

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 2013 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 14 years, approximately 74 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 and the Summer Lunch Program. Other opportunities interns may experience include: diabetes/prevention, nutrition education, WIC, outpatient counseling, long-term care, maternal child health, food service, community nutrition displays, and clinical work. 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 up to 3-4 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. **Students are encouraged to purchase student liability insurance from the ADA on their own.**

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: March 1, 2013**
- Arrive in Nome: May 26-27
- Orientation & Training: May 28-June 7
- Summercise Dates: June 10-July 25
- Leave Nome: July 31
- **Total Summercise Commitment: May 26 – July 31, 2013**

How do you apply?

Please send the listed application packet via email to Kelly Keyes, RD, LD, CDE at Summercise@nshcorp.org, fax, or mail by March 1, 2013. All application materials must be sent as either a Microsoft Word Document or 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 Kelly Keyes, RD,LD, CDE via Summercise@nshcorp.org, fax, or mail.

Do you have questions about Summercise?

You can contact the following staff for questions or concerns. The following people will be your leaders in this process:

Kelly Keyes, RD, LD, CDE: CAMP Director - Questions about application or the program. Please contact Kelly at kkeyes@nshcorp.org or (907) 443-3480

Megan Timm: Summercise Coordinator - Questions about Summercise program, typical day, nutrition projects, and more. Please contact Megan at mflanagan@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 Program Director (Certified Diabetes Educator), Diabetes Nurse Case Manager, Diabetes Dietitian (Registered Dietitian), Diabetes Prevention Program Coordinator (Registered Dietitian), Prevention Program Coordinator, and Data Coordinator/Secretary. 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 and Summer Lunch. Other nutrition experience may include: diabetes/prevention, WIC, outpatient counseling, maternal child health, community nutrition displays, and some clinical work. 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 country side 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 to find out about the city of Nome, to visit the local newspaper, 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
- Flash drive
- Sleeping bag
- Camping gear (you may be able to borrow gear from people as well)
- Cell phones (most cell phone carriers have service here)
- Calling card if you don't have a cell phone

SUMMERCISE APPLICATION: INFORMATION SHEET

Application Instructions:

1. Application Due date: March 1, 2013
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 **Kelly Keyes, RD, LD, CDE** at
 - Summercise@nshcorp.org (PREFERRED METHOD), OR
 - Fax: (907)-443-4571, OR
 - Mail: (Please note that mailing via postal service may take over 2 weeks for delivery)

NSHC-CAMP department

Attn: Kelly Keyes

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 Kelly Keyes via email, fax or mail.
6. If you do not receive a response within 24 hours of submitting your application, please follow up to confirm that we have received your application. You may contact Kelly Keyes by email or call (907) 443-3480. Please note that all communication regarding the application will be done via email.

CURRENT CONTACT INFORMATION:

NAME:	DATE:
COLLEGE/UNIVERSITY:	YEAR IN COLLEGE/YEAR GRADUATED :
CURRENT MAILING ADDRESS:	MAJOR/DEGREE EARNED:
EMAIL ADDRESS:	PHONE NUMBER:

REFERENCES:

Name	Title & Organization	Phone Number/Email

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 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.

- ____ Beginning cooking and kitchen skills
- ____ Beginning dance and tumbling
- ____ Beginning soccer and other ball skills
- ____ Coordinated gym games
- ____ Healthy nutrition
- ____ 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.

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|----------------------------|--|
| • ____ Backcountry Cooking | • ____ Self Defense |
| • ____ Ballet | • ____ Soccer |
| • ____ Basketball | • ____ Softball/Baseball |
| • ____ Biking | • ____ Swimming Lessons |
| • ____ Cheerleading | • ____ Tennis/Raquetball |
| • ____ Cooking | • ____ Track & Field |
| • ____ Cultural Cooking | • ____ Volleyball |
| • ____ Dance | • ____ Yoga |
| • ____ Floor Hockey | • Other - please list and explain any other creative and unique class you would like to teach: |
| • ____ Football | _____ |
| • ____ Gardening | _____ |
| • ____ Gymnastics | _____ |
| • ____ Hiking | _____ |
| • ____ Hip Hop | |
| • ____ Nutrition Education | |
| • ____ Outdoor Survival | |
| • ____ Scavenger Hunts | |

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? All housing needs (toilet paper, dish soap, etc. are covered). Transportation to and from Alaska and housing is covered.

Please Choose: YES NO

7. Your housing could be one of the following situations: (1) Share and apartment/house with other interns and most likely share a room with another intern or (2) have a room within a “family host”. Are you comfortable with these living situations?

Please Choose: YES NO