



ANFP | WEST VIRGINIA

Association of Nutrition & Foodservice Professionals

SUMMER NEWSLETTER-2019

Mission: Position the Certified Dietary Manager as the expert in foodservice management and food safety.

Vision: The Certified Dietary Manager is the cornerstone of the collaborative Dietetics profession.

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CURRENT BOARD MEMBERS

PRESIDENT- Todd Leasure, CDM, CFPP

304-387-0101

tleaseure@foxcrest.com

PRESIDENT - ELECT- Eric McClung CDM, CFPP

304-663-4271

Emcclung@amfmwv.com

TREASURER Darlene Schoonover CDM, CFPP

304-457-1759 (H)

Darlene.schoonover@yahoo.com

PAST PRESIDENT Penny Settle, CDM, CFPP

304-469-8651 (W)

penny.settle@lpnt.net

SECRETARY/MEMBERSHIP/NEWSLETTER / FOOD

SERVICE REWARDS COORDINATOR Robert Luke CDM, CFPP

304-599-0497 ext. 316 (W)

304-296-4471 (H)

rluke@sundalecare.com

Hello WV Chapter,

Hopefully; everyone has received their brochure for the upcoming WV. ANFP Fall Chapter meeting, being held in Morgantown WV, on September 25, 26, and 27, 2019. If not, Robert Luke has attached a copy to this newsletter. I hope everyone can attend; we are having great speakers, nice location and great CEU. We haven't seen each other for a while and be good to get together again.

As you might be aware of or not; this will be my final letter off my desk due to stepping down from the President position, and Eric McClung will be taking over as President. It has been a great honor and enjoyed the role for the several years. And know it's time to get new volunteers to step up. I would like to thank everyone, that helped and been dedicated to the chapter. I would love to see the chapter to continue to stay strong and active, but sometime as I learned, you need to step out of your comfort zone and take on new adventures.

Please share this and future newsletters with your administrator, and invite them to the fall meeting as well.

Hope to see you soon.

Thank You

Todd Leasure



From the editor:

To my knowledge we did not receive any members interested in filling the Treasurer, and Secretary positions that need to be filled this year. The current members in these positions will be there to help you until you feel more comfortable in your new role as a board member. We need members who attend meetings and have ideas to help our organization thrive, and become stronger. Please consider a position with the WV branch of ANFP.

Since most of us work with Dementia and Alzheimer patients, I have included some info that I had received at a recent seminar that I thought would be useful to everyone. I will be sharing more Alzheimer/Dementia in each of the upcoming newsletters. I hope you can take something away from the reading material and put to use working with your residents.

WELCOME

New members since April 2019

Jarrell B. Bledsoe- Hurricane, WV

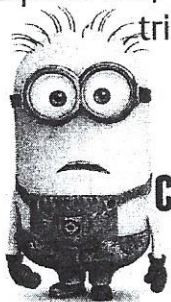
Rodney Byrd- CDM, CFPP- New Richmond, WV

Member Counts as of August 14, 2019

West Virginia ANFP Chapter

Member Type	Not Certified	Certified	Total
Allied Professional	3	0	3
Pre-Professional	14	0	14
Professional	8	148	156
Retired Professional	2	1	3
	27	149	176

Square box, round pizza,
triangle slices.



...I'M
CONFUSED!

I Have **P.M.A**

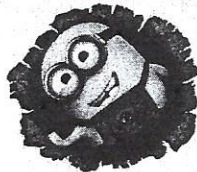
(Positive Mental Attitude.)

I'm Positive

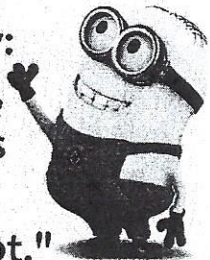
I'm Mental

And I know I Have

ATTITUDE.



I wonder if clouds
ever look
down on
us and say:
"Hey look,
that one is
shaped
like an idiot."



Administrator of the Year Application

If you feel your administrator supports you with your continuing education and Dietary Managers Association membership, you may nominate him or her for the Dietary Managers Association Administrator of the Year.

Administrator Name:

Facility Name and Address:

Facility Phone Number:

Nominator Name:

Nominator DMA Member #: _____ Home Number: _____

Nominator e-mail address: _____

Please explain why you think your administrator should be named the "Administrator of the Year."

Applications need to be returned to WVANFP Secretary, Robert Luke by July 31, for review. After completed you can email application to rluke@sundalecare.com, fax to his attention @ 304-599-9083 or mail to 800 J.D. Anderson Drive, Morgantown, WV, 26505.

Administrator of the Year Award is presented at the Fall meeting each year.

WV ANFP SCHOLARSHIP APPLICATION

Applicant: _____ Address: _____

Phone: Work _____ Home: _____

Facility Name and Address: _____

Sponsor's Name: _____ DMA# _____

Sponsor's Address: _____

Sponsor's Phone: Work _____ Home: _____

Sponsor's Facility's Name and Address (if different from above): _____

Please provide Sponsor and facility administrator comments about the applicant's dedication to the dietary management field and the desire for advancement. Use additional sheets if necessary.

Sponsor's comments: _____

Administrator's Comments: _____

Applicant's Comments: _____

To be considered please complete form and mail to

WVANFP PRESIDENT:

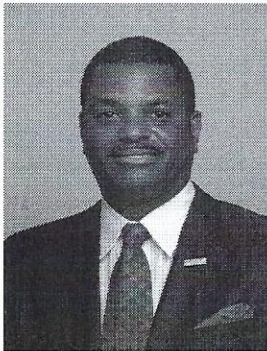
Todd Leasure 125 Fox Lane Chester, WV 26034-1601
or email this form to tleaseure@foxcrest.com



2019 ANFP WV Fall Conference

September 25, 26 & 27
Early Bird September 11

**Coming Together Is A Beginning, Staying together Is Progress,
Working Together is Success**



Omar Humes, CDM, CFPP

Omar Humes to Deliver the Keynote

Omar currently serves as Treasurer Elect for ANFP and past immediate President of NC ANFP and NC FSAC. For the past five years, he has been employed with Pruitt Health and is president/owner of Genesis Training and Consulting, with more than 20 years of experience in long-term care. He enjoys fishing, golf, community service, public speaking, and mentoring kids through coaching.

Members-\$120
Non Members \$130
Early Bird by
September 11, 2019—\$100
Students & New CDM -Free Admission

Registration Form on Back Page
Contact Todd Leasure
email: tleaseure@foxcrest.com
Office: (304) 459-3914



- Great Speakers
- Great Food
- Great Networking Opportunities
- Great CEU's (14.5)
- Great Fun



Holiday Inn Morgantown

1188 Pineview Drive

Morgantown, WV 26505

Group Rate: \$115.00 plus tax

One Queen Bed or Two Double Beds

For Reservations: (304) 241-6649

to Receive Group Discount

*Request Group Code WVA with WVANFP &
Date*

Getting There

From the North: Take Exit 155 towards West Virginia University Turn left onto Chaplin Hill Rd. Bear right onto US19 WV 7 Monongahela Blvd. Turn left onto WV 705 Patterson Dr. Turn right to stay on WV 705 Chestnut Ridge Rd. Turn left onto Pineview Dr hotel is on the right side

From the South: Head South: 168W Use the right lanes to merge onto I79N toward Washington. Take 155 toward WV 7 WV University Turn right onto Chaplin Rd. Chaplin Rd turns slightly right and becomes US19s Use left lanes to turn on to Petteson Dr Continue onto Van Vorhis Rd. Turn right on to WV 705 E Chestnut ridge Rd Turn left onto Pineview Dr.

Other Hotels Nearby

Hilton Garden Inn	Hampton Inn Morgantown	Residence Inn by Marriott	Morgantown Euro Suites Hotel
(304) 225-9500	(833)517-4052	(304)599-0237	(855)224-3251

Schedule of Events

Wednesday, September 25, 2019

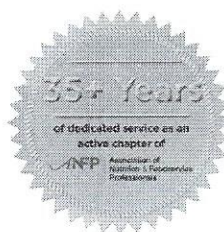
Open Registration	6:30-7:00pm	
Todd Leasure, CEC, CDM, CFPP	7:00 to 8:00pm	Where Healthcare Is Going & What Goals To Set Open Discussion with Panel of Experts
Meet & Greet	8:00pm	Atria's for cash bar and appetizers

Thursday, September 26, 2019

Open Registration	7:30-8:00am	
Omar Humes, CDM, CFPP	8:00-9:00am	Building High Functioning Teams in Today's Right-Now Culture This session aims to identify tools to strengthen teams and build a positive culture.
Todd Alexander	9:00-10:00am	HIPAA and Security From a Family Member's and Company's Perspectives
Break	10:00-10:15am	
Omar Humes CDM, CFPP	10:15-11:00am	Round Table Session
Vendor Show	11:00am-12:00pm	SS Kemp, Reinhart, Sysco, Old Neighborhood Foods, Basic American, GFS, Intalere, DART, General Mills, US Foods, COOK Brothers produce, HOOTEN Equipment
Lunch	12:00-12:30pm	
Megan Mlinarcik, CDM, CFPP	12:30-1:30pm	FSP Infection Prevention and HACCP
Jason Grindle, CDM, CFPP	1:30-2:30pm	Customer Service & Seeing Your Employees From Your Customer's Perspective
Nancy Thornberry, RDN, LD	2:30-3:30pm	Having Knowledge of Liberalized, Less Strict Diabetic Diets CMS Guidelines and How to Liberalize a Diabetic Diet
Break	3:30-3:45pm	
Todd Leasure, CFC, CDM, CFPP	3:45-5:00pm	How Are You As a Leader? Can You Develop a Team to Achieve?

Friday September 27, 2019

Omar Humes, CDM, CFPP	8:00-9:00am	411 Instead of 911 for Today's Safety
Donna Tennant	9:00-10:00am	Understanding Culture Competency
Cassandra Wilburn, RN	10:00-11:00am	Oral Hygiene-Daily Oral Care, and Problems for Seniors
Jason Grindle, CDM, CFPP	11:00-11:30am	Creative Staffing-Adapting To The New Culture of Staffing
Board Meeting/Member's Meeting	11:30am-12:00pm	
Lunch	12:00-1:00pm	Atria's
Diane Keegan	1:00-2:00pm	New Survey Results
Diane Keegan	2:00-3:00pm	Understanding IDDSI Diets
Closing Remarks / Raffle Drawing	3:00-3:15	



ANFP-dedicated to the mission of providing optimum nutritional care through food service management.

Say Hello to the Incoming ANFP|West Virginia President



Eric McClung
CDM, CFPP

At the end of this term, Todd Leasure, will step down as the ANFP|WV President, Eric McClung will take the reins. Eric was born in Huntington, WV, where he still resides with his wife Rebecca and cat Max. Eric graduated from Spring Valley High School in 2004 with aspirations to become a chemical engineer. After spending one semester at WVU Tech his passion for food kept getting stronger. He left Montgomery for Huntington to attend the Culinary Arts program at Marshall. While at Marshall, Eric obtained a job at a local golf course. He eventually managed the restaurant, bar and cooking for all events. Eric's long-term care career began four years later when an opportunity as the Dietary Manager opened at an assisted living facility. While working there, Eric obtained a degree in hospitality management. After four years, Eric became the Dietary Services Supervisor at Rose Terrace nursing and rehabilitation, which later became Cabell Healthcare Center.

Eric obtained his CDM, CFPP certification in 2015. He is an avid Disk Golfer and does personal catering when he can find the time. He looks forward to the growth of the chapter and hopes to serve as a good leader.

Make Checks Payable to: WVDMA

Mail payment with your registration form to:

The Orchards at Foxcrest

% Chef Todd Leasure

125 Fox Lane

Chester, WV 26034

Conference Registration Form

Last Name: _____ First Name _____ MI _____

Facility Name: _____

Address _____

Office Phone _____ Cell _____

Email _____

5 Tips for Talking to Someone with Alzheimer's

1 Diminish distractions
banish background noises.

2 Converse one-on-one
more people equals more confusion.

3 Keep things simple
stick to short, specific statements.

4 Avoid arguments
no one will win.

5 Just keep talking
even if they can no longer respond.

6 Facts About a Person With Dementia

By Dan Lonigro, CPI Global Professional Instructor

I can still smell the flowers.

I don't garden anymore, but I can still smell the flowers. Bring me some roses. This will remind me of my past.

I can still communicate.

I can't talk the way I used to, but I can still communicate. Be patient as I try. This will help me feel connected.

I can still make decisions.

I don't have the judgment I used to, but I can still make decisions. Give me choices. This will make me feel like I'm a part of things.

I can still wash my face.

I can't take a bath by myself anymore, but I can still wash my face. Assist me with direction. This will help me feel purpose.

I can still sing.

I can't dance anymore, but I can still sing. Help me enjoy music. This will enrich my life.

I can still move my body.

I can't walk unassisted anymore, but I can still move my body. Walk with me, and support me if I stumble. This will help me feel engaged.

You are my lifeline. I depend on you. But please don't do for me what I can do for myself. Recognize what I can do and help me to function as a person.

You are key to the quality of my life.



Crustless Mini Quiches

Makes 16 – 18 standard-sized muffins

Ingredients

- 2 cups egg whites
- ½ cup non-fat plain Greek or regular yogurt
- ¼ cup skim, unsweetened coconut or unsweetened almond milk
- 2 tablespoons fresh parsley, chopped
- 2 tablespoons fresh basil, chopped
- ¼ teaspoon black pepper
- 1 cup broccoli, chopped
- 1 cup fresh spinach, roughly chopped
- 1 red bell pepper, chopped
- 1 ½ cups fat-free shredded cheddar (or cheese of choice) (optional)
- 1 pound cooked turkey bacon, other reduced-fat meat or firm tofu

Directions

- 1** Preheat oven to 375 F and coat muffin pan with olive oil cooking spray.
- 2** In a large bowl, mix together all ingredients, reserving half of the cheese.
- 3** Add the mixture to the prepared muffin pan, filling each cup to about ¼ inch from the top. Sprinkle reserved cheese over each quiche.
- 4** Bake uncovered for 20 – 25 minutes or until the egg is fully set. If using cheese, it should start to turn golden on top. Let cool for 5 – 10 minutes.

Nutritional Information (with cheese and meat)

Per serving (1 quiche): 74 calories, 2.9 grams fat, 16.4 grams cholesterol, 247.5 grams sodium, 2.6 grams carbohydrates, less than 1 gram fiber, less than 1 gram sugars, 9.5 grams protein.

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Recipe for Success: Take your Healthcare Training to the Highest Level

Healthcare foodservice has made significant strides to improve food quality and customer service to meet the desire for contemporary, healthy menus and service expectations from consumers. Operators must be prepared to provide patients and their guests with an experience rather than just a meal, whenever possible.

Many employees entering jobs in healthcare foodservice come with minimal culinary experience. Training plays an important role in ensuring foodservice teams are equipped with the tools they need to deliver quality food and service to consumers they interact with daily.

Employers can instill confidence in their teams by focusing on three key areas of healthcare foodservice: food safety, food allergies and customer service.

Food Safety

According to the CDC, every year in the United States, 48 million or (1 in 6) Americans experience foodborne illness. They estimate roughly 128,000 Americans are hospitalized and 3,000 die of foodborne diseases each year³.

Understanding how to handle and prepare food safely back-of-house and when serving to residents and guests is a critical component for foodservice teams. Equipping teams with practical skills, proper hygiene guidelines, and an understanding of their role in the food flow process is vital to the health and safety of those that consume the food they prepare and serve.

Food Allergies

It is important for foodservice employees to know how to successfully prepare and serve food to residents and guests with food allergies and intolerances. According to a 2017 study, approximately four percent of Americans have a food allergy¹. Although nearly all foods can trigger an allergic reaction, there are eight foods that account for 90 percent of all food-allergic reactions²:

- Eggs
- Fish
- Milk
- Peanuts
- Shellfish
- Soy
- Tree Nuts
- Wheat

Foodservice employees should understand the importance in taking proper food allergy precautions when handling and serving food, know how to respond to an allergy emergency and how to identify potential cross-contact situations that may cause an allergic reaction.

Customer Service

Healthcare operators rely on their foodservice teams to be brand ambassadors to their guests. They are responsible for describing, selling and delivering products to customers; proper preparation and knowledge of menu offerings can help provide a positive dining experience for residents and their guests.

Invest in Your Team with Tyson Foodservice

Tyson Foodservice is pleased to offer its new Online Training Academy which offers in-depth training for healthcare professionals participating in the Real Rewards Cafe Program. This program is offered as an innovative solution to support and improve business operations for hospitals, senior care and post-acute care foodservice programs. Through the implementation of targeted, crew-level learning content, operators may streamline their onboarding and ongoing training efforts while ensuring a high and consistent standard for safety and service.

To learn more about how you can utilize the Real Rewards Cafe® Program to implement the Online Training Academy, visit <http://www.tysonfoodservice.com/your-channel/healthcare> or contact HealthcareFoodService@tyson.com.

Real Rewards Café is a trademark of Real Cool Synchrony, Inc.

¹ May 2017, Journal of Allergy and Clinical Immunology

² FDA “What You Need to Know about Food Allergies”

³ Center for Diseases Control and Prevention “Burden of Foodborne Illness: Findings”