



Hebrew  
Rehabilitation Center

Hebrew SeniorLife



HARVARD MEDICAL SCHOOL  
AFFILIATE



# Dietetic Internship Program



The Hebrew Rehabilitation Center (HRC) Dietetic Internship is a 9-month, full-time program running from September to May for 8 interns. We 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 14 months
- 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. Once dietetic interns have both a graduate degree and the DI verification statement, 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)).

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 on clinical 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: At least 80% of interns will complete the program requirements within 14 months (150% of the planned program length).

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

Objective 3: At least 80 percent of program graduates take the CDR credentialing exam for dietitian nutritionists within 12 months of program completion.

Objective 4: 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%.

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

Objective 1: At least 75% of graduates who sought employment in nutrition and dietetics or related fields will be employed within 12 months of graduation and at least 50% will be involved in the care of older adults

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

Program outcomes data is available upon request.

Registered dietitians (RDN) are the only health care professionals trained in nutrition science. 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 credentialing exam to become a registered dietitian nutritionist (RDN). For more information about this requirement visit CDR's website: <https://www.cdrnet.org/graduatedegree>. In most states, graduates also must obtain licensure or certification to practice. For more information about state licensure requirements can be found: [- Commission on Dietetic Registration \(cdrnet.org\)](https://www.cdrnet.org)



**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 illnesses. 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.



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

**Plan Your Own:** With the guidance of the DI director, interns can arrange an experience of their choice at a facility that is accredited by appropriate accrediting entity i.e. DPH, Joint Commission, etc. and the preceptor has experience working with interns/trainees and has been provided with appropriate training to train others. The training site must be willing to sign an affiliation agreement, if applicable.

**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.

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## Program Leadership

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

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 the 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.

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.

The HRC Dietetic Internship requires COVID-19 shots and booster shots as a condition of acceptance.

## Costs

Program Fees\* – \$9,250 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.

Registration fees for Children's Hospital Boston pediatric conference - \$60/year

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 \$1,800-\$2,200 month depending on location and other variables.

\*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.
- 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.

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## 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. Interns must also either be enrolled in or have completed a Master's degree program.

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:

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 week after Labor Day.

## The Application Process

Potential applicants should consider the following admission preferences/requirements:

Applicants must have completed or be completing (by the start of the internship) an ACEND-accredited DPD program and have received their DPD Verification Statement. The HRC DI program has three pathways to DI program acceptance with Graduate Degree requirements:

1. Completion of a graduate degree and copy of DPD Verification Statement. The intern will receive their DI Verification Statement upon completion of the DI program.
2. Applicant can verify that they are currently enrolled in a graduate program and provide the program with a DPD Verification Statement. The intern will receive the DI Verification Statement after completion of both the DI and graduate degree.
3. Candidates participating in the pre-select process specific graduate program(s) whom have contracted with HRC DI program and have a DPD Verification Statement. The intern will receive the DI Verification Statement after completion of both DI and graduate degree.

If the intern is in the #2 pathway above, it is highly recommended that the student/intern has completed at least half of the graduate degree before entering the DI and finish the degree within 14 months of DI completion.

We desire a minimum Grade Point Average (GPA) of 3.2. However, we will not disqualify an applicant based exclusively on their GPA.

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## Application process for Preselect Candidates

Submit your nonrefundable \$75 application fee by **December 31, 2023** using the link in the payment information section below. Preselect applicants must submit their application via the [Dietetic Internship Centralized Application Service](#) no later than **December 31<sup>st</sup>, 2023**.

The complete online application packet must include:

- The standard application form
- Personal statement
- All transcripts
- Current resume
- Three reference letters: one professor, one work/volunteer supervisor, and one from either a professor or work/volunteer supervisor. All applicants must participate in either a Zoom or in person interview. Applicants will be notified of candidacy status by January 15<sup>th</sup>, 2024.

## Application process for Computer Matching Candidates

Submit your nonrefundable \$75 application fee by **February 1, 2024** using the link in the payment information section below. Computer matching applicants must submit their application via the [Dietetic Internship Centralized Application Service](#) no later than **February 15<sup>th</sup>, 2024**.

The complete online application packet must include:

- The standard application form
- Personal statement
- All transcripts
- Current resume
- Three reference letters: one professor, one work/volunteer supervisor, and one from either a professor or work/volunteer supervisor

Register via [D&D Digital](#) with your internship priority choices. This must also be completed by **February 15, 2024**. There is a \$65 matching fee. Applicants should call D&D Digital prior to the deadline if they do not receive an email with login information. Notification Day will be on **April 7, 2024**. All applicants must participate in either a Zoom or in person interview.

## Preselect Options:

The Hebrew Rehabilitation Center Dietetic Internship will offer up to six slots for appropriate preselect candidates in four different pre-select options per year the remaining slots through the computerized match process up to a maximum annual enrollment of 8 interns. Please see below for more information on our pre-select partnerships with both Framingham State University and Simmons University. If you have questions about any of these options, please email [alegriacohen@hsl.harvard.edu](mailto:alegriacohen@hsl.harvard.edu).

There are no additional costs for participating in the preselect application process. All Pre-select candidates must apply, via DICAS, prior to December 31st and will be decided by January 15th. Successful applicants do not have to participate in the D&D Digital computer matching.

### Framingham State Nutrition Science Degree

Through a partnership between Hebrew Rehabilitation Center and Simmons University, students enrolled in Framingham State's Master of Science in Food and Nutrition concentration in Nutrition Science degree program ("Framingham MS"), students in the final (5th, graduate) year of the Didactic Program in Dietetics (BS) Master of Education concentration in Nutrition Education MEd 4+1 ("Framingham BS/MEd") program, or recent graduates of that program, may apply early to the HRC dietetic internship through a Pre-Select process.

This will allow up to four Framingham MS students, 5th, graduate, or Framingham BS/Med students and recent graduates to apply for the Hebrew Rehabilitation Center DI prior to the regular DICAS application deadline.

### Johnson & Wales University Bachelor of Science in Dietetics and Applied Nutrition

Through a partnership between Hebrew Rehabilitation Center and Johnson & Wales University, students enrolled in the Johnson & Wales University Bachelor of Science in Dietetics and Applied Nutrition degree program (JWU's DPD), or recent graduates of that program, may apply early to the HRC dietetic internship through a Pre-Select process.

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This will allow up to four Johnson & Wales University Bachelor of Science in Dietetics and Applied Nutrition degree program and recent graduates to apply for the Hebrew Rehabilitation Center DI prior to the regular DICAS application deadline.

#### **Rosalind Franklin University of Medicine and Science MS Degree Program**

Through a partnership between the Hebrew Rehabilitation Center and Rosalind Franklin University of Medicine and Science, students enrolled in the Rosalind Franklin University of Medicine and Science MS degree program (RFUMS' MS), or recent graduates of that program, may apply early to the HRC dietetic internship through a Pre-Select process.

This will allow up to four Rosalind Franklin University of Medicine and Science MS degree program and recent graduates to apply for the Hebrew Rehabilitation Center DI prior to the regular DICAS application deadline.

#### **Simmons MS Graduates in Nutrition & Health Promotion**

Through a partnership between Hebrew Rehabilitation Center and Simmons University, students enrolled in Simmons Master of Science in Nutrition and Health Promotion degree program (Simmons MS), or recent graduates of that program, may apply early to the HRC dietetic internship through a Pre-Select process.

This will allow up to four Simmons MS students and recent graduates to apply for the Hebrew Rehabilitation Center DI prior to the regular DICAS application deadline.

#### **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, which is February 15, 2024. PLEASE NOTE: There is a \$50 first application fee and \$25 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 include a personal statement that answers the following two questions in no more than three paragraphs:
  - How did you become interested in the field of dietetics?
  - Our internship has a geriatric concentration. What makes you interested in this population? How do you hope to help this population nutritionally?
- Applicants must also register for Spring Computer Match at [www.dnddigital.com](http://www.dnddigital.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 a nonrefundable \$75 fee by February 1, 2024 (payable to: Hebrew Rehabilitation Center Nutrition Services). Payment may also be made at: <https://www.hebrewseniorlife.org/education-programs/dietetic-internships-hebrew-rehabilitation-center>.
- All applicants must participate in either a Zoom or in-person interview

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

December 31, 2023, all Preselect candidates must submit DICAS applications and Hebrew Rehabilitation Center application fee

January 15, 2024, all preselect candidates will be notified of candidacy status.

February 1, 2024 all candidates must pay \$75.00 application fee for consideration to Hebrew Rehabilitation Center

DICAS application deadline February, 15, 2024, D&D computer matching deadline February, 15, 2024.

Notification Day April 7, 2024. Personal match results will be available online from D & D Digital systems at 6:00pm Central Daylight Time.

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Appointment Day April 8, 2024. Applicants must email the DI Director (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.

The start date for the Class of 2025 is Monday, September 9<sup>th</sup> , 2024.

**Credit for Work Experience/Prior Learning:**

The HRC Dietetic Internship may grant credit for prior work experience. No credit will be given for prior learning. Each individual situation will be evaluated by the DI Director to determine if credit can be given for the prior work experience. If it is, the dietetic intern must contact the supervisor from their work site, review the competencies, and have them sign off the rotation evaluation from the supervisor. In addition, the DI must submit a job description or copies of work completed that demonstrate the skill achieved. The competency being credited will be replaced by another activity. Program fees and date of graduation will remain the same.

**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 15	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

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

Class days will be on Mondays

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 a full-time schedule based on the need of the specific rotation.

Please note this schedule is just an example and vacation weeks and rotations may vary year to year.



**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	Varies
14	Clinical/MCU	Varies
15	Vacation	
16	Clinical/MCU	Varies
17	Clinical/Staff Relief	HRC
18	Clinical/Staff Relief	HRC
19	Clinical Staff Relief	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	Plan Your Own	TBD
29	Plan Your Own	TBD
30	Vacation	
31	Employee Wellness	HRC
32	Employee Wellness	HRC
33	Outpatient	Varies
34	Outpatient	Varies
35	Dedicated Test Prep	HRC
36	Dedicated Test Prep	HRC