

# Courtney Stinson, RDN

Self-motivated & creative Registered Dietitian Nutritionist, excited by impacting lives where food and disabilities intersect. Energized by celebrating all of life's milestones. CDR #976164

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## KNOWLEDGE/ SKILLS

Over 10 years experience providing comprehensive and professional nutrition care across the lifespan, in a variety of settings.

- Critical thinking to integrate facts, opinions, active listening, and observations into action, while adhering to best practices.
- Provide friendly care and services keeping a positive attitude and remaining empathetic to the needs of others.
- Strong interpersonal skills
- Technology: Google suite, ESHA food processor software, electronic charting, Microsoft Office, drag-and-drop web design.
- Develop visually appealing educational material, while addressing the audience's culture, ability, and literacy needs
- Active participant in meetings, professional development, and quality improvement programs including leading in-service training.

## EXPERIENCE HIGHLIGHTS

### Clinical Nutrition/ Medical Nutrition Therapy

- Conduct nutrition assessment, modify diet formulation, patient self-management training, and follow-up care.
- Consistently develop, revise, and individualize nutrition care plans based on client/patient interview, medical record, and health care team input.
- Adhere to HIPAA regulations, client rights policies and patient confidentiality.
- Educate patients and clients on eating/ lifestyle modification for healthy weight and chronic disease management.
- Facilitate patients in moving through the stages of change using motivational interviewing to reach food and nutrition goals.
- Populations served: patients in Long-Term Care, children, teens, including fostering a great relationship with a TBI resident in one facility.
- Served as liaison between the clinical and food service departments bringing continuity of care.
- Provide Home Enteral Feeding support - all life stages

### Community Nutrition

- Utilized nutrition expertise to advise on development of programming and grant proposals.
- Applied for and obtained grant funding for programming throughout the community including grocery tours, nutrition workshops, and public messaging.
- Dynamic speaker engaging audiences and delivering actionable

## ACHIEVEMENTS

**Self Published Cooking for Tubies**, 25 Recipes for Blenderized Tube Feeding

### Launched Website

SavorLifeNutrition.com

Created all content & design

**2nd Place Award A2 Health Hacks Hackathon**, adapted tube feeding pump for patient independence

## VOLUNTEER EXPERIENCE

### Dietitian Preceptor

Savor Life Nutrition

Mentored interns and students from multiple universities

### MI Kids On The Move

Savor Life Adapted

Switch adapted power wheels car for child with spina bifida

### Guest Speaker

Eastern Michigan University Student Dietetic Association

Delivered tube feeding presentation and demo

### NICU Parent Advocate

Special Guest/ Speaker

Shared experience and advice to NICU staff at Michigan Medicine

### Local Food Summit

Planning Team Member

Various roles for 5 years

content.

- Lead hands-on, food and nutrition skills training in home kitchens and demos at farmer's markets, community groups, and classrooms.

#### **Business & Communications**

- Created and revised recipes and menus for various diets using nutrient database and recipe information. Modified recipes to reflect changing protocols, seasonal foods, and food availability.
- Ability to develop, execute, and evaluate programs, activities, and lessons in a variety of formats and settings.

#### **WORK HISTORY**

**Founder & Dietitian – Savor Life Nutrition, Milan, MI**

MAY 2010 - PRESENT

**Freelance Dietitian Nutritionist – Self-Employed, Milan, MI**

MAY 2010 - PRESENT

**Co-Founder & Creator – Savor Life Adapted, Milan, MI**

SPRING 2018 - PRESENT

**Employee Health Coach – Provant Health Solutions, Midwest, USA**

NOV 2013 - 2015

**School Wellness Program Leader, Dietitian – United Dairy Industry of Michigan, Fuel Up to Play 60, Ann Arbor & Milan, MI**

SEPT 2011 - 2015

**Employee Wellness Program Dietitian – Plus One Health Management, Howell, MI**

SUMMER 2011

**Community Nutrition Educator – Oakwood Hospital, Dearborn, MI**

MAR 2011 - DEC 2012

**Clinical Dietitian – Immaculate Heart of Mary, Monroe, MI**

DEC 2008 - MAR 2010

#### **EDUCATION/ CERTIFICATIONS**

Bachelors of Science, Didactic Program in Dietetics  
Eastern Michigan University, Ypsilanti, MI

Certificate of Training, Adult Weight Management  
Academy of Nutrition and Dietetics, Madison, WI

#### **MEDIA APPEARANCES**

**Full Plate with Rebecca Regnier**

13 ABC Toledo

Product promotions

Food demonstrations

Nutrition education

**Local News Segment**

WTOL 11 Toledo

Brand promotion and food demo

**MomsEveryday**

13 ABC Toledo

(Aired nationally)

Book promotion and tube feeding awareness

#### **PERSONAL EXPERIENCE**

**Special Needs Mom**

Family Manager, Care Coordinator, & Educator

Educate and train all family, staff and caregivers on providing gold standard care

Manage home tube feeding program including writing recipes and performing nutritional analysis for blenderized tube feeding

Coordinate all school, medical and therapy appointments for medically fragile child

Manage schedule and care staff in caring for my child with muscular dystrophy

Creatively adapt devices, projects, and plans to be all-inclusive for all family members regardless of ability