

2016-2017 Annual Nutrition Alumni Panel

Wednesday, January 25, 2017, 5:00-7:00pm ♦ Teachers College, Everett Lounge

Please join us for a discussion with Program in Nutrition graduates who have established themselves in different areas of our field. Learn more about the panelists below, who will share how they built on their experiences at Teachers College to achieve their career goals. Refreshments and light snacks will be served.

	<p><u>MORGAN BOOKHEIMER, MS, RD</u>, is a Health & Wellbeing Nutrition Fellow at NewYork-Presbyterian Hospital. Her work focuses on planning and implementing wellness programming for over 40,000 NYP employees at 7+ hospital sites. Morgan also works as a Virtual Nutrition Specialist for Virtual Health Partners, where she conducts telephonic nutrition counseling and group education classes for the bariatric surgery and gastric balloon patients. Morgan also serves as a nutrition and social media consultant at SuperKids Nutrition and other organizations. Morgan completed her BS in Nutritional Sciences from Cornell University in 2013 and her MS in Nutrition & Public Health as well as her Dietetic Internship at Teachers College in 2016. Contact her at mtb2142@tc.columbia.edu.</p>
	<p><u>TIFFANY CHAG</u> is a performance coach and registered dietician at the Hospital for Special Surgery. She is also a personal trainer and owner of Tiffany Chag Training. A Certified Strength and Conditioning Specialist (CSCS), she holds her personal training certification through the National Academy of Sports Medicine and is a CHEK certified holistic lifestyle coach. She has delivered presentations on nutrition and fitness at the TCS New York City Marathon, Fordham University, Boston University, the Clinton Foundation, and St Francis College, among others. She completed her master's degree in nutrition and exercise physiology at Teachers College.</p>
	<p>After several years in the NYC art gallery world, <u>KATIE LEONARD</u> returned to school to receive a MS in Nutrition Education and to complete the Dietetic Internship at Teachers College. She now lives in Brooklyn and has just started work at the Urban Health Plan Adolescent Health and Wellness Center in the South Bronx. Particularly inspired by the Nutrition Ecology course at TC, Katie infuses her work with NYC youth with an awareness of our place in the food system.</p>
	<p><u>JENNIFER ROBERTS</u> is a Registered Dietitian and Senior Director of Nutrition Communications with the Compass Group Business Excellence team where she develops nutrition and wellness programs and promotions, coordinates strategic partnerships and collaborates with sector nutrition leaders. Prior to joining Compass Group in 2005, Jennifer worked for a variety of community based healthcare organizations. Jennifer received an MS in Nutrition and Exercise Physiology from Teachers College, Columbia University and a BS in Nutrition and Food Science from Hunter College.</p>
	<p><u>CARRIE RUSSO, MA, MS, RD</u> is a clinical dietitian at Amsterdam Nursing Home, a 400-bed sub-acute and long-term care facility near Morningside Heights. Her responsibilities include conducting initial, quarterly, and annual nutritional assessments, attending interdisciplinary care plan meetings, and monitoring the nutritional status of residents. She also works with the Adult Day Care program at ANH and teaches nutrition classes to participants monthly. Carrie is a current doctoral student in the Nutrition Education Ed.D Program at Teachers College. Her dissertation research is focused on Celiac Disease and how families navigate the gluten-free diet. She received her MS in Nutrition Education and completed the TC Dietetic Internship in 2016.</p>
	<p><u>CASEY SIEGEL</u> is a Registered Dietitian practicing at The Children's Hospital at Montefiore. Since completing her Masters in Nutrition and Exercise Physiology and Dietetic Internship at Teacher's College in 2015, she has enjoyed developing strong clinical skills with a varied and challenging patient population. Her current primary focus and unit coverage include pediatric hematology/oncology and adolescents though she is excited about expanding her ketogenic practice in conjunction with CHAM's epilepsy unit. She is also beginning to prepare for the Certified Nutrition Support Clinician exam in the spring of 2017. Casey is also an active member of the Greater New York Dietetic Association's Public Relations committee. In her free time, Casey will likely either be cooking in her kitchen or looking for the next new restaurant to try.</p>
	<p><u>DR. CHINARA TATE, PHD, RD, MS</u> is a licensed registered dietitian at Mt. Sinai St. Luke's Hospital and East Coast Aesthetics (Private Practice). Applying evidence based practice, Chinara creates individualized nutrition plans for private clients who range in health status from the critically ill to young professionals devoid of any medical problems. She completed her MS and Dietetic Internship at TC. She recently also completed her PhD in the nutrition program by conducting a study in which she integrated neuroscience and nutrition to examine whether placing middle school students on a healthy diet would improve their cognitive performance. She is currently participating in research projects related to obesity, bariatric surgery and the effect of weight loss on neurocognition and brain activity. Her research interests include neuroscience, cognition and nutrition.</p>