

DMAME Newsletter



What's on the Menu for the Dietary Managers Association of Maine



FROM THE PRESIDENT

Wow, what a great summer! Farmers had their best harvest in years, and it was great to get out and see all the different harvests. I am sure everyone was busy with BBQs and other special events.

This winter I feel so blessed to have the job I have and the opportunity to help so many people. We did our annual fundraiser for Good Shepherd Food Bank and raised \$700. I want to thank all the DMA members who helped. The need is greater than it has ever been, so if you have the opportunity to donate food or cash, remember that every little gesture helps.

I want to thank everyone for the chance to attend the annual national convention in Chicago. I can now put faces to the names of the people I email at national headquarters. Each state received a free leadership training session. It made me look at myself and think about what kind of leader I am. I had a smaller leadership institute at our October meeting, and I hope it helped all of you to reflect on what kind of leader you are and want to be.

I am also thrilled that Maine received a Silver State Achievement Award. This is a great achievement, but many items still need to be completed before we can qualify for the Diamond Achievement Award. We are working on the bylaws and the policy and procedure manual that will need to be reviewed each year—items that have either never been done or have not been

done in 15 years. We also received a Certificate of Achievement for our newsletter at the beginning of the year. Many thanks to David Kessler for managing that publication. If you have anything you want published, please don't hesitate to email me or David. Recipes, special news from your facility or anything you want to share with us is great.

Our next meeting in April will be announced at a later date due to a change in venue. I am also working on finding a place to hold our vendor fair and hope to keep the date we shared with vendors. We had a great vendor fair last year and vendors are already marking their calendars.

Our goal for next year is to increase attendance at all our meetings. These meetings are a valuable way to learn about what everyone is doing, and it's a good way to get the CEUs you need to keep your certificate. If you have ideas about what you want to learn, let me know and I will try to organize a session.

Last, but not least, enjoy the upcoming holidays. With the hustle and bustle at work and at home, remember the holidays are truly about family and friends. Spend time appreciating what your staff, your family and your friends do for your heart and soul. It is a time to be happy and grateful for what we have.

Take care and enjoy!

REBECCA WERBER, CDM, CFPP
President
Dietary Managers Association of Maine

There's more online at www.dmaonline.org/ME

Mark your calendars ...

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for the Dietary Managers
Association of Maine

Winter 2010

EDITOR

Diana Carey
210 Mohawk Road
West Enfield, Maine
(207) 732-3953

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Dates to Remember

Spring Workshop and Vendor Trade Show

April 15, 2011

Club 302, 765 Roosevelt Trail
Windham, Maine 04062

Summer Workshop

June 17, 2011

Franklin Memorial Hospital
Farmington, Maine

Fall Workshop

October 21, 2011

PFG North Center Food Service
Dalton Road, Augusta, ME

DMA's Mission

Dietary Managers Association (DMA) is a national not-for-profit association established in 1960 that today represents more than 14,000 professionals dedicated to the mission of providing optimum nutritional care through foodservice management.

DMA is the premier professional organization for food service managers, directors, and those aspiring to careers in food service management - particularly in healthcare and other non-commercial food service settings. DMA achieves its mission through networking, education, research and advocacy. The association provides food service reference, publications and resources, employment services for members, continuing education and professional development, and a certification program.

DMA members are employed in the following areas of food service:

Nursing Homes 53%
Hospitals 21%
Assisted Living 17%
Schools 5%
Correctional Facilities 3%
Other 1%

Learn more online at
www.dmaonline.org/ME.

DMA State Project

Maine DMA is working on setting up a scholarship fund. More details to follow in the next newsletter and at the spring workshop. Call Becky Werber for more information.

DMA Maine Goals 2011

Mentor the incoming President Elect

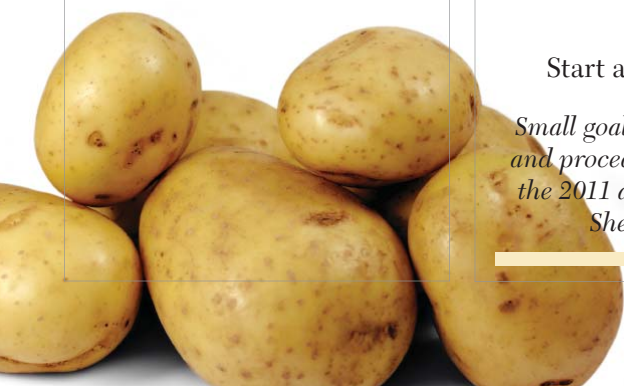
Increase State Membership by 5%

Continue with a stable financial budget

Increase workshop attendance by 50% of the total state chapter membership

Start a scholarship fund for Maine for one student

Small goals are to get the bylaws done and approved, policy and procedure manual done and approved, send someone to the 2011 annual meeting and continue to support the Good Shepherd Food bank with donations and food.



Minutes from the Fall Meeting Maine DMA

October 22, 2010 by xxxxxxxxxxxxxxxx

The meeting was called to order by Becky Werber, President, Maine DMA. Becky updated everyone on the day's activities. We received a tour of the North Center's storage areas, freezer and offices. Everyone was very impressed with how clean the entire facility was.

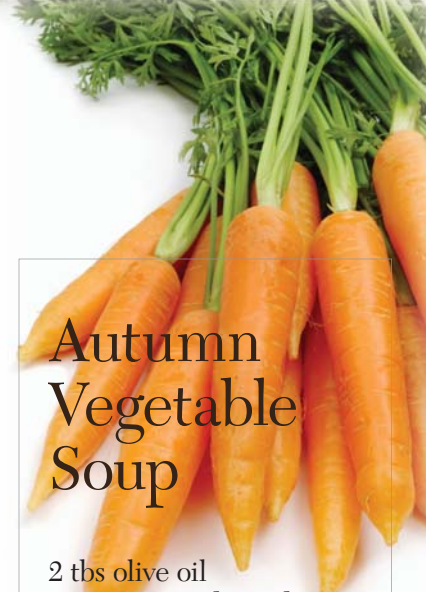
Chef Anthony Bussiere spoke about a special group of spices: cinammon, ginger, red pepper, oregano, rosemary, thyme and yellow curry powder. They are called the "Super Seven" antioxidant spices, and he explained how you can use them in your daily cooking. Visit MicCormick's website (mccormick.com) to learn more about their many health benefits.

Did you know that cinnamon, ginger, red pepper, oregano, rosemary, thyme and yellow curry powder have powerful antioxidant properties? Chef Anthony shared how to use these Seven Super Spices for taste and health.

Dimsie Clark, MS, RD, LD, gave a PowerPoint presentation about the liberalization of diets of the elderly in long term care. Dimsie also spoke briefly about end of life care. She provided handouts with detailed information.

Cathy Cole gave a leadership training and all participants will be mailed a certificate for completing this course.

To close, Becky discussed the 2011 goals for Maine DMA with all attendees. She also talked about the Achievement Award and the Newsletter Award Maine DMA received, as well as the revision of the Maine DMA bylaws and policy and procedure manual. Sending a delegate to the next National Meeting and setting up a scholarship for the CDM course were also discussed before the meeting adjourned.



Autumn Vegetable Soup

- 2 tbs olive oil
- 3 carrots, medium dice
- 1 yellow onion, medium dice
- 2 garlic cloves, minced
- 2 cups peeled butternut squash in half-inch cubes
- 1/4 tsp ground allspice
- pinch cayenne pepper
- kosher salt
- 1 quart reduced sodium chicken broth
- 1 14.5-oz diced tomatoes
- 4 springs fresh thyme
- 2 cups lightly packed kale, coarsely chopped
- 1 cup canned chickpeas

Heat oil in large soup pot over medium-high heat. Add carrots and onion, stirring occasionally, until they begin to soften (about 6 minutes). Add squash, allspice, cayenne and 1 tsp salt and stir. Add broth, tomatoes and juice, and thyme. Bring to a boil, reduce heat to medium, cover and simmer for 10 minutes. Add kale and chickpeas. Cook uncovered until squash is tender and kale is wilted (about 10 minutes more). Season with salt, pepper and cayenne to taste. Discard thyme before serving.

Yields 8 cups. Refrigerate three days or freeze for two months.

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Fax: (207) 882-9190

salmon3@adelphia.net

DMA

DIETARY MANAGERS ASSOCIATION

Rebecca Werber, President
52 Heath Road, Whitefield Maine 04353

