

**Interviewee:** Dion Turner RD, LD

**Job title:** Director Food and Nutrition Services at LifeCare Hospitals of San Antonio, Creator and chair member of Employee Health & Wellness Initiative, President of the San Antonio Dietetic Association, and Instructor of Water Aerobics and Pilates at Gold's Gym

**Date:** May 8, 2009

**1. What is your educational background?**

Combined B.S. and R.D. intern at Southwestern Medical Center in Dallas  
These programs are called "CUP" -Coordinated Undergraduate Programs and Dion feels fortunate that she was able to complete her Bachelors and R.D. internship at the same time.

**2. What made you become interested in Nutrition?**

I previously wanted to be a pharmacist, but after working for a Del Monte Quality Control Lab in the frozen food division, I learned about the field of Nutrition and Food Science.

**3. What was your first Nutrition-related job experience like?**

I was a waitress while I attended college. I consider this a Nutrition related job. It was a valuable experience. Everyone should wait tables as a living at least for a short time because it teaches you so much. You learn about customer service, people, taking orders, working with food, how a kitchen functions, food presentation, service, food handling and food temperature.

**4. What is your favorite aspect of Nutrition?**

I love the openness of it, you are free to be creative, work with people, cook and eat, as well as learn.

**5. Why do you feel that more people need to be educated about Nutrition?**

People are bombarded with nutritional information, but just not always the right kind; it's a very confusing market.

**6. What are your current job duties / responsibilities?**

My job duties include, but by no means are limited too, being a preceptor for R.D. Interns, menu planning, ordering food and equipment, budgeting, running the cafeteria, quality control, patient satisfaction, managing people and sometimes cooking.

**7. What do you like most / least like about your job?**

I was fortunate to see this facility start from the ground up. I was able to be really creative. It was hard work, but it is totally worth it when you get to hand pick everything, including your staff.

I dislike managing people who call –in and require me to do write-ups.

**8. Side Note:**

Dion was kind enough to give me tour of their hospital which houses just over 60 patients and includes windows in every room, a cafeteria, a physical therapy center, and everything necessary to give their patients exceptional care.