

# ANFP™ | LOUISIANA

## Association of Nutrition & Foodservice Professionals **FOOD & NUTRITION NEWS**

Louisiana Association of Nutrition & Foodservice Professionals Newsletter

October—December 2018

### PAULA WEEKS

We regret to announce the passing of Paula Weeks corporate dietitian with Doerle Foodservice. In November she lost her battle with cancer and we will sure miss her. She was a model dietitian, a great friend to her customers and her co-workers and a strong supporter of our association and was so much fun to be around. As a Registered Dietitian, Paula worked with and advocated on our behalf to help us become a better organization. She taught classes, gave seminars, and aided us in becoming better each time we came in contact with her. She was full of knowledge and was always glad to share that knowledge.

Please keep her and the family in your prayers.

Your executive board has chosen to make a donation to the Louisiana Baptist children's home in memory of Paula.



### In This Issue

- Sad news on the passing of Paula Weeks
- 2019 Louisiana ANFP State Educational Conference & General Membership Meeting Information.
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- Registration form Annual State Educational Conference & Food Expo

### *Fifth Annual State Meeting and Educational Conference*

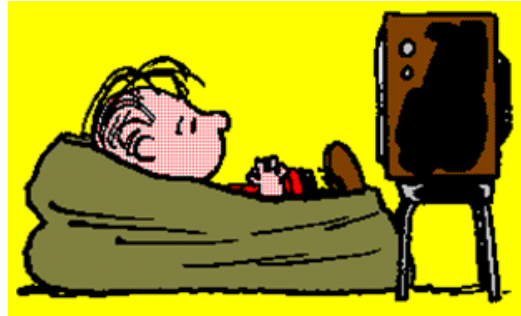
*Fifth Annual State Meeting and Educational Conference April 10th – 12th 2019, Meeting begins at 7:30 am each day. Location Country Inn & Suites Conference Center, Pineville, LA. Address: 2727 Monroe Hwy, Pineville, LA 71360, Phone: (318) 641-8332, Hotel class: 4-star hotel. Please plan to join us.*



## Introducing Your Latest Member Benefit, ANFPtv

ANFP is proud to announce the launch of its newest member benefit, ANFPtv. This advantageous platform serves as a new resource for members to access an extensive video library, containing:

- Educational content
- How-to-videos
- Conference recaps from ANFP live events
- Announcements from ANFP
- Industry news, and much more.



This video library is exciting and free to ANFP members. It will not only help you further your education and industry knowledge but increase the value of your membership with ANFP.

It provides relevant content to you in a refreshing and convenient way within the ANFP website and is easily accessible. ANFPtv can be viewed on any device, whether you are hard at work in your facility or out and on the go!

You may access the platform now by visiting the ANFP homepage and selecting “ANFPtv” on the red navigation bar. Once clicked, you will be sent to a landing page where you may access the new video platform.

ANFP strives to keep up-to-date with technology and other advancements that will benefit members and is excited to offer this new resource to you.

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## Recipe of the Quarter

### Peppermint Oreo Truffles

#### INGREDIENTS

1 (15.5-oz.) package Oreos, crushed

1 (8-oz. package) cream cheese, softened to room temperature

12 candy canes, crushed, divided

2 c. chocolate chips, melted

2 tsp. coconut oil

#### DIRECTIONS

Line a small baking sheet with parchment paper. In a large bowl, combine crushed Oreos with cream cheese and half the crushed candy canes. Stir until cream cheese is completely integrated into the Oreo crumbs.

Using a small cookie scoop, form Oreo mixture into small balls and place on the cooking sheet. Repeat until all Oreo mixture is used and place baking sheet in freezer for 10 minutes.

Meanwhile, mix coconut oil with melted chocolate chips. When the balls are chilled, dip them in the chocolate and place back on cooking sheet.

Sprinkle with remaining crushed candy canes and return to the freezer to harden, 10 more minutes. Enjoy!!!



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# Food for Thought: Can Diet Prevent Alzheimer's Disease?

November 6, 2018 Esther Ellis

As the American population ages, the incidence of Alzheimer's disease also continues to rise. While researchers continue to study Alzheimer's, studies suggest diet may play a role in its prevention or delayed onset.

Alzheimer's, which has no known cure, accounts for 60 to 80 percent of all cases of dementia and is the sixth-leading cause of death in the United States. Nearly 6 million Americans are living with Alzheimer's, and the number is estimated to rise to almost 14 million by 2050.

While there are many signs and symptoms of Alzheimer's disease, the initial indicator usually is difficulty remembering newly learned information. Other symptoms that may develop include confusion about events, times and places; significant mood and behavior changes; and difficulty speaking. Additionally, Alzheimer's may have nutrition-related symptoms such as forgetting how to use cutlery, loss of appetite or forgetting about previous meals. Other symptoms may include unintentional weight loss, difficulty swallowing or swallowing without chewing, forgetting how to eat or drink and attempting to eat inedible items.

Although Alzheimer's disease is not a normal part of the aging process, the biggest risk factor is increasing age. Most people with Alzheimer's are older than 65. The risk of developing Alzheimer's doubles after 65 and nearly one-third of people over 85 will develop the disease. "Early onset" Alzheimer's occurs in people younger than 65 — about 5 percent of all diagnosed cases; however, the number of people who suffer from early onset could be higher since it is not commonly recognized and therefore more difficult to diagnose.

Anyone with a parent or sibling with Alzheimer's disease has a greater risk of developing the condition; risk increases if multiple family members have Alzheimer's. Genetics and other factors, such as head injury, also can increase risk; in addition, Hispanics and African-Americans are at greater risk. Poor heart health or poor overall vascular health, as well as lifestyle factors such as tobacco use and excessive alcohol consumption, can increase chances of developing Alzheimer's. On the other hand, staying socially active, exercising and following a healthy diet may decrease risk.

Based on the latest research, the Alzheimer's Association recommends the Mediterranean diet and the Dietary Approaches to Stop Hypertension, or DASH, diet, both of which may decrease risks of developing heart disease and dementia.



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Association of Nutrition & Foodservice Professionals

## Registration form

Louisiana ANFP - Association of Nutrition & Foodservice Professionals  
Annual State Educational Conference & Food Expo April 10th – 12th 2019

To Be Held At Country Inn & Suites Conference Center, Pineville La

2727 Monroe Highway 165, Pineville, LA, 71360

Free Full Breakfast Buffet at Hotel each morning.

Meeting begins at 7:30 am each day,

Lunch served on Wednesday 10th, Dinner served Thursday 11th

Must be pre-registered by March 21st 2019. 15 CEU's earned for attendance all three days.

Hotel: Country Inn & Suites Address: 2727 Monroe Highway 165, Pineville, LA, 71360

Phone Number: 1-318-641-8332 Room Rate: Single \$89.00 plus Tax

### REGISTRATION FEES

LAANFP Member in good standing ~~\$85.00~~ Early Registration **\$50.00**

LAANFP Member in good standing At the door \$65.00

Student and New Member \$45.00 (with certificate)

Non-Member \$85.00

Non-Member At the door \$100.00

Guest Meal/Extra Meal \$35.00 each person

Mail Registration form and payment to:

Louisiana ANFP, Attn: Brenda Ramsey

7 Lewis Rd Rayville, La 71269

Or register Online at <http://www.anfponline.org/LA/>

All major credit cards accepted thru PayPal online at our website [www.anfponline.org/LA/](http://www.anfponline.org/LA/)

### Meeting Contacts:

Brenda Ramsey, Louisiana ANFP Treasurer

[louisianaanfp@gmail.com](mailto:louisianaanfp@gmail.com)

Carolyn Hill, Louisiana ANFP Secretary

[chill@lgh-jena.org](mailto:chill@lgh-jena.org)

Tami Rutten, Louisiana ANFP President

[TWRutten@RFSDelivers.com](mailto:TWRutten@RFSDelivers.com)

Reynolds Landry, Louisiana ANFP President-Elect

[rlandry@elderoutreach.com](mailto:rlandry@elderoutreach.com)

Attendee's Name: \_\_\_\_\_ Member Number: \_\_\_\_\_

Address: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Work Location: \_\_\_\_\_

## Message from the Desk of the President.

Greetings Louisiana ANFP members:

As 2018 comes to a close, we begin the planning for 2019. Are you interested in serving?

We are always looking for members that are interested in serving on the board.

We have the following assignments, committees and offices that the board is responsible for each year. If you would be interested please contact me. (twrutten@rfsdelivers.com).

Membership Committee - Carolyn Hill Chair

Finance Committee - Brenda Ramsey Chair – Angela Jernigan- Reynolds Landry

Government Affairs Committee - Tami Rutten Chair

Review of Policies and Procedures -

Communication/Newsletter – John Hickson Chair

We are looking forward to another awesome state meeting, April 10-12, 2019, Country Inn & Suites Pineville, LA

We had the best meeting ever last year and are planning on another one just as good if not better!

Be watching your email for information, plan to attend and bring someone with you. (Another CDM or someone from your staff who is working toward their CDM) We will be having a workshop again this meeting for those dietary managers who are studying to take the credentialing exam. Be proud of yourself and your organization!

### Statement of Core Values for ANFP

**Professionalism:** ANFP members are leaders who demonstrate the highest standards of their profession, adhere to a code of ethics, and pursue lifelong learning.

**Integrity:** ANFP members demonstrate pride in their work and are respected members of the leadership team.

**Advocacy:** ANFP members are advocates for those they serve and demonstrate that they care about their health and quality of life.

**Best Practices:** ANFP members implement nutrition and foodservice best practices and impart that knowledge to those they serve and lead.

Tami Rutten CDM CFPP

Louisiana State President ANFP



### Contact Us

Louisiana Association of Nutrition & Foodservice Professionals  
louisianaanfp@gmail.com

Visit us on the web at

<http://www.anfponline.org/events-community/chapters/chapter-pages/louisiana/home>

Your Louisiana Chapter Leaders Executive Board

John Hickson – Past President, Tami Rutten – President

Reynolds Landry– President Elect, Carolyn Hill – Secretary, Brenda Ramsey – Treasurer