

## CYNTHIA YORK-CAMDEN MS, RD, LDN

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### Experienced Registered Dietitian

Acute and Ambulatory healthcare experience \* Quality Performance \* Regulatory Compliance \*  
Physician Liaison \* Staff Training \* Community Wellness Advocate \* Resourceful \* Award Winning Performance \*

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#### PROFILE

Organized and motivated individual with extensive experience in healthcare. Proven ability to motivate individuals and teams to achieve goals. Strong analytical skills to meet performance, productivity and organizational goals.

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#### NOTABLE ACHIEVEMENTS

- At Sodexo: Coordinated meal rounding program to successfully improved quarterly patient satisfaction scores by 6.7% for 2011. Updated and promoted room service program for healthcare client.
  - At Sodexo, Worked with supervisors to ensure that 95% of the staff received training updates.
  - At Morrison, Provided outreach programs to promote healthy lifestyles and improved quality of life.
  - At Morrison, Improved physician communication process resulting in 10% increase in patient referrals.
  - At Sodexo and Morrison, Monitored and reported quarterly data to support regulatory agency standards resulting in successful Joint Commission and CMS Surveys.
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#### PROFESSIONAL EXPERIENCE

##### Consultant Registered Dietitian

March 10, 2012 to Present

SI Nutrition & Diabetes (Sole Proprietor) Murphysboro, Illinois

- Provide individual and group medical nutrition therapy, corporate wellness and grocery store tours,
- August 2012, providing services to community facilities for adults and seniors for Health Technologies.

##### Clinical Nutrition Manager

February 2011 to March 2012

Sodexo; Southeast Health, Cape Girardeau, Missouri

- Ensured the provision, evaluation, and implementation of medical nutrition therapy in 256 bed hospital.
- Provided ongoing training to department, reviewed menu, recipes and nutrient analysis for room service.
- Provided medical nutrition therapy to individuals and groups in both the inpatients and outpatients setting
- Worked with Informatics to customize Meditech documentation and reports to meet the needs of staff. .
- Hired, scheduled, interviewed and trained staff to ensure state and national regulatory compliance.

##### Clinical Dietitian, Clinical Nutrition Manager

October 1999 to January 2011

Morrison Management Specialists; Heartland Regional Medical Center, Marion Memorial Hospital, Marion, Illinois

- Developed and implemented dietary-care plans and provide individual and group medical nutrition therapy.
- Coordinated needs of other disciplines to develop multidisciplinary policies to ensure regulatory compliance.
- Provided staff training, menu review, recipe testing and ongoing nutrient analysis of recipes as needed.
- Hired, scheduled, interviewed and trained staff to ensure state and national regulatory compliance.

##### Nutrition Consultant

October 1999 to August 2005

St Joseph Memorial Hospital, Murphysboro, Illinois

- Developed and implement dietary-care plans and provide individual and group medical nutrition therapy.

##### Grant Writer and Coordinator

October 1999 to December 2000

Community Benefits Program Funded Migrant Food and Nutrition Education Program, Cobden, Illinois

- Successfully implemented original concept for Food Pantry with cooking demonstration.
- Served as advisor during resubmission of grant application to ensure continuation of program.

##### Clinical Dietitian

February 1998 to October 1999

Herrin Hospital, Memorial Hospital of Carbondale, Herrin, Illinois

- Instructed and provided individual and group medical nutrition therapy to patients and their families.
- Traveled to area hospitals to provide outpatient counseling, nutrition consultation as needed.

#### CERTIFICATIONS

Serv Safe & Illinois Food Sanitation Certification, Licensed Dietitian in Illinois & Missouri, Registered Dietitian

## EDUCATION

- Southern Illinois University, Carbondale, Illinois May 1998  
**Masters of Science, Food and Nutrition; GPA: 4.0/4.0**
- Southern Illinois University, Carbondale, Illinois December 1995  
**Bachelor of Science, Food and Nutrition; GPA: 3.9/4.0**
- John A. Logan College, Carterville, Illinois December 1993  
**Associate of Science; GPA: 5.0/5.0**

## HONORS

- 2011 Preceptor of the Year, Dietetic Internship Program; Southern Illinois University at Carbondale.
- Morrison Healthcare Food Services National Clinical Excellence Award, October 2009.
- Illinois Dietetic Association Emerging Leader, March 2008.
- Employee of the quarter nominee, Heartland Regional Medical Center, August 2006.

## • SPECIALIZED SKILLS

Proficient with Microsoft Office, Acrobat, Dream weaver, Fireworks, Food Processor, Nutrabase, Esha software

## PROFESSIONAL ACTIVITIES

**Web Designer; RDLink.com, SI Nutrition.com** August 1998 to Present

- Design and maintain web pages designed to promote the dietitian as the nutrition expert.

**Consultant Dietitian to local Chartwells account** September 2008 – November 2009

- Served as local dietitian to help implement the Balanced Choices Menu Program and planned monthly nutrition table to promote Superfoods and Balanced Choices Menu Program.

**Menu Reviewer for Williamson County Programs on Aging** October 1999 to February 2011

- Review home delivered meal menus on a monthly basis and training of food service personnel as needed.

**Weight Management Program Developer** February 2004 to July 2004

- Recruited and coordinated team of local dietitians to provide classes.
- Provided program materials, lesson plans, and handouts to program and presenters as needed.

## PRESENTATIONS

- Department Customer Service, Food and Physical Safety Presentations, Southeast Health, 2011-2012.
- Heart Healthy Eating, Cardiac Rehab, Southeast Health, 2011.
- Healthy Holiday eating Cooking Demo with Megan Barnett, Senior Circle Marion, IL October 2010.
- Holiday eating with Diabetes cooking demo with culinary support, Marion, IL September 2010.
- Web based Opportunities for Dietitians. Southern Illinois Dietetic Association. September 2009.
- Healthy Quick Meals; Woman's Health Conference, Carterville, IL September 2009.
- DHHS; MH; Annual Consumer Conference. Avoiding Portion Distorting. Carterville, IL. August 2009.
- Web based Opportunities. Designing a webpage. Georgia Dietetic Association. Georgia. March 2009.
- 3 to 5 presentations per year for community groups and organizations available by request.

## SERVICE/MEDIA EXPERIENCE

- 8 week Church Wellness program implemented with monthly follow up, January 2011 to December 2011.
- Ongoing Nutrition Consultant to Murphysboro Food Pantry, Murphysboro, IL 2008 to present.
- Channel 3 WSILTV; "Spark your health" Healthy food options featured at two local restaurants. March 2008.
- Serving on the Steering Committee for the Southern Illinois Women's Health Conference, 2006, 2007, 2010
- Migrant Food and Nutrition Education Program; Donated grant preparation time; 2000 to 2003.
- Group and individual nutrition classes at Hands of Hope, Family Clinic; Marion, IL; 1999 to 2002.
- Organized and conducted 10,000 Steps Program, Healthy Partners Employee Wellness, Marion, IL; 2002.

## ARTICLES PUBLISHED/REVIEWED

- Monthly writer for Heartland Women Newspaper, Marion IL, December 2005 to January 2011.
- Contributing writer and nutrition expert for The Diet Channel.com August 2007 to August 2008.

## AFFILIATIONS

**American Dietetic Association** June 1993 to Present  
 Dietetic Practice Groups: Dietitians in Nutrition Support, Dietetics in Healthcare Communities (Illinois Chair/Chair Elect 2008-2010, Current Website designer/host), Nutrition Entrepreneurs and Clinical Nutrition Managers.