

August 10, 2018 Issue #3

Chronic Kidney Disease

What is Chronic Kidney Disease???

Kidney disease occurs when the kidneys are damaged and cannot function properly. Numerous conditions and diseases can result in damage to the kidneys, thus affecting their ability to filter waste from the blood while reabsorbing important substances.

What is a chronic kidney disease diet?

A chronic kidney disease diet limits protein, phosphorus, sodium, and potassium. Liquids may also need to be limited in later stages of chronic kidney disease. This diet can help slow down the rate of damage to your kidneys. Your diet may change over time as your health condition changes. You may also need to make other diet changes if you have other health problems, such as diabetes.

What kind of diet changes are needed?

There are 5 stages of chronic kidney disease. The diet changes you need to make are based on your stage of kidney disease. Work with your dietitian or healthcare provider to plan meals that are right for you. You may need any of the following:

Limit protein in all stages of kidney disease. Limit the portion sizes of protein you eat to limit the amount of work your kidneys have to do. Foods that are high in protein are meat, poultry (chicken and turkey), fish, eggs, and dairy (milk, cheese, yogurt).

Limit sodium if you have high blood pressure. Limit your sodium intake to less than 2,300 milligrams (mg) each day. The amount of sodium you should have depends on your stage of kidney disease. Table salt, canned foods, soups, salted snacks, and processed meats, like deli meats and sausage, are high in sodium.

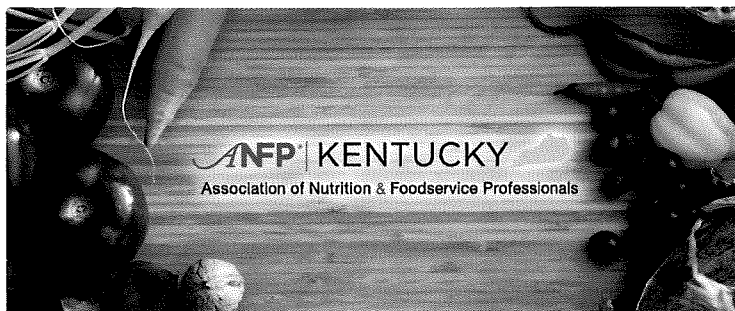
Limit the amount of phosphorus you eat. Your kidneys cannot get rid of extra phosphorus that builds up in your blood. This may cause your bones to lose calcium and weaken. Foods that are high in phosphorus are dairy products, beans, peas, nuts, and whole grains. Phosphorus is also found in cocoa, beer, and cola drinks.

Limit potassium if your potassium blood levels are too high. Your dietitian or healthcare provider will tell you if you need to limit potassium. Potassium is found in fruits and vegetables.

Limit liquids as directed. Your healthcare provider may recommend that you limit liquids in stages 4 and 5 of kidney disease. If your body retains fluids, you will have swelling and fluid may build up in your lungs. This can cause other health problems, such as shortness of breath.

Kidney Disease only runs from bad to worst. Help to protect yourself and the ones you love from this disease.





Dear ANFP Kentucky State Chapter Members,

I hope each of you have enjoyed a terrific summer! Remember to take advantage of the ANFP Recipe Box to offer your residents, patients and guests some delicious recipes such as Breakfast Casserole, Roasted Olives, and for those interested in exploring vegetarian entrees try the Creamy Broccoli Pasta. You can find these and many more in the **Recipe Box** at ANFP online (link below):

<https://anfponline.connectedcommunity.org/communities/community-home/librarydocuments?communitykey=f596264d-d1eb-40dc-9a26-cbed3f17443b&tab=librarydocuments>

You will find a variety of professional information on the ANFP website that can enhance the dining experience for your residents and guests as well as provide useful management tools and guidance to help you achieve operational success. Be sure to check the KY State Chapter ANFP Website for information about our chapter plans, meetings, and more.

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

As a reminder, your certification CE cycle requires members to achieve 45 total hours with 9 of these being sanitation specific, and our state chapter meetings are an affordable and easy way to earn CEs. I would like to ask all of you to help promote new memberships in our chapter as well as educate your team members about the value and importance of pursuing and achieving a CDM certification. Please invite your Administrators to join you in attending a chapter meeting.

Your KY Chapter officers have planned a Fall Conference to occur on October 24, 2018 at Sysco in Louisville, KY (7705 National Turnpike, 40214). You will find details for this upcoming event on our Chapter website. Your officers will also update you prior to all events via our chapter membership email distribution list.

I am excited about the plans for growth and development in our state chapter in the coming year. If you, or one of your peers, are interested in supporting the ANFP commitment to excellence in the State of KY, please contact me to enter into one of our rewarding leadership roles. Thank you and continue providing excellent dining experiences to your residents, patients and customers.

Sincerely,

Trey Roberson, CDM, CFPP

Kentucky State Chapter President, ANFP

TreyRoberson@IamMorrison.com



Autumn 2018

Kentucky ANFP Meeting

October 24, 2018



Will be hosted by: Sysco of Louisville

Cost-\$40.00 in advance and \$45.00 at the door for members

Please invite your administrators to come with you.

Non- Members \$50.00

Students Free

Installation of Officers will take place at this meeting

Agenda

8:30-9:00 a.m. Registration

9:00-10:00 a.m. Hepatitis A, Stephanie Nicholson, RN

10:00-11:00 a.m. Marketing Trends, Mark Mickholtzick

11:00-12:00 pm The Exceptional Cranberry, Angela Offerman

12:00-1:00 pm Vendor Show and Lunch

1:00-1:30 p.m. Business Meeting and Installation

1:30-2:30 Eco Lab

2:30-3:30 Hand Washing, Board of Health

3:30-4:00 p.m. Closing Remarks and Evaluations

We will also have the drawing for the raffle at this meeting. You do not have to be present to win. Please buy or sell your 5 raffle tickets to support our chapter.

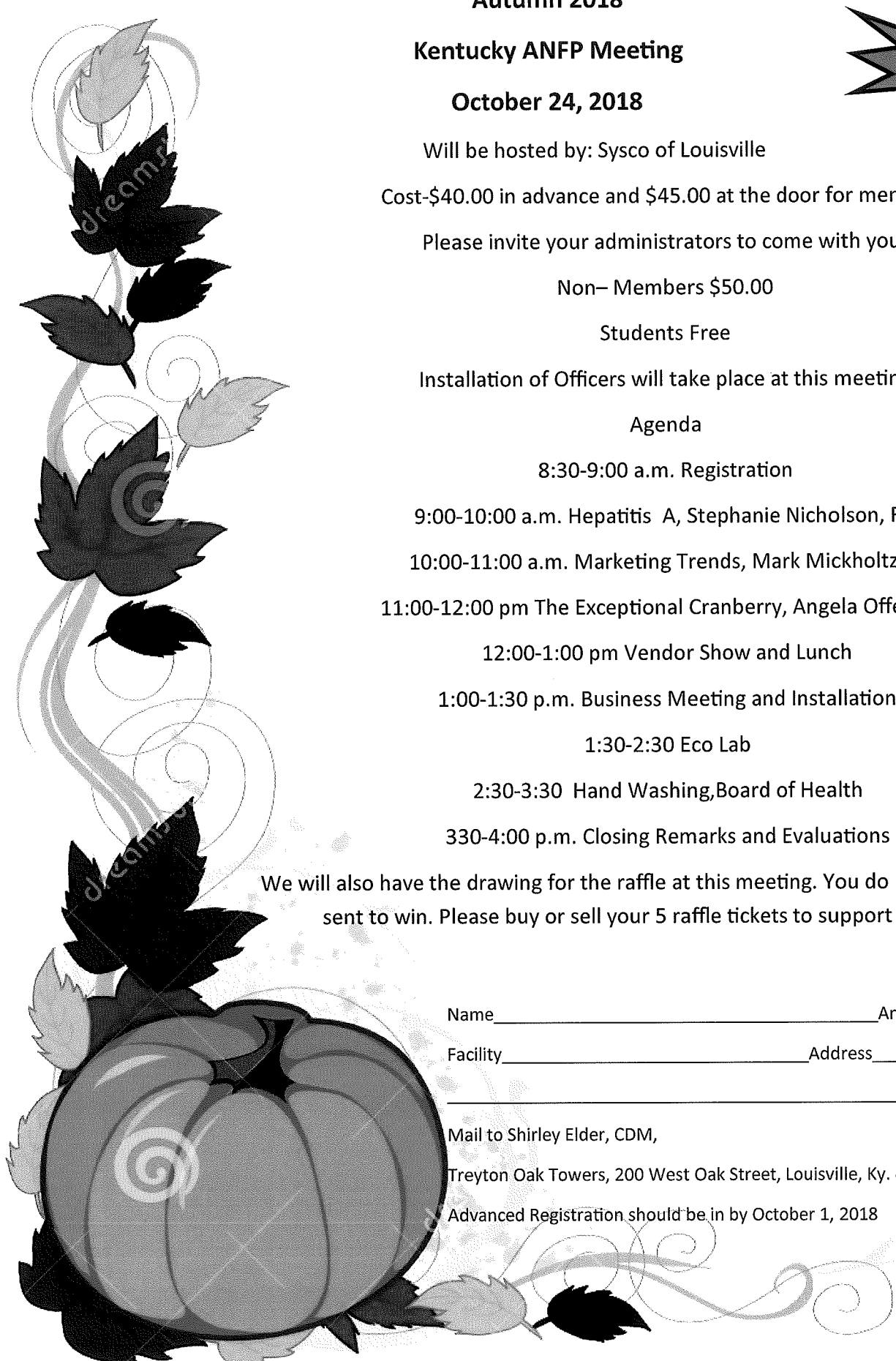
Name _____ Amount _____

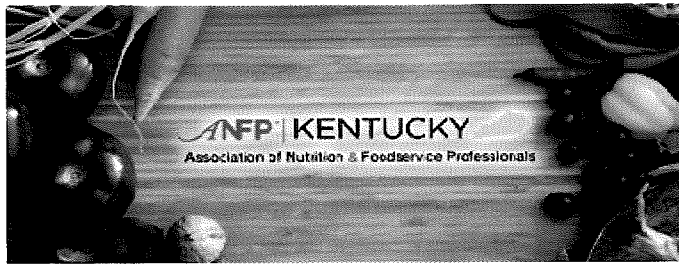
Facility _____ Address _____

Mail to Shirley Elder, CDM,

Treyton Oak Towers, 200 West Oak Street, Louisville, Ky. 40203

Advanced Registration should be in by October 1, 2018





Raffle Tickets
FALL
 10.24.18

Kentucky ANFP	FALL Raffle
DRAWING ON: 10.24.18	
PRIZES: \$100, \$150 & \$250 VISA GIFT CARDS Do not need to be present to claim prizes \$2 per Ticket	

Kentucky ANFP	FALL Raffle
DRAWING ON: 10.24.18	
Name: _____	
Phone: _____	
Email: _____	
Do not need to be present to claim prizes	

Kentucky ANFP	FALL Raffle
DRAWING ON: 10.24.18	
PRIZES: \$100, \$150 & \$250 VISA GIFT CARDS Do not need to be present to claim prizes \$2 per Ticket	

Kentucky ANFP	FALL Raffle
DRAWING ON: 10.24.18	
Name: _____	
Phone: _____	
Email: _____	
Do not need to be present to claim prizes	

Kentucky ANFP	FALL Raffle
DRAWING ON: 10.24.18	
PRIZES: \$100, \$150 & \$250 VISA GIFT CARDS Do not need to be present to claim prizes \$2 per Ticket	

Kentucky ANFP	FALL Raffle
DRAWING ON: 10.24.18	
Name: _____	
Phone: _____	
Email: _____	
Do not need to be present to claim prizes	

Kentucky ANFP	FALL Raffle
DRAWING ON: 10.24.18	
PRIZES: \$100, \$150 & \$250 VISA GIFT CARDS Do not need to be present to claim prizes \$2 per Ticket	

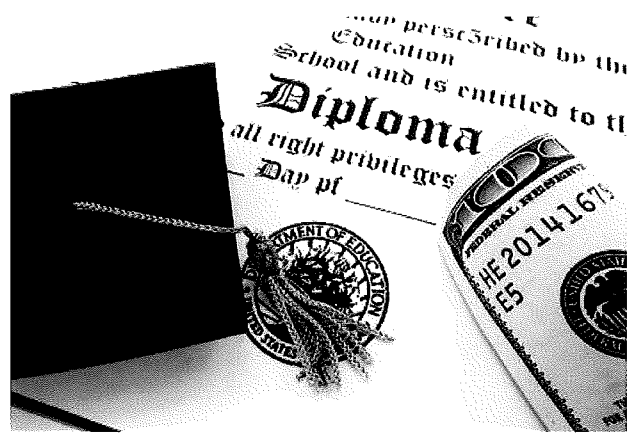
Kentucky ANFP	FALL Raffle
DRAWING ON: 10.24.18	
Name: _____	
Phone: _____	
Email: _____	
Do not need to be present to claim prizes	

Kentucky ANFP	FALL Raffle
DRAWING ON: 10.24.18	
PRIZES: \$100, \$150 & \$250 VISA GIFT CARDS Do not need to be present to claim prizes \$2 per Ticket	

Kentucky ANFP	FALL Raffle
DRAWING ON: 10.24.18	
Name: _____	
Phone: _____	
Email: _____	
Do not need to be present to claim prizes	

**The winner of the 2018 CDM
scholarship goes to
Ms. Mignette Drake**

CONGRATULATIONS!!!!!!!



Treasurer's Report 7-23-18

Balance 3-31-18	\$4932.12
4-9-18 Hotel for Regional Meeting	276.84
4-30-18 National Registration	385.00
4-30-18 National Registration	385.00
4-30-18 Fee	56.00
4-30-18 American Airlines	395.10
4-30-18 American Airlines	395.10
Balance	\$4125.08
5-23-18 Deposit Western District	1949.08
5-30-18 Check # 184 Postage	92.00
5-30-18 Check # 185 Cash for trip	500.00
Balance	\$5376.06
6-4-18 American Baggage	25.00
6-4-18 American Baggage	25.00
6-6-18 Renaissance Hotel	570.39
6-6-18 American Baggage	25.00
6-6-18 American Baggage	25.00
Service Charge	<u>2.00</u>
Balance	\$4701.67
7-23-18 Deposit money from convention	<u>197.00</u>
Final Balance	\$4898.67
CD	\$2526.00

Kentucky State Officers

President

Mr. Trey Roberson, I II, C DM, CFPP

(270)991-1009

President Elect

Janet King, CDM, CFPP

(502)459-9681

Secretary

Ms. Gretchen Minton CDM, CFPP

(859)273-7377

Treasurer

Shirley Elder, CDM, CFPP

(502)589-3211

Spokesperson

Brenda Richardson

(502)541-4787

Newsletter Editor

Elizabeth Rivard, CDM, CFPP

(502)451-1401

Participant

Jerome Beasley Sir, CDM, CFPP

(270)3000-0329

Larry Little<, CDM, CFPP

(270)417-6414

Terri Schnurr, CDM, CFPP

(502)797-7604

**Be a part of the team
volunteer!!!!**

