



POLYSOMNOGRAPHY "THE STUDY OF MANY SLEEP GRAPHS"

In today's very uncertain economy, there is one career path that will never fail – namely that of the entire medical field. No matter what happens, there will always be people who need some sort of medical attention. Not only is there a high demand and a nice payoff, but it is an avenue where a person can give richly of themselves. Most of us have a deep desire to "help" others, and for some it is their life's mission.

Central Florida Institute, in Palm Harbor, is the first place you should visit while trying to decide which avenue to pursue. If you live near-by, count yourself lucky; if you are within an hour or two, make the drive...we did and it was well worth it! Actually, my roommate relocated from Tennessee to Tampa in order to go to this very school. After researching, we found that **CFI is one of only 19 CAAHEP approved schools (caahep.org) in the entire country, and the ONLY one in the state of Florida. Students graduate with an Associate of Applied Science degree (AAS).** This means that upon graduation, we have the elite honor of sitting for the boards to obtain the title of "RPSGT" (Registered Polysomnographic Technologist). There are a few other schools in Florida that offer diplomas or certificates, but will require students to work for a year and a half before being eligible to sit for the registry exam. Next year, in 2010, all sleep techs will have to be registered in order to work in the field; Which school would you choose?

The staff and the curriculum at CFI are exceptional. The school director is Mrs. Olivia Fields - one of the most upstanding people we have ever had the good pleasure of knowing. She is a rare and multi-faceted individual who proves to be highly professional, and she follows that with a compassionate nature and a great sense of humor.

Polysomnography is the course that we chose because sleep study has always been a fascination for us both. We are convinced that this is the up-and-coming field. With the declining health of Americans and the complexity of life here in our country, our "all important" sleep is being compromised. Think about what you do for 1/3 of your life – you sleep! If your sleep life is not what it should be, then you are not functioning at your optimum level. In this profession, you can experience instant gratification literally "over night."

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Tracy Lockard & Arlene Lee
Polysomnography Students

Congratulations!
Polysomnographic Technologist Program
Approved by CAAHEP!

SUPPORTING OUR TROOPS!



If you were at CFI Orlando on March 12, 2009 you may have mistaken it for Bourbon Street, New Orleans.

With jazz music playing and strands of beads being tossed, our National Technical Honor Society had plenty to celebrate.

The NTHS along with Roseanne Bartels (Director of Student Success) and the rest of the CFI faculty, staff, and students decided that they wanted to give back to the community. While choosing an organization

to donate to, Jennifer Ayala, MA Cardio student, shared that her husband is in the Army, her father is a Vietnam Veteran, and her brother is currently serving in Iraq. She suggested that the "Support the Troops Drive" would be a wonderful way to show CFI's support to those who have done so much for our country. After the suggestion, CFI was ecstatic to get started and Ms. Bartels and her NTHS got to work distributing



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Central Florida Institute



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POLYSOMNOGRAPHY "THE STUDY OF MANY SLEEP GRAPHS" (CONTINUED)

In our externship, we have seen patients come in who live with Obstructive Sleep Apnea, and after treatment in the early morning hours have exclaimed, "Wow, I feel GREAT! I am usually dragging in the morning!" That's what it's all about, folks.

The instructors for Polysomnography, Mr. Ibrahim Daoud and Mrs. Peggy Ickes, are the best that can be found. We, as well as all of our classmates, have come to love them. It takes more than just knowledge to be a "teacher," it takes wisdom to cause

others to understand. They possess that wisdom, along with care, concern, and patience.

In the whole of our experience at CFI, we could not have been more blessed! We highly recommend this school and this course for all of the reasons stated above. Think about it, maybe even "sleep on it," you'll be glad you did!

*Tracy L. Lockard & Arlene C. Lee
CFI Students of Polysomnography*

Sunlake High School Teach In



Dear Sondra & CFI Guest Speakers,

Thank you so very much for coming to speak to my Medical Skills students. They loved your presentations! You all did a fantastic job! They really enjoyed the "hands-on" activities and appreciated the first-hand sharing by your students. They were talking about it for days. You all kept them engaged and laughing, which is not easy to do with high schoolers! I hope you and your students will consider doing this again next year. Again, thank you for sharing your time, knowledge and experiences with us!

Sincerely, Sue Grego, RN
Health Sciences Teacher



WE WANT TO HEAR FROM YOU!

If you have any events, thoughts, or stories, please submit to:

Palm Harbor Campus

Sondra Cranford, Health Education Director/Editor, Scranford@cfi.edu

Orlando Campus

Andrea Ristagno, Health Education Coordinator, Aristagno@cfi.edu

SUPPORTING OUR TROOPS! (CONTINUED)



lists of items needed. For the next few weeks

the CFI family collected hundreds of items that would be shipped overseas.

When Dorothy Werner, MA Instructor at CFI, told her daughter Lisa Skinner; teacher at Avalon School, about the "Support the Troops Drive," Lisa knew that her students would love to be a part of such a great cause and owners of Avalon School, Dr. Robert Shafer and Mrs. Kay agreed. Headed by Ms. Skinner, the Avalon students generously contributed supplies, financial contributions, and heartfelt letters to our troops. A special thank you to The

Avalon School for helping to make this drive a success story.



At the conclusion of the drive, Ms. Bartels was so proud of the item collection that she and the NTHS rewarded the generosity of the CFI students, faculty and staff with the fantastic Marti Gras celebration. Another great job CFI Orlando, and thank you troops for all that you have done and continue to do for our country.



Pasco Community Awareness Health Fair: Touching the Lives of Others

NCT and MA student volunteers perform BPs and glucose testing, accompanied by Mrs. Chrystal Cusumano, Ms. Lori Scribner & Mrs. Sondra Cranford



*Thought for the Day:
To the world you may be one person, but to one person you may be the world! ~ Bill Wilson*

STARTING OVER: WHY I CHOSE DENTAL ASSISTANT

BY JENNIFER MILLER, DA STUDENT

Being a bit older than the traditional student and having a husband, home, and active life, deciding whether or not to continue my education after being laid off was a very difficult decision to make. Once I was confident returning to school was right for me, I needed to determine what course of study to pursue and where to attend. I already have a bachelor's degree in psychology which, thankfully, is transferrable across many careers. I needed to carefully consider how my previous education could complement a new one. I have always been interested in the medical field and have taken nursing courses in the past and knew they were not quite what I was looking for in a career.

After honestly considering my interests, strengths, goals and work environments, I decided that a career as a *Dental Assistant* was a perfect match. Dental Assisting combines my medical interests with a desire to offer compassionate, personal, patient care services. It also allows me to utilize

my previous education and offer an exceptional understanding of the psychological factors that are very real to patients before visiting and while in a dental office. Proper oral care is so important to an individual's physical and mental health, I cannot wait to be a part of helping someone look and feel better.



Choosing which dental assisting program to attend was the easy part. I was fortunate enough to qualify for some assistance from the WIA program administered through Career Central in Spring Hill. After speaking with Aline Barkowski, the WIA Specialist, I checked out the school options available to me. We discussed Central Florida Institute and she shared her knowl-

edge of some of the staff and recent graduates. I personally toured CFI and thoroughly researched the Dental Assisting program and knew that CFI was right for me.

I am now half way through the didactic portion of the Dental Assisting program. Even with my hour and a half commute, everyday I spend in class and lab reinforces that I made the right decision. The instructors offer a wealth of knowledge, not only teaching the fundamental theory and skills but offering real, practical information that only comes from experience. Their sincerity in wanting to provide students the best, all-around education possible is plainly evident. The same holds true for the rest of the administration. CFI routinely offers services above and beyond what is necessary because they want to ensure that the students develop into polished professionals, receive the best education and have every manner of support services available while in school and long after graduation.

Having Some Fun While Learning!

Mrs. Millie McIlvaine with MA students celebrate the 12 days of Christmas.



Dear Mrs. Fields

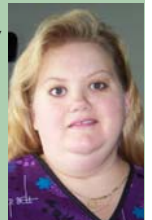
My name is Carrie Tully and I have just completed my student externship for the MA-Cardio program, and am currently awaiting my exit interview. I would like to take some time out to share some information with you that I have learned.

Though your school was not my first choice to attend I am extremely glad I changed my mind. The programs that were offered to me gave me much more knowledge and opportunities than I would have had at the community college near my home. Not to mention that I was done in less time. My class size was perfect for my learning style and allowed me enough time with my instructors if I needed extra one on one help. My extern site was ideal. I can't say enough about the experience I gained there. Everyone at the Florida Cancer Institute in Brooksville was more than helpful. After talking to some of my fellow classmates about their sites I realized that I had opportunities that some did not. It was at that location that I truly realized I wanted to become an RN and not stop with my Phlebotomy certification. Just as I have expressed my gratitude to Mary Capo at the Florida Cancer Institute. I once again thank you for the chance to learn there. I can only hope that our school can acquire more facilities like that. *The skills that I developed from my externship site and at CFI are now my greatest asset.*

On another note, I had a job interview today at Bayonet Point Hospital. I applied for a position in the lab. At my interview I brought with me my portfolio that was created in career development. The Lab Director whose name is Ralph was very impressed and enjoyed it tremendously. I believe it really helped. I am eager to enter the workforce as are the rest of my school mates. I started putting out applications my third week of externship. Thus far I have sent at least 65 applications, and today will have been only my second interview. I can confidently say that at today's interview I was much more sure of myself and my skills. It can only go up from here. Sincerely and thank you,

Carrie L. Tully
MA Cardio Graduate

Update: Carrie is now happily employed at Regional Medical Center Bayonet Point Hospital.



"My class size was perfect for my learning style and allowed me enough time with my instructors..."

ORLANDO GRADUATES



1 Left to Right: What a wonderful experience! Cathy Bumgardner, Vanessa Diaz, and Steve Mathis - MA.



2 Because of CFI, I am launched into a whole new world, the possibilities are endless! Left: Debbie Hazelbaker, DMS Clinical Coordinator. Right: Enjoli Mezo, DMS



3 Left to Right: The teachers at CFI are amazing! Kim Schlosser. A Wonderful place and staff, everyone was always so helpful! Chad Passmore. I learned more than I thought possible. Prixcila Beasto - DA.



4 Ms. Cole was the best teacher ever! Glenn McCallister, NCT.



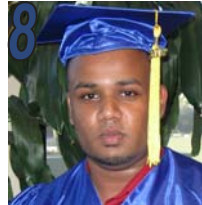
5 CFI was a lifesaver! Left: Sherri Savage. CFI has awesome teachers and learning environments! Right: Seana-Lea Odom - MA.



6 Great hands-on training! Doneidre Noble, DMS.



7 No other school can give you the same opportunity as those that will arise from CFI. Left: Casey Grahl. The education received through CFI has given me the opportunity of a lifetime. Right: Evelyn Castro - DA



8 Couldn't ask for anything better, this was the biggest stepping stone in my life. Jerome Udit, NCT.



9 Left to Right: Learning was actually fun! Christy Lovain, Debbie Hazelbaker, DMS Clinical Coordinator, and Sheena Cunningham - DMS.

10 DMS is awesome! Left to Right: Isheeta M. Pancholi, William V. Stachelski, Jane Saleeby and Abby Thomason - DMS

11 Anything is possible! Susan Banner with family, NCT.



Dear Graduates,

It is with a great deal of pleasure that I would like to personally congratulate you on your graduating from Central Florida Institute. This is an accomplishment that will follow you as a mark of distinction.

You have earned, through dedication and hard work, your degree. You have demonstrated your leadership capabilities and the initiative and willingness necessary to work to reach your goals. I am proud to have such fine constituents in my district.

I wish you continued success in your future endeavors and congratulate you on a job well done.

Sincerely,

Bryan Nelson
State Representative
District 38

PALM HARBOR GRADUATES

- 1 Ready to start my new life! Nicole Raiti, MA
- 2 CFI opened many doors. Clinicals and externship was great! Got hired at my externship site - Citrus Memorial Hospital. Tammy Swartz, President of National Honor Technical Society, DMS.
- 3 Feels great! I'll miss my friend LuLu Fritz! Rebecca Nelson, DA.
- 4 It's a wonderful life! Karen Ennis, DMS
- 5 She is the first in our family to graduate. She inspired me and now Mom's going back to school in Sept! Cheryl Reel, DA, with Mom.
- 6 CFI helped me get ready for a career of a lifetime! Working at Spring Hill Family Medical Center. Left: Tova Attiya-Gonzalez. I'm working and love my new career! I'm working for Dr. Hugo Perez. Right: Helen Hudson - MA.
- 7 This is the reason I'm here and the reason I will continue to do great things! Tiffany Rutland, ST, with son, Malikhai.
- 8 ICT ready! Left: Leslie Pereira. CFI helped me achieve my goals! Continuing on to ICT. Right: Jason Itro. - NCT.
- 9 Left to Right: CFI opened a door to a whole new life! Vanessa Torres, Alyssa Chrissley, & Tammy Swartz - DMS.
- 10 CFI made all of my dreams come true! Deborah Simone and Sheri Garland, DMS.



GRADUATE SPOTLIGHT: JENNIFER FIORENTINO, DA

We are very proud of Jennifer and excited about her starting her career. I would like to thank all of you for your assistance with Jenn's education. I was also very impressed with your graduation ceremony.

*Thanks again,
Heather Fiorentino
Pasco School District Superintendent,
with Mr. Fiorentino and Jennifer*

Dear CFI,
On behalf of Gulf High School's Health Careers Academy, we would like to thank you for donating the T-shirts for our incoming freshman. Your continued support in our program ensures our success.
Sincerely, Carol Hlad, Health Academy Coordinator



Marchman / Ridgewood HS Health Academy



Dear Ms. Cranford and CFI Teachers,
Thank you for giving me the opportunity to explore the ultrasound class. Betty and I enjoyed it very much. Seeing the twins in the womb was just amazing. You were a lot of help and I'm glad you were by our side. You made me feel right at home. I've realized my future is closer than I think and CFI is definitely going to be considered.
Thanks for everything. You're the best!
Maleana McIlvaine, Health Academy Student
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Thank you for all your help in instructing us about CFI. You and the teachers were a great help to us. It was exciting to see twin babies. We appreciated all your help and kindness.  
Betty Palma, Health Academy Student

### Tarpon Springs High School Teach In Mr. Jed Lehrer and Mr. John Freiermuth's classes



### Wiregrass Ranch High School Teach In Mrs. Lisa Jones' Health Sciences Classes

### River Ridge High School Great American Teach In



Jackie Corbin, DCT teacher, with former graduates now attending CFI!

### CFI Students Teaching South Lake High School Students about Medical and Dental Careers



### Cypress Creek Great American Teach In



Dear CFI,  
 I want to thank you for taking your time to come visit Cypress Creek High School and informing us about CFI and its programs. I now realize the many possibilities of my future and how I can make them happen. I never thought I would be interested in a medical or dental occupation until the presentation today. You and your group really shined some light on my future, thank you, I really appreciate you doing the presentation.  
 Jonathan,  
 Cypress Creek Student

### South Sumter and Wild Wood High School Students Become CFI Students For A Day



On February 18, 2009, South Sumter High School's MeCa students along with Wild Wood High School Medical Academy students took a glimpse into their possible futures as medical or dental students. The students were accompanied by their two dedicated teachers, Ms. Kadur (South Sumter High School) and Mr. Tassos (Wild Wood High School).

As the students entered the CFI Orlando campus, the feelings of anticipation and excitement were evident. After introductions were made, the students received their ID's as if they were CFI students, and the tours began.

While the high school visitors traveled around Central Florida Institute, they were able to experience the "hands-on" teaching approach that CFI offers to

their students. The high school students had the opportunity to participate in the learning demonstrations going on in each of the classrooms. Students participated in identifying different types of teeth, opening trapped airways, and scanning human body parts to name a few. Throughout the tour the visitors asked medical and dental questions that were answered directly by the well-educated CFI students.

As the field trip came to a close, many of the students expressed a profound interest in pursuing a rewarding career as a medical or dental professional. CFI would like to personally thank Ms. Kadur and Mr. Tassos for taking the time to go above and beyond to better educate their students on the important fields of medical and dental career pathways.



### Exploring the Field of Medical & Dental Careers While Having Fun! Jr. Achievement National Job Shadowing Day: Clearwater High School



## PEDRO SAYS, “YO HO, YO HO, CFI FOR ME!”: HELPING PEOPLE AND FIXING ‘BROKEN’ HEARTS.

I am a new student at Central Florida Institute (CFI): a disabled veteran returning to school 32 years after graduating from high school. I just celebrated my 50<sup>th</sup> birthday, and I’ve been reflecting a bit on my life and new career path and how the CFI program fits in (I’m presently in CFI’s NCT program, then hopefully will be accepted into ICT).

For the sake of full disclosure, I have to say I’m excited to be here! After touring the facility with Tina Malley, CFI Admissions Advisor, I was very pleased. I knew that I would have to commute about an hour a day, each day of class, but felt I had found a new home at CFI. After the tour, I exclaimed to my wife how I felt and soon was on the phone with Tina Malley, scheduling a tour for my wife too. There was so much to see and so many questions to ask, but Tina was patient and thorough in her presentation of the opportunities available here. On the ride home, my wife was excited and said, “I can see why you feel the way you do about CFI.”

I did look at other schools before looking at CFI. I’m sure the others are okay, but CFI is a good fit for me and I felt that very strongly from the first day I took a tour. The fast pace reminds me of the rapid educational training I experienced in the service: it’s thorough, intense, and quick. The training at CFI is also set up and geared toward student success.

Well, fast forward to my fifth week in the Noninvasive Cardiovascular Technician (NCT) program and I can say with the utmost confidence, that I have made an excellent decision in choosing CFI as my school!

I previously worked in the medical profession for a company that designs and manufactures medical equipment. For 8 years, I worked on various types of dialysis machines troubleshooting with biomedical technicians by phone to repair the equipment in hospitals and medical facilities, sometimes working out in the field myself repairing the machines and filling in for field service technicians. I also taught a class on dialysis machine repair to field service technicians in Mexico City. Later, I worked for a dialysis facility, repairing the machines in the daytime and at another facility in the evening hooking up patients for treatment.

In choosing the medical profession again, I am looking for job security in a turbulent economic market. I want something that no matter where I live, my skills are in demand; **I figure the heart is something that will always be around, the job can’t be shipped offshore, and some will always need fixing.**

In 2001, my sister had a cold which developed into pneumonia and was admitted into Saint Anthony’s Hospital. Her oxygen readings were not quite high enough so she was intubated and then got a MRSA infection

and died one day before Valentines Day; leaving behind three children (the Saint Petersburg Times did an article about her, “The Last Valentine”). In 2003, my father suffered a massive stroke and was admitted into Saint Anthony’s Hospital, and four days later was pronounced dead (two years, two months, and two days after my sister passed). During the illnesses of both my father and sister, I spent a lot of time bedside in the hospital and felt I could do a lot of good in the medical field.

My 18-year old daughter will soon be leaving for college, and I’ve been thinking I’d like to pursue some of the travel opportunities available with this job: my wife and I could rent our house, travel in a motor home and I could get jobs in different towns. I have heard of people wanting to do that and they end up loving a specific location and staying for many years.

**I look forward to fulfilling my goal helping people and possibly fixing ‘broken’ hearts.**

On the fast track to my new career,  
**Pedro E. Pupo, NCT Student**



### HANDS-ON, SHORT-TERM TRAINING

for In-Demand Medical & Dental Careers!



- Medical Assistant / Basic X-Ray
- Medical Assistant / Cardiovascular Technology
- Dental Assistant / Expanded Functions & Radiology
- Noninvasive Cardiovascular Technician
- Surgical Technologist
- Diagnostic Medical Sonographer (Ultrasound Tech)
- Polysomnographic Technologist (Sleep Study Tech)
- Advanced Cardiovascular Technologist (Echo Tech)
- Invasive Cardiovascular Technologist (Cath Lab Tech)

### Building Partnerships with Local School Districts. Citrus County School District Articulation Agreement.

Our special thanks to Denise Willis, Director of Vocational Adult and Community Education, Withlacoochee Technical Institute, and Dave Benthusen, Career and Technical Education.

School District Articulation Agreements enable HS graduates to submit some of their classes for class credit review. Class credit is based on the eligibility criteria stated in the agreements.

