



Fast Track to Earn CDM, CFPP Credentials

Do you have two years of institutional foodservice management experience?

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.

Get Started

nutrition@centralaz.edu

800-4650-1016

Dietetic Education Program Advisor dedicated to YOU!

diettechadvisor@centralaz.edu

APPROVED SINCE 1988 BY ANFP

PATHWAY I

For those individuals that do not have 2 years of institutional food service management experience, the full certificate information is on page 5.

www.centralaz.edu/nutrition/DM

Obtain Your National Credential Quickly CDM, CFPP 100% Online

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

Summer 2017

July 5 - August 3, 2017

- **NTR105** - CRN139
ServSafe Certification (1 credit)
Preparation ONLY

Fall 2017

August 21 - December 14, 2017

- **NTR223** - CRN1226
Food Service Management (3 credits)
- **NTR240** - CRN1227
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)

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/ligibility>*



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

Kim Bentley, M.Ed., NDTR
Instructional Specialist

Amy Drescher, PhD, RDN
Dietetic Education Program Advisor

Mona Shelton - Program Assistant



Central Arizona College
Dietetic Education Program
nutrition@centralaz.edu
www.centralaz.edu/nutrition
800-465-1016

Inside this issue:

Graduate Success Story	2
Emails from Students	2
Graduates/Academic Calendar	3
Summer and Fall 2017 Schedule	4
ANFP Approved Certificate	5

Graduate Success Story

Emily Sylvester, RDN



Dietetics has been a passion of mine for as long as I can remember. So before I decided to start my educational path I asked myself why dietetics? My first memory of nutrition is from elementary school and I always brought a sack prepared lunch made with love from my mom. All my friends at my table were snacking on foods like pizza and cookies but never once did I want to

trade up my apple or celery with peanut butter for anything on the school lunch menu. In fact, I would tell my friends at the lunch table that I was energizing my body for later and that I needed my healthy lunch to make it through the day. My mom knew the importance of a healthy lifestyle and like her I wanted to play a role in promoting the benefits of nutrition, while helping prevent various chronic diseases. I was the first one in my immediate family to attend college and I have been through many challenges in life but graduating with first my associate's degree and then my bachelor's degree has been two of my biggest accomplishments thus far.

Central Arizona College (CAC) was very instrumental to not just my professional growth but also my personal growth. The professors believed in me and empowered me to continue my education after obtaining my associate's degree and Dietitian Technician Registered certification. I decided to apply for the Bachelor's in Health Science Coordinated Program at Rutgers University (formally the University of Medicine and Dentistry of New Jersey). With this online program I was able to obtain my bachelor's degree and arrange my various internships in Michigan, Indiana, Georgia, and Virginia Beach. With both my internships from CAC and Rutgers I was able to work closely with experienced Registered Dietitians and form wonderful professional relationships that helped with developing my career and molding me into the Dietitian that I am now.

I am currently a Clinical Registered Dietitian working in both the inpatient and outpatient settings for a midsized hospital in Northern California. I was able to reach my goal of becoming an educator of nutrition and health and even though there were days that I felt I would never make it to this point in my career, I pushed on through and showed myself that anything is possible. My journey is not over because dietetics will be forever evolving. Nutrition is the foundation of good health and as a Registered Dietitian I make sure every day that my patients get the education they deserve and are aware of the impact that food has on their current and future well-being.

Emails from Students

From: Holly L. Rogers, NDTR

Hello and Good Morning Lisa,

Thank you for everything I am well on my way in the field of dietetics I had to start from the bottom but now I am working under some wonderful RD's and DTR's in the field that has been my goal pediatrics. I started as a Clinical Research Technician II at Texas Children's Hospital our team was specializing in food allergies and formulas. I am now working as a Formula Technician where I make batch formulas for NICU, PICU, and ER. I really love it I love working with so many coworkers that care about nutrition and the environment in which I work. Everything is clean, organized, and a good management team in which I am a part of because of my degree in Nutrition. The wonderful thing about the RD's and DTR's I work with is they helping me with the questions on test so next time I talk to you I will say I did passed my Dietetic Tech exam.

Thanks for everything!

Holly L. Rogers (DT Graduate Spring 2016)

Editor's Note: Subsequently, Holly DID PASS the DTR Exam!

From: Clayton Cox

Good Morning,

Enjoyed meeting some of the professionals last night and I have some updates for you with my search for an internship here in Tucson. I met and talked with the RDN and Clinical Nutrition Manager for Tucson Medical Center (TMC) and her Food Service Manager who is a NDTR.

They both wanted to help me since their Internship Program approval won't come until sometime in 2018. The NDTR tells me she already has a CAC student in an internship this semester and feels like she can help me find all the elements for next fall. Her suggestion is that I do the Food Service hours with her at TMC.

I also met and had a great conversation with the MS, RD, CDE who is the Interim Dietetic Internship Director and Bariatric Dietitian at Banner University Medical Center. She also oversees the Nutrition Programs at a Long-Term Adult Center across the street from TMC and would like for me to do my clinical hours with her at that location.

Those were the best two hours I've spent in 3 years. I learned so much and these ladies are very genuine and professional. What is the old cliché; "Surround yourself with the best people you can find" and I think I found some.

They both were collaborating the whole two hours about where I could find the Education and Training hour requirement. Not sure if they found a solution, but at least we have some collaborators to work with now that want to help us.

I was pumped with this meeting and I needed to write this email.

Thanks,
Clayton

Graduates December 2016

Dietetic Technician AAS Degree

Rosa Artiles
Adelita Bidun
Samantha Dowdall-Green
Sora Gastfreund
Melissa Kidman
Jessica Moon
Kursten Orr
Ricci Redwine
Ioana Santau
Peggy Tibbs
Kelly Williams



Diabetes Care & Education Certificate

Vanessa Pean
Tory Valencia

Academic Calendar

Summer 2017

201703 Term

Last Day Walk-In Summer Registration	May 25
Last Day Online Summer Registration	May 29
Memorial Day <i>College Closed</i>	May 29
First Summer Session begins	May 30
Class Changes/Add Drop	May 30-31
Last Day to Apply for Summer Graduation	June 1
First Five Week Session Ends	June 29

201800 Term

Independence Day <i>College Closed</i>	July 4
Second Summer Session Begins	July 5
Class Changes/Add Drop	July 5-6
Eight Week Class Session Ends	July 20
Second Five Week Session Ends	August 3
Grades Due in Registrar's Office	August 7

Fall 2017 *201801 Term*

Faculty on Campus	August 14 - 17 M-Th
All College Day College Closed <i>8:00am – 1:00pm</i>	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
Weekday & Online Classes Begin	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 <i>(Continues through January 13)</i>	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 (Tuesday evening classes will take place as scheduled; college services scheduled after 6 pm on Nov 21 will also continue as scheduled)	November 22 - 25 W-Sat
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

Summer and Fall 2017 Schedule

Summer I 2017 (Term 201703)

Online/Internet –10-week class

05/30/2017 - 08/03/2017

NTR104	ON1	30184	Nutrition (3)
NTR123	ON1	30185	Nutrition Throughout Life Cycle (3)
NTR134	ON1	30585	Healthy Weight for Kids (1)
NTR141	ON1	30187	Nutrition and Wellness (4)
NTR156	ON1	30573	Foundations of DM Internships (2)
NTR196	SSA	30192	Dietary Manager Internship (4)
NTR200	ON1	30193	Human Nutrition (3)
NTR201	ON1	30194	Nutrition Literacy (1)
NTR222	ON1	30195	Nutrition Assessment (3)
NTR223	ON1	30196	Food Service Management (3)
NTR232A	ON1	30197	Food and Culture (1)
NTR240	ON1	30198	Clinical Nutrition (3)
NTR255	ON1	30517	Nutrition Med Term, Labs & FDI (1)

Summer II 2017 (Term 201800)

Online/Internet –5-week class

07/05/2017 - 08/03/2017

NTR105	ON1	CRN139	ServSafe Certification Preparation ONLY (1)
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Fall 2017 (Term 201801)

Online/Internet—full semester

08/21/2017 - 12/14/2017

NTR104	ON1	12212	Nutrition (3)
NTR123	ON1	12213	Nutrition Thru Life Cycle (3)
NTR131	ON1	12641	Introduction to Diabetes (3)
NTR141	ON1	12215	Nutrition and Wellness (4)
NTR141	ON2	12216	Nutrition and Wellness (4)
NTR141	ON3	12217	Nutrition and Wellness (4)
NTR142	ON1	12218	Applied Food Science (3)
NTR163	ON1	12220	Orientation to Diet Tech Program (1)
NTR191	ON1	12221	Nutrition Counseling Skill Dev (3)
NTR200	ON1	12223	Human Nutrition (3)
NTR200	ON4	12224	Human Nutrition (3)
NTR222	ON1	12225	Nutrition Assessment (3)
NTR223	ON1	12226	Food Service Management (3)
NTR240	ON1	12227	Clinical Nutrition (3)
NTR247	ON1	12228	Weight Management Theory (3)

Online/Internet –8-week class

08/21/2017 - 10/12/2017

NTR150	ON1	12219	Overview Nutrition Profession (1)
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Online/Internet Late Start—8-week class

10/23/2017 - 12/14/2017

NTR127	ON1	12663	Breastfeeding/Human Lactation (1)
NTR134	ON1	12665	Healthy Weight for Kids (1)
NTR137	ON1	12670	Carbohydrate Counting (1)
NTR201	ON1	12672	Nutrition Literacy(1)
NTR232A	ON1	12684	Food and Culture (1)
NTR255	ON1	12686	Nutrition Med Term, Labs & FDI (1)
NTR257	ON1	12689	Food Allergies and Intolerances (1)

Dietetic Technician & Dietary Manager Pre & Internships - full semester

(Program Director Approval Required)

08/21/2017 - 12/14/2017

NTR156	ON1	12231	Foundations of DM Internships (2)
NTR157	ON1	12232	Foundation/Dietetic Internship (2)

08/21/2017 - 12/14/2017

NTR196	SSA	12222	DM Internship (4)
NTR295	SSA	12234	DT Professional Practice Internship (1)
NTR296	SSA	12229	DT Internship (6)

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

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- Has five years to meet the staffing requirements outlined by CMS

FSD hired after November 28, 2016

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Central Arizona College is accredited by the Higher Learning Commission.

PATHWAY I Graduate from an ANFP approved training program

Central Arizona College offers the ANFP approved *Nutrition & Foodservice Professional Training Program*

- 12 credits of food and nutrition courses
- 4 credits (150 hours) of practical experience.
- The entire program may be completed online in three (3) semesters part-time



Register for Summer & Fall 2017

Summer 2017 - 05/30/2017 - 08/03/2017

NTR104	ON1	30184	Nutrition (3)
NTR156	ON1	30573	Foundations of DM Internships (2)
NTR196	SSA	30192	Dietary Manager Internship (3)
NTR223	ON1	30196	Food Service Management (3)
NTR240	ON1	30198	Clinical Nutrition (3)
NTR255	ON1	30517	Nutrition Med Term, Labs & FDI (1)

Fall 2017 - 08/21/2017 - 12/14/2017

NTR104	ON1	12212	Nutrition (3)
NTR156	ON1	12231	Foundations of DM Internships (2)
NTR223	ON1	12226	Food Service Management (3)
NTR240	ON1	12227	Clinical Nutrition (3)
NTR196	SSA	12222	DM Internship (4)

10/23/2017 - 12/14/2017

NTR255	ON1	12686	Nutrition Med Term, Labs & FDI (1)
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**Pathway I: for candidates who have graduated from an ANFP-approved foodservice manager training program. You must submit a copy of your certificate of course completion, and your name must appear on the official graduate listing that is sent to ANFP by the college/school.*