

## **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 2010 to operate the award-winning program called, *Summercise*. Summercise is a nutrition education and physical fitness program for youth in the Norton Sound region. Over the past 10 years, approximately 45 students from around the US have come to Nome and learned about the Alaska native culture, the Alaskan outdoors, and community nutrition/health. Students may also fly to remote Eskimo 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, WIC, outpatient counseling, long-term care, maternal child health, community nutrition displays, and some 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 an apartment with up to 4-5 other nutrition interns and most likely you will share a room with another intern. Your apartments 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 (bring calling cards). 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
- 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, 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 15, 2010**
- Arrive in Nome: May 22-24
- Orientation: May 24-28
- Training: June 1-June 4
- Leave Nome: July 28-30
- **Total Summercise Commitment: May 24-July 30, 2010**

**How do you apply?**

Please send the listed application materials via mail, fax or email to Rahnia Parker by March 15, 2010 (only send one way):

**(1) Mail to: Norton Sound Health Corporation; CAMP Department, PO Box 966; Nome, AK 99762 (Please be aware that mailing takes a long time- recommend Priority)**

**(2) Fax: (907) 443-4571 or**

**(3) Email: [rparker@nshcorp.org](mailto:rparker@nshcorp.org)**

**Please send the following as your Application Packet:**

- 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)
- Letter(s) of recommendation highly encouraged

### ***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, Diabetes Nurse Case Manager, Diabetes Dietitian (Registered Dietitian), Prevention Program Coordinator, Data Coordinator and 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 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/Exercise Science 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, school teachers, 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 weekend work required. Summercise hours are 1-5 pm Monday through Thursdays and interns will be expect 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, out patient counseling, maternal child health, community nutrition displays, and some clinical work. Interns may also fly to remote villages on small plane to provide community health education.

#### More about Nome, Alaska:

Nome is a secluded arctic town and it can be hard to come by resources. 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 just 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 to Nome from Anchorage. 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 like said earlier 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 out 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 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 are available. We also have a strong 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](http://www.nomealaska.org) to find out about the city of Nome. To visit the local newspaper: [www.nomenugget.com](http://www.nomenugget.com) or to visit a site on activities in Nome try: [www.bush907.com](http://www.bush907.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. Your apartment will be located a few blocks from where you will be working.

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 warm days (shorts, capris, tank-tops, short sleeve shirts)
- Rain gear (including: Rain boots (Rubber boots), rain jacket, water proof pants, water proof hiking boots)
- Towels
- Swim gear
- 1-2 pairs of khakis or casual work clothes
- Bring active wear for Summercise (Work out like clothes/pants)
- Jeans that don't have holes in them are appropriate for work here
- Lap Top Computer Recommended if you have one
- Sleeping bag
- Camping gear (you may be able to borrow gear from people as well)
- Cell phones (we do have service in Nome)
- Calling card if you don't have a cell phone

# SUMMERCISE APPLICATION: INFORMATION SHEET



**PO BOX 966  
Nome, Alaska 99762  
(907)443-3365**

## **Application Instructions:**

1. Application Due date: March 15, 2010
2. Please send in the following: application information sheet, cover letter, resume, and Summertime Questionnaire. Letter(s) of recommendation highly encouraged.
3. Please send the application to Rahnia Parker by one of the following methods:
  - Mail to: Norton Sound Health Corporation; CAMP Department; Attn: Rahnia Parker; PO Box 966; Nome, AK 99762. (Please take into consideration that mailing can take a really long time to reach Nome- Recommend to send by Priority Mail)
  - FAX to (907) 443-4571
  - Email to: [rparker@nshcorp.org](mailto:rparker@nshcorp.org)
4. Please only choose one of these options to send in your application. If you want to follow up to assure that we received your application you can either email confirmation to Rahnia Parker or call at (907) 443-3480.

## **CURRENT CONTACT INFORMATION:**

<b>NAME:</b>	<b>DATE:</b>
<b>COLLEGE/UNIVERSITY ATTENDING:</b>	<b>YEAR IN COLLEGE:</b>
<b>CURRENT ADDRESS:</b>	<b>PHONE NUMBER:</b>
<b>EMAIL ADDRESS:</b>	

## **REFERENCES:**

<b>Name</b>	<b>Title &amp; Organization</b>	<b>Phone Number/Email</b>

**Summertime 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 1 to 2 sentences.

Nutrition Class:

---

---

---

Physical Fitness Class: (Sports class, exercise, etc. Any class that emphasizes your experience)

---

---

---

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. If you were teaching 5-6 year olds, underline, highlight or bold classes that you would feel comfortable teaching:**

- Kids in Motion: Random coordinated group activities
- Swimming lessons
- Kicks for kids (soccer)
- Healthy Snacks for kids
- Beginning Dance
- Parachute games
- Electric Bread for Kids (colored dough with bread machines)
- Obstacle courses
- Other - please list and explain any other ideas you have for the 5-7 year old age group:

---

---

**2. If you were teaching kids 7 and up, please indicate the activities that you know or would enjoy teaching:**

- |   |  |
|---|--|
| <ul style="list-style-type: none"><li>• Basketball</li><li>• Clue for a Healthy You (outdoor healthy scavenger hunt)</li><li>• Volleyball</li><li>• Cultural Cooking</li><li>• Cooking Classes</li><li>• Soccer</li><li>• Softball</li><li>• Backcountry Cooking (Cooking outdoors)</li><li>• Open Swim/swimming lessons</li><li>• Outdoor Adventures (hiking or berry picking)</li><li>• Dance classes (list the type of class you would be comfortable teaching, for example hip hop, jazz, ballet, etc.)</li></ul> | <ul style="list-style-type: none"><li>• Kayaking</li><li>• Gardening</li><li>• Gymnastics</li><li>• Football</li><li>• Track and Field</li><li>• Cheerleading</li><li>• Yoga</li><li>• Tennis</li><li>• Drill Team</li><li>• Self Defense Class</li><li>• Other - please list and explain any other creative and unique class you would like to teach:<br/>_____<br/>_____</li></ul> |
|---|--|

**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      8 years & up      No preference

**5. Are you comfortable with our food system? You will receive a meal ticket and may frequent the hospital cafeteria anytime 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