

ANFP® | NORTH DAKOTA News

Association of Nutrition & Foodservice Professionals

August 2018

Editor:
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ANFP is the nation's leading source for nutrition and foodservice professionals, promoting career development, setting best-practice standards, and strengthening the profession of nutrition and foodservice management

Hello ND ANFP Members.
Hope everyone is ready for Fall.
My apologies for the late newsletter I've been crazy busy. I would love to see what fun things are going on in your facilities. Hope to see you all at NDLTCA Convention in a few weeks.

Send emails to klere@nd.gov

Dates to Remember

Sept 11th –14th Fargo ND Holiday Inn

Sept 18th CDM, CFPP Informational Webinar

March 14th March spring regional meeting

April 04– April spring regional meeting



Welcome New Members

Lindsay Marie Bazille -Kenmare, ND
Lisa Beth Gibson-Fargo, ND
Melissa Hildebrandt-Grafton, ND
Judy Meidinger—Bismarck, ND
Melanie Paul—Mandan, ND
Randall Neal Toenges-West Fargo, ND
Corrin Ann Velasquez-Crosby, ND

Reminder if you have good articles of things you would like to see in the news letter please send them to klere@nd.gov



ANFP has an exciting NEW member benefit that you may now access! ANFPtv, ANFP's new video resource library, is now available.

ANFPtv is a portal within the ANFP website that brings viewers like you fresh, engaging, and educational video content, organized by topic area. Content ranges from customized education to conference recaps, and much more.

The library is free for you to access as an ANFP member. Take advantage of this benefit and enjoy viewing the videos. Check back for new content coming regularly!

[Access ANFPtv](#)

ANFP™ | NORTH DAKOTA

Association of Nutrition & Foodservice Professionals

Volunteering is a fun and rewarding opportunity.

As a volunteer for the state chapter you will have the chance to network and make new friends, grow your leadership skills, have a voice in our organization at both a state and national level, staying current with our industry issues.

These will skills will only further strengthen and expand your resume, benefiting your personal and professional life.

The time commitments are minimal, talk with your Administrator or Supervisor today about volunteering—you may be surprised to find they support your involvement in our state chapter!



**CALL FOR
VOLUNTEERS.**

Slate of Officers 2018-2020

- ♦ **Secretary**
- ♦ **President Elect**
- ♦ **Treasurer**

**Contact Ashley Jung for
more details**

ajung@bethanynd.org

St. Gerard's Community of Care

Mary Gereszek

CDM of the Year

Mary Gereszek has worked at St. Gerard's Community of Care in the dietary department for 36 years! It's been 10 years already since she agreed to go back to school to achieve her Certified Dietary Manager certificate and has been our department manager ever since. She has seen monumental changes over the years as St. Gerard's started out as a hospital and eventually progressed into a long term care facility.

Mary is a model employee for our entire staff at St. Gerard's Community of Care. She has a positive attitude even during times of challenge. And there are definitely challenges as it is hard to cook for a large group and make everyone happy within the confines of rules and regulations! Mary is dependable, steadfast and fair. She has demonstrated her leadership and dedication to St. Gerard's multiple times. Not long ago, staffing was alarming in our dietary dept. It is truly a challenge to find employees who feel that having a job is a privilege and are willing to commit. During that dietary staffing crisis, Mary filled in as cook, which is a fulltime position, as well as doing her regular job duties. This included going back to working holidays and every other weekend. Yet, through all of this, we NEVER heard negative comments, complaints or condemnations. She maintained her composure and demonstrated positive leadership skills and support of the facility.

Mary is a true advocate for our residents and realizes how important the dietary department is for the resident's overall well-being. She is able to guide her staff to prepare nutritious, delicious and cost effective meals. And yet Mary is willing to be adventurous and try new things. She does not want to become stagnant with 'the same old things'. This goes not only for our menus but also for the approaches with her staff. You will never find Mary to be hesitant to help out on committees or in other areas where volunteers are needed.

Mary keeps abreast of regulations and changes in the nutrition world without fail. She continues to broaden her knowledge by attending various education events offered, one being the Serve Safe program.

Mary gives so much of herself to our residents, staff and to our facility. She is a key resource for many, myself included. Mary is vested in her support of our residents and our facility and is very deserving of such an award.

Mary's free time (Ha Ha!) is enjoyed with family. One of her greatest treasures in being able to spend time with her great nieces and nephews. She is an avid reader and has even mastered reading books online instead of having the book in hand. Mary had a green thumb and also has a huge garden. That means lots of canning is done, but Mary enjoys this as well. Her sauerkraut is to die for! Oh, she is also addicted to playing Candy Crush!!



Tips for Eating Healthy

Today is an opportunity to kick off some new habits that may just stick. Little by little, you'll start to see a difference in how you feel and look. Eating healthy isn't just something to do on National Eating Healthy Day; it's something you can do every day. And if you slip up, then start over tomorrow. Every day is a new opportunity.

"Adopting healthy behaviors — whether it's increasing [physical activity](#) or [eating healthier](#) — happens one day at a time," said Rachel K. Johnson, Ph.D., M.P.H., R.D., chair of the American Heart Association's nutrition committee and professor of nutrition and medicine at the University of Vermont in Burlington. "If you devote one day to healthy eating, you will know you can do it again and learn to enjoy it!"

Those small steps can lead to bigger payoffs.

"We know from research that being exposed to healthy food means you will develop a preference for that food over time. For example, once you become accustomed to eating lower-sodium foods, you will find that foods you used to eat taste very salty," Johnson said. "By adopting a healthier diet you will not only add years to your life but you'll improve the quality of the years you have."

If you struggle with your weight, try to pick up the pace on the produce. "Achieving a healthy weight is essential to living well," Johnson said. "Adding fiber-rich, low-calorie foods like [fruits, vegetables](#) and whole grains will help you feel satisfied on fewer calories."

Here are some tips to try this month and throughout the year:

1. **Slow down on the sodium:** Americans eat more than double the daily amount of sodium recommended by the American Heart Association. [Too much sodium](#) increases the risk of heart disease, stroke and other health problems, but this excess isn't just from salting at the table. Americans get most of their sodium — 77 percent — from [processed foods](#). If you choose these foods, compare the labels and look for lower-sodium versions.
2. **Pile on the fruits and vegetables:** Choose all kinds of fruits and vegetables — fresh, frozen, canned, juiced and dried. Fruits and vegetables contain vitamins, minerals and other nutrients. Look for fruits and vegetables of many different colors. Then try a "healthy sauté" using a small amount of liquid to cook vegetables. Need a quick, healthy weeknight dinner? Try a salad. The American Heart Association has [tasty recipes](#) packed with such items as tofu, broccoli, mushrooms and much more.
3. **Get the skinny on fats:** Learn how to substitute good fats (mono and polyunsaturated fats) for bad fats (saturated and trans fats). For example, try canola oil or olive oil instead of butter. Choose lean meats, poultry without skin and fish instead of fattier cuts of meats. Enjoy heart-healthy fats in moderation and remember this tip: 1 teaspoon equals 1 serving.
4. **Cook at home.** Cooking at home is not only a great way to make sure the ingredients are healthy, but [portions](#) are correct. Try using a smaller salad-size plate instead of a big dinner plate, as well.

Fun at NDLTCA ANFP Room



ND ANFP Executive Board Meeting Minutes May 1, 2018 – Bismarck, ND

Call to Order:	The ND ANFP Board Meeting was called to order by President Ashley Jung at 5:11 p.m. on Tuesday, May 1st, 2018 at the BW Ramkota in Bismarck, ND.		
Roll Call:	Laura Hahn - P	Ashley Jung - P	Tammy Wilcox – P
	Corinna DesRoches -P	Heather Weber - P	Kristi Lere – A
	Yvonne Foyt - P	Tyler Zent – P	
Welcome:	A welcome was given by President Ashley Jung.		
Approval of the Minutes:	The minutes from the Feb. 2 nd , 2018 Board meetings were reviewed. ACTION: Following a motion by Laura and second by Yvonne, the minutes from the meeting were approved.		
Unfinished Business:			
ANFP Clothing:	Ashley ordered clothing (Cardigans) for all Board Members. These were given to the Board as a gift as we could not sell them. Discussion on getting a permit that would allow us to sell the cardigans to members. It was a lot of work to get approved logo from ANFP and get printing place to fit it on clothing, etc. The template is set up so it will be easy to order moving forward. ACTION: We will ask members at the meeting if they would like us to proceed with getting paperwork started so members can purchase clothing.		
Letter to Administrators:	Discussed the letter that ANFP has drafted about the Value of Having a CDM in your facility. All agreed that it is time to send out to the Administrators again. ACTION: Ashley will work on getting the letter updated and sent out to the Administrators.		
CDM of the Year	We received 3 nominations for CDM of the Year. Mary Gereseck, from Hankinson, was selected and the other 2 nominees will be recognized with a certificate at the membership meeting. Mary will be recognized at the Gala later this week. Ashley will present the award to Mary.		
NDLTCA Theme Hospitalities Suite	Laura explained what she had for décor. Tyler has a few metal bins at work that he is going to add to the décor. Corrina and Laura made the Red and Blue jello shots for the hospitality suites. Anyone able to help should arrive at 4 PM to set up the room. Theme is: United we Stand (Red, White and Blue). ACTION: Will have members sign up at the meeting to help work shifts with the Board in the suite.		
MN / ND ANFP Conversation on Border Schools	Nothing further will be done with NDSCS until the upcoming school year. As far as working with Dorothy on things, Heather let the group know that Dorothy's husband is on Hospice and not doing well so she has not called her on ANFP things. Will wait until there is a better time for Dorothy.		
CDM, CFPP status	Ashley gave an update on all the things that happened with the state proposal for not recognizing the CDM, CFPP in the Food Code. She worked with her local health inspector to push things up the ladder. Ashley and Heather reached out to the state health dept, Barb T with ANFP, and Ashley had calls from some of the Administrators too. The state decided not to remove the CDM, CFPP from one of the recognized approved credentials so it was a big win for us.		
Call for Volunteers	Discussed the positions we need to fill, President Elect, Secretary, Treasurer, and Education Committee. ACTION: We will be putting a ballot out with the volunteers for office.		
2018 ACE Conference	Discussed the conference. Tyler is going to check to see if he can attend and Corrina will also be in attendance at the conference in Orlando.		

Committee Reports:	
Secretary Report:	Looking for a Secretary. Names to go on ballot for volunteers. Heather will fill in until we find a per-
Treasurer's Report / Finance Committee Report:	Laura reported that the Quarterly Finance committee meeting was completed. All approved the quarterly report except Susan Bogert who has not responded. Tammy let Laura know that Susan is no longer working at the facility so she should reach out to her at home. The current balance in the checking account is: \$7,869.96. ACTION: Finance Committee to meet again in a quarter. Annual Audit of the Books and the IRS 990 Filing to be completed after June 1 st , 2018.
	Tammy discussed her goal for more member involvement.
Membership Committee:	Heather gave the membership counts total and summary of contacts made with members/students, etc. Tyler discussed his interaction with the Votech program and possibly being able to promote ANFP at his meetings. Heather noted the results from the membership survey will be shared with members at the meeting tomorrow.
Historian / Newslet-	Working on a newsletter for April 2018.
	Corinna provided a report to the committee. She noted that the new committee volunteer Dori has
Nominating Commit-	A ballot will be formed for the vote for new officers. We have had a few people voice interest in
Government Affairs Committee / Fund-raising:	Yvonne gave a report on the Government Affairs Committee and Fundraising. Yvonne contacted Darlene B from the ND Dept of Health and invited her to the membership meeting. She is out of town that week at training so is not able to attend. Yvonne discussed the Presidential Executive Orders 13801 that discusses expanding apprenticeship. She discussed the partnership ANFP now has with OAJCC – Opportunity for American Jobs and Careers Coalition which helps to find young skilled workers. She Spoke on the new rally cry for ANFP which is CDM's cultivating ROOTS (Rally Organizations and Officials in Training Standards). Discussion on how Yvonne is working with states that do not yet recognize the CDM in their state's language. She is working with Arizona, Nevada, Oregon, and Washington. Discussed the Day at the Capitol which will be Feb of 2019. Plans will be made closer to the event. We served 200 meals last year. Yvonne noted that Lacy from LuLaRoe will be working with ANFP this year at the NDLTCA convention. She will have an assortment of cash and carry items for people to purchase. She will give 15% of the proceeds and do a match on funds for some items. Still need to see if the ANFP Banner is at the Convention Center.
Past President:	Heather will share results from Survey Monkey survey with ANFP members at the membership

New Business:

Next Meeting	Will schedule in the near future
Adjournment:	The meeting adjourned at 7:08 p.m. at the conclusion of business
	Respectfully submitted, Heather Weber, Acting Secretary

ND ANFP Membership Meeting Minutes May 3, 2018 – Bismarck, ND

Call to Order:	The ND ANFP Membership Meeting was called to order by President Ashley Jung at 7:25 a.m. on Thursday, May 3 rd , 2018 at the BW Ramkota in Bismarck, ND following a breakfast buffet that started at 7:00 a.m.		
Roll Call:	See member sign in sheet.		
Welcome:	A welcome was given by President Ashley Jung. All members in attendance told their name and where they work. We have Tyler Zent who is a first-time attendee along with Mary Perry. Missouri Slope has 4 students taking the CDM Course right now. Deb Strand introduced herself as a new Associate Member.		
Always Food Safe:	Chuck Shrider from The Core Group presented to the membership on Always Food Safe. The Always Food Safe (AFS) program is something that members could use for food safety training for their staff potentially or even for clock hours for themselves once the CBDM approves the courses. Some statistics Chuck shared with the group were: 1. 36% of staff will leave their job in the first year. 2. It costs an average of \$5,684 to train a new employee. The AFS program cost \$8 per employee. They have a food safety training program and there is an Allergen Awareness Program coming out in the near future too. Heather has had several conversations with Adam about the need to get the courses prior approved by the CBDM. ACTION: Once the program is approved, Adam will let Heather know and she will pass a message along to the membership.		
Unfinished Business:	Nothing to report on		
Introduction of Officers	Ashley introduced all the current ND ANFP Executive Officers and Committee Chairs		
Reports:			
Secretary Report:	Looking for a Secretary. Names to go on ballot for volunteers. Heather will fill in until we find a person.		
Approval of the Minutes:	The minutes from the Sept. 12 th , 2017 Membership Meeting were reviewed. ACTION: Following a motion by Tammy and second by Yvonne, the minutes from the meeting were approved.		
Treasurer's Report / Finance Committee Report:	Laura reported that the Quarterly Finance committee meeting was completed. All approved the quarterly report except Susan Bogert who has not responded. Tammy let Laura know that Susan is no longer working at the facility, so she should reach out to her at home. The current balance in the checking account is: \$7,869.96. ACTION: Finance Committee to meet again in a quarter. Annual Audit of the Books and the IRS 990 Filing to be completed after June 1 st , 2018. Margie O'Shea agreed to volunteer on the Finance Committee for the 2018 – 2019 Fiscal Year.		
President Elect Report:	Tammy discussed her goal for more member involvement. She also gave members a review of the Affinity Program for those that were not familiar with the program.		
Membership Committee:	Heather gave the membership counts total and summary of contacts made with members/students, etc. Heather noted the results from the membership survey and asked for feedback from the members after seeing the results.		
Historian / Newsletter:	Working on a newsletter for April 2018. Kristi asked if any members would like to volunteer for the CDM Spotlight in the newsletter. Tyler stated that he would be willing to do this. Kristi reminded members to share info on what they are doing at their facilities with her as she would like to highlight it in the newsletters and our facebook page.		

NDLTCA Education Committee:	Corinna provided a report from the committee. She noted that the new committee volunteer Dori has been attending the meetings now too. Everyone was excited to have a new volunteer. Discussed the upcoming conference and topics that are on the agenda. We have been looking for another volunteer in the Bismarck area and asked for a volunteer. Tyler agreed to sit on the committee. Next conference is Sept 11 -14 th in Fargo. ACTION: Ashely/Corinna to let NDLTCA know that Tyler is volunteering and to get him added to email listing for meeting info.
Nominating Committee / Awards:	A ballot will be formed for the vote for new officers. We have had a few people voice interest in volunteering which is nice to see. We need to get a copy of the current contract from Peggy to review dates for when things are due for award to NDLTCA for the coming year. Nominations for CDM of the Year were received. Mary Gereszek was selected as CDM of the Year. Kim and Darla also received recognition at the membership meeting for their nominations.
Government Affairs Committee / Fundraising:	Yvonne gave a report on the Government Affairs Committee and Fundraising. Yvonne contacted Darlene B from the ND Dept of Health and invited her to the membership meeting. She is out of town that week at training so is not able to attend. Yvonne discussed the Presidential Executive Orders 13801 that discusses expanding apprenticeship and the partnership ANFP now has with OAJCC – Opportunity for American Jobs and Careers Coalition which helps to find young skilled workers. She Spoke on the new rally cry for ANFP which is CDM's cultivating ROOTS (Rally Organizations and Officials in Training Standards). Discussed the Day at the Capitol which will be Feb of 2019. Yvonne noted that Lacy from LuLaRoe will be working with ANFP this year at the NDLTCA convention. She will have an assortment of cash and carry items for people to purchase. She will give 15% of the proceeds and do a match on funds for some items.
Past President:	Nothing new to report.

New Business:

ANFP Wear	ND ANFP Board members were given ANFP clothing. Discussion on whether members would like
Fundraising	Discussed the requirements for permits for raffles moving forward. The board will look into what it
Call for Volunteers	Tyler Zent volunteered to run for President Elect; Mary Perry volunteered to run for Secretary along with Dori Bunnell. Lorraine Brune volunteered to run for Treasurer.
ACE Conference	Discussed the upcoming ACE Conference in June. Corinna is planning to attend, and Tyler is
NFEF Donation	Ashley had membership take a vote on whether we wanted to donate to NFEF again. Members
By-Law Review	ByLaws were reviewed. The date at the top needs to be updated to 2018 – 2020 and the revised date need to be updated to May 3, 2018. ACTION: Heather will make changes to the ByLaws for the board.
Open Floor	No comments
Door Prizes	Names were drawn for door prizes.
Next Meeting	Sept 11 – 14 in Fargo at the Holiday Inn for the NDLTCA Conference.
Adjournment:	The meeting adjourned at 8:35 a.m. at the conclusion of business
	Respectfully submitted, Heather Weber, Acting Secretary



Reminder

Send any pictures or articles you would like to see in the news letter to klere@nd.gov

ANFP Board for 2016 – 2018

President – Ashley Jung, Bethany on 42nd, Fargo

President Elect – Tammy Wilcox, Tioga Medical Center, Tioga

Secretary –

Treasurer – Laura Hahn, Sanford Health, Hillsboro

Newsletter / Website/ Facebook Page: Kristi Bratvold, ND Veterans Home, Lisbon

Past President / Fundraising: Heather Weber, US Foods

Mentor /Membership – Heather Weber, US Foods

Impact Team – Yvonne Foyt, Parkside Lutheran Home, Lisbon

Education / LTC Committee – Corina DesRoches, Minot Health & Rehab, Minot; Cheryl Kraft, Sanford Health, Mandan; Kim Reamann, Baptist Health, Bismarck



Left to right: President Elect Tammy Willcox, President Ashley Jung, Past president Heather Weber

About ANFP

Association of Nutrition & Foodservice Professionals (ANFP) is a national not-for-profit association established in 1960 that today has over 14,000 professionals dedicated to the mission of providing optimum nutritional care through foodservice management. ANFP members work in hospitals, long-term care, schools, correctional facilities, and other non-commercial foodservice settings. The association provides foodservice reference, [publications](#) and resources, [employment](#) services for members, [continuing education](#) and professional development, and [certification](#) programs. ANFP monitors industry trends and [legislative](#) issues, and publishes one of the industry's most respected magazines. For more information about ANFP, please contact Association of Nutrition & Foodservice Professionals:

www.ANFPonline.org



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