, hybrid, and face to face)
- Conducted cultural food tastings, incorporated online component to classroom experience and created curriculum for hybrid online/face to face course.

**Krypteia – Spartan Race; Worldwide**

February 2020 – present

- Co-organized a Spartan 4-hour event for 450 participants.
- Guided my own group of >100 participants through the Arizona desert, over treacherous terrain, carrying heavy loads as they completed physical activities involving cinder blocks, sandbags, tires, and buddy carries.
- Ensured group safety and adequate nutrition/hydration.
- Taught leadership skills, problem solving, teamwork, time management through the course of intense mental and physical hardship, eventually creating an immense sense of comradery and collaboration between participants.

**Clinical Dietitian - Arroyo Grande Hospital; Arroyo Grande, CA**

September 2009 – Nov 2017, per diem and full time depending on date.

- Performed nutrition screening and assessment of hospital patients using MNT practices.
- Calculated patients' nutritional requirements using standard equations based on assessments of blood chemistry, stress, mobility and other relevant factors.
- Educated and advised a wide range of patients with dietary-related disorders on the practical ways in which they can improve their health by adopting healthier eating habits.
- Developed protocol for same day discharge PEG tube insertion and feeding initiation.
- Developed patient handouts regarding alternative menu options, cardiac diet, and diabetic diets. Member of Pressure Ulcer Prevention team

**Clinical Dietitian - Hanford Community Medical Center; Hanford, CA**

June 2008 – July 2009

- Performed nutrition screening and assessment of hospital patients.
- Calculated patients' nutritional requirements using standard equations based on assessments of blood chemistry, stress, mobility and other relevant factors.
- Educated and advised a wide range of patients with dietary-related disorders on the practical ways in which they can improve their health by adopting healthier eating habits.
- Created and presented diabetic diet lecture for nurses which counted towards their continuing education units. Supervised and trained dietetic interns, dietetic technicians, and RDE's.
- Member of TPN policy revision team, assisted with dietary list revisions, and nutritional intervention policy revision. Trained RDs regarding transition to electronic charting.

WORK EXPERIENCE (Continued)

**Guest Lecturer - California Polytechnic State University; San Luis Obispo, CA**

May 2007 – May 2008

- Planned and presented lectures, handouts, and test material regarding vitamin K metabolism and vitamin D/renal disease implications to advanced nutrition students.
- Planned and presented lectures, handouts, and test material regarding obesity to introductory nutrition students.
- Utilized PowerPoint and Blackboard technologies

**Jamba Juice Healthy Kids Intern - Hawthorne and Los Ranchos School; San Luis Obispo, CA**

January 2007 – March 2007

- Taught a series of 4 nutrition lessons to 4<sup>th</sup> and 6<sup>th</sup> grade students.
- Designed visual aids, & activities to keep kids interested for 45 minute lesson.

**Substitute Food Service Worker - San Luis Coastal Unified School District; San Luis Obispo, CA**

November 2005 – September 2007

- Prepared and plated cafeteria foods, followed HAACP and “ServSafe” procedures.
- Worked with elementary to high school aged children under guidance of the National School Lunch program.

PUBLICATIONS:

University of California Division of Agriculture and Natural Resources:

“The Healthy Brown Bag” 15 Lunches for School-Aged Children

Second place winner, educational publications: National Extension Association of Family and Consumer Sciences

(Publication 8371, March 2009 <http://anrcatalog.ucdavis.edu>)

LaGuire, Tiev C; Kohlen, Corinne R.; Hawk, Susan N.; Reaves, Scott K. (2013)

The effects of aging on muscle loss and tissue-specific levels of NF-κB and SIRT6 proteins in rats. *Advances in Aging Research* 2, 1-9. [doi:10.4236/aar.2013.21001](https://doi.org/10.4236/aar.2013.21001)

SPEAKING ENGAGEMENTS:

“Regulation of dietary supplements and dietary supplements important to an aging population”

July 9<sup>th</sup> 2018 - Trilogy at Monarch Dunes, Nipomo, CA

“Dietary supplements, nutrition myths, and “superfoods””

May 4<sup>th</sup> 2018 – Morro Bay Senior Center, Morro Bay, CA

Morro Bay Senior Center Health Fair Presenter:

Jan. 20<sup>th</sup> 2018

Jan 26<sup>th</sup> 2019

Jan. 25<sup>th</sup> 2020

CERTIFICATIONS, AWARDS, AND OTHER ACTIVITIES:

Certified Diabetes Educator (C.D.E./CDE)

Certified Nutrition Support Clinician (C.N.S.C./CNSC)

Member Academy of Nutrition and Dietetics

Member American Society for Parenteral and Enteral Nutrition (ASPEN)  
Member Nutrition and Dietetic Educators and Preceptors (NDEP) practice group  
Spanish immersion program – 80 hours Spanish instruction  
Volunteer Visalia Boys and Girls Club – 80 hours  
ServeSafe Food Service Handler Certificate  
DaVita Service Excellence Award – December 2010 and March 2012  
Treasurer Prefumo Canyon Homeowners Association: 2007 – 2012