



Hebrew  
Rehabilitation Center

Hebrew SeniorLife



HARVARD MEDICAL SCHOOL  
AFFILIATE



# Dietetic Internship Program



The Hebrew Rehabilitation Center (HRC) Dietetic Internship offers two tracks. The first is a 10-month, full-time track running from September to June for 8 interns. The second track is 22 months, part-time running from September to June for 3 interns, including a 2-month break in between the first and second year. Both tracks provide training in a long term chronic care hospital with a focus on the aging population and clinical rehabilitation. We provide interns with a supervised practice experience designed to provide a strong theoretical knowledge base with practical experiences in sub-acute clinical nutrition, outpatient nutrition services, community nutrition, food service management, skilled nursing, and long-term medical

care. Graduates of the program are eligible to sit for the Commission of Dietetic Registration credentialing examination for Registered Dietitians (RD).

The HRC Dietetic Internship has been granted candidate status by the Accreditation Council for Education in Nutrition and Dietetics (ACEND), 120 South Riverside Plaza, Chicago, IL 60606, 312-899-5400, <https://www.eatrightpro.org/acend>, a specialized accrediting body recognized by the Council for Higher Education Association and the United States Department of Education.

In order to successfully complete this program, the following graduation requirements must be met:

- Complete all rotation-related paperwork
- Act professionally in accordance with the code of ethics for the profession of dietetics
- Make up for lost time due to excessive sick days or approved leave of absence
- Complete all requirements for graduation including supervised practice time within a total of 15 months for full-time and 33 months for part-time
- Complete all assignments and projects
- Pay tuition in full
- Meet all competencies for the program

Upon completion of the program, dietetic interns receive a signed Verification Statement indicating they are eligible to take the registration examination for dietitians as administered by the Commission on Dietetic Registration ([www.cdrnet.org](http://www.cdrnet.org)), and qualify for active membership in the Academy of Nutrition and Dietetics.

Once the dietetic interns pass the exam, they are then eligible to apply for licensure in Massachusetts ([www.mass.gov](http://www.mass.gov)). If licensure is being sought in a different state, the new RD should obtain information on licensure requirements from that state's licensure board.

### **The Mission, Goals and Objectives:**

The Hebrew Rehabilitation Center Dietetic Internship's mission is to prepare graduates by providing the tools to care for the growing population of older adults in hospital settings. The program will provide an emphasis in geriatric nutrition and food service management to help raise the standards in senior health care.

#### **Goal 1: The graduates will become entry-level dietitian nutritionists.**

Objective 1 Full-Time Track: At least 80 percent of graduates will complete the program requirements within 15 months.

Objective 1 Part-Time Track: At least 80 percent of graduates will complete the program requirements within 33 months

Objective 2: Of graduates who seek employment, 75 percent are employed in nutrition and dietetics or related fields within 12 months of graduation.

Objective 3: The program's one-year pass rate (graduates who pass the registration exam within one year of first attempt) on the CDR credentialing exam for dietitian nutritionists is at least 80 percent.

Objective 4: 80 percent of program graduates take the CDR credentialing exam for dietitian nutritionists within 12 months of program completion.

**Goal 2: The graduates will be prepared to care for the growing population of older adults.**

Objective 1: At least 75 percent of program graduates who sought employment in nutrition and dietetics or related fields will be employed within 12 months of graduation and at least 50 percent going into the field of geriatrics.

Objective 2: At least 75 percent of employers, responding to the employer survey, will indicate the graduates were adequately prepared for entry-level practice.

Program outcomes data is available upon request.

Licensed registered dietitians (RDN) are the only health care professionals trained in nutrition science. To become a dietitian, one must complete a bachelor's or master's program and complete a supervised clinical dietetic internship, accredited by ACEND.



**Training Program**

**Clinical:** Hebrew SeniorLife, the parent organization of Hebrew Rehabilitation Center, is the only senior health care organization affiliated with Harvard Medical School. The DI will experience patients with complex medical conditions in the Rehabilitation Services Unit and the Medical Complex Unit. HRC's long-term chronic care provides person-centered care for patients with chronic illness. The nutrition care process will be utilized in all areas.

**Community:** Interns will have the chance to learn about private and federally funded nutrition programs.

**Food Service Management:** This rotation provides the DI with experiences in menu management, procurement, tray line production, kosher laws, therapeutic and consistency restricted diets, quality improvement, marketing, catering, and a special meal event.



**Research:** This rotation allows interns to gain exposure in nutrition and geriatric research at one of the largest gerontological research facilities in the U.S.

**Ancillary/Outpatient:** Interns will work in the outpatient setting to focus on nutrition counseling and education. Areas will include general outpatient, functional nutrition, wellness, and National Nutrition Month.

**Plan Your Own:** With the guidance of the DI director, interns can arrange an experience of their choice.

**Our Services**

Under our hospital license, we offer geriatric specialty care for seniors with chronic medical needs in a therapeutic and healing environment. We provide the highest quality evidence-based nutrition care for our patients.

Our skilled nursing facility provides a well-rounded interdisciplinary approach to care for patients who require short-term skilled nursing care and/or sub-acute rehabilitation following an acute hospital stay.

Hebrew SeniorLife Medical Group practitioners take a holistic approach to outpatient wellness, ensuring patients' physical, social, and spiritual needs are considered in care plans.

**Program Leadership**

The HRC Dietetic Internship Program Director is Alegria Cohen, MS, RD, LDN.

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For questions about the program, Alegria can be contacted at: 1200 Centre St. Roslindale, MA 02131, Phone: 617-363-8248, Email: [AlegriaCohen@hsl.harvard.edu](mailto:AlegriaCohen@hsl.harvard.edu)

## Program Fees

Below are estimated costs for training in the HRC Dietetic Internship.\* Our internship program is designed so that you do not need a car for most of our rotations, though there are a few rotations where a car may be necessary. At certain locations, we do provide free parking if you choose to drive and park, but it is not a guarantee at all locations.

We currently do not provide financial aid to our dietetic interns.

\*For interns participating in the part-time track, please adjust the associated fees to a two-year schedule of fees.

The HRC Dietetic Internship does not currently require drug testing as part of the admissions process but it should be noted that Hebrew SeniorLife and all affiliated training sites are drug-free workplaces and learning environments, and some affiliate rotations may require drug testing.

## Costs

Program Fees\* – \$8,250 per intern; this includes a \$1,000 deposit due upon acceptance to the program.

Academy of Nutrition and Dietetics student membership – \$58/year

Health insurance – \$250 - \$450/month (if purchased through the Massachusetts Health Connector website). Health insurance is required for all interns and must cover you for care within the state of Massachusetts.

Transportation (subway/bus) – \$85/month (visit the MBTA website for more specific details)

Onboarding costs to select affiliate locations – up to \$250

Gas and parking at certain locations (if intern chooses to drive) – up to \$200 monthly

Required Books: *Nutrition Focused Physical Exam Pocket Guide*, 2<sup>nd</sup> Ed. – \$15

Immunization costs can be up to approximately \$1,000, depending on insurance.

Housing estimates are approximately \$1,500-\$2,000 month depending on location and other variables.

Lab coat for Faulkner Hospital rotation – \$30

\*Fees are not inclusive of housing, immunizations/physicals needed to meet onboarding requirements of HRC or affiliate sites, or uniform requirements of affiliate sites

## Benefits

The following benefits are provided by HRC:

- Meals – Lunch will be provided when on the Roslindale and NewBridge on the Charles campuses.
- Registration fees for Children's Hospital Boston pediatric conference.
- Free parking at the Roslindale and NewBridge on the Charles campuses.
- Discounted entertainment tickets.
- Professional liability insurance provided by Hebrew SeniorLife for Hebrew SeniorLife sites and independent student liability coverage provided by Hebrew SeniorLife.

## Eligibility

To apply to a DI, individuals must complete at least a bachelor's degree and ACEND-accredited coursework requirements including Didactic Program in Dietetics (DPD) verification statement. Effective January 1, 2024, the Commission on Dietetic Registration (CDR) will require a minimum of a master's degree to be eligible to take the

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credentialing exam to become a registered dietitian nutritionist (RDN). In order to be approved for the registration examination eligibility with a bachelor's degree, an individual must meet all eligibility requirements and must be submitted into CDR's Registration Eligibility Processing System (REPS) before 12:00 midnight Central Time, December 31, 2023. For more information about this requirement visit CDR's website:

<https://www.cdrmet.org/graduatedegree>. In addition, CDR requires that individuals complete coursework and supervised practice in program(s) accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND). Graduates who successfully complete the ACEND-accredited Dietetic Internship program at Hebrew Rehabilitation Center are eligible to apply to take the CDR credentialing exam to become an RDN.

In most states, graduates also must obtain licensure or certification to practice. For more information about state licensure requirements [click here](#).

For more information about educational pathways to become an RDN [click here](#).

### **Selection Criteria:**

Candidates of both the full-time track and the part-time track have the same selection criteria and the same application process.

The following items will be determining factors used by the selection committee:

- Overall preparation (academic, work, and volunteer experience)
- Letter of application
- Conceptual and leadership ability
- Interpersonal skills
- Letters of recommendation
- Compatibility of professional goals with our program

All interns selected will begin in September, the day after Labor Day.

### **The Application Process**

Potential applicants should consider the following admission preferences/requirements:

- We require evidence of education obtained within five years of admission to the program (six years as of 2024), i.e. completion of at least six credits in dietetics-related coursework including a Didactic Program in Dietetics (DPD) verification statement (signed), or equivalent.
- We desire a minimum grade point average (GPA) of 3.2. However, we will not disqualify an applicant based exclusively on their GPA.
- Applicants must have at least a bachelor's degree. For those who plan to complete the internship and take the CDR exam in 2024, a master's degree will be required.

### **Key Application Requirements:**

- Applicants must participate in the online centralized internship application system (DICAS), which may be found at <http://portal.dicas.org>. The complete online application packet must be submitted by the deadline. PLEASE NOTE: There is a \$40 first application fee and \$20 each additional application fee to use DICAS.
- A completed application packet includes the standard application form, personal statement, all transcripts, current resume, and three letters of reference (one professor, one work/volunteer supervisor, and one from either a professor or work/volunteer supervisor).

- Applicants must also register for Spring Computer Match at [www.dnndigital.com](http://www.dnndigital.com), D&D Digital Systems, 3100 South Riverside Drive, Ames, IA 50010, (515) 292-0490, [dnd@sigler.com](mailto:dnd@sigler.com), and register his/her internship priority choices by the deadline. FYI: There is a \$75 matching fee.
- Applicants must submit this supplemental application and a nonrefundable \$75 fee (payable to: Hebrew Rehabilitation Center Nutrition Services). Both the payment and supplemental application must be postmarked by the deadline, mailed to Alegria Cohen, RD, Dietetic Internship Director (address below).
- All applicants must participate in either a Zoom or in person interview

### **Important Dates and Deadlines:**

DICAS application deadline, D&D computer matching deadline, HRC supplemental application and fee postmark deadline

Notification Day. Personal match results will be available online from D & D Digital systems at 6:00pm Central Daylight Time.

Appointment Day. Applicants must email DI Director ([AlegriaCohen@hsl.harvard.edu](mailto:AlegriaCohen@hsl.harvard.edu)) to confirm acceptance of the match on or before 6:00 EST.

All program policies, procedures, practices, and materials provided related to dietetic intern recruitment and admission comply with both state and federal laws and regulations.

### **Sample Schedules and Holidays:**

Hebrew SeniorLife and Hebrew Rehabilitation Center will observe the following holidays: (Appropriate dates in succeeding years). HRC Dietetic interns will be given these holidays off as well.

### **Holidays**

Date	Holiday
January 1	New Year's Day
January 20	Martin Luther King Day
Third Monday of February	Presidents Day
Last Monday of May	Memorial Day
First Monday of September	Labor Day
November 11	Veterans Day
Fourth Thursday of November	Thanksgiving
December 25	Christmas

**Sample Full-Time Rotation Schedule**  
**Week 1 starts the Monday following Labor Day**

Week	Rotation	Location
1	Orientation	HRC
2	Orientation	HRC
3	Clinical/LTCH	HRC
4	Clinical/LTCH	HRC
5	Clinical/LTCH	HRC
6	Clinical/LTCH	HRC
7	Clinical/LTCH	HRC
8	Clinical/RSU	HRC
9	Clinical/RSU	HRC
10	Clinical/RSU	HRC
11	Clinical/RSU	HRC
12	Clinical/RSU	HRC
13	Clinical/MCU	HRC/Faulkner
14	Clinical/MCU	HRC/Faulkner
15	Vacation	
16	Clinical/MCU	HRC/Faulkner
17	Clinical/Staff Relief	HRC
18	Clinical/Staff Relief	HRC
19	Food Service	HRC
20	Food Service	HRC
21	Food Service	HRC
22	Food Service	HRC
23	Food Service	HRC
24	Food Service	HRC
25	National Nutrition Month	HRC
26	Community	Head Start
27	Community	Head Start
28	Community	Head Start
29	Community	Head Start
30	Vacation	
31	Outpatient	Varies
32	Outpatient	Varies
33	Employee Wellness	HRC
34	Employee Wellness	HRC
35	Employee Wellness	HRC
36	Research	Marcus Institute/HSL
37	Plan Your Own	TBD

**Sample Part Time Rotation Schedule**  
**Week 1 Starts the Monday following Labor Day**

<b>YEAR 1: Week</b>	<b>Rotation</b>	<b>Location</b>	<b>YEAR 2: Week</b>	<b>Rotation</b>	<b>Location</b>
1	Orientation	HRC	1	Orientation	Pertinent info
2	Orientation	HRC	2	Clinical/RSU	HRC
3	Clinical/LTCH	HRC	3	Clinical/RSU	HRC
4	Clinical/LTCH	HRC	4	Clinical/RSU	HRC
5	Clinical/LTCH	HRC	5	Clinical/RSU	HRC
6	Clinical/LTCH	HRC	6	Clinical/RSU	HRC
7	Clinical/LTCH	HRC	7	Clinical/RSU	HRC
8	Clinical/LTCH	HRC	8	Clinical/MCU	HRC/Faulkner
9	Clinical/LTCH	HRC	9	Clinical/MCU	HRC/Faulkner
10	Clinical/LTCH	HRC	10	Clinical/MCU	HRC/Faulkner
11	Clinical/LTCH	HRC	11	Clinical/MCU	HRC/Faulkner
12	Clinical/LTCH	HRC	12	Clinical/MCU	HRC/Faulkner
13	Clinical/RSU	HRC	13	Clinical/MCU	HRC/Faulkner
14	Clinical/RSU	HRC	14	Staff Relief**	HRC
15	Vacation		15	Vacation	
16	Clinical/RSU	HRC	16	Staff Relief**	HRC
17	Clinical/RSU	HRC	17	Staff Relief**	HRC
18	Food Service	HRC	18	Community	Head Start
19	Food Service	HRC	19	Community	Head Start
20	Food Service	HRC	20	Community	Head Start
21	Food Service	HRC	21	Community	Head Start
22	Food Service	HRC	22	Community	Head Start
23	Food Service	HRC	23	Community	Head Start
24	Food Service	HRC	24	Community	Head Start
25	Food Service	HRC	25	Community	Head Start
26	Food Service	HRC	26	Plan Your Own	TBD
27	NNM	HRC	27	Plan Your Own	TBD
28	Food Service	HRC	28	Employee Wellness	HRC
29	Food Service	HRC	29	Employee Wellness	HRC
30	Vacation		30	Vacation	
31	Food Service	HRC	31	Employee Wellness	HRC
32	Outpatient	Varies	32	Employee Wellness	HRC
33	Outpatient	Varies	33	Employee Wellness	HRC
34	Outpatient	Varies	34	Employee Wellness	HRC
35	Outpatient	Varies	35	Employee Wellness	HRC
36	Research**	Marcus Institute	36	Employee Wellness	HRC
37	Research**	Marcus Institute			



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HRC = Hebrew Rehabilitation Center; can be located at Roslindale or Dedham campus

Full-Time Interns – class days will be on Mondays

Part-Time Internship Year 1: Monday – Class day; Tuesday, Wednesday – 8 hour shift in designated rotation

Part Time Internship Year 2: Monday, Tuesday, Wednesday – 8 hour shift in designated rotation

Part-Time Track Orientation is two weeks, at 40 hours per week. For these two weeks you are required to be full time, Monday through Friday

Non-HRC rotations may require different days. Days/shifts may be negotiable based on working requirements.

Monday class days are non-negotiable.

Vacations are one full week – twice per year in December and April

\*\* Some rotations may require full-time schedule based on the need of the specific rotation.