



April 2026 Member Spotlight

Get to Know: Paula Serafino-Cross

1. What is your educational background?

I went to UMass many moons ago in Amherst and then went back and got a Masters in nutrition and public health. I am also certified and nutrition support which is a separate credential that is voluntary but very helpful when you're working in a clinical setting.

2. How did you get involved in the nutrition field?

I became involved in the field of nutrition many years ago because my father was a guidance counselor and he knew about dietitians which I had not known!

3. What are you presently doing in the nutrition field? (or what had you been doing before your retirement)

I have had a wonderful career and have no regrets. I am now officially retired but I'm still doing some per diem work at Baystate Medical Center and I have worked with both adults and children.

4. What do you like to do for fun in your spare time?

In terms of what I do for fun my husband and I are very involved with our grandchildren who live close by and we help out with them after school and they are a lot of fun! We also love live music and attend a lot of concerts in the western Mass area. We also travel whenever we can going to Italy, Ireland and Paris and many trips out to Southern California to visit our son and daughter-in-law.

5. Do you do any volunteer work in the nutrition field or in your community? If so, please describe.

Currently the only thing I'm doing for volunteer work is serving on the board for Wamda as the scholarship co-chair with Chris King.

6. If you would like to include info on your family, please add some details including if you have any pets!

I have been married to my husband Michael for more than 42 years and we have three grown children and two grandchildren. We currently don't have any pets but would love to have a dog again at some point.

7. Is there anything else you would like to do in your career?

Lastly I think the wonderful thing about the field of nutrition is that it's constantly changing and you can work in many different areas in the field so that you never get bored! I have worked in a pediatric GI office, a high school health clinic a community health center in both Springfield and in Holyoke in the clinical setting in the hospital at Baystate Medical Center and in weight management programs. After practicing nutrition since 1981, I am ready to slow down a bit.