

Madeline Gilfix
DC Board of Director Candidate for Students and New Professionals

Candidacy Comments

I would be honoured to serve on the Dietitians of Canada Board of Directors as the member representing Students and New Professionals. My vision for Dietitians of Canada (DC) is to foster an environment where both new and experienced RDs from all backgrounds feel heard, respected, and supported. This will create the opportunity for dietitians across Canada to grow, network, and become truly engaged in the national dietetics community.

My commitment to the profession of dietetics and Dietitians of Canada began when I became an active student member in 2019. As the Dietitians of Canada Student Representative for the University of Manitoba I acted as a liaison between students and DC, planned and hosted events for students, and held a speaker series to promote the National Nutrition Month Campaign at the university. Having attended two virtual DC conferences due to the pandemic, I am looking forward to networking with DC members at in-person conferences in the future.

Advocating for students is important to me and is something I would love to continue through this role. As a student member of the Dietetics Focus Committee at the University of Manitoba, I advocated for my peers and worked in collaboration with faculty on issues and changes within the dietetics program. I also had the privilege of assisting the Department of Human Nutritional Sciences in the creation and development of a Master of Human Nutrition program at the University of Manitoba providing input from a student's point of view. Representing students and new dietitians nationally, by providing a voice for them collectively, would be an honour.

Through my dietetic internship at the Northern Ontario Dietetic Internship Program (NODIP), I am conducting a practice-based research project/tracking study to understand the career experiences of recent NODIP graduates including practice decisions and preparedness. The experience I will gather from doing this research will serve me well as a member of DC's Board of Directors giving me first-hand knowledge of the needs and challenges of interns and new professionals.

A unique perspective I will bring to the Board are my northern roots. I was born and raised in Kenora, a small town in Northwestern Ontario approximately 1300 km northwest of Toronto and 200 km east of Winnipeg, MB. I have gained an endless appreciation for the unique and diverse needs of rural and remote northern communities through both my experience and upbringing in the region, along with my internship program with the Northern Ontario School of Medicine. I have gained respect and understanding of the experiences of others, specifically a deeper knowledge of Indigenous practices and traditions, particularly in the Treaty Three Territory. Learning first-hand the unique set of challenges faced in the North has also developed my passion for health equity and I hope to be a leader in addressing disparities in health and food systems.

I am confident I will be able to balance Board work with the responsibilities of being a new dietitian. Throughout my academic career, I have balanced work, school and volunteering while also participating in fun activities such as intramural sports and faculty social events. I am committed to the four-year term on the DC Board of Directors and will integrate it wherever my career may take me.

Education

- Northern Ontario Dietetic Internship Program – Northern Ontario School of Medicine. Expected graduation 2022
- Bachelor of Science in Human Nutrition – University of Manitoba. Graduated June 2021
- High School Diploma with French Immersion – St. Thomas Aquinas High School (Kenora, Ontario)

Work Experience

- **Dietetic Summer Student** with the Northern Ontario School of Medicine (July 2020 – Aug 2020). Placed at the Lake of the Woods District Hospital, I created three seasonal patient menus and corresponding therapeutic menus. Assisted the Registered Dietitians with the assessment of patients. Created individualized educational resources for patients. Provided an in-service to the foodservice team regarding the importance of following standardized recipes and portion sizes in hospital.
- **Dietary Aide** with Pinecrest Home for the Aged, Kenora, ON. (July 2017 – April 2021). Complied and stayed up to date with foodservice standards. Applied knowledge on dietary modifications and food safety while providing nutritious meals to residents.

Committee Work & Offices Held

- **Dietitians of Canada Student Representative** at the University of Manitoba (Sept 2019- April 2021). Worked together with fellow Dietitians of Canada (DC) Student Representative to plan and host events for students, promote DC and Nutrition Month. Act as a liaison between students and DC.
- **Student Representative** on the Master of Applied Human Nutrition Planning Committee at the University of Manitoba (Sept 2020 – April 2021). Acted as a student advocate on the implementation for the new Master of Applied Human Nutrition program at the University.
- **Nutrition Month Lead** on the Nutrition Education and Community Outreach student group at the University of Manitoba (Sept 2019 – April 2021). Planned and hosted events for students as well as a speaker series to promote Dietitians of Canada's National Nutrition Month campaign.
- **Student Representative** on the Dietetics Focus Committee at the University of Manitoba (Sept 2019 – April 2021). Worked in collaboration with professors and students to have input on changes and issues arising regarding the dietetics program at the University.
- **Second Year Representative** on the Nutrition Education and Community Outreach (NECO) student group at the University of Manitoba (Sept 2018 – April 2019). Networked with students and provided class presentations to promote NECO social and professional development events. Collaborated with fellow NECO members to plan and host events. Volunteered at community engagement events.

Professional Activities

- **Nutrition Facilitator** with CanU Canada, Winnipeg, MB. (Sept 2019 - April 2020). Through a placement at the University of Manitoba, I planned and hosted virtual nutrition education and cooking sessions for kids and teens.
- **Volunteer Public Health Nutrition Projects** with the Northwestern Health Unit, Kenora, ON. (June 2019 – Aug 2019, June 2020 – Aug 2020). Completed projects with supervision of the Public Health Dietitian. Revised resources to comply with the newest version of Canada's Food guide, developed a presentation on Nutrition and COVID-19, assisted in youth summer camp nutrition presentation, attended various workshops including the Chronic Disease Prevention team meeting.
- **Healthy Baby Program Volunteer** with the Winnipeg Regional Health Authority, Winnipeg, MB. (Oct 2018 – Jan 2019). Worked with the Registered Dietitian to organize, prepare and serve snacks/meals to participants attending the program. Discussed various topics related to healthy pregnancies and healthy babies.
- **Meals on Wheels Food Deliverer**, Winnipeg, MB. (Oct 2017 – April 2018). Engaged with the public to provide nutritious meals to at risk populations.

Scholarships, Awards, Bursaries