



December 2025 Member Spotlight

Get to Know: Bridget Ondrick

1. What is your educational background?

I earned my undergraduate degree in nutrition and also completed my dietetic internship through UMass Amherst. From there, I earned my Master of Science in nutrition degree from the University of Saint Joseph.

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

Starting in the nutrition field happened quite organically for me. When I was younger, I always enjoyed going grocery shopping with my mom, looking at food labels, and picking out recipes for us to try. Upon learning I could major in nutrition and put my "attention-to-detail" skills to use by helping people, it was a no-brainer!

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

Currently I am a clinical dietitian II at Baystate Medical Center in Springfield, MA. I am covering the acute geriatric floor, but I am also in the middle of a mentorship in gastrointestinal nutrition. There is so much to learn each day!

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

I enjoy reading (usually I like a good thriller book), I love trying new coffee places (I'm the type of person who drinks iced coffee year-round), and I'm always interested in checking out local wineries.

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

Most of my volunteer time consists of giving back to the community through WAMDA. I am treasurer this year, and I will be WAMDA president next year, which I am thrilled about. This organization is dedicated to education and philanthropy, and I couldn't ask for a better group of local RDs to help these events come together.

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

I recently got married in April 2025, so I am enjoying the newlywed life! My husband and I have two pets -- a cat named Maybelline and a rabbit named Lacey. I am always asked if they get along. The rabbit has her room with a zipped screen, so they can watch each other without getting too close!

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

I do see myself staying in the clinical inpatient setting as I advance further into my career. I would like to continue to gain experience, learn from those around me, and maybe even obtain the CNSC certification down the road.

8. Please add anything else that you would like to share so that the WAMDA membership gets to know a little about you.

At this point, I'm looking forward to getting ready for the holidays and spending time with family & friends. My husband and I are also planning an anniversary trip to Ireland for 2026, so there is a lot to look forward to!