



Iowa Heartland Informer

Iowa Dietary Managers Association
2010
Seasons Greetings!

Vol. 16/Spring 2010



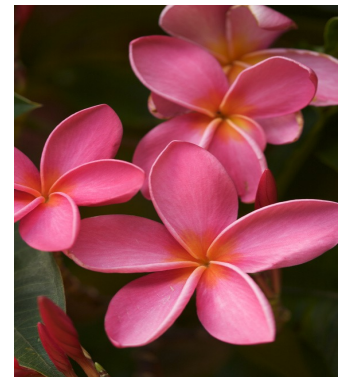
VOTE... VOTE... VOTE... IOWA

Yes Iowa is campaigning.....

Three of our own home grown members are running for DMA National Office!

Please learn about the candidates for DMA national office and the Certifying Board for Dietary Managers! All active, certified, and retired members are encouraged to vote in the 2010 DMA elections this month. Through the efforts of DMA leaders, your voice can be heard on a variety of issues relating to your association membership. You will find the ballot on DMA's website at: www.DMAonline.org. **Please vote by March**

31, 2010



In this issue...

- ✓ Student Snapshots
- ✓ Legislative Updates
- ✓ New Members
- ✓ Spring meeting agenda
- ✓ IDMA 45 Mardi Party!



Ken Hanson CDM CFPP
National Board



Deb Dawson CDM CFPP
Certifying Board

VOTE



Barbara Thomsen CDM CFPP
Certifying Board

Dates of interest

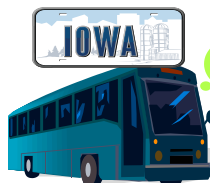
SW Impact Meeting
April 2, 2010
Community Care Stuart IA
Winnie 515-

NE Impact Meeting

IDMA 45th Anniversary
Spring Meeting in Ames
April 22 & 23, 2010

DMA 50th Anniversary
July 4-8 2010
Chicago, Illinois

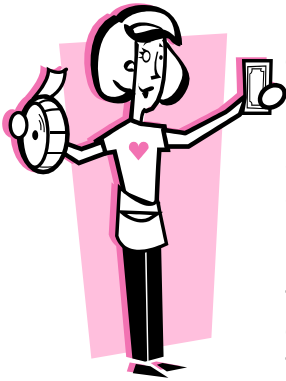
Iowa DMA 1964-2010



Wheels on the bus....Martin Bros. Driving



DMA "50th" National Meeting July 4-8 Chicago



Julie Stork CDM CFPP
Ways & Means



Every Spring and Fall Dietary Managers Meetings, the membership comes together in helping raise money for the organization by bringing in gifts to raffle off. We all check our surplus of extra gifts; check our basements and attics for recyclable items, and our craft rooms for creative ideas. Some of us like to shop bargain bins and I especially like the Hobby Lobby and Michaels coupons in the Sunday papers, as well as fabric shop coupons. These stores are great for decorating and theme ideas for parties and celebrations we so often need help with. Anything goes, for a raffle article and it can really be fun to get together with other members to create a themed basket with items that go together. However, it is not necessary to have a group, just bring in an item and we will find a basket to add it to. To get you thinking, this spring, we will have baskets that have the themes: Hawaiian Lau, Cinco de Mayo, Summer Picnic, and Farmers Market to add to. We also welcome empty baskets or decorative containers to group items in for current and future meetings. Thanks go out to all the members who have been supportive in the past with all your wonderful donations and happy hunting for the spring meeting. **Note:** This year the raffle will include two, \$ 45.00 visa/master cards at 2.00 per chance or 3 for five. Many of the items will be raffled off on the first day at the anniversary celebration. If you are not present, we will tape the ticket stub to the items and you can pick them up the next day at the meeting. Any remaining baskets will be raffled off on Friday afternoon

IDMA Mardi Party! April 22-Gateway Conference center Ames,....



Want to be a mentor?? Deb Dawson CDM CFPP

It's an interesting question, because as a CDM,CFPP you already are one. Whether you realize it or not, your staff and others at your workplace take note of how you handle yourself. They see you as a leader and take cues from you about a variety of things. They model their behavior based on what they witness you doing each and every day at work.

Now to the real question, do you want to be a mentor in a more structured way? Your board of directors has started a mentor program for students. The idea is to pair up each student with an established CDM, CFPP who can help them in a variety of ways. Hopefully, we're not all too old to remember what it was like as a student. We all had questions of some sort. Who can I ask questions? What are those state DMA meetings like? How do I sign up for the exam? How hard is the exam? Will I pass? How can I study for the exam? At the state meeting in April, you will be asked again if you would volunteer to be a mentor to a student enrollee. Now you may ask, "I've never been a mentor before, what do I have to do?" Here's the simple answer, "Contact the student enrollee assigned to you, and ask them what they need from you."

Here's a more complex answer.

- Contact the student enrollee and introduce yourself both personally and professionally.
- Offer to answer any questions they have about their job, classes, taking the exam, etc.
- Share with them about scholarships offered at both the state and national level.
- Encourage them to attend the state meetings and offer to car-pool if possible or meet them at the door, so they have a friendly face to show them around and introduce them to other dietary managers.
- Act as a liaison between the student and your state officers or national staff to help them with questions.
- Offer encouragement in their quest to become a CDM, CFPP

We hope every one of you will consider the benefits of being a mentor to a student. It's another way we can give back to Iowa DMA and our profession. Remember, we're only as strong as our entire membership, and you can do your part to help strengthen DMA by helping the next generation of CDM, CFPPs become leaders and mentors in their organizations.

Please consider signing up to be a mentor at the spring meeting. Oh...and don't be surprised if someone asks for more money at the meeting in April to help pay for student memberships in DMA. It's been wonderfully successful and has helped add over 20 new students to Iowa DMA. Remember there are many ways to give back to DMA.

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IOWA
DMA

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Informer**

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Newsletter Editor

Pride in Food Service..

Child Serve Johnston, Iowa spent the week with theme days and had all the staff joining in the fun! Thanks Julie Stork CDM,CFPP for sharing!

