

NADIA SZPYHULSKY, MS, RD, LD

(908) 377-6593 ■ nszpyhulsky@gmail.com

Experience

Unidine Lifestyles, Naples, FL

July 2019-Present

Dietitian/Foodservice Manager, Arlington of Naples

- Evaluate nutrition needs and formulate individual nutrition interventions sub-acute rehab patients
- Collaborate with Medical Director, Healthcare Administrator, Director of Nursing, Speech-Language Pathologist, nursing staff, and dietary staff
- Review menu and diets for nutritional adequacy and catered to population preferences
- Manage 15+ dietary department members comprised of kitchen staff and dining associates regarding scheduling, staffing, and in-services

Morrison Community Living, Topeka, KS

August 2017-July 2019

Nutrition Care Manager, Aldersgate Village

- Provided clinical nutrition services and education to sub-acute rehab patients and long-term care residents
- Maintained good client relations by adhering to regulatory compliance, presenting “Superfood” information in collaboration with the chef during Teaching Kitchen programs, and participating in community events
- Assisted in supervision of 30+ dietary department comprised of kitchen staff and dining associates
- Oversaw and trained dietetic interns from Kansas State University in foodservice management and clinical nutrition
- Supported Morrison Community Living facilities in Wichita, KS and Tulsa, OK with interim-basis clinical nutrition services under direction of Regional Director of Operations and Regional Vice President

Aramark, Black Mountain, NC

May 2017-August 2017

Camp Rockmont, Dietary Specialist

- Ensured safety of campers with allergies and dietary restrictions while planning appropriate meals and substitutions

Aramark Higher Education, Hickory, NC

July 2016-May 2017

Lenoir Rhyne University, Catering/Foodservice Worker

- Performed serving and cleaning duties while following ServSafe guidelines and ensured customer satisfaction

Carolinas Healthcare System, Lincolnton, NC

August 2016-April 2017

Dietetic Intern

- Trained in Nutrition-Focused Physical Exam and malnutrition
- Co-authored newsletter articles on malnutrition in hospital-wide and physician newsletters
- Involved in planning and execution of hospital-wide Sodexo Mindful wellness program launch
- Organized and marketed National Nutrition Month program for staff education
- Created themed meal in retail cafeteria and oversaw planning, purchasing, and production

Appalachian State University, Boone, NC

August 2015-May 2016

Graduate Research Assistant

- Sought and reviewed appropriate articles for inclusion in literature reviews and manuscripts

University of Rhode Island, Kingston, RI

January 2015-May 2015

Undergraduate Teaching Assistant

- Facilitated lab activities and presentations in collaboration with course graduate instructors and professor

Education

Appalachian State University, Boone, NC

May 2017

Master of Science, Nutrition; Dietetic Internship

GPA 3.88/4.0

Research Project: *Dietary diversity analysis of a food supplementation program among food insecure HIV-infected adults living in central Kenya*

University of Rhode Island, Kingston, RI

May 2015

Bachelor of Science, Nutrition and Dietetics

GPA 3.40/4.0

Organizations: Order of Omega Greek Affiliated Honor Society, Alpha Xi Delta Fraternity, Nutrition Club

National Student Exchange: University of Hawai'i at Manoa, Fall 2013

Credentials and Licensure

Academy of Nutrition and Dietetics Registered Dietitian #86026121

Kansas Licensed Dietitian #2271; Oklahoma Licensed Dietitian #2343; Florida Licensed Dietitian #9264