

# DEP Newsletter

Publication No. 55— October 2017

## What is an ERP?

Dear Students, Graduates, Colleagues and Friends,

Due to my love for Arizona and the Wild, Wild West when I heard that CAC was getting a new ERP I first thought of Wyatt Earp of the famed Shoot-Out at the OK Corral. I was quickly told that the ERP had nothing to do with the legendary law-man. Okay, but I still didn't know what an ERP was so I Googled it. ERP = Enterprise Resource Planning. CAC's ERP is called Campus Nexus and it will be up and running in just two weeks!

New and current CAC students will have a Student Portal-Homepage. Once a new the student completes the application it moves them into the student portal. Within one hour the student gets their CAC Student ID 880# and their student email account. The student portal contains their course schedule, Faculty Directory, Blackboard, CAC Student Email, Online Services, RSS Feeds and much more! All degree seeking students will have Program of Study Degree Map that automatically updates as classes are registered for and completed.

Change is sometimes difficult although this is going to be a GREAT change for everyone. Please be patient with the CAC Faculty & Staff as we learn this new ERP along with you.

Thanks and Best, Ik

### Campus Nexus Student Portal

Coming November 6!

### **Registration Steps You Need to Know During the Transition Period (10/27-11/5)**

Registration will be processed from the Signal Peak Campus on a first come, first serve basis. Incomplete forms (paper and online) will not be processed. No exceptions.

#### Online Registration (Preferred):

-**MUST** complete the online registration form at:

<https://tinyurl.com/cacregspring18>

*Form will be posted on the CAC website as well as on the front page of the student portal.*

#### Paper Registration Forms:

-**MUST** be date and time stamped by registration staff.

-**MUST** be submitted on a nightly basis.

-**MUST** be scanned and emailed to [Registrar.Office@centralaz.edu](mailto:Registrar.Office@centralaz.edu).

**Students will receive an email confirmation when the registration is complete.**

**My.centralaz.edu –Easier access to information , personalized services and improved communication.**



Lisa Koehring, MS, RDN,  
CDM, CFPP, SNS - Director

Kim Bentley, M.Ed., NDTR  
Instructional Specialist

Pam Hector, RDN  
Dietetic Education Program Advisor  
Instructional Specialist II

Veronica Saucedo - Program Assistant



**Central  
Arizona  
College**

Central Arizona College  
Dietetic Education Program  
[nutrition@centralaz.edu](mailto:nutrition@centralaz.edu)  
[www.centralaz.edu/nutrition](http://www.centralaz.edu/nutrition)  
800-465-1016

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## In the Spot Light: New DEP Employees

### **Pam Hector, RDN**

Instructional Specialist II/ Program Advisor



Some of you may have already had the opportunity to interact with our new Dietetic Program Advisor. Since our program at CAC is 100% on-line, our students and faculty do not get to meet in person. So, I would like to take this opportunity to introduce you to our new colleague, Pam Hector RDN. We are excited to have Pam on board as part of the Nutrition Department at Central Arizona College.

Pam has been practicing as a Registered Dietitian for the past 19 years. She has a deep and genuine interest in the field of nutrition and in sharing this knowledge with others. Pam's interest in nutrition started early in her life when she herself struggled with childhood obesity from the age of 10 to 12 years old. A few years after obtaining a healthy weight through eating healthier and increasing her physical activity, she became interested in a career in nutrition. While attending high school in Vienna, Austria, Pam discovered a love of baking. She loved to experiment in the kitchen creating "healthier" baked goods for her family and friends. During her 5 years in Vienna, Pam developed a healthier outlook on eating and physical activity that has helped with her own family as well as with her clients as they work on achieving their health goals.

Throughout her career, Pam has had the opportunity to work in the area of community nutrition as a Registered Dietitian and Program Coordinator for the WIC Program; a Health Educator for Teen Outreach Pregnancy Services (TOPS); and a Lifestyle Coach the Southern Arizona YMCA Program. Her work experience also includes working on a collaborative study with University of Arizona and the Southern Arizona YMCA called the EPIC Kids Study. This study was designed to develop a diabetes prevention program to help engage at-risk children (ages 9-12) and their families in physical activity as well as interactive activities such as food preparation. The EPIC Program held weekly sessions for 12 weeks to help participants learn about healthy eating, reducing sedentary activities, boosting family time and improving quality of sleep.

Pam decided on pursuing a Nutrition & Dietetics Degree in College with the desire to help individuals especially children struggling with obesity improve their health. Her vision involved a collaborative effort to help these children and their families with a team of a Pediatrician, a Registered Dietitian, a Social Worker and a Psychologist. In her career, Pam has been able to work with overweight children and their families while working for the WIC Program; however, she is still hoping one day to make her vision of a collaborative team to help these children a reality.

Through her time in college, Pam worked as a Dietetic Technician at a local hospital helping with menus, tray line, meal assembly and delivery as well as special snack preparation. Pam went on to obtain her BS in Human Nutrition and Food Science from New Mexico State University. During her career, she has also obtained certifications as a Breastfeeding Counselor and a Lifestyle Coach.

Pam truly enjoys utilizing the motivational interviewing style of counseling, helping her clients find individualized goals that are meaningful, realistic and achievable. She was able to utilize these counseling skills in a creative way while working at My Dietitian, LLC in an online environment. This company was a start-up company that used smart phone technology to reach clients and help them make healthy lifestyle changes through health coaching.

One of Pam's most rewarding experiences during her career has been volunteering at her sons' school, the Civano Community School. She has taught cooking classes to students (ages 5-12), provided nutrition education in the classroom on various nutrition topics, and helped to plan menus for their school lunch program. Watching these children and families transform through lifestyle changes and healthy eating gives her a great sense of satisfaction that what she is doing is making a difference.

Pam has a wonderful husband, two active sons who are 13 and 10 years of age, three dogs and a cat. She enjoys walking/hiking, reading, baking, volunteering at her sons' school and spending time with her family.

## Veronica Saucedo

Program Assistant



Veronica Saucedo is the newest addition to the Dietetic Education Program (DEP), recently hired as the Program Assistant. Veronica comes to DEP after two and a half years as the Division Assistant to Athletics at Central Arizona College. Not only is Veronica a full-time employee, she is also a part-time student and a full-time mother. Veronica recently became a CAC alumni after receiving her Associate of Arts degree in December of 2015. She is currently working towards a Bachelor's in Liberal Arts through Northern Arizona University and plans to graduate in December of 2018. Veronica and her finance' have two children, ages seven and one. While most of her free time is spent with her family or studying, Veronica enjoys to get away with a good book in hand. She is very excited to embark on this new journey with the Dietetic Education Program and she is eager to learn more about the program.

## Academic Calendar

### Fall 2017 201801 Term

Faculty on Campus	August 14 - 17 M-Th
All College Day (College Closed)	
8:00am – 1:00pm	August 14 M
Weekend College Begins	August 18 F
Last Day of Walk-In Fall Registration	August 19 Sat 9- 1pm
Last Day of Online Fall Registration	August 20 Sun
<b>Weekday &amp; Online Classes Begin</b>	August 21 M
Class Changes/Drop-Add	August 21-28 M - M
Labor Day (College Closed )	September 4 M
45 Day Census	October 4 W
Spring Registration Begins	
(Continues through January 13)	October 9 M
Mid-Term Week	October 6–14 F-Sat
Last Day to Apply for December	
Graduation	October 16 M
Last Day to Withdraw from Semester	
Length	October 26 Th
Veterans' Day	November 10 F
Thanksgiving Break (College Closed)	November 22 - 25 W-Sat
(Tuesday evening classes will take place as scheduled; college services scheduled after 6 pm on Nov 21 will also continue as scheduled)	
Final Exams	December 8-14 F- Th
Semester Ends	December 14 Th
Grades due in Registrar's Office	December 18 M
Winter Break (College Closed)	Dec 21 – Jan 2 Th-T

### SPRING 2018 201802 Term

Faculty on Campus	January 9–11 T-Th
Weekend College Begins	January 12 F
Last Day Walk-In Spring Registration	January 13 Sat 9-1pm
Last Day Online Spring Registration	January 15 M
Martin Luther King, Jr. Day (College Closed)	January 15 M
Weekday & Online Classes Begin	January 16 T
Class Changes/Drop-Add	January 16-23 T-T
President's Day (College Closed)	February 19 M
Development Day (No classes prior to 6:00pm)	February 20 T
Last Day to Apply for May Graduation	February 26 M
45 Day Census	March 1 Th
Mid-Term Week	March 2-10 F-Sat
Spring Break - (College Closed)	March 12-17 M-Sat
Last Day to Withdraw from	March 22 Th
Semester Length Classes	
Summer/Fall Registration Begins	March 26 M
(Continues through August 11)	
Final Exams	May 4–10 F-Th
Semester Ends	May 10 Th
Grades due in Registrar's Office	May 14
Commencement	May 11 F
Signal Peak Campus 7:00 pm	

# Fast Track 100% Online

## Get your CDM, CFPP Credentials Quickly

### New LTC Requirements for hiring Food Service Directors!

In 2016 the Centers for Medicare & Medicaid Services (CMS) issued its final regulations of Part 483 to Title 42 of the Code of Federal Regulations, the Requirements for States and Long-Term Care Facilities.

The Certified Dietary Manager, Certified Food Protection Professional (CDM, CFPP) is now the required credential for Directors of Food and Nutrition Services in long term care settings.

Food Service Directors hired prior to November 28, 2016 will have five years to meet the staffing requirements outlined by CMS. Directors hired after November 28, 2016 will have one year from hire date to meet these requirements.

### Obtain Your National Credential Quickly CDM, CFPP 100% Online

Central Arizona College offers a **three** course fast track: Pathway III\*

Upon successful completion of these three courses a certificate of completion is issued from Central Arizona College.

***\*Pathway III:** for graduates of a comprehensive 90-hour foodservice course curriculum, who also have two years of institutional foodservice management experience. Transcripts must include a minimum of one course in nutrition and two courses in foodservice management. You must submit a copy of your transcript and certificate of course completion, as well as employment verification with your application. <http://www.cbdomonline.org/get-certified/ligibility>*



Association of  
Nutrition & Foodservice  
Professionals

### APPROVED SINCE 1988 BY ANFP

#### PATHWAY I

For those individuals that do not have 2 years of institutional food service management experience.

[www.centralaz.edu/nutrition/DM](http://www.centralaz.edu/nutrition/DM)

### Get Started

[nutrition@centralaz.edu](mailto:nutrition@centralaz.edu)

800-4650-1016

Dietetic Education Program Advisor  
dedicated to YOU!

[diettechadvisor@centralaz.edu](mailto:diettechadvisor@centralaz.edu)

### Spring 2018

January 16 –May 10, 2018

- **NTR223** - CRN 23936  
Food Service Management (3 credits)
- **NTR240** - CRN 23937  
Clinical Nutrition (3 credits)

### Late Start

February 5 –May 10, 2018

- **NTR105** - CRN 25219  
ServSafe Certification (1 credit) Preparation ONLY

### Cost

Arizona Tuition and books: \$872

(7 credits x \$86 = \$602.00 + Estimated cost of books \$270.00)

Out-of-State Tuition and books: \$1474

(7 credits x \$172 = \$1,204.00 + Estimated cost of books \$270.00)



## Graduates December 2016 — May 2017

### Dietetic Technician AAS Degree

Rosa Artiles  
Helene Baymack  
Adelita Bidun  
Hannah Cohen  
Samantha Dowdall-  
Gree  
Sora Gastfreund  
Miriam Goldberger  
Leah Gruman  
Brandy Helm  
Melissa Kidman  
Chana Krasne  
Jessica Moon  
Kurstien Orr  
Ricci Redwine  
Ioana Santau  
Tony Smith  
Beth Steindorff  
Charlotte Stessel  
Peggy Tibbs  
Esther Weiss  
Kelly Williams



### Diabetes Care & Education Certificate

Craig Avery  
Briar Bailey  
Elaine Harnage  
Vanessa Pean  
Taurean Stewart  
Tory Valencia

## Graduate Success Story

Thursday, June 29, 2017

Lisa,

You asked us to keep you updated on our employment status post-graduation and I finally have an update.

I was just hired by Linda University Medical Center, Murrieta, as a per diem DTR! Per diem is exactly how I wanted to ease in after being home with my kids for 12 years. There is room for growth, such as full time DTR and/or pursuing my RD through Loma Linda University.

The hiring process was long but so worth it. I couldn't be happier. Thank you CAC for the education and support.

Kurstien Orr

December 2016 Graduate

# Spring 2018 Schedule

## Spring 2018 (Term 201802)

### Online/Internet—full semester

**January 16 –May 10, 2018**

- NTR104 23922 Nutrition (3)
- NTR123 23923 Nutrition throughout Life Cycle (3)
- NTR141 23924 Nutrition and Wellness (3)
- NTR141 23925 Nutrition and Wellness (3)
- NTR141 23926 Nutrition and Wellness (3)
- NTR191 23931 Nutrition Counseling Skill Dev (3)
- NTR200 23932 Human Nutrition (3)
- NTR200 23933 Human Nutrition (3)
- NTR219 23934 Community Nutrition (3)
- NTR222 23935 Nutrition Assessment (3)
- NTR223 23936 Food Service Management (3)
- NTR240 23937 Clinical Nutrition (3)

### Dietetic Technician & Dietary Manager Pre & Internships - full semester

(Program Director Approval Required)

**January 16 –May 10, 2018**

- NTR196 23938 DM Internship
- NTR296 23940 DT Internship

**January 22 –May 10, 2018**

- NTR156 23929 Foundations of DM Internship (2)
- NTR157 23930 Foundation/ Dietetic Internship (2)
- NTR295 23939 DT Professional Pract. Internship (1)

### Online/Internet –8-week class

**January 16 - March 8, 2018**

- NTR150 23928 Overview Nutrition Profession (1)

### Online/Internet–5-week class

**February 5 –March 8, 2018**

- NTR105 25219 ServSafe Certification (Preparation Only) (1)

### Online/Internet

#### Late Start –8-week class

**March 19- May 10, 2018**

- NTR127 24161 Breastfeeding & Human Lactation (1)
- NTR137 24162 Carbohydrate Counting (1)
- NTR201 24163 Nutrition Literacy (1)
- NTR232A 24164 Food and Culture (1)
- NTR 255 24165 Nutrition Medical Terminology, Labs & Food Drug Interaction (1)

#### 2017-2018 Tuition Fee

AZ Resident Tuition: \$86 per credit

Out of State Tuition: \$172 per credit—(up to 6 credits)

Example of Out of State Tuition:

6 credits = \$1,032.00

7 credits = \$2,590.00

12 credits= \$4,440.00

Please refer to the CAC website if enrolling more than 6 cr.

For information on Western Undergraduate Education Program (W.U.E ) tuition, please visit [www.centralaz.edu](http://www.centralaz.edu)

