

**Mentoring Application: Mentor**

Date: 4/12/09

Please complete this application form and email to [kda\\_exec@dietetics.org](mailto:kda_exec@dietetics.org) for posting on the KDA website.

<b>Name:</b>	Roxanne Bell MS, RD, LD.
<b>Email address:</b>	Roxanne.bell@usd305.com
<b>Credentials</b> (e.g.: DTR, CDE, RD)	MS, RD, LD.
<b>Years of Dietetics Practice</b>	20

**Select your Mentoring Interest** (You may choose more than one)

I am interested in becoming a **Traditional Mentor**, and can make a one semester commitment to answer questions, provide resources, or offer guidance to mentees.

I am interested in becoming a **KDA Position Mentor**. I am a current officer of the Kansas Dietetic Association and am interested in teaching students about becoming a leader in the organization.

How many individuals at a time can you mentor? 1**Areas of Practice/Skills For Mentoring (Please check all that apply)**

Internship Selection		Sales		Business & Industry		Public Speaking	x	General Clinical	x	Cardiac		Burns	
Food Service Management		Teaching	x	Publishing		Marketing		Wt Mgmt	x	Oncology		Pediatrics	x
Diet Tech		Research		Computers		Consulting		Clinical Mgt		Diabetes		Nutr. Support	
School Food Service	x	Administration		Public Health WIC	x	Sports Nutrition		Rehab		NICU		Geriatrics	

**Other** Areas of expertise, hobbies/skills which you can use when mentoring :

Parent Education Meetings for Head Start Families, Cooking Schools/Demonstrations, Nutrition assessments, diagnosis, therapy for our pediatric population and their families. Provide direction to family consultants, teachers, nursing staff through newsletters, trainings, and nutrition screening questionnaires. Home visits with low income families will provide expertise in counseling techniques with families using Motivational Interviewing. Community Nutrition focusing on weight loss with balance diet and increased activity on an extremely tight budget/ food stamps/WIC. Creating quantity recipes for special diets that include gluten intolerance, low sodium, pureed, lactose intolerance, autism, allergies.

Your goals for being a mentor:

Community nutrition for families with low income or disabilities and childcare partners is a challenging area for Registered Dietitians, and knowledge of what works and what doesn't is imperative to be effective with this group. If this is an area you want to work in, or think you might be thrown into someday, then spend time working in the field first to learn the ropes before you hit the fire. The pay is not great, the disappointments are many, but the rewards will be some of the greatest joys you will ever know.

Current Job Title:

Nutrition Specialist, Registered Dietitian  
Adjunct Instructor, Cloud County Community College

ADA#

xxxxx

\* You must be a KDA member to be a mentor

Primary Job Responsibility:

Employed by Heartland Head Start Program, USD 305 to assess nutritional needs of our enrolled children, families, staff and provide direction to meet those needs in whatever way feasible. Heartland Programs is very supportive of my efforts and direction to meet nutrition needs through education such as: medical nutrition therapy, writing of regular and special menus, new recipes, newsletter articles, participation in community wellness committees, hands-on trainings that bring families, staff and community volunteers together to share expertise.

Any comments:

Past students have brought a wealth of talent to our program with their new ideas. Heartland programs welcomes students and hopefully they leave with a new perspective of medical nutrition therapy in low income and/or disabled populations.

By affixing your initials hereto you agree to waive any and all legal rights of any kind whatsoever direct or implied against the Kansas Dietetic Association, which may arise from your activities in the Professional Mentoring Program

**Initial verification here:** rb

Please copy this form and paste into an email or send as an attachment to Melissa Haug ([msh6655@ksu.edu](mailto:msh6655@ksu.edu)) or posting on the KDA website.