

The Sunshine Press

ANFP™ | FLORIDA NEWS

Association of Nutrition & Foodservice Professionals

Volume 1 Issue 2

December 2024

Message from the Presidents desk Nicola Burke CDM,CFPP

I am honored to be your 2024-25 President. I would like to acknowledge, The leadership provided by Past Pres. Clara Poole & the Executive Board these past couple of years. I am excited to welcome all the new volunteers to the Board, as well as all the new and returning members to our chapter.

I look forward to serving as President, but I'm humbled too, especially considering the many outstanding past leaders And all their continued support and dedication.

My Goals for the this year: Goal 1. To be more available to the members.

Goal 2. Start a Mentor Committee. I would like to engage all members to become involved with ANFP both on Chapter and Global level, & Help all members to grow professionally, Provide you with opportunities and resources that will help you pursue greatness in your chosen industry .As well as in your community. If you have any ideas, comments, on how we can Improve this chapter please let me know. Your input will make a difference, please contact me or any Of the other leadership team members We will be celebrating FLA ANFP 60th Anniversary this Spring At the Florida Hotel and Conference Center , April 16-18, 2025. Look forward to seeing you their.



NEWS from the Past President .. Clara Poole CDM. CFPP, Past President

Happy Holidays to all the FLANFP MEMBERS



It has been a pleasure volunteering as the Pres. Elect & President. It was challenge, but it was worth the journey. First, I want to thank the LORD, my innovator. I want to thank Ms. Regina St.-Clair my mentor, for her time & direction. She was dedicated and committed to the FLANFP Chapter, helping to get FL. back on track. She spent endless days and late hours, working with FL. until we got it together. I want to thank Mrs. Abigail Solazzo from national who was always available whenever we needed her. If you are moving into a President Elect or President, position, I would like to leave some thoughts with you: 1.) Remember you will be giving your own time and will be expected to do your very best. 2) You have to be committed. You can reach out to others, but be prepared, know the Policy & Procedures and bylaws as they are the officers guidelines, 'Knowledge is Power' the more you read the more you learn. It took awhile but the Executive board with help put the Fla. Chapter back on the map. I have learned so much more going out of the position than I did when I first went in. A lot of information was given but it took a while to process. But it was worth it. 3.) This has always been my philosophy;; our members should be our focus. We would never have a meeting if it weren't for the members. We should always give our best to our members at every meeting, that means retirees and non-working CDM's that still hold a certification. Recognize new students, new CDM's, and the deceased CDM's. We must always recognize them because as the old members- retire, the new members carries the organization on. Always make the meetings enjoyable so when they leave they will says "I'm glad I came!". We are always working to improve our meetings, vendors and locations. Our brand -new of board members are here to assist any member. Lastly we are looking for volunteers. If you are willing to volunteer for the members, Please contact the FL ANFP Board.

Installation of 2024-25 Executive Board and committees



Lindsey Bionca proceeded over the installation of The 2024-25 Executive Board & committee members.

President: Nicola Burke CDM,CFPP
Pres-Elect Linda Wynn CDM,CFPP
Treasurer Tim Schoonmaker CDM,
Secretary Dawn Gill CDM,CFPP
Sec. Elect Barbara Linder CDM,CFPP
Past Pres. Clara Poole CDM,CFPP
Brand Ambassador Andrew Mullins
Treas. Elect Peter Bigalow CDM,CFP



Linda Staib CDM,CFPP manning the reception desk



FIRST TIMERS

Michelle Donahue, John Delaney, Lianet Querrero



INSTALLATION LUNCHEON BANQUET



FL ANFP FACEBOOK NOW HAS A LINK



Hello ANFP Florida!

We are excited to announce that a **Facebook** group for our chapter has been created for our has been created, and we would like you to join us!

We will be posting regularly, everything from industry updates and trends, to fun facts and polls tp participate in, as well as other member submitted contents and upcoming opportunities for CUE'S.

You can open the link below to join, See you there!

[Link to ANFP Florida Chapter Facebook Page](#)

Questions? Please reach out to:

Andrew Mullins CDM,CFPP—Brand Ambassador (formally government affairs)

Mullinsandrew@yahoo.com



1965-FL ANFP is celebrating 60 yrs-2025

Happy Anniversary

FL ANFP will celebrating the Spring Meeting in Orlando at the Florida Hotel and Conference Center April 16-18, 2025.

Linda Blackshear-Smith ADM ANPF Advisor and Pres. Elect Linda Wynn CDMCFPP and committee planners have been making plans for a grand celebration. Besides the educational speakers , vendors , & members its going to be a grand time for all with lots of FUN, CEU's & networking amongst friends.

We are looking for all the **Past Presidents** from 1965 –2025.

The Association has had 3 name changes,

- **1965 H.E.I.F.S.S** (Hospital, Education, Institution, Food service Society,)
- **1984 F.D.M.A** (Florida Dietary Managers Association)
- **2012 ANFP** (Association of Nutrition & Foodservice Professionals).

Please call Linda Wynn Pres. Elect.,@ 850-417-2160

We would like as many **Past Presidents** to join us for the **60th anniversary celebration**.

See the next page for the history on the Florida association.



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ANFP FL CELEBRATES 60 YEARS

1965 Fla. HIEFSS (Hospital, Educational Food Service Society) had 10 members sent in from other states. Ruby Puckett R.D. was appointed by the Fla. Dietetic Assoc. to organize HIEFSS in Fla. The state Appointed Marge Knapp R.D. and Marion Aspinwall R.D. to work with Ruby. Each R.D. was given a course outline from ADA and assigned students. Half way through the course the 10 members and R.D.'s held its first organizational meeting in Orlando. When the course ended in 1965 the graduating class held its first meeting in St. Petersburg at the Princess Margaret hotel with Vera Maclean as President and Ruth Jackson as Sec./Treas. At this time HIEFSS had to combine their meeting with the ADA Assoc.

A LOOK BACK..

1967 President, Marie Walker started promoting the scholarship program.

1969 HIEFSS held its first **State meeting** in Orlando. An RD advisor had to attend all district and state meetings. Ruby & Marian have been a consultant, advisor & teacher to many members through the years. Fla. continued to grow until it became the state with the largest membership in the nation.

1970 Fla. HIEFSS hosted its first "**National Convention**" in Ft. Lauderdale.

1972 The Marie Walker Scholarship foundation is started. Since then 1-2 scholarships per year has been awarded to students.. In **2006 Vitality beverages** joined FDMA as a sponsor.

1976 Dawn Gill, chair, rewriting Fl. By-laws to Policy & Procedures

1980 Betty Deeter.. Nat'l DMA President

1984 National changed the name HIEFSS to DMA. Since

1990 Newsletter name change: The Triangle became the Sunshine Press

1990 Florida Celebrated 25 Years!

1993 FDMA hosts the National Convention in Orlando.

1995 FDMA set up it's web site.

1996 The State Banner was reconstructed
Lothar Sachse CDM,CFPP ..1st Fl. Director-at-Large

1996 Lemon-X became a proud sponsor of the Marie Walker scholarship foundation. Donating \$500.00 each yr.

1997 Janet Gonter CDM, CFPP.... Director-at-Large

1998 Shirley Williams CDM,CFPP ..Nat'l DMA President

1999 FDMA sponsored the Cook's Apprentice Technician Program @ MTI

2001 Redistricting of Districts from 17 to 7

2003 FDMA. host Nat'l Convention in Orlando

2005 Dawn Gill CDM,CFPP ...Sat on the National Items writers Committee, National Legacy Leader - Mentor Program

2005 FDMA celebrated its **40th anniversary!** We honored Marian Aspinwall R.D. & Ruby Puckett R.D.

Marian has since retired, but Ruby continues as the Program Director for the DMA
at Gainesville UFS, Correspondence & online courses

There are still a few traditional classroom style classes held in Jacksonville, Sarasota & Ft. Pierce.

Fla. has had two **(2) National Chairs** (presidents) Betty Deeter CDM,CFPP & Shirley Williams CDM,CFPP, & two **(2) Director-at-large**, Lothar Sachse CDM,CFPP & Janet Gonter CDM,CFPP. Traveling through time FDMA has gone from 17 districts to 7, combining the stronger with the weaker or inactive. Over the years FDMA has been the proud winner of numerous Newsletter, Membership & Government Affairs awards, as well, as many Platinum State Achievement award.

2006 Vitality became a sponsor to the Marie Walker scholarship foundation. Donating \$300.00 yearly .

2009 The State Banner was enlarged to enable FDMA to display the State Achievement Award emblems won at National.

2009 The Web site, Fl dietary managers .com was restructured & updated.

2010 **FDMA celebrates 45 yrs!** As time marches on, FDMA will continue to look into the future.

2010 Dorinda Carwell CDM,CFPP elected as Nat'l Director-at-Large.

2012 FDMA changes name to ANFP/Florida

2015 F/ANFP: **CELEBRATES 50TH ANNIVERSARY**

2024 The link to the FL ANFP facebook account was updated under the watch of Andrew Mullins CDM,CFPP

2025 FL ANFP **CELEBRATES 60th Anniversary**



From the Treasurers vault..Timothy Schoonmaker, MBA, CEC, CCA, CDM, CFPP
chefschoon@yahoo.com Cell 434-509-3897

As Treasurer for the Florida chapter, I have worked closely with the board on getting accounts set up. And establishing financial controls for the chapter. In January of the year. Florida was a Pilot chapter for ANFP National in a new account setup/policy with Crowded. This new account setup allows us to have our own bank account controlled with strict access and policies for how money is spent, accessed, deposited; monthly reports, and it allows National to remove access & takeover the account if needed, to protect the integrity of the account. In June, this account (Crowded) has become mandatory for all chapters. This past Spring meeting as the US Foods facility in Tampa we had 40+ attendees assist with establishing our new account with Crowded, The Fall meeting we had 70+ attendees most were accustom to the account. Each month, a detailed financial report along with the template of expenses is sent to the board for review during our board meeting.

ANFP FLORIDA MEMBERS...LIFT YOUR VOICE..LET US HEAR FROM YOU.

Please submit any QUESTIONS, COMMENTS, CONCERNS, OR IDEAS

This is your voice, your organization... let the Board or Committee Chairs hear from you

Thank you for your comments, any input is valued information.

Member Name _____ Member # _____

Please Email, text or call: Any Executive Board

From the blue pen of the Sec./newsletter Dawn Gill, CFPP, CFPP

dawnies51@gmail.com

Cell: 941- 780- 0549



Hello everyone, Happy Holidays. FL has been very busy this year. If you couldn't make 2024 Fall meeting it was a blast. You have another chance to get educated & network, as Linda Black shear smith and Linda Wynn & committee is planning a spectacular 2025 60th Anniversary celebration @ the spring meeting April 16-18, 2025 in Orlando @ the FI. Hotel. We would like to have all the past Presidents join our celebration. Please contact Linda Wynn Pres. Elect @ 850-417-2160. A few P&P changes have taken place. One change is that the installation will take place at the Spring meeting. As the fiscal yr. starts June 1st and ends May 31st. We already have our Pres. Elect, Treasurer Elect and Secretary Elect in place for 2025-26. FL had to increase our registration prices. If you move, change jobs and that 's the email you use at national, you won't rec. FLA ANFP news. Please keep National current. As this is where we get your email for mail outs. So far in 2024 we have had 117new CDM<CFPP in Fla. And 21 new students.



Pres. Nicola

Past Pres. Clara



FLA Banner

ANFP/Florida 2024 SPRING MEETING

65+ Members & Speakers attended!

The following members showed their support by attending the ANFP/Florida 2024 Spring workshop held in Orlando @ the Florida Hotel & Conference Center Sept 18-20, 24. Members from across the state came to network, meet friends, learn & discover new ideas & get educational CEU's. . The meetings are an extraordinary learning opportunity with great speakers & a Vendor Expo with lots of new products to see.



Brandie Albano	Michael Albano	Latasha Allen	Elainna Allen	Peter Bigalow
Cassian Balkissoon	Linda Blackshear	Mark Blashock	Wanda Brooks	Nicola Burke
Dorinda Carwell	Heather Clairidge	Evelyn Coley	Karen Colonna	John Delaney
Michelle Donahue	Allison Dozier	Jacqueline Diaz	Edith Fauland	John Fishburn
Hilary Gambino	Dawn Gill	Trelinda Gilmore	Lianet Guerrero	Vernon Harris
Celestine Huff	Daphine Johnson	Tamara Keel	Linda Lakey	Barbara Linder
Bionca Lindsey	Darlene Madison	Martha Maner	Corazaon Maniwang	Joyce Morales
Lorrian Meserole	Nattalie Meyers	Derek Miquel	Mary Moniz	Tina Mussari
Angela Messina	Joyce Morales	Valerie Morrison	Andrew Mullins	Kelvin Reich
Barabra Panta	Steve Padgent	Clara Poole	Daniel Rascoe	Linda Smith
Nancy Rhoades	Mikell Rhodes	Gwen Sandley	Trina Sarmiento	Jeanete Stout
Timothy schoonmaker		Clarence Spencer	Linda Staib	Tina Williams
Barbara Stribling	Gene Tary	Elton Topoliaj	Jesus Vazquez	
Linda Wynn	Jonny Chaivre			



CBDM

Certifying Board for Dietary Managers

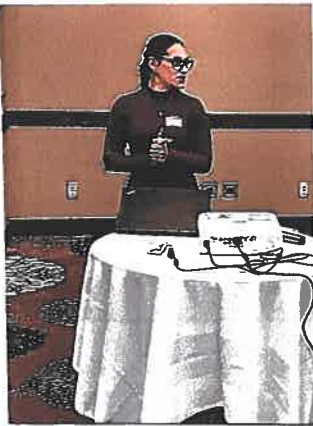
Association of Nutrition & Foodservice Professionals ANFP

To maintain the Dietary Managers, Certified Food Protection Professional (CDM, CFPP) Credential. You must do the following:

- Pay your certification fee no longer **than** August 31.
- Earn and report the minimum required 45 hours of continuing education (CE) every three years. Of the 45 CE hours, nine CE hours must pertain to Sanitation and Safety, and one CE hour must pertain to Professional Ethics. Required documentation must be submitted when a CE activity is reported via the My Certification page in your ANFP record.
- Beginning June 1, 2024, new parameters will be in place for CE Audit, according to CBDM policy. If you have reported less than 45 CE, you will be automatically placed on into CE Audit. If you have not submitted any CE hours by May 31, 2024, your certification will be terminated, and you will need to qualify under a current pathway of eligibility, submit an exam application with fees and retest to become certified again.

FROM the fall 2024 *Evaluations, Members requested* the following topics to be on the agenda.

- 1) IDDSI diet
- 2) Cost saving ideas
- 3) Employee recruiting & retention
- 4) Menu items/always available, / alternate menu options,
- 5) Roll of CDM /scoop of practice.. What CDM can do vs Diet Tech & RD.
- 6) HACCP
- 7) They are asking for Geo Ateck RD ..727-423-3047,
- 8) Menu building (new generation of residence.
- 9) Menu/care plans/MDS/Diet trends
- 10) Food presentation,
- 11) Time management,
- 12) more Linda Blackshear,
- 13) How to keep staff from asking for more money,
- 14) Pointers (new) on how to write menus while staying within budget of the new ideas.



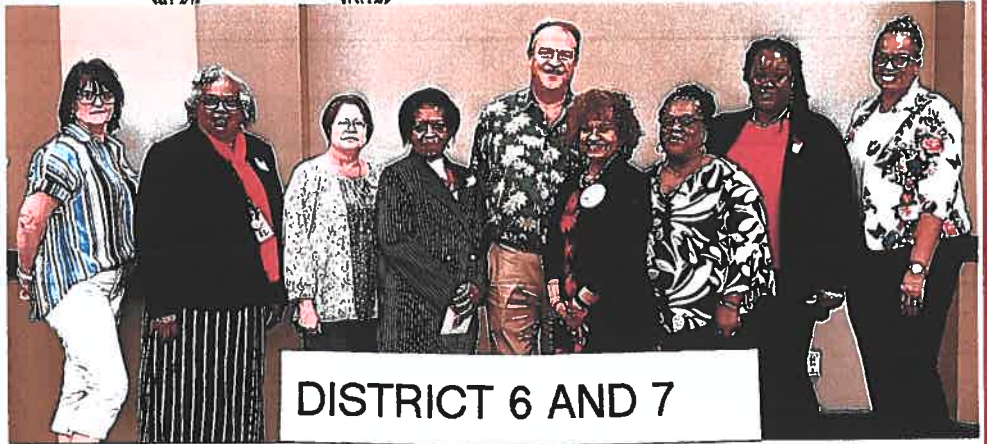
2024 FALL SPEAKERS



ANFP FL DISTRICTS



DISTRICT 1



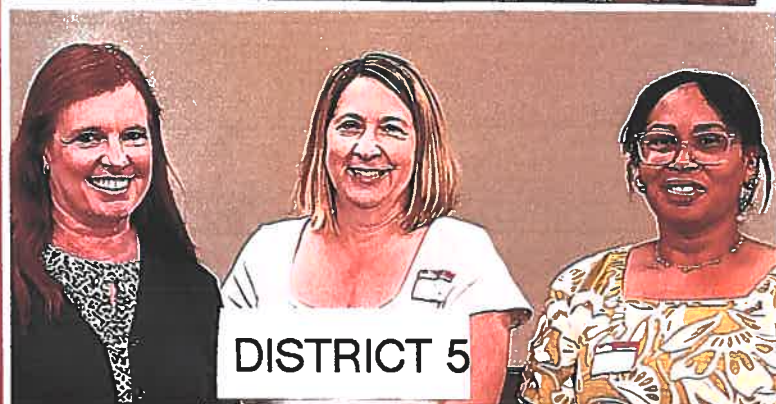
DISTRICT 6 AND 7



DISTRICT 3



DISTRICT 4



DISTRICT 5



POTTY BREAK



DISTRICT 2

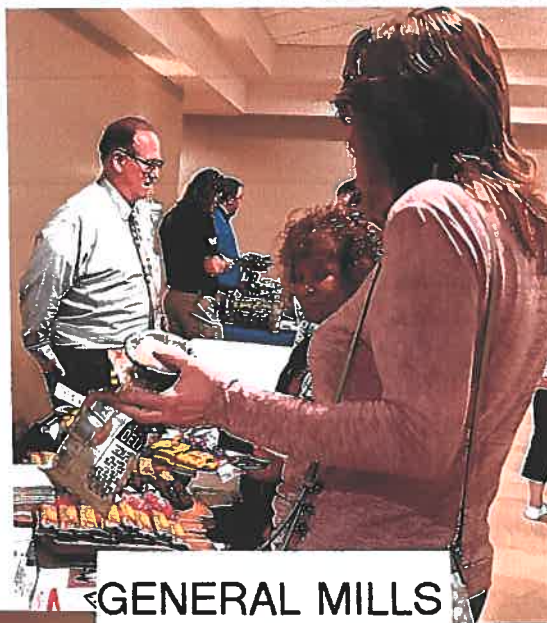


President Nicola checking out the door prizes



Elaine Allen
I van Vazquez
Angie Mersina
Hilary Gambino
Celesline Huff
Evelyn Cooley
Daniel Roscoe
Allie Dozier
Vernon Harris

TO ALL THE VENDORS WHO JOINED US FOR THE FALL 2024 EXPO . A very SPECIAL THANKS TO ALL OF YOU.
Gordon Food Service, US Food Service, Dinex, General Mills, & Robot Coupe\



DEHYDRATION IN THE BEST PRACTICES FOR HOW TO AVOID ELDERLY & CNA's

By Dawn Sweenorgill CDM,CFPP

To scope and explore hydration practices in Greenbriar Health Rehab.

At Greenbriar Health and rehab staff give 16oz of fresh water twice a day.

Greenbriar has a 5 gal water igloo that's put out fresh ea day, for the residents that go to the smoke area/activities

Hydration cart at 10 & 2p (water, tea, lemonade)

We serve coffee hour at 10am.

At all activities hydration is offered.

Res. rec beverages with meals x3 daily, and with all med s

Dehydration happens when the amount of fluid drink is less than what

is lost. Older people, including those living in health care, are more at risk of dehydration. This can quickly lead to serious and dangerous clinical outcomes. As adults age, the sensation of thirst diminishes, which means seniors are less likely to realize when they're thirsty. Seniors face an increased risk of dehydration and have to stay extra vigilant about their water intake.



Dizziness or feeling faint

Dry mouth

Rapid breathing and/or heartbeat

Dark-colored urine

Trouble urinating

As your body loses water, it experiences difficulty delivering essential nutrients to your cells. This can lead to overall fatigue, muscle weakness, and cramps.

As we age, drinking enough water is even more important. Dehydration is common among older adults. Adults 60 and older are at greater risk for dehydration for a number of reasons, including natural drops in thirst levels and body composition changes. Older adults are also more likely to take diuretics and other medications that cause fluid loss in the body.

Your body needs water in order to digest food properly.

Without enough, you may experience irregular bowel movements, gas, bloating, heartburn, and other discomforts

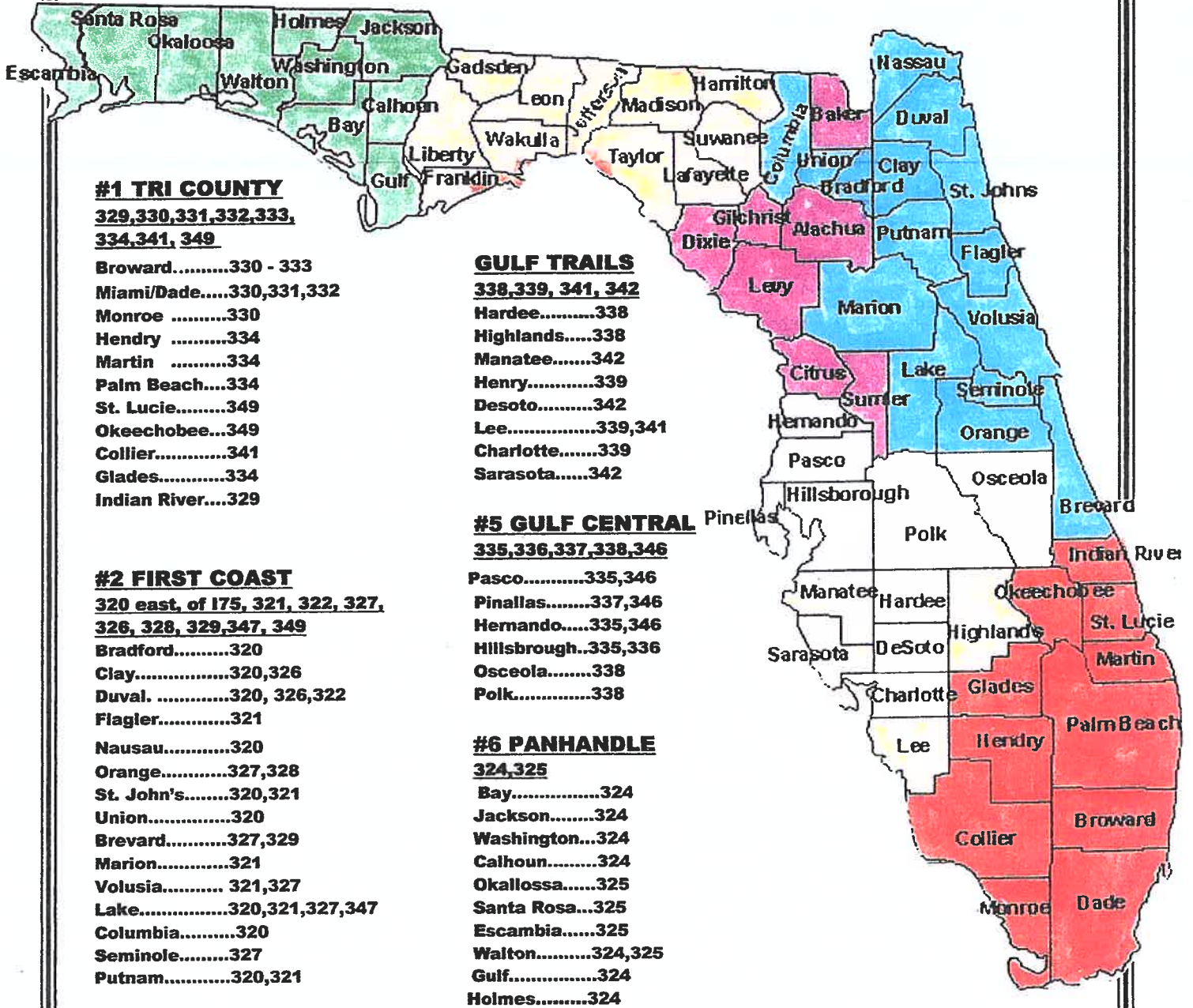
that can hurt your quality of life. When you make it a point to stay hydrated, it can help get things moving in the right

direction again. Water aids in breaking down soluble fiber from your diet to keep your digestion process on track. Mineral water is especially beneficial—look for products enriched with sodium and magnesium.

Some seniors face urinary incontinence. While it might lead them to drink less water, this can actually exacerbate the problem. Seniors with incontinence should maintain healthy drinking habits, as a reduction in fluid intake can cause even more problems such as UTI.



ANFP/FLORIDA DISTRICTS



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334,341, 349

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