

## NEW BEGINNINGS AND FULL-ANFP APPROVAL

I am appreciative and grateful to introduce DEP’s April 2019 Newsletter. It has been an exciting time since joining CAC as the DEP Interim Director. First, please look to page three for a list of our December 2018 graduates. All of their hard work and determination paid off and we wish them well on their new path.

Since January we have been saying our fond farewells to Lisa Koehring, who is the second in the history of CAC's DEP program to retire. Reminisce with faculty and enjoy reading their goodbyes and retirement well wishes on page two.

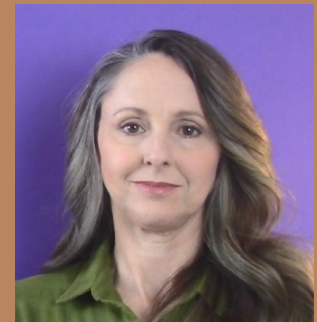
As we were all remembering about our time with Lisa, the DEP team was diligently working on submitting our 5-year annual review to the Association of Nutrition & Foodservice Professionals for our Nutrition and Foodservice Professional online training program. Read about the exciting news about being granted full-approval of the program on page eight. Our in-house advisor Pam follows up the news about approval with important information about becoming a Certified Dietary Manager (CDM). Did you know if you are a DTR or RD you are already eligible to sit for the exam to become a CDM? Pam has contributed this and more interesting and valuable information under PJ’s Pointers.

In the spirit of One College One Team we would like to introduce our expert faculty. We’ll start with Romy who has been with the CAC-DEP team since 2006. Get to know Romy on page three. Another faculty team member, Janice, entertains us with a game her teenage daughter plays with her friends. Read “Would you rather?” and learn about eating healthy and saving money. The cost of healthy snacks might surprise you.

As always the CAC-DEP newsletter is the place to go for quick and easy access to the Academic Calendar and the summer and fall 2019 Schedule. This is my favorite go to resource.

In closing, thank you to everyone who pulled together and contributed to the newsletter. We look forward to the next newsletter in October.

Sheri Steincamp MS, RDN, CDE



**Sheri Steincamp MS, RDN, CDE**  
Interim Director

**Pam Hector, RDN**  
Dietetic Education Program Advisor

**Jean Halloran**  
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# Fond Farewell to Lisa Koehring



Lisa has had a pivotal impact on my career path. I can't thank her enough for all of her support, guidance and faith in me throughout my time at Central Arizona College. She helped me to learn to be an effective online instructor and served as an important mentor for me to keep growing. She helped me realize my passion for dietetics education and helped me develop important skills and a big picture view of the process. I know that I would not have progressed this far in my career without her support and leadership. After being in the Director level of a dietetics program myself, I can attest for the tremendous amount of work it is to craft a program that matches the dynamic accreditation standards and is measurable and achievable with the curriculum and diverse student base. The online programs she developed were truly innovative and admired in our field. Many students were able to achieve new career paths and realize their dreams due to her vision and hard work and perseverance! We did a lot of brainstorming, problem solving and laughing along the way. I hope your retirement is another successful chapter, Lisa. You deserve it!

Amy A Drescher PhD RDN

Thank you for giving me the opportunity and for training me to become an adjunct faculty member in nutrition! It was my first college teaching position 8 years ago. I love teaching and appreciate your help getting into this field.—Thanks, Jan

Lisa—Thanks for all the memories of working together to further the direction of dietetics education in the state of Arizona. You have been an inspiration to so many in your leadership of the Arizona Academy of Nutrition & Dietetics (formerly known by us as Arizona Dietetics Association), and your leadership at Central Arizona College. It has been my pleasure to call you a friend and colleague. —Sue

I will always remember Lisa's willingness to meet with me on a regular basis, even though that included a trip to Tucson for her. She would treat me to lunch, or even hold a meeting in my pool at home! A natural encourager, Lisa provided great opportunities for me to work for CAC from home while raising my daughter. The 13 years I worked for Lisa at CAC were wonderful. I used to call her the "best boss I ever had" reflecting her constant support. I wish Lisa much joy and many blessings during her retirement. —Jennifer Bowers

Lisa and I met at several Dietetic Advisory meetings in the mid-2000s. She hired me to teach after we met again at a local ADA meeting, around 2006. I was speaking about the role of dietetic professionals as entrepreneurs. The presentation was about building a business around nutrition counseling and the design and development of employee wellness programs.

Lisa was one of the most dynamic, interesting and engaged dietitians I've met. She won me over immediately when she described the Nutrition Counseling course. She was proud of her DEP program and the quality coursework provided for students in the degree and certificate programs. She gave me details about the course, the textbook and why she felt I was the person to teach it. I've taught the course at CAC every fall and spring semester since.

Lisa brought passion and expertise to the DEP program for years. She stayed on top of the political and regulatory changes for the DTR credential and didactic programs. He was an advocate for DTRs and the program she was instrumental in developing. —Romy

I first met Lisa back in July of 2014 when I interviewed with her for an adjunct position for the Dietetic Education Program. As soon as I met her, I knew we were going to get along great and that the position was going to be a good fit! It is because of Lisa that I finally got the opportunity to teach nutrition at CAC and it has been a wonderful experience.

Lisa, thank you for all of the contributions you have made during your time at CAC and for all of your hard work in making the Dietetic Education Program a success. It has been a real pleasure to know you and work with you. Congratulations on your retirement and best wishes for the future! —Sincerely, Dalia Blunt

I truly appreciate the opportunity Lisa gave me by hiring me to be the Diet Tech Advisor at CAC. This job has allowed me to realize my passion for working in the field of academia. Lisa was a wonderful supervisor and mentor to me over the past two years. She helped me to become more confident in myself as well as hone my skills in communication, self-management and problem-solving. Lisa always had the students' best interest at heart and helped them achieve their career goals. Without her this program would not have been as successful as it has been. Lisa, all of the wonderful things you have accomplished will not be forgotten. I wish you all the best for an amazing retirement. Enjoy your new chapter in life, where you become your own boss!—Pam Hector

## Academic Calendar

### Summer 2019

Last Day Walk-In Summer Registration	May 30
Last Day Online Summer Registration	May 30
Memorial Day <i>College Closed</i>	May 27
First Summer Session begins	June 3
Class Changes/Add Drop	June 3-4
Last Day to Apply for Summer Graduation	June 6
First Five Week Session Ends	July 3
Independence Day <i>College Closed</i>	July 4
Second Summer Session Begins	July 8
Class Changes/Add Drop	July 8-9
Eight Week Class Session Ends	July 25
Second Five Week Session Ends	August 8
Grades Due in Registrar's Office	August 12

### Fall 2019

Faculty on Campus	August 12 - 15 M-Th
All College Day <i>College Closed</i> 8:00am – 1:00pm	August 12 M
Weekend College Begins	August 16 F
Last Day of Walk-In Fall Registration	August 17 Sat 9- 1pm
Last Day of Online Fall Registration	August 18 Sun
<b>Weekday &amp; Online Classes Begin</b>	August 19 M
Class Changes/Drop-Add	August 19-26 M - M
Labor Day - <i>College Closed</i>	September 2 M
45 Day Census	October 2 W
Spring Registration Begins (Continues through January 13)	October 7 M
Mid-Term Week	October 4–12 F-Sat
Last Day to Apply for December Graduation	October 14 M
Last Day to Withdraw from Semester Length	October 24 Th
Veterans' Day- <i>College Closed</i>	November 11 M
Thanksgiving Break – <i>College Closed</i> (Tuesday evening classes will take place as scheduled)	November 27-30 W-Sat
Final Exams	December 2-7 F- Th
Semester Ends	December 9 Th
Grades due in Registrar's Office	December 16 M
Winter Break - <i>College Closed</i>	Dec 20 – Jan 2 F-Th

## Meet the Faculty



Romy Nelson, MEd, NDTR has been an adjunct Nutrition instructor at Central Arizona College teaching Nutrition Counseling and Skill Development since 2006.

Romy designs and implements employee wellness programs. Most of her days are consist of one-on-one nutrition counsel-

ing, teaching classes and facilitating fitness and weight loss challenges. She speaks professionally at conferences and seminars on a variety of health and wellness topics.

Romy battled her weight as a young teen and college student. She learned how to eat properly, lost the excess weight and participated in eight amateur fitness/figure competitions between 1996 and 2005. She became fascinated with the science of nutrition. She went back to school to learn more and changed careers in 2004.

Romy holds a Master's Degree in Education, as well as an AAS Degree in Dietetic Technology. She is a NDTR (Nutrition and Dietetics Technician, Registered) and certified fitness trainer (ASCM and NASM). She was Arizona Dietetic Technician, Registered of the Year 2009. She is also adjunct nutrition faculty at Glendale Community College.

"I am inspired by students who are motivated to enter nutrition as a meaningful career. My goal is to teach students to assist their clients in creating authentic, lasting behavior change with the aim of preventing and reversing chronic disease. It is an honor for me to work with our students, and to play a role in their career paths to become successful nutrition professionals."

## Graduates December 2018

### Community Nutrition Worker

Samantha R. Delores

Staci M. Myron

### Nutrition & Foodservice Professional Training

Pavithra Mllishwin

### Nutrition & Health Promotion

Two Graduates (Names withheld by request)

## Nutrition, “Would You Rather?” by Janice Connell MS, RD

### Would you rather...

- ◆ Buy your lunch off the **value menu** at your favorite **fast food** restaurant for a month
- ◆ Pack and eat your own **brown bag** lunch for a month

### Would you rather...


- ◆ Save **time** eating
- ◆ Save **money** eating

What if I told you, you could **pack your own lunch/snacks, eat good tasting and healthy food, save money, and save time?** Believe it or not, you can!

I’m a dietitian and I like the taste of fast food. I always joke, that if fast food were truly fast, I would have a problem! I get frustrated waiting in line, so I’ve figured out how to bring my own food and I can do it in less time, less money, and add more nutrition.

There’s a lot of hype in the media about the latest superfoods. Sometimes, I think we forget about the simple foods that pack tons of nutrition and are quick, easy, and budget friendly. It just takes about 10 minutes/day or about 60 minutes on your day off to prep for the week of lunches and snacks.

Below are my favorite snacks/lunch items I pack for work/away from home food that help keep me full and energized. I use an insulated cooler bag for items with an asterisk\*. I also bring a thermos with my own coffee and I usually take 3-5 (Protein, Dairy, Fruit, Veggie, and Whole Grain) of the items below/day.



Food Items	Cost
*Skim Milk (protein & calcium)	.25
*Handful of baby carrots	.25
Handful of grapes/cherry tomatoes	.25-.50
Apple/Orange/Banana	.50-.75
Handful of nuts/peanuts	.50
Peanut Butter and Jelly Sandwich on Whole Wheat bread	.75
*Tuna Sandwich on Whole Wheat bread	1.00
A few chips or Cheetos to go with my sandwich	.50
*Leftover dinner	1.00
*String Cheese	.40
*2 hard-boiled eggs	.40
3 cups of popcorn (air popped or frying pan + Pam spray)	.20
1 Samoa Girl Scout Cookie (to feed my sweet tooth!)	.35



# Summer and Fall 2019 Schedule

## Summer 2019

### Online/Internet – 10-week class

#### 06/03/2019 - 08/08/2019

NTR104	19SU8458	Nutrition (3)
NTR105	19SU8460	ServSafe Certification Prep ONLY (1)
NTR123	19SU8461	Nutrition Thru Life Cycle (3)
NTR131	19SU8464	Introduction to Diabetes(1)
NTR141	19SU8466	Nutrition and Wellness (4)
NTR156	19SU8467	Foundations of DM Internships (2)
NTR200	19SU8468	Human Nutrition (3)
NTR223	19SU8470	Food Service Management (3)
NTR240	19SU8471	Clinical Nutrition (3)



## Fall 2019

### Online/Internet—full semester

#### 08/19/2019 - 12/08/2019

NTR104	19FA8499	Nutrition (3)
NTR123	19FA8500	Nutrition Thru Life Cycle (3)
NTR141	19FA8501	Nutrition and Wellness (4)
NTR141	19FA8502	Nutrition and Wellness (4)
NTR141	19FA8503	Nutrition and Wellness (4)
NTR142	19FA8505	Applied Food Science (3)
NTR150	19FA8506	Overview Nutrition Professions (1)
NTR163	19FA8509	Orientation to Diet Tech Program (1)
NTR191	19FA8510	Nutrition Counseling Skill Dev (3)
NTR200	19FA8512	Human Nutrition (3)
NTR200	19FA8513	Human Nutrition (3)
NTR200	19FA8514	Human Nutrition (3)
NTR222	19FA8516	Nutrition Assessment (3)
NTR223	19FA8517	Food Service Management (3)
NTR240	19FA8518	Clinical Nutrition (3)
NTR247	19FA8519	Weight Management Theory (3)

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

(Program Director Approval Required)

#### 08/19/2019 - 12/08/2019

NTR156	19FA8507	Foundations of DM Internships (2)
NTR157	19FA8508	Foundations of DT Internships (2)
NTR295	19FA8520	DT Professional Practice Internship (1)

#### 08/19/2019 - 12/08/2019

NTR196	19FA8511	Dietary Managers Internship (4)
NTR296	19FA8521	Dietary Technician Internship (6)

Program Director Approval Required for all Pre & Internships

### Online/Internet Late Start - 8-week class

#### 10/18/2019 - 12/08/2019

NTR105	19FA8522	ServSafe Certification Exam Prep (1)
NTR127	19FA8523	Breastfeeding/Human Lactation (1)
NTR134	19FA8524	Healthy Weight for Kids (1)
NTR137	19FA8525	Carbohydrate Counting (1)
NTR201	19FA8526	Nutrition Literacy (1)
NTR232A	19FA8528	Food and Culture (1)
NTR255	19FA8529	Nutrition Med Term, Labs & FDI (1)

### 2018-2019 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)

*\*Tuition and Fees Subject to Change Without Prior Notice*



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

## Full Approval Granted

Besides helping students navigate the beginning of the semester, my first charge as Interim Director was to submit DEP's ANFP Nutrition and Foodservice Professional Training Program 5-year annual review by the end of February. Due to the needs of the students at the beginning of the semester, previously planned vacations, and CAC's new systems this was no small feat. But because we came together as a team, we were able to submit the review on time. On April 3rd, 2019 we received our letter informing us that the ANFP Program Review Committee granted full approval to the DEP Nutrition & Foodservice Professional online training program through August 31, 2023. —Sheri Steincamp MS, RDN, CDE

See PJ's Pointers below for more information on how to take advantage of DEP's CDM Pathways.

## PJ's Pointers by Pam Hector, RD

### Interested in becoming a Certified Dietary Manager (CDM)?

#### \*\*DTRs and RDs are already eligible to sit for the CDM Exam!

- ◆ *Need to submit a copy of your transcript with your exam application.*
- ◆ *Must have a minimum of one course in nutrition and two in food service management.*
- ◆ *Link to exam registration: <https://www.cbdomonline.org/get-certified/register>*

#### \*\*New requirements for hiring Food Service Directors in long term care settings.

- ◆ *There is a new requirement for Directors of Food and Nutrition Services in long term care facilities to obtain their CDM.*
- ◆ *If you were hired before November 28, 2016, then you have 5 years to obtain your CDM.*
- ◆ *Directors hired after November 28, 2016 have one year from their hire date to become a CDM.*

Obtain Your National Credential Quickly  
CDM, CFPP 100% Online

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

#### Summer 2019

June 3 - August 8, 2019

- **NTR105** - 19SU8460  
ServSafe Certification (1 credit)  
Preparation ONLY

#### Fall 2019

August 19 - December 8, 2019

- **NTR223** - 19FA8517  
Food Service Management (3 credits)
- **NTR240** - 19FA8518  
Clinical Nutrition (3 credits)

#### 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)

**\*Please refer to the CAC website if enrolling more than 6 credits in one term.**

### Get Started

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800-4650-1016

Dietetic Education Program Advisor  
dedicated to YOU!  
[diettechadvisor@centralaz.edu](mailto:diettechadvisor@centralaz.edu)

## PJ's Pointers (continued)

### ***Do you have at least 2 years of institutional food service management experience?***

**\*\*If you answered yes, then you qualify for CAC's CDM Fast Track Program.**

#### **Details about the CDM Fast Track:**

- ◆ *This is CAC's Pathway III Program (Certificate).*
- ◆ *At least 2 years of institutional food service management experience is needed.*
- ◆ *Comprehensive curriculum of three courses that meets ANFP's requirements.*
- ◆ *It is a quick way to get your CDM.*

**Contact our online advisor today! [diettechadvisor@centralaz.edu](mailto:diettechadvisor@centralaz.edu)**



#### **Exam Eligibility Requirements**

**You are eligible to take the exam if you meet the requirements of one of the five pathways outlined below:**

**Pathway I:** for graduates of an ANFP-approved foodservice manager training program. Candidates must submit a copy of certificate of course completion, and their name must appear on the official graduate listing that is sent to ANFP by the college/school.

**Pathway II:** for graduates of a two-year, four-year or greater, college degree in foodservice management, nutrition, culinary arts, or hotel-restaurant management. Candidates must submit a copy of their transcript\* with exam application. Transcript requirements must include a minimum of one course in nutrition and two courses in foodservice management.

**Pathway III(a):** for graduates of a comprehensive, minimum 90-hour, foodservice course curriculum, who also have two years of non-commercial foodservice management experience. Candidates must submit a copy of their transcript\* and employment verification with exam application. Transcript requirements must include a minimum of one course in nutrition and two courses in foodservice management.

**Pathway III(b):** for graduates of the classroom portion of an ANFP-approved foodservice manager training program, who also have two years of non-commercial foodservice management experience. Candidates must submit a copy of certificate of course completion, their name must appear on the official graduate listing that is sent to ANFP by the college/school and submit employment verification with exam application.

**Pathway IV:** for current and former members of the U.S. military who have graduated from an approved military dietary manager training program and have attained the grade of E-5. Candidates must submit their documentation of military training and pay grade when applying under Pathway IV to determine eligibility. Note that exam fee may be reimbursable through the Montgomery GI Bill; visit [www.gibill.va.gov](http://www.gibill.va.gov) for information.

**Pathway V:** for graduates with an alternate two-year, four-year or higher degree. Candidates must have a minimum of five years of non-commercial foodservice management experience. Candidates must submit a copy of their transcript\* and employment verification with exam application. Transcript requirements must include a minimum of one course in nutrition and two courses in foodservice.

**\*All coursework must be completed through an accredited post-secondary institution.**

If you have any questions regarding the eligibility pathways, please contact Professional Development Services at 800.323.1908 or at [info@CBDMonline.org](mailto:info@CBDMonline.org).

# Fast Track 100% Online

## Get your CDM, CFPP Credentials

### Do you have 2 years of institutional foodservice

### New LTC Requirements for hiring

Central Arizona College offers a comprehensive curriculum, consisting of three courses, that meets the requirements of the ANFP **Pathway III\***

#### Summer 2019 - 06/03-08/08/2019

NTR105 19SU8460 ServSafe Certification  
Preparation ONLY (1 credit)

#### Fall 2019 - 08/19 - 12/08/2019

NTR223 19FA8517 Food Service Mgmt. (3 credits)  
NTR240 19FA8518 Clinical Nutrition (3 credits)

#### 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)

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

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.



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.cbdmonline.org/get-certified/eligibility>*



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