



2021 Summercise Internship

Norton Sound Health Corporation: Nome, Alaska

Who we are:

The Chronic Care Active Management and Prevention (CAMP) program is a disease prevention health promotion department at Norton Sound Health Corporation (NSHC). The department is funded by Special Diabetes Program for Indians (SDPI) through IHS. The team consists of Registered Dietitians, Tobacco Quit Coaches, Lactation Counselors and other health educators who may provide mentorship throughout the internship. We are a team that values excellent communication, positive teamwork, and high-quality customer service.

What we are looking for:

We are looking for energetic and creative individuals looking for an experience teaching youth about healthy living. Norton Sound Health Corporation located in Nome, Alaska is recruiting 6-8 college interns for the summer of 2021 to coordinate the award-winning program, *Summercise*. Recognized by the American Diabetes Association for the John Pipe Voices of Change Award for Innovation, Summercise is a nutrition education and physical fitness program for the youth of the Norton Sound region. Over the past 20 years, approximately 160 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, including outdoor activities and traditional foods.

Summercise is held at the Nome Recreation Center and is an inspiring program to provide nutrition education and get youth active throughout the summer. Summercise interns lead all aspects of Summercise. Interns will also be a mentor to high school assistants who will assist with the classes you are leading and teaching. Summercise is broken up into two groups; 5- & 6-year old's and 7 and up.

What do we consider a good candidate?

- **Working with Children:** Students should enjoy and have a strong background and experience working with large groups of children ages 5-12. This can include summer camps, after school programs, coaching, boys and girls club, etc.
- **Nutrition & Health Knowledge:** Students should be pursuing an undergraduate program in one of the following areas:
 - Nutrition and Dietetics
 - Exercise Physiology
 - Other preventative healthcare fields
- **Leadership Qualities:** professional behavior, strong value set, good role model, ability to motivate and inspire, teamwork, positive energy, maturity and the ability and willingness to mentor a high school student

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Providing quality health services and promoting wellness within our people and environment.

- **Initiative:** self-starter, independent thinker, creative, problem-solver, ability to multi-task, culturally sensitive, open-minded, and motivated to learn
- **Working within a Team:** Experience working within a team is highly encouraged. This may include sports teams, leadership teams, committees and clubs, etc.
- **Physical Fitness:** Only students with demonstrated abilities to teach physical fitness in addition to nutrition/health knowledge will be considered. Physical fitness is not limited to specific sports or activities. Be creative!
- **High Priorities:** Instructors for swimming/lifeguards, experience in the outdoors, dance/gymnastics/cheerleading, ball sports, cooking classes, experience in a specialty sport or activity, and many more. We are always looking for new things to offer the kids.

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 pass to the recreational center in Nome, and be given a weekly stipend for food. Interns will also be able to eat free at the hospital Monday through Friday for breakfast and lunch. You will likely be sharing housing and/or a room with another Summercise intern or NSHC staff. Your housing will be fully furnished with kitchen supplies, furniture, beds, bed linens, washer and dryer, and internet. A two-week training session will be provided.

This internship may offer many exciting community nutrition experiences through the Summercise program. These opportunities may include: diabetes management and prevention, nutrition education, WIC, outpatient counseling, long-term care, health fairs and community screenings, maternal and child health, foodservice, community nutrition displays, and public service announcements.

Summercise Intern Expectations and Priorities:

1. Summercise coordination
2. CAMP events and projects for health promotion and disease prevention
3. Unscheduled tasks assigned by CAMP staff
4. Weekly rotations and assignments
5. Community collaboration/partnership/volunteerism

Important Dates:

**Note all dates tentative and subject to change, dates are set to accommodate current COVID19 quarantine requirements*

- **Applications Submission Start Date: December 7th, 2020**
- **Due Date for Summercise Application: February 19th, 2021**
- Phone/ZOOM interviews: March 1st – 5th, 2021
- Arrive in Nome: Between May 17th - 24th (Memorial Weekend)
- Orientation & Training: May 25th – June 4th
- Summercise Dates: June 7th – July 25th
- Leave Nome: August 9-11, 2021
- **Total Summercise Commitment: May 17th – August 11th**

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How do you apply?

Visit our website at <https://www.nortonsoundhealth.org/services/community-health-services/camp/summercise/> to find the 2021 Summercise Application

Application Requirements:

1. Applications will be accepted: December 7th, 2020 – February 19th, 2021
2. Application Due Date: February 19, 2021 at 11:45PM
3. Cover Letters & Resumes MUST be uploaded in PDF format via dropbox (link at the end)
4. Letters of recommendation should be sent 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 summercise@nshcorp.org via email.
5. If you do not receive a response within 72 hours of submitting your application, please follow-up to confirm that we have received your application.
6. This is a lengthy application. It will not allow you to save and go back to complete it. We recommend saving your answers in a word document as you go through in case of internet failure or if you must restart the application for any reason. We are not responsible for any lost work.

Do you have questions about Summercise?

Nicole Santonastaso, RDN, LD, IBCLC, CDCES: Prevention Program Supervisor and Summercise Director - Questions about Summercise program, typical day, nutrition projects, etc. can be emailed to summercise@nshcorp.org or contacted by phone at (907) 443-3365.