



BACK TO SCHOOL: It's A Wonderful Life!

by Karen Ennis, DMS Student

There is a certain parallel between my life and my favorite movie, "It's a Wonderful Life." The film features James Stewart as the young, adventure-seeking George Bailey, determined to travel to distant shores and have an exciting career. In the process of achieving his goals, unforeseen events unfold and he must alter his direction and put his dreams on hold.

As a teenager, I did not know my ideal occupational path, but I was sure I did not want to work in an office answering phones and taking notes. My life should be exciting, challenging and rewarding! Typing, filing and billing, did not excite me.

My goals shifted though, as I began to have a family. Like George, I had to put my dreams on hold to raise my children. The only thing I could do at that time was take a job in an office. It was steady work and I figured it would be a temporary choice.

After getting divorced, I raised two children on my own. Money was very tight to say the least, and I was living pay check to paycheck. At that point, I did not have the extra time or the money to think of school. More and more, I disliked what I was doing for work and that is all it was to me, 'work'. I knew I could accomplish more and doing nothing about it was like running in mud. The thought that this was all I would do for the rest of my life made me angry.

Along the way, while nursing my children's fevers, scraped knees and sunburns, I have discovered something within me - compassion and the willingness to help others. I can recall witnessing a lady run a red light, hitting a man's car. As I ran to the driver's side of his car, I put my hand on the man's shoulder and held his hand. The injured man looked at me and asked, "Are you an angel?"

Another instance happened while I was at work. I witnessed an accident involving a motorcyclist. Without a second thought, I ran out to the busy highway and knelt down beside the lady on the hot pavement. Her elbow, bloody, revealed bone and her side and leg displayed severe abrasions. She grabbed my hand, looked at me with fear in her eyes and said, "Please don't leave me." I stayed with her until the ambulance arrived.

When I returned to my desk, one of my co-workers told me, "You missed your calling! You should be in the medical field. Every time someone gets hurt, you are there to help." He was right! Although I waited to attain my goals, I had never lost the



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FLORIDA READY TO WORK

(Source: www.floridareadytowork.com/aboutprogram)

Florida Ready to Work is an innovative new workforce education and economic development program. The centerpiece of the program is the Florida Ready to Work credential, a career readiness certificate - signed by Governor Charlie Crist - that certifies that a Florida student/jobseeker has the fundamental job skills necessary to succeed in today's rapidly changing and competitive economy. This program:

- Provides students/jobseekers with a standard credential that certifies their workplace readiness and ability to succeed on the job.
- Saves employers time and money by taking the guesswork out of the hiring process.
- Helps educators and workforce development partners prepare today's students/jobseekers for tomorrow's jobs.
- Helps attract businesses with high-wage jobs to Florida which will grow Florida's economy.

CFI is registered as a Florida Ready to Work Assessment Center. For more information, please contact Mrs. Trish Young, Testing Coordinator.

Central Florida Institute



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BACK TO SCHOOL: It's A Wonderful Life! (continued)

spark to better myself.

What I wanted to pursue had become crystal clear. The years I had put my education on hold seemed to help me define my direction and lead me to my professional fulfillment.

As I researched schools, I came upon Central Florida Institute, and one of the courses offered was Diagnostic Medical Sonographer. At that moment, I knew this was what I needed to do.

I worked to earn money to go to school, and at my age it is going to be a true struggle to work and go to school, but I suppose in some way I have been "groomed" for this kind of demand of my time and lack of sleep.

Now, looking towards my future scenario, knowing at the end of each day I will be a part of the circle of medicine that may help a doctor diagnose a patient's illness or share in the joy of a couple visualizing their child for the first time, this is a career for me to be proud of. I can truly say now, "It's a Wonderful Life!"

Skill Refresher Clinics *TUESDAYS, ROOM 212*

"Practice your skills!" Be prepared to go to your extern site with confidence in your abilities! The Tuesday Afternoon Skills Clinic is held on the 2nd, 3rd, and 4th Tuesday of each term from 2:45 p.m. until 3:45 p.m.

If you have any questions, please see Steve Coleman, Education Coordinator. Schedule is subject to change. Remember, practice makes perfect!

We want to hear from you! If you have any events, thoughts, or stories, please submit your editorial contributions to the front desk on the third floor,
Attn: Sondra Cranford, Health Education Director/Editor
or email to Scranford@cfi.edu

MAST, *By Steve Coleman, Education Coordinator*

MAST is the Medical Assistant Success Team. MAST is an organization of successful 3rd, 4th and 5th term Medical Assistant students who are volunteering their time and experience as a way of helping other MA students succeed. They understand that health care is based on the concept of "team play" and they have embraced the ideal of helping other members of the CFI Medical Assistant team. They have realized that it is sometimes easier to succeed by working with others than it is to struggle alone, and they want to share the "secrets" of their success with you.

For information on contacting members of MAST, please see Mr. Steve Coleman or Mrs. Millie McIlvaine, or talk to your individual instructors.

SKIN CARE AND PHOTO-AGING, *by Kathy L. Anderson, DO, FAOCD*

As a dermatologist in private practice, I am fortunate to be able to provide cosmetic procedures for patients to achieve happiness in improving their appearance. Patients that desire to maintain a good appearance generally take better care of their health. They are usually concerned with eating healthy foods, exercising and taking measures to maintain good health. In maintaining a healthy lifestyle, protecting the skin from the environmental insult of UV radiation must be a daily practice.

Solar ultraviolet radiation is responsible for or contributes to skin cancer and photo-aging. The short wavelengths of solar UV are called "UVB". These wavelengths are responsible for direct damage to DNA, which is thought to contribute to a number of events; sunburn, skin cancer, and photo-aging may result depending on the duration of time the skin is exposed and damaged. Longer wavelengths of UV are called "UVA". The primary event associated with exposure to these wavelengths is the formation of "free radicals" which occurs in the deeper structures of the skin, the dermis. This results in photo-aging and skin discoloration. The end result of exposure to solar UV is the obvious sunburn and the more insidious skin cancer and photo-aging that appear decades after the solar UV exposure. Daily protection against this solar exposure is needed to promote healthy skin.

Sunscreen products contain UV filters which absorb different wavelengths of UV. As consumers, we need to read labels and demand protection against the breadth of solar UV – to include UVB and UVA. The ingredient Zinc Oxide is an inorganic broad spectrum UVA and UVB filter, which absorbs and reflects UV radiation. The protective properties of Zinc Oxide can prevent the formation of oxygen-free radicals and sunburn. The skin cancer facts in 2007 tell us that 1 in 5 Americans will develop some form of skin cancer in their lifetime. Melanoma is the second most common cancer in women aged 20-29 and invasive melanoma is the sixth most common cancer in men and women. We need to be proactive in doing all we can to protect our skin and the skin of our children. Daily sun protection is a part of a healthy lifestyle which rewards us by decreasing our chance of developing skin cancers and by helping us to age beautifully.

For more information or concerns about skin care please contact Dr. Anderson's office at 727-462-5242, 510 Druid Road, Suite A, Clearwater, FL 33756



"I am very pleased that I chose this specialty. It was an area I was already interested in as a hair dresser and Macys' Estee Lauder cosmetic consultant. Working with a cosmetic dermatologist offers a lot of perks in this field. And, the pay rate definitely increases when you are in a specialty practice. I'm so glad I took my cosmetics experience to a professional medical level."
Rene Terlino, CMA, CFI Graduate, with Dr. Kathy Anderson

*Thought of the Day: Pleasant words are like a honeycomb;
Sweetness to the soul and health to the bones - Proverbs 16:24*

GOOD SAMARITAN: THE HEART OF A TRUE HEALTHCARE PROFESSIONAL

by Brent Burton, DMS Evening Class



Kimberly Jeter, Rachael Dollahon, and Brent Burton

On Tuesday, February 19, 2008, two fellow classmates and I were driving home after class on Lee Road, heading towards I-4. Kim, Rachael, and I are evening students in the DMS program, at the Orlando campus, so the time was around 10:40 pm. Kim was ahead of us driving in the center lane. I was driving in that same lane, about 100 feet behind her, and Rachael was in the inside lane slightly behind me.

As we approached Edgewater Drive, the light was green without any traffic aside from us. As Kim passed through the intersection I noticed her slam on her brakes and swerve, as if to avoid something in the road. Although we did not realize it, Kim had barely missed running over a man lying in the center lane. We had trouble seeing him due to his dark clothing and lying at an intersection with poor lighting. If Kim had not swerved the way she had, I or some other driver would have probably hit him. Simply stated, her quick thinking and evasive maneuver saved his life. Although she was shocked at almost hitting the man, she composed herself enough to call 911 and notify them of the situation.

Seeing Kim swerve the way she did, I also swerved into the outside lane and Rachael slowed down. As I passed the "object", I realized it was a person. I pulled over and so did Rachael.

At this point, Rachael had parked her car in the road. We blocked traffic with two other motorists. Rachael then called 911 as she and I ran to check on the person. I proceeded to check for a pulse while Rachael spoke with the 911 operator and relayed information. The man was unconscious and bleeding from the head but had a pulse and was breathing. We assumed he had been hit by a car due to the scene. Because of this, we made no attempt to move the patient. Since we did not have the necessary medical equipment, all we could do was secure the safety of the patient and prevent further injury by not moving him.

Thanks to Kim's defensive driving and quick calls to 911 by both Rachael and Kim, the police arrived within less than a minute. An ambulance came shortly after. While Rachael and I were speaking with the police a call came over the radio stating another hit and run occurred further down Lee Road closer to I-4. 911 called Kim back to verify the first location. This helped them clarify that there were two similar accident scenes, not just confused callers identifying the same accident without incorrect locations.

Rachael and I stayed until the police had secured the scene. We pointed out broken glass and a broken side view mirror lying in the road. After we explained that we were the first on the scene and no one had witnessed the accident, we were thanked and released.

Bravo! Kimberly, Rachael and Brent for a job well done!



WELCOME ABOARD RICHARD COVINGTON!

Central Florida Institute introduces Richard Covington, our new School Director for the Orlando campus. Mr. Covington joined our staff in December 2007. He was most recently the campus director for Techskills School in Raleigh, North Carolina. He received his Bachelor's Degree in Criminal Justice at Old Dominion University in Norfolk, VA, and has worked in the education field for the past 7 years. Mr. Covington brings his professional experience in Admissions, Externship Coordination, Career Services, and Director of Education. We are very excited to have him on board! Mr. Covington has dedicated his career to higher learning and a belief in the ability of students to succeed in the medical field. This is demonstrated in his personal motto, "Decide on a goal, where you want to go. Be committed and dedicated to that goal. Realize that there will be sacrifices and hurdles to overcome but you can accomplish what you set out to do."



WELCOME ABOARD OLIVIA FIELDS!

It is our honor and privilege to welcome Mrs. Olivia Fields as Central Florida Institute Palm Harbor's new School Director. Mrs. Fields leads the school with positive affirmations. When she sends emails she always includes quotations that "lift, encourage and inspire" us to reach for higher goals. She emphasizes "we" and not "I". Some of the quotes we have received from her are:

"Believe in yourself. You gain strength, courage and confidence by every experience in which you stop to look fear in the face.....You must do that which you think you cannot do." - Eleanor Roosevelt

"When your heart is in it, nothing will seem impossible."

"Perseverance and a positive view have the strength to wash all obstacles away."

In addition, you will often hear her say, "What is in the best interest of the student?" Olivia has a diverse leadership background in education, workforce agencies, human resources, commercial bakery industry, DOT transportation and retail management. When asked, "If you could be anything you wanted to be – what would that be?" Mrs. Fields thought for a moment (as no one had ever asked her that) and responded, "I am doing it – I love being a school director and would not be anything else."

GRADUATE SPOTLIGHT: LESLIE PISHKAR, MA GRADUATE, ORLANDO

When I was looking into going back to school I was working in retail which inevitably meant working retail hours as I had for many years before. I have a toddler and the night and weekend schedule was a burden to my family. I had worked in the medical field some time back as an EMT and I enjoyed the medical aspect, however that position carries a lot of stress. God bless those who can do it, but it wasn't for me. When I started looking for a medical assisting school, CFI had everything I was looking for at an affordable tuition. The classes were small so none of the students were overlooked. Over my time at CFI, two instructors really made an impact on me. Proving themselves to be true mentors, Mrs. Hibbits and Mrs. Werner just made things click. They took an interest in the students and made learning our material interesting. Now I have a great job that I enjoy going to. I was fortunate enough to find a family practice that allows me to use all of the skills learned at CFI. I have an actual career now that meets all of my needs as a family woman.



Leslie Pishkar, MA Graduate

ORLANDO GRADUATES



1 My experience at CFI was wonderful!
Brienna Cutts, MA Graduate



2 I had a wonderful time at CFI! My experience was great and I had amazing teachers.
Carlos Muniz, DA Graduate



3 Ms. St. Esprit knew her stuff! CFI taught me how to be a great NCT student. Thank you to CFI. Next...Echo!
Faisal Kamal, NCT Graduate



4 CFI gave me the opportunity to change my life for the better.
Natalie Dana, DA Graduate

5 My experience at CFI has allowed me to be proud of myself.
Tanya Kowalski, DA Graduate



SURGICAL TECH GRADUATES WORKING AT OAKHILL HOSPITAL GIVE ADVICE TO EXTERNS TO HELP IN SURGERY



1 Learn all you can, stay focused.
Carla Hamilton



2 Pay attention, ask lots of questions and take notes.
Pat Bon



3 Keep an open mind, and scrub every case you can.
Mark Paoli



4 Stay on your toes. Don't be scared to be aggressive.
Chris Short

5 Have a good attitude, a positive attitude.
Pam Nobles



6 See one, do one, teach one!
Samantha Juaquez

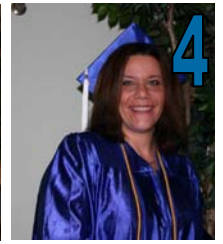


PALM HARBOR GRADUATES

1 I am so proud of myself!
Diane Mahoney, MA Graduate

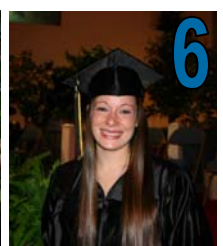


2 Had a great experience and made some great friends. Working at Largo Diagnostic.
Cindy Claveau, MA Graduate



3 I did it! Who would have thought it! Working at Florida Cardiology Group & Cath Lab
Kelly Ponte, MA Graduate

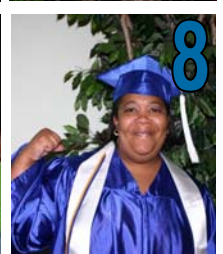
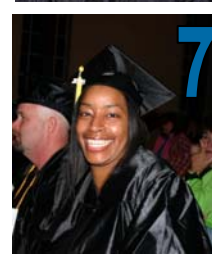
4 This grandma's proud! Working at New Hope Center.
Evelyn McBee, MA Graduate



5 It's great and it was worth it! Working at Heart & Vascular.
Frank Olivares, NCT & ICT Graduate

6 I'm finally relieved it's all over!
Tiffanie McCracken, ST Graduate

7 It's a great accomplishment! Overcame a lot of hard times to make it happen!
Selena Udell, MA, NCT & ICT Graduate



8 I never would have made it without God! I'm wiser and I'm stronger. And, I'm so much better! I am blessed and highly favored!
Chandra Blunt, MA Graduate

9 Stud Buds! We couldn't have done it without each other! Working and loving it!
Barbara Healey & Judy Scarola NCT & ACT Graduates



10 Going to CFI has forever changed my life for the better. Now I got the education – got the job – now I need a man!
Melody Armsden and Camilla Weinandt, MA Graduates



11 Finally done! And working at Bayfront Hospital; Working at MPM in Echo Dept.; CFI was the greatest experience ever. Working at St. Anthony's Hospital; The two years were long and hard but worth the agony! Working at Spring Hill Regional.
Melanie Pixton & Laura James NCT & ACT, Scott Burgett, NCT & ICT, Barbara Healey & Judy Scarola NCT & ACT Graduates





HEP: HELPING PEOPLE HELP THEMSELVES - COMMUNITY HEALTH FAIR

Dear Sondra,

The staff at Homeless Emergency Project would like to thank you and your agency representatives for attending our community Health Fair on Saturday, November 17, 2007.

The weather was beautiful, and with an estimated 430 attending, we feel it was a great success. We were pleased to see the response from agencies who attended and the response from the Greenwood community. With the participation of so many agencies, we believe we were able to provide assistance for many, giving them the opportunity for a brighter future.

Once again, thank you for being a part of this outreach.

**Dana Slaughter, Client Services Director
Homeless Emergency Project, Inc.**



Thank You Volunteers!

Stacy Slater, Louanne Stevens, Karen Betzing, Amy McConnell, Tracylee Pignone, Meagan Belli, Chrystal Cusumano, MA Instructor

Academy of Health & Human Services: Ridgewood HS & Marchman Technical Ed Center



Gulf High School's Health Sciences Class thanks Ms. Rita Vermillion for their CPR training sessions.

BACK TO SCHOOL HEALTH FAIR: TARPON SPRINGS CAP CENTER



Thank you CFI students and faculty for volunteering your time and sharing your words of wisdom to show "What a day in the life of a medical or dental professional looks like" for the following High Schools and Health Academy classes: River Ridge, Tarpon Springs, Northeast with Jr. Achievement, Ridgewood / Marchman Technical Ed Center, JW Mitchell and Gulf HS.

GREAT AMERICAN TEACH-IN - RIVER RIDGE HIGH SCHOOL



Thank You Great American Teach-in Student Volunteers!

Kelly White, Angela Shepard, Nicki Durso, Kevin Redfern, K. Nichole Fessell, Amanda DiBlasi, Steve Fluharty, Anita Susalla, Courtney Lee, Lindsey Bryant, Robert Sipes, Danielle Brett, Savannah Walker, Heather Nerad, Britney Pisarcik, Cheryl Reel, Danielle Hoegler, Taisha Cintron, Sarah Horelle, Ashley Ankers, Michelle McSkimmings, Ann Serbay-Desimonde, Aimee Loftus, Surgical Tech Instructor, Lori Scribner, DA Program Coordinator, Linda Roberts, DMS Development Specialist, Sondra Cranford, Health Education Director

River Ridge High School
Mrs. Jackie Corbin, DCT Teacher is pleasantly surprised to see several of her former graduates here at CFI.



Junior Achievement with Northeast High School: Students Tour CFI on National Job Shadowing Day



James W. Mitchell Health Sciences Class
Mrs. Bruegger, RN, Health Sciences Teacher



Tarpon Springs High School Teach-in - Mr. Lehrer, DCT Teacher's class



ORLANDO'S FIRST DIAGNOSTIC MEDICAL SONOGRAPHY CLASS

Congratulations to CFI-Orlando's Diagnostic Medical Sonography class! These students were the first to enroll in the DMS program with its inception at the Orlando campus March 2007. They have completed their didactic portion and are now on externship. Thank you to the DMS and General Education instructors who were instrumental in helping their students achieve this goal. Good luck to these students!



Left to right, back row: Mr. Smith, General Education Instructor, Mr. Milashewski, General Education Instructor, Debra Hockenberry, Kristen Monroe, Nathan Turner, Mr. Whittman, DMS Instructor, Ms. Kallenbach, DMS Instructor. Front row: Lisa Sarmiento, Sidika Manji, Brionne Vinson, Jacquelyn Meszoros, Natasha Ramos.

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- Advanced Cardiovascular Technologist (Echo Tech)
- Diagnostic Medical Sonographer (Ultrasound Tech)
- Invasive Cardiovascular Technologist (Cath Lab Tech)



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