



# MEDICAL CULINARY CLASSES ENCOURAGE COOKING AND EATING FOR BETTER HEALTH

Kalamazoo Valley Community College is now offering Medical Culinary education courses for both health care professionals and community members. Based on the principle of "food as medicine," these cooking classes focus on nutrition knowledge and strategies for using food to impact physical and mental health.

Vivien McCurdy, director for food safety and nutrition for Kalamazoo Valley, said the courses are meant to increase nutritional knowledge and cooking skills in both medical professionals and their patients. She said dietary improvements should be a first line of defense, not an afterthought, in dealing with diet-related health problems. "Health care providers, pressured by their patients, are often asked to prescribe medication as the shortcut to treat chronic health conditions instead of opting to help patients change their lifestyles," McCurdy said.

Each cooking class includes a presentation with a registered dietitian, cooking demonstration with an executive chef, as well as 75 minutes of hands-on cooking experience in the cooking lab.

A community course called "Heart Disease and Your Health" is being offered from 3 to 6 p.m. on June 7 in the Community Kitchen, Room 113 in

the Culinary and Allied Health building on Kalamazoo Valley's Bronson Healthy Living Campus, 418 E. Walnut Street, downtown Kalamazoo.

Learning objectives include:

- Explaining why fat is a key part of a healthy and nutritious diet
  - Identifying the main types of fats found in our food
  - Reading food labels and recipe nutrition information
  - Recognizing the fat recommendations of the American Heart Association
  - Demonstrating cooking tricks and tips to create heart healthy meals
- The class fee is \$65. To register for the class, go to [www.kvcc.edu/trainingschedule](http://www.kvcc.edu/trainingschedule).

On June 9 from 3 to 6 p.m., a class for medical professionals called "Lipids: Their Role in Heart and Disease Management" is being offered. It takes place in the Community Kitchen in the Culinary and Allied Health building. The class fee is \$150.

After completing the module, participants will be able to:

- List function, current recommendations, and impact on health of key dietary lipids
- Review food labels and recipe nutrient analyses to identify the source(s) of fat
- Prepare a quick nourishing meal emphasizing healthy fats and fresh ingredients



Dr. Mark Rummel, MD (Advanced Vascular Surgery), Dr. Melissa Olken, MD, PhD. (WMU School of Medicine) and Wendi Sullivan (Diabetes Dietitian, Borgess), making black bean brownies during a recent session at Kalamazoo Valley's Community Kitchen.

- Develop strategies for determining and overcoming skill and knowledge deficits in their patients

The lipids course for professionals has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Western Michigan University Homer Stryker M.D. School of Medicine and Kalamazoo Valley Community College. Western Michigan University Homer Stryker M.D. School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

Western Michigan University Homer Stryker M.D. School of Medicine designates this live activity for a maximum of 4.0 AMA PRA Category

1 Credit TM. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Upcoming classes for medical professionals will include "Carbohydrates: Their Role in Health and Disease Management," on July 5 and "Total Healthy Eating Approach" on August 10.

Future classes for the general public include "Sugars and Carbohydrates" on July 7 and "Hypertension and Your Health" on August 8. All sessions will run from 3 to 6 p.m. in the Community Kitchen.

To register for a class, go to [www.kvcc.edu/trainingschedule](http://www.kvcc.edu/trainingschedule). For additional information about either class, contact Katelyn Vinson at 269-353-1282 or [kvinson@kvcc.edu](mailto:kvinson@kvcc.edu).

# FINISH WHAT YOU STARTED OR START SOMETHING NEW

The Student Recruitment office at Kalamazoo Valley Community College is hosting an open house that will serve as a one-stop option for students who need to complete steps toward enrollment.

The "Finally Your Time to Focus" event is set for 5 to 7 p.m. on Tuesday, June 21 in the Student Commons area at the Texas Township Campus. "We're removing all the obstacles," said Student Recruitment Director EJ Bast. "It doesn't get much simpler than this." Participants will be able to tour the Texas Township Campus, talk to a counselor, complete assessment tests and enroll for the fall semester, which begins on September 6, 2016. Informational sessions will also be

offered throughout the evening. The open house is free and open to potential students of all ages.

Participants should bring previous educational documents, if possible. Over the course of a lifetime, individuals who complete their associate degree or certificate of completion can expect to earn about \$400,000 more than a high school graduate. According to the Bureau of Labor Statistics, job seekers with at least an associate degree are more likely to find jobs than those who have no formal education beyond high school. For more information contact the Student Recruitment office, 269.488.4303 or go to [www.kvcc.edu](http://www.kvcc.edu).

**FINALLY** your time to **FOCUS**

June 21 | 5 - 7 p.m.  
Texas Township Campus

- Building tours
- Informational sessions
- Pre-enrollment testing
- Academic counseling
- Register for fall semester
- Refreshments

Anne B. GENERAL STUDIES

Kalamazoo**VALLEY**<sup>TM</sup>  
community college

# MAINTENANCE TECHNICIAN SERIES

## Flexible New Schedules



*Understanding sensor integration of the mechanical and pneumatic functions of an automated piece of equipment.*

Kalamazoo Valley Community College offers a variety of training programs for those looking to embark on a fresh career path or build on skills they've already developed.

A new Maintenance Technician Series begins on June 7, continuing once a week until November 1. The program, which runs from 8 a.m. until 5 p.m., is designed to prepare participants for success in the maintenance technician field. It also enhances the skills of current maintenance technicians, enabling them to maintain advanced industrial equipment.

"We have listened to employers and adapted the training program to a more flexible format that meets once a week over multiple weeks, and provides optional lab time," said Trish Schroeder, director of corporate training. "The result is to enable employees to train and upskill while maintaining their work responsibilities."

The Electrical, Mechanical, and Fluid Power Modules provide the option of choosing the series where the individual needs the most skill building. "We're currently seeing the

strongest demand for the electrical series that starts with the foundation of electrical safety and progresses through the basic electricity concepts to the advanced electrical automated controls and sensors content," said Schroeder.

A three-day Programmable Control System course is also available. "We have learned from employers that the programming content in the course is not something that every maintenance technician would need, but that they would find the troubleshooting content to be of significant value," said Schroeder. "As a result, we will also be offering a one-day Troubleshooting Programmable Control Systems course, based on employer input."

### THE MAINTENANCE TECHNICIAN CLASSES:

#### ELECTRICAL SAFETY

June 7

In this hands-on course, participants learn how to work safely around electrical equipment in an industrial setting. The units in the course address the safety rules of electricity which are a prerequisite to Basic Electricity, Advanced Electrical and Automated Control Concepts, Sensors

and Automated Electromechanical Devices, and Programmable Control Systems courses.

#### BASIC ELECTRICITY

Tuesdays June 14 - July 7

Participants will learn to apply the basics of electricity in the industrial setting. The course provides a foundation for industrial electrical principles and more advanced electrical and equipment control topics. Participants will perform tasks on actual electrical and electronic controls of industrial equipment. The Electrical Safety Course is a prerequisite for this course.

#### ADVANCED ELECTRICAL AND AUTOMATED CONTROL CONCEPTS

Tuesdays July 12 - July 19

Participants will learn advanced electrical and automated control concepts and performing tasks on actual electrical and electronic controls of industrial equipment. The Electrical Safety and Basic Electricity courses are prerequisites for this course.

#### SENSORS AND AUTOMATED ELECTROMECHANICAL DEVICES

Tuesdays July 26 - August 2

Participants learn by doing as they operate and diagnose automated electromechanical devices and sensors in the Groves Center Technical Training Lab. Participants will become proficient on actual electrical and electronic controls of industrial equipment. The Electrical Safety, Basic Electricity, and Advanced Electrical and Automated Control Concepts courses are prerequisites for this course.

#### PROGRAMMABLE CONTROL SYSTEMS

August 16, 18 and 23

Participants learn to work with programmable control systems in the Groves Center Training Lab. The participant will train on actual electrical and electronic controls of industrial equipment. The Electrical Safety, Basic Electricity, Advanced Electrical and Automated Control Concepts, and Sensors and Automated Electromechanical Devices courses are prerequisites for this course.

#### BASIC MECHANICAL

August 30

Participants learn the fundamental principles of safe work practices, methods of maintaining and troubleshooting mechanical plant equipment, and the ability to recognize and report worn part conditions.

#### PRECISION MEASUREMENT

September 13

Participants will learn how to accurately measure mechanical components with standard precision measurement devices.

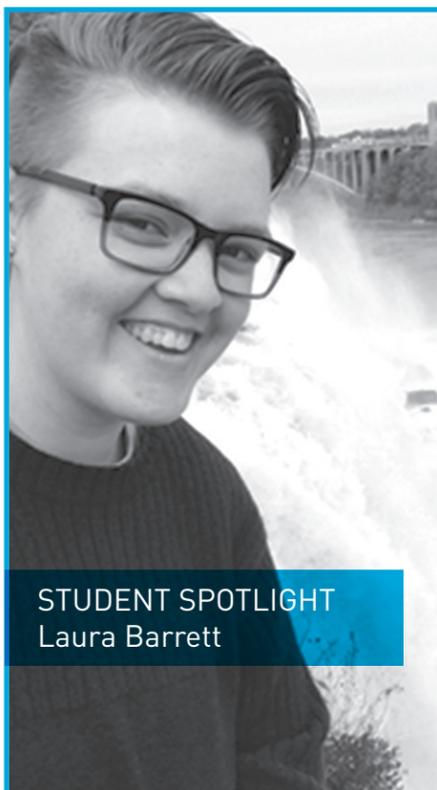
Machine Maintenance, Basic Fluid Power, and Applied Fluid Power are all being offered in the fall, September – November.

For more information, contact Kate Miller, [kmiller1@kvcc.edu](mailto:kmiller1@kvcc.edu) or call 269.353.1257.

To register for a class, go to <http://kvcc.edu/trainingschedule>.



*Performing voltage measurements to determine root cause of a faulted piece of automated equipment.*



### STUDENT SPOTLIGHT Laura Barrett

This year, Kalamazoo Valley Community College became a member of a consortium of colleges eligible for grants from the Pierce Cedar Creek Institute's Summer Undergraduate Research Fellowship Program. The program provides a unique opportunity for teams of undergraduate students and their faculty mentors to utilize the Institute's West Michigan biological field station for environmental and scientific research. The undergraduate grants fund full-time summer research projects in the natural sciences, including biology, zoology, natural resource management, environmental science, chemistry, and geology, as well as in the arts. Each undergraduate student is eligible for a stipend, on-site housing, and partial meal support for their full-time, 12-week research project. Colleges

in the consortium include Kalamazoo College and WMU, among others.

Kalamazoo Valley Community College student, Laura Barrett, has been awarded a 2016 Gordon Art Fellowship. Throughout the summer, Barrett will produce a series of paintings that reflect the theme of her project: "the relationship between humans and nature—trees being an emphasized subject." Barrett works in the medium of ink, specifically stipple, as well as oil paints. Barrett says, "When I was little, I used the woods as an escape from the troubles of my little life. I also used drawing and creating stories. Visual arts and nature are my escape and self-therapy, as well as a huge source of joy and recreation. It's almost too good to be true that I get to indulge solely in

these two things for twelve weeks. I can't wait." Barrett is transferring to Savannah College of Art and Design this fall, for BFA in the Sequential Arts program.

Barrett will be working with Kalamazoo Valley art instructor, Beth Purdy, who is serving as her faculty mentor. "I hope to be inspired by not only the environment at Pierce Cedar Creek, and Laura, but also by all of the students' projects," Purdy said. "There are some interesting projects about bird relocation, snakes, fish, mental health, water, and of course trees. I am also looking forward to taking my experience as an artist and teacher outside of my classroom and into a new environment."

# SIMULATING REALITY

## Stimulating Student Experiences

Nothing beats on-the-job or in-the-field training, especially when that preparation takes place not on the job or in the field.

Welcome to the third floor of Kalamazoo Valley's new Culinary and Allied Health building where the next generation of nurses, respiratory therapists and EMTs will begin their training in earnest in September—in downtown Kalamazoo within sight of Bronson Hospital where some will serve their careers.

Part of the Bronson Healthy Living Campus, this teaching resource is above and beyond the state-of-the-art cliché. While a paramedic course is there for the summer term, the facility will go full bore in the three programs in the fall.

Instrumental in the trio of disciplines are humanoid mannequins that look like they belong in a "Star Trek" episode. They can mimic just about any condition—maybe minus the bed-pan experience.



*New Simulation Learning Lab at Kalamazoo Valley.*

"They give our students the opportunity for critical thinking in potentially dangerous clinical situations without harm to a patient and in an educational setting," says Al Moss, who heads the respiratory care program. "They can simulate high-

frequency, low-risk events as well as low-frequency, high-risk conditions."

"This philosophy of exposure and emphasis on critical-thinking skills also applies to our nursing and EMT programs," says Jim Taylor, dean of health and public service.

Beyond the technology is another key strategy setting the Kalamazoo Valley program apart – an interdisciplinary approach. It stems from the classic "Cool Hand Luke" dialogue – "What we have here is a failure to communicate."

"Studies show that too many medical errors are caused by communication mistakes during what is called "The Golden Hour" – the 60 minutes following an emergency," said EMT Director Dan Benard. "The EMT generally has all of the essential information – what a general physician looks for – that must be passed on to the next link in the response chain. Because errors are somewhat predictable, they can be prevented by accurate communication among the care-givers."

The realism extends into the world of EMT training at the new campus. The ambulance simulation imitates the road. Living quarters are replicated because that's where emergency professionals often encounter the people they serve.

Part of the simulation learning involves hands-on training in a real ambulance donated to the college by Van Buren Emergency Services. According to Benard, "The drive train was shot but the box was in good shape overall. A team comprised of facilities staff and automotive faculty cut the ambulance in half, welded on a front frame and hitch to tow it downtown and rewired the entire unit for both AC and DC power." The fully functional ambulance box was hoisted by crane up to the third floor of the new Culinary and Allied



*Jim Taylor, dean of health and public service, at the ambulance simulation lab.*

Health building while it was under construction last June. The rest of the simulation center was built around this feature.

The ambulance is located next to a "studio apartment" in the simulation center. "The idea is that students will pick up their 'patients' at home and move them to the ambulance where they will continue to work on them. They will then transport the patient down the hallway to the simulation emergency room theater," Benard said.

Another significant donation included a birthing bed, ten standard electric hospital beds, and four Performance Pro EMS cots, all from Stryker.

A lung simulator that can mirror breathing difficulties from asthma to pneumonia is another piece of high-tech equipment that enhances training for students. "We've had some of these resources at the Texas Township Campus, but our environment is now more realistic," said Moss. "We look like a hospital, and we have more space."

Benard believes students will be even better prepared for the new certification and licensing exams. "They know how to do this or when to do that," he says, "Now more critical thinking is involved. Why do it?"

Simulations were formerly an add-on to the training. In the fall, they become central.

"This allows us to better prepare students for clinical experiences while still in training," Taylor says. "They'll be ready for the real world. We can give them experiences they might only see a dozen times in their careers," Taylor says. "They can get that five times in the same week while students."

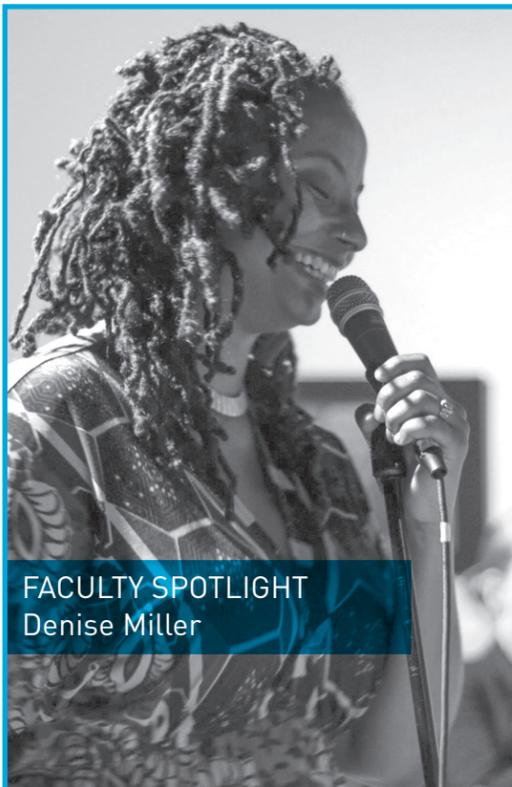
Reality can also include humans, according to Moss. Area residents can volunteer as "patients" encountering a nurse or paramedic. It is still easier to interview a person than a mannequin, although the latter is fairly impressive.

What about future expansion? "Our first goal is to work through the challenges of coming into a new building, to get the three programs to function collaboratively. This place has been designed with expansion in mind, and that's on the drawing board," Taylor says.

"The limiting factor for students is the availability of clinics in hospitals," he says. "But with simulations, we have the chance to increase course options and enrollment."

How does Kalamazoo Valley's new site stack up? "We've visited other places in the country," Moss says. "Let's just say that we are as good as any and better than most."

Registration for fall semester is available now by visiting [kvcc.edu/worthit](http://kvcc.edu/worthit).



**FACULTY SPOTLIGHT**  
Denise Miller

Denise Miller, a Kalamazoo Valley Community College English instructor, artist, poet, and community activist, is the author of two new collections of poetry. *Core*, published by Willow Books in November 2015, is a complex and beautiful collection of persona poems in conversation that explore how blue collar work affects families and relationships.

The poems in *Core* were inspired by Miller's family stories in the town of Cadiz, Ohio, and the oral testimonies of iron foundry workers in Flint and Saginaw, Michigan. *Core* was nominated for both a Pushcart Prize and an American Book Award.

Miller's chapbook, *Ligatures*, winner of the 2016 Rattle Chapbook Contest, will be published in December. The poems in *Ligatures* explore the complexities and questions generated by the public viewing of video from police body and dash cams that show the deaths of African Americans shot by police officers.

Miller researched court testimony, verdicts, and sentences in the cases of five deaths, as well autopsy reports to create found poems and persona poems. Miller hopes her book will generate more dialogue about the issue that could inspire changes at the

policy level to address the deeper layers of a systemized problem.

Miller will be working on new writing projects in the fall. She is the 2016 Fall Willow Books Writer in Resident at the Carr Center and a 2016 Research Resident at the American Antiquarian Society. If you'd like to learn more about Denise Miller and her projects, please visit her website: [makedo.weebly.com](http://makedo.weebly.com).

# BRONSON HEALTHY LIVING CAMPUS

## Event Attendance Exceeds Expectations



Food Innovation Center visitors admire growing system in the greenhouse.

Unique! Impressive! Wow! These words were just some of the adjectives used by visitors to describe the Bronson Healthy Living Campus during the recent public open house. Public Safety representatives estimate that more than 2,500 toured the campus during the three-hour event on April 24.

All three buildings were open for tours and demonstrations. In Kalamazoo Valley's Culinary and Allied Health

building, staff, faculty and students provided small-group tours of the three-story facility. Outreach Coordinator Melody Woods, facilitated healthy MyPlate workshops, where children learned about nutrition and portion control as they hand-decorated special plates. Culinary students helped with the open house by preparing healthy refreshments and leading tours of the facility. Guests learned about the programs offered in the cooking labs,

medical-training simulation labs, and in the community kitchen which hosts medical culinary programs that are being developed with local collaborators.

At the Food Innovation Center, guests made wildflower seed packets and toured the inside and outside growing spaces. "Just like student response, the community is embracing the programs offered here," said Associate Vice President Dean McCurdy.

In the Kalamazoo Community Mental Health and Substance Abuse Services Integrated Health Services building, visitors enjoyed art and met the artists during tours of the facility which includes a pharmacy. "We were gratified to meet so many visitors that day," said Integrated Health Services Director Heidi Oberlin. "Now, I think people have a much better understanding of the services provided in our new facility."

Earlier in the day, volunteers used stencils made by students from the Center for

New Media to "chalk the walk" with fruits, vegetables and other artwork marking the path between the two Kalamazoo Valley downtown locations.

Visitors commented that it would be an amazing experience attending classes in the new facilities. Going back to school or starting fresh is still an option. There is time to register for fall classes in the culinary arts, sustainable brewing, food systems and all the programs offered at the college. Visit [www.kvcc.edu/worthit](http://www.kvcc.edu/worthit) for details.



# KALAMAZOO VALLEY CELEBRATES SUCCESS AFTER NATIONAL AITP EVENT

Kalamazoo Valley's Association of Information Technology Professional chapter brought home impressive trophies after the 21st Annual AITP National Collegiate Conference and Career Fair April 7-10 in Rosemont, Illinois. The Kalamazoo Valley AITP student chapter is dedicated to helping students further their careers as information technology professionals.

Faculty and staff members Jason Kovacs, David Barnes and Dawn

Pantaleo attended the conference with 15 AITP students who entered a total of eight contests and brought home one first place trophy and two third place trophies. Competitors were primarily from four-year universities. Kalamazoo Valley was one of a handful of two year colleges to participate in the event.

The group attended workshops, explored the job fair, attended breakout sessions and participated in competitions. Employers at the job fair

included large and small companies looking for full-time employees and offering internships. One Kalamazoo Valley student came home with an internship offer.

"On award evening, our group attended the conference closing and final banquet culminating with one of our web development teams receiving their first place trophy," Pantaleo said. The students who worked on this winning project were project manager

Jeff Martin, Brandon Rodriguez, Sarah Strong, Steven Johnson and Derrick Diamante.

Kalamazoo Valley's AITP chapter also won third place trophies for the Casual T-shirt and Professional Banner competitions. Kalamazoo Valley's AITP chapter co-hosted the conference with Grand Valley State University.

### Kalamazoo Valley Community College

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## Remembering Anna Whitten 1921 - 2016 Kalamazoo Valley Community College Trustee

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KV Focus is a publication of Kalamazoo Valley Community College. Questions about the publication may be directed to the college marketing department at 269.488.4821.

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