



September 2026 Member Spotlight

Get to Know: Abigail Killian

1. What is your educational background?

I earned my Associate of Science degree from Holyoke Community College before transferring to the University of Massachusetts Amherst, where I completed my Bachelor of Science degree with a concentration in Nutrition and Dietetics. I then completed an accelerated Master's program and earned my Master of Science degree with a concentration in Human Nutrition and Metabolism from the University of Massachusetts Amherst. I completed my Dietetic Internship through the Department of Veterans Affairs at the St. Louis Veterans Affairs Health Care System in St. Louis, Missouri. The program had an emphasis on public health promotion and disease management.

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

I have always loved cooking and was fascinated by the human body. Nutrition/Dietetics was the perfect field for me to combine my passion for cooking with my passion for improving people's health! I took the college course "Nutrition 101" to explore the nutrition field and was instantly hooked!

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

I work in the community as a "Clinical Nutrition Coordinator". Some of my main responsibilities include leading and facilitating nutrition and cooking workshops across Western Massachusetts. These classes take place in many different settings such as schools, libraries, senior centers, family resource centers, food pantries, recovery centers, and more! This job is a very creative position that allows me to pursue my passions, like teaching participants about cooking healthy food on a budget! I also work part-time as a telehealth dietitian and see around 12 patients a week!

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

I love going to the gym! I have consistently been training with a cross-fit style that incorporates endurance and resistance exercises. I love competing in fitness events like 5K races, DEKA races, and HYROX races. Other

hobbies include clothing shopping, experimenting with new recipes, going to the movies, and trying anything art related (pottery making, painting, makeup).

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

In the past, I had regularly volunteered at a food pantry near my hometown. Last year, I got involved with volunteering at a local cat/ animal shelter and helped work some of their fundraising events. I also volunteer at community events once in a while.

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

I love spending time with my family, and cat, Mya! I am the oldest sibling of 4 (plus a bonus stepsibling). I am very close to my siblings and the rest of my family.

I adopted Mya during my Dietetic Internship in January 2023. Since then, she has been my best friend!

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

Yes, I would eventually like to be a mentor of some sorts. I tend to be a natural leader, and love sharing information. Some interests I have considered include food service manager, dietetic internship director, and/or college professor. Another career option that sounds appealing to me is to be an outpatient dietitian. Right now, I am happy where I am in my career!