



Nutrition & Health Summercise Internship

Norton Sound Health Corporation: Nome, Alaska

*The 2018 Summercise Internship is contingent on reauthorization of the SDPI diabetes grant.

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 will 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:

Are you an energetic and creative individual looking for an experience of a lifetime? Norton Sound Health Corporation located in Nome, Alaska is recruiting 6-8 college interns for the summer of 2018 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 17 years, approximately 110 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. Students may also visit remote villages to provide community health education.

This internship will 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. You will also be a mentor to high school assistants who you will work with during the summer.

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 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.

Summertime Intern Expectations and Priorities:

1. Summertime 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

What do we consider a good candidate?

- 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
- Initiative: self-starter, independent thinker, creative, problem-solver, ability to multi-task, culturally sensitive, open-minded, and motivated to learn
- 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
- Working with Children: Students should 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.
- Working in 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. (Please indicate if you have any special skills in any kind of physical activity.)

Important Dates:

- **Applications Submission Start Date: December 15th, 2017**
- **Due Date for Summertime Application: February 2nd, 2018**
- Arrive in Nome: May 27th or 28th (Memorial Weekend)
- Orientation & Training: May 29th – June 8th
- Summertime Dates: June 11th – July 26th
- Leave Nome: August 2nd
- **Total Summertime Commitment: May 27th – August 2nd**

How do you apply?

Please send the listed application packet via email to Summercise@nshcorp.org addressed to Bailey Martin, RD, LD and Stephanie Stang, MS, RD, LD by February 2nd, 2018. All application materials must be sent as either a Microsoft Word Document or PDF attachment. Typed applications preferred.

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: 1 page
- Completed Summercise Questionnaire
- 2 Letters of Recommendation - Can be sent with your application or directly from the person submitting the recommendation. Ensure that the person submitting the recommendation puts your name in the letter. Recommendation letters are to be sent to Summercise@nshcorp.org addressed to Stephanie Stang, MS, RD, LD and Bailey Martin, RD, LD.

Do you have questions about Summercise?

Stephanie Stang, MS, RD, LD or Bailey Martin, RD, LD: Summercise Directors - Questions about Summercise program, typical day, nutrition projects, etc. can be emailed to Summercise@nshcorp.org or contacted by phone at (907) 443-3365.