

AMY ILLOVSKY

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EDUCATION

Master of Science: Family and Consumer Sciences

Illinois State University – Normal, IL

Thesis: *Food insecurity among midwestern university students living off campus*

Spring 2019

GPA: 3.900

Bachelor of Science: Dietetics

Western Illinois University – Macomb, IL

Spring 2017

GPA: 3.939

Bachelor of Arts: Religious Studies

Western Illinois University – Macomb, IL

Spring 2012

GPA: 3.701

CREDENTIALS AND MEMBERSHIPS

Credentials: Registered Dietitian (RD) by the Commission on Dietetic Registration

Summer 2020

Memberships:

Fall 2020

- Academy of Nutrition and Dietetics (AND)
- Dietitians in Medical Nutrition Therapy - Dietetic Practice Group (DMNT-DPG)
- Oncology Nutrition - Dietetic Practice Group (ON-DPG)
- Association of Diabetes Care and Education Specialists (ADCES)

DIETETIC INTERNSHIP

Normal, IL

Fall 2018 – Spring 2019

Clinical Rotations

- Performed nutrition-focused physical exams, provided nutrition education to patients and caregivers, calculated TPN and tube feed recommendations, and applied the Nutrition Care Process to provide medical nutrition therapy at OSF St. Joseph Medical Center (OSF-SJMC) and Memorial Medical Center in Springfield in coordination with the inpatient multidisciplinary team
- Presented case studies on a wide range of conditions
- Conducted research with a fellow intern to determine customer satisfaction, acceptability, and compliance of consuming Juven supplements at OSF-SJMC
- Adhered to federal, state, and Joint Commission care standards for nutrition care

Community Rotations

- Conducted assessments, charting, and nutrition counseling utilizing motivational interviewing at Illinois Cancer Care and WIC
- Distributed free nutrition supplements and coupons to cancer patients at Illinois Cancer Care
- Created education materials for an outpatient breast cancer group and an HIV clinic via Hult Center for Healthy Living
- Designed educational handouts, farmers' market promotional materials, and presented an in-service nutrition lesson at WIC

Foodservice Rotations

- Created nutrition education materials for Event Management, Dining, and Hospitality (EMDH) at Illinois State University
- Utilized food safety practices; prepared food for events; and participated in food costing, inventory, and procurement
- Worked various roles at OSF-SJMC (tray running, expediting, baking, cooking, serving, and dishwashing)
- Conducted tray audits at Westminster Village's long-term care facility and OSF-SJMC for quality assurance

Community Garden Leadership Project

- Grew, maintained, and harvested vegetables from a community garden
- Donated the harvested vegetables to a local homeless shelter

WORK EXPERIENCE

Illinois State University – Normal, IL

Research Graduate Assistant

Fall 2017 – Spring 2018

- Located research articles, helped edit a thesis, and assisted in creating PowerPoint presentations
- Substitute taught a class and input student grade data
- Assisted in preparing materials and updated dietetic internship website for dietetic internship program accreditation renewal

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Chipotle – San Francisco, CA

Crew Member

Summer 2016

- Assembled/served meals, fried chips, and provided customer service
- Applied appropriate food safety practices and maintained a clean work environment

VOLUNTEER WORK

Camp Granada (sponsored by the American Diabetes Association) – Monticello, IL

Summer 2018

Diabetes Camp Dietetic Intern Volunteer

- Individually planned meals with the cabin's campers, recorded actual intake, provided food, measured glucose, and coordinated with other staff to determine insulin and carbohydrate recommendations for children with type I diabetes
- Learned and practiced how to inject insulin with a syringe and how to place an insulin pump on self

McDonough District Hospital – Macomb, IL

Hospital Volunteer

Summers 2006-2014, 2016

FOOD SERVICE AND GIFT SHOP

- Cleaned, cut, and prepared produce as compliant with food safety standards
- Appropriately labeled, packaged, and stored food items
- Acquired cashier skills, sold items, and provided customer service
- Applied designated security measures

HOSPITAL ESCORT SERVICE AND PUBLIC RELATIONS

- Guided patients and guests to their destinations within the hospital
- Delivered laboratory specimens and documents per hospital policy
- Answered phone calls, redirected calls, and recorded messages
- Helped design event flyers for the hospital

HISTOLOGY AND TRANSITIONAL CARE UNIT

- Scraped off excess wax from specimen slides and placed slides in designated histology areas
- Maintained patient confidentiality per HIPAA policy
- Provided patients with ice and conversed with patients to foster a welcoming atmosphere in the TCU
- Designed bulletin board for unit staff and patients in the TCU

Western Illinois University – Macomb, IL

Oncology Cooking Class Volunteer

Spring 2017

- Student coordinated with McDonough District Hospital to hold a cooking course
- Assisted oncology patients with preparing the recipes

Student Association for Nutrition Education (SANE) Volunteer

Fall 2016-Spring 2017

BIG BROTHERS BIG SISTERS

- Coordinated with other members to create a menu and recipes as vice president of the SANE Volunteer Committee
- Aided children during cooking class as needed and ensured safety

HY-VEE HEALTH BUS

- Assisted in advertising the wellness-promoting event to students on campus
- Distributed food samples to students and answered nutrition-related questions

FUNDRAISERS

- Coordinated with Buffalo Wild Wings to donate 10% of purchases with meal tickets
- Created, packaged, and sold treats for Valentine's Day

Nutrition Tutor Volunteer

Fall 2016

- Tutored a student enrolled in WIU's Introduction to Nutrition (NUTR 109) course
- Answered student questions and helped review before tests utilizing visual, verbal, and written skills

Western Illinois University Hotline Volunteer

Fall 2011-Spring 2012

- Provided paraprofessional counseling to anonymous callers
- Documented sessions and corresponded with fellow volunteers and supervisor to improve caller experiences