



ASK AND YOU SHALL RECEIVE: Putting forth the effort pays off

by Jackie Baker, ICT Student

I began my clinical/externship at Tampa General Hospital, not knowing exactly what to expect. During my time there I got to experience a lot of types of situations. I experienced everything from gun shot wounds, a cross bow in the frontal lobe of the head, a pacemaker implantation, a full cardiac arrest with an open abdomen, an employee going into full cardiac arrest where they put a chest tube and central line right in the hallway, to patients trying to hit me with a telephone when I tried to touch them because they were hallucinating from a drug overdose.

As my last day of clinicals approached, I was disappointed because I wanted to see a transplant, open heart or a CABG (Coronary Artery Bypass Graft). I made my preceptor aware of my wishes on my first day there. Despite her efforts, I was unable to experience this until my last day of clinicals. That last day, as I was

doing my routine morning EKGs, a STAT EKG came across my paper. When I arrived at the unit, the order said, "pre-op transplant". I asked the nurse, "What organ is the patient getting?" She said, "heart" and my jaw dropped! I knew this was my chance. So, I contacted the person with the authority to get me into the surgery. With all that said, I was in.

I arrived in the prep area of the OR with the patient as he was being prepped and monitored; from there I was instructed to get scrubbed in and go to the room. As the patient was brought into the room, there was more prepping to be done - a Foley cath and central line were inserted. Anesthesia began to prep the patient as well. Once the surgeon knew that the organ was procured and okayed, it was brought to the room and the doctor cracked the chest.

The anesthesiologist was positioned



at the head of the patient's bed. After he was satisfied that the patient was stabilized and all monitors were checked and rechecked several times and surgery was going well, the doctor instructed the anesthesiologist to step back and allow us to get into position. From there we could see directly into the chest cavity where I saw the beating of the heart. (**cont. pg 2**)

GIVE THE GIFT OF LIFE: BLOOD MOBILE

Be on the honor role of blood donors! See Vicky McKeever for the next scheduled blood drive.



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ASK AND YOU SHALL RECEIVE, cont.

The doctor was cauterizing (burning) tissue away that was connecting the outer lining of the heart to the inner lining of the chest cavity. The smell from that will be a smell that I will never forget. It smelled like burning hair but about ten times greater.

The heart was eventually put on a bypass pump and was ready to be removed from the chest cavity. After the diseased heart was taken out, the new one was put in. It was electrically stimulated (jump-started) to get it beating. It took about twenty minutes for the heart to get into and maintain a rhythm. From there the doctor actually let me come over and stand in his position so that I could see his view.

Earlier in the case, I had asked if I could hold the heart. Once the new heart was in and maintaining a rhythm and the old heart was weighed, measured and documented, they told me it was okay for me to hold and examine the old heart. Once the heart was put in my hands it was a feeling that was indescribable, to actually hold a human heart that was once beating in a person's chest. I believe that my experience has given me a better understanding of the anatomy and physiology of the human heart. It's unlike anything a book can tell you.

If there is anything that I have learned that I can pass on to up-and-coming students, it is that the experiences are out there. You have to want to learn and apply yourself. When you get out into the field, don't wait to be told to do something. Take the initiative, and ask questions. I have seen things nurses haven't seen in just a matter of months.

MAST

*By Steve Coleman,
MA Lead Instructor*

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.

FL DENTAL HEALTH SCHOLARSHIP WINNERS



We want to hear from you! If you have any events, thoughts, articles, or stories, please submit your editorial contributions to the third floor, Attn: Sondra.



Thanks,

Sondra Cranford, M.Ed, Corporate Health Education Director

Skill Refresher Clinics, Tuesdays, Room 212

"Stick who you want." 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, Lead MA Instructor. Schedule is subject to change. Remember, practice makes perfect!



FL NATIONAL DENTAL CONVENTION 2007



CFI Palm Harbor & Orlando Dental Instructors:
Ms. Lori Scribner, Mrs. Andrea Castro, Mrs. Ellie Perez, & Ms. Maribell Bautista



Top Picture: CFI Orlando Dental Students: Casey Williams, Sandra Arroyo, Mrs. Perez, Ms. Bautista, Tonya Kowalski, Natalie Dana, Nilda Leggett

Bottom Picture: CFI Palm Harbor DA students: Nicole Feins, Marisel Torres-Lopez, Monica Cordero, Rhonda Wethington, Megan Maisner, Kari Drawdy, Viktoriya Borisova-Gradinarska

Thought of the Day: "Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never have enough." *Oprah Winfrey* - Happy Thanksgiving from CFI

LIFE AND LEARNING AFTER 50

by Melody Armsden, MA Extern

When I was asked by Mrs. Sondra Cranford to compose a mini biography for the Fall newsletter regarding older students returning to school, I was thrilled! Three of my sisters returned to college and earned their degrees in their "fifties."



The journey to CFI began in December 2005, when I was terminated from a company after eight years of middle management. The position was relocated to another state. Needless to say, being jobless at 57 was a crucial blow, emotionally and financially. After crying for three days, the unemployment process began and I went to a seminar at WorkNet Pinellas to inquire about the WIA Program which helps unemployed persons return to college or technical training. I was placed with Patty Irving, a WIA Case Manager. Patty was instrumental in guiding me through the paperwork, regulations and testing process. Had it not been for Patty's patience and understanding and WorkNet's partial funding, I would not be a student at CFI today. "Thank you Patty."

The rigorous fast-paced lectures, procedures and seemingly never-ending exams can be quite overwhelming to an older student. You are in classrooms with students that are young enough to be your grandchildren and definitely your children, and sometimes you are older than the instructor. Ouch!

Do not let this factor into your self-esteem – You Can Do It! The learning experience at CFI has been outstanding and will always be cherished and treasured. The instructors are always there for you and are willing to help and give of their time and wisdom. A special thanks to Mrs. Pamela Hern, or as students lovingly refer to her as "Hernapalazza." Her devotion to her students is unwavering and her caring attitude was much appreciated. My GPA is 4.0 and I am the VP of Chi Phi Iota, the National Technical Honor Society chapter at CFI.

A final thought and motto, "As long as you are breathing, you are able to learn." Learning after 50 has been so exciting; I can hardly wait until the next day. What we learn stays with us, and therefore, will make us invaluable employees within the medical profession.

IT'S NEVER TOO LATE TO START AGAIN

by Camilla Weinandt, MA Extern

About one and a half years ago I made the decision that I needed a change from Wisconsin winters (and other issues). I had already lived in California and my son lived here in Florida. So, I packed up all my worldly possessions into a 26-foot truck, my car on a carrier and my two cats riding shotgun in the cab – and headed for the "Sunshine State."



Since I've been here I've had four jobs and after being laid off from the last one I had another decision to make, "What do I do now?" I figured that maybe it was time to make another career change, but that meant going back to school!

I had made some friends at WorkNet Pinellas and through them learned about CFI. I was receiving unemployment benefits which qualified me for the WIA program. With the assistance from WorkNet Pinellas and the Financial Aid Dept. at CFI, I enrolled. And so here I am, almost finished! I am in my last term, and earned the senior title. By the time you read my story, I will have completed my externship and graduated. So keep an eye out for this story's sequel in Part 2.

It was not easy coming back to school as a more "mature adult." However, I raised my son on my own after my husband died and I figured I could overcome any hurdles that came my way. I had some medical background and that made it easy for me to decide on the Medical Assistant program. I also hope to use my marketing degrees when I get back out into the working world as well. Best of luck to you all, and remember, "It's never too late to start again."



BAY AREA YOUTH TRACK & FIELD CLASSIC

Special thanks to the following volunteers who conducted the first-aid workshops and/or participated in the BAYTAF event.

Diana Brooks, Deborah DeVito, Martha Mina, Priscilla Scrappo, Melody Armsden, Victoria Affonso, Lynda McEnerney, Harris McEnerney, Heather Meyer, Patricia Colburn, Catherine Burstein, Lauren Burstein, Mrs. Chrystal Cusumano, MA Instructor, Mrs. Pam Hern, MA Instructor, Ms Lori Scribner, DA Program Coordinator, Mr. Nick Senger, MA Instructor, Ms Linda Roberts, MA Instructor, Mrs. Sondra Cranford, Corporate Health Education Director

On behalf of Bay Area Youth Track and Field, Inc., I would like to thank Central Florida Institute for the generous support of the 16th Annual BAYTAF Classic. The meet was a tremendous success with our attendance exceeding 1,300+ athletes and many parents/coaches that attended this event. The athletes represented teams from Florida, Georgia, North Carolina, Canada, Bahamas and the Cayman Islands. Our estimated total attendance during our three day event was well over 3,500.

Your in-kind support of medical first-aid was a big help. Rest assured, that without your in-kind support, hosting events such as this in our community would not be possible.

Samuel N. Johnson, Meet Director



CONGRATULATIONS! OWENS GAINES JR., MA GRADUATE

*CFI Graduate of the Year; MA Graduate of the Year;
FAPSC Spotlight on Student Success Graduate of the Year for the State of Florida 2006 – 2007*

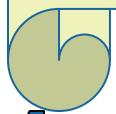
It's been over a year since I began my journey to learn a new career. I would like to thank the Administrative Staff, Faculty, Classmates and Students of CFI for making my journey one of the most enjoyable experiences in my life.

I was lucky to be in a group of ambitious and highly motivated students. We listened to the faculty not only about classroom subjects but also on getting involved in school activities and playing an active role in the community. We shared ideas, proposed them to the faculty and staff and helped get some implemented. My favorites were community involvement, collecting food for the needy, assisting with school physicals, and weekend visits to the VA Bay Pines nursing home. Not only were we giving back to the community, but it also gave us a chance to get away from the school environment and be out in the field so that we could interact with the needs of real patients. That in itself was educational and very rewarding.

Externship was great! Most of the time I worked my own nursing station doing back office procedures. The pace was fast and everything I learned came into play. CFI did a wonderful job preparing me to go out and be a productive team member. Two weeks following externship, I was employed by Largo Diagnostic Center. I achieved my goal.

My story is only one of several successful CFI graduates. If I had to go back in time, start my school search from the beginning, and choose any school in the Tampa Bay area — it would still be CFI! In only a short period of time they took me, someone who had begun to doubt my own self-worth as a productive citizen, and welcomed me as part of the CFI family. From my first meeting with the Director of Admissions, I knew CFI was the school for me. Thank you everyone for giving me the opportunity and tools that make me a highly sought after professional in the medical field.

I would like to give a special thanks to Ms Lori Scribner, CDA, EFDA, DA Program Coordinator, for taking the time to do such a wonderful write-up and nominating me for FAPSC Spotlight on Student Success Graduate of The Year for the State of Florida 2006 – 2007. This was not just a win for me but also for the faculty and my fellow students who were actively involved and made it happen. WE BROUGHT IT HOME!



1 My experience at CFI has been the greatest because of the support of the teachers and classmates! I enjoyed my time here and appreciate all the help!

Alyssa Thomas, DA



2 Central Florida Institute makes you feel like you have a family away from home. They are very nice and helpful. Teachers are concerned that we are well educated. Thanks CFI for the wonderful support!

Verlillian Smith, MA



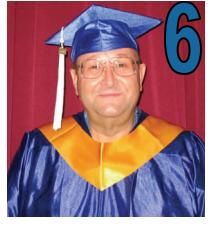
3 My experience at CFI has been very enjoyable! The teachers have been very supportive and I couldn't have done it without the team work of my classmates!

Alicia Nunez, DA



4 CFI is a great school that prepares students for real doctor's office situations. I felt well prepared when I went out to externship and employment!

Denise Gradwell, MA



5 My experience at CFI has been very rewarding!

Colin McCormick, NCT



6 Thank you for letting this old man graduate and start a new career!

Gerard Sinars, NCT



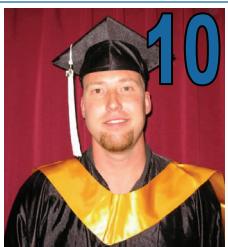
7 Going to CFI has been a wonderful experience. I've made a lot of new friends and came out with a great rewarding career!

Alan Reimann, ICT



8 I had a wonderful experience at CFI. The students became my extended family and the instructors were wonderful! I can't wait to go back and complete my career goals with the ICT program!

Sarah Lane, NCT



9 Thanks to all my teachers and the school for a great opportunity!

Star Toro, ACT

10 The perfect way to begin a new career!

Robert King, ACT



11 CFI is a great school!
Nicole O'Fallon, ACT

12 CFI has allowed me to grow both as a person and as a professional. I truly feel that this experience will stay with me forever.

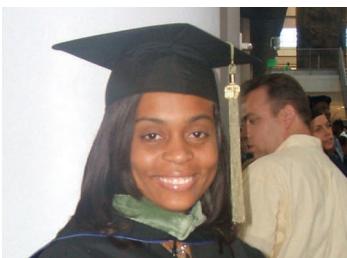
Anthony Seecharan, NCT

With the knowledge and experience you get from Central Florida Institute a person can go far in life.

Jonathan Jaramillo, MA

13 I had a good time at CFI and met a lot of friends for life. The instructors were awesome, it was a great experience.
Benny Butler, MA

14 Great program with great instructors. I hope to have a long career as an MA!
Bonny Rooney, MA



CHERI ST. ESPRIT, RDCS, Noninvasive Cardiovascular Instructor

As a young woman pursuing a degree in the field of sociology, I had an opportunity to witness a medical emergency during my externship. This experience left me feeling helpless, so I decided to take a course in basic first aid so I could learn what to do if I ever experienced another event. I had "that" occasion to use these basic skills when I was the first vehicle to come upon the scene of a two car accident. One car caught fire and both victims were unconscious. This event was a pivotal moment for my career. I realized that I could function under the stress of emergency conditions. I eventually became a paramedic here in Florida at the ripe age of 22. This position put me in charge of a crew. I was the "boss" to people who in some instances were twice my age. The hospital where I worked was the third busiest in the state at that time. I learned as

much about life and human nature as I did about medicine. I was involved in EMS for seven years. My path took a few twists and turns and I became a cardiac sonographer. This opportunity continued to further my knowledge in cardiology and I gained insight into cardiac surgery and invasive procedures. I was fortunate to work with many knowledgeable cardiologists who were great teachers.

Working with the students at CFI is a rewarding experience. However, I had never considered teaching as a career option. It has proven to be a creative challenge, a learning experience and an opportunity to use my past experiences as a teaching tool. I felt I had been given a "gift" when I was hired. As a single mom with two young children, working for a hospital with call and weekends made life very hard. I truly wanted to be home evenings and weekends to spend time with my kids. I guess here is where fate came into play. I have come to realize that I am so fortunate. What started out as a means to an end, is now the beginning of a new passion. I have sincerely enjoyed the process of becoming a teacher. I love teaching as much as I have loved learning. Everyday is a new opportunity for growth. My goal is to inspire students to reach for the brass ring and open the door when opportunity knocks!! Thank you CFI!!

Cheri has an A.A. Degree, A.S. Degree, is registered through ARDMS as a RDCS, and a former EMT/Paramedic





TARPON SPRINGS BACK TO SCHOOL HEALTH FAIR

CFI helps children prepare to go back to school at the Citizens Alliance for Progress (CAP) Back to School Health Fair. Volunteers worked in partnership with Helen Ellis Hospital to perform health screenings and physicals.

Special thanks to Mrs. Cusumano and her MA students: Melissa Landy, Martha Mina, Kathleen Brodrick, Rita Anover, Dianna Marinova, and Emily Mitchell.



OLDSMAR NATIONAL SENIOR HEALTH & FITNESS FAIR DAY



CFI students put smiles on seniors' faces while performing health screenings.



Special thanks to Mrs. Cusumano, Mrs. Hern, and MA students: Victoria Affonso, Melody Armsden, Cynthia Claveau, Lynda McEnerney, Rachee Stikeleather, Camilla Weinandt and Shannon Rodgers.



JUNIOR ACHIEVEMENT
VISITS TO CFI



On behalf of more than 1,100 Tampa Bay Area students who took part in Groundhog Job Shadow Day 2007 and Junior Achievement Career Academies, thank you for your participation in this unique job shadowing event by providing real life medical and dental career lab demonstrations. By your contribution, you further advance the education and preparation of our future workforce. The time and energy shared by you and your colleagues was greatly appreciated. We look forward to working with you in the future.

Kym McGee, District Director, Jr. Achievement of West Central Florida

CFI SIGNS ARTICULATION AGREEMENT WITH DISTRICT SCHOOL BOARD OF PASCO COUNTY

To those who qualify, this Articulation Agreement will enable Pasco HS graduates who graduated May 2007 and onward to receive class credit for certain courses taken during their HS years.

"Thank you for all your positive support and encouragement. You're a great partner to work with. The academies are an excellent result of a collaborative effort." Rob Aguis, District School Board of Pasco County

TEACH-INS AND CAREER DAYS AT THE FOLLOWING HIGH SCHOOLS:



Thank you so very much for volunteering your time, sharing your words of wisdom, and applying your medical skills to touch the lives of others. Appreciatively yours, Sondra Cranford, Corporate Health Education Director

Volunteers: Alyson Lobaugh, MA; Cindy Claveau, MA; Meagan Dempsey, ST; Jody Vassall, ST; Niki Kulig, MA; Marilyn Howell, MA; Marisel Torres, DA; Julie Dotson, ST; Rob Navarro, ST; and Ms. Lori Scribner, DA Program Coordinator

CFI & PASCO-HERNANDO COMMUNITY COLLEGE AWARDED CERTIFICATES OF APPRECIATION

CFI and PHCC received Certificates of Appreciation from the District School Board of Pasco County for their assistance, guidance and support in the development of Succeed Florida Health Careers Academies. These Health Academies are now being taught at the following schools: Ridgewood HS/Marchman Voc Tech, J.W. Mitchell HS, Gulf HS and Zephyrhills HS.

Classes began August 20, 2007



Dr. Michael Adams, Dean of Health Occupations, PHCC & Sondra Lloyd Cranford, Corporate Health Education Director, CFI



Gulf HS Health Careers Academy



J.W. Mitchell HS Academy for the Medical Arts



Zephyrhills HS Academy of Health Sciences



Ridgewood HS/Marchman Vocational Tech Academy of Health & Human Services

LORI SCRIBNER, CDA, EFDA, *Instructor/Advisor, Dental Program Coordinator*

I became a dental assistant in 1978. I attended Manor Jr. College, Pennsylvania and received my Associates in Science degree in dental assisting. I have worked in several different states and finally settled here in Pinellas County. I never intended on teaching, but here I am. I started teaching ten years ago and have grown to love it. I have taken the courses necessary for my teacher certificate and am going for my Bachelors in Industrial Technical Education.

I started my career in Delaware where I grew up. My first job was with an endodontist. We did root canals all day long. Many feel that is where my strange sense of humor comes from. My beginning salary was a huge \$5/hour, and back then that was a lot! We have come a long way since then. I have worked for a variety of dentists learning from each one. Many of the techniques and ideas I use in my classroom come from a dentist for whom I worked. I love the classroom; however, I do miss the excitement of the dental office.



On a personal note, I am a single mother of two girls, one is a teenager. I have been a Girl Scout leader for almost ten years and love being a girl scout. I am involved in both girls' schools on the PTA board and School Advisory Committee. There is nothing more important than being involved in education and in the community. There is nothing busier than being a mom.

Here at CFI, I began as a Dental Assistant Instructor and then was promoted to Dental Program Coordinator. I have had the pleasure of working on the graduation committee and various other events sponsored by the school. I sometimes visit other programs, including the night classes, to teach CPR with my CPR partner, Ms. Rita Vermillion. I love meeting and getting to know the students.

A few years ago, a fellow instructor had the idea to start a Health Occupations Students of America chapter here at CFI. Together, we began as HOSA advisors. He has since moved on, but I know how proud he and CFI are with the 7 gold medals that our HOSA students have brought back to CFI over the last couple of years. HOSA is still going strong and we are always in need of new members. Did I mention that I love meeting and getting to know the students?

My students are my inspiration. I see the obstacles in their lives: single parenting, divorces, working full time jobs, "never doing well in school before"; I watch how hard they work to succeed. I feel honored to be a part of their journey to a new and better career. I love being able to share my knowledge and experiences in the dental field with them. They amaze me everyday. They are why I come to CFI everyday!

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CHECK OUT THESE GREAT PROGRAMS OFFERED AT CFI!



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- Dental Assistant
- Noninvasive Cardiovascular Technician
- Surgical Technologist
- Polysomnographic Technologist (Sleep Study Tech)
- Advanced Cardiovascular Tech (Echo Tech)
- Diagnostic Medical Sonographer (Ultrasound Tech)
- Invasive Cardiovascular Technologist (Cath Lab Tech)

TO: