

Have you  
heard the  
news....

# WE ARE TURNING 60!

**Vision** *The Certified Dietary Manager is the cornerstone of the collaborative Dietetics profession!*

**Mission** *Position the Certified Dietary Manager as the expert in foodservice management and food safety!*

Discover the Power of the  
**Credential.**

**CDM|CFPP** | Certified Dietary Manager  
Certified Food Protection Professional



## President Update

Kylie Stroehler, CDM CFPP

Audubon Co. Memorial Hospital



### Greetings!

I hope you are all having a great start to the new year, staying warm, and not wishing away this weather just yet. I love this snow, I mean if it's going to be cold we might as well have a lot of snow storms and snow days for the kids, right! Those days were the best as a child.

In just a couple of months on March 28th & March 29th, 2024, we will celebrate Iowa's 60th anniversary with ANFP! The theme for this Spring Meeting is "2024 Opens Doors"

Our Keynote Speaker is an Award winning hypnotist and international speaker and trainer, Amye Scharlau. Who will get your staff on their feet! As seen in Zurich, London, Las Vegas, Boston and more! Using the concept of reframing and renewing one's skill set, this program will ease your employees through change and increase productivity and sales. Amye hits the stage as "Rosie the Riveter" the iconic "We Can Do It!" image of WWII and the "Greatest Generation!" The attitudes embracing change and reinventing oneself are just as relevant for all ages, ethnicities and genders today as they were 80 years ago.

Each presentation is crafted and researched for specific goals and messages. Not only is Amye an excellent researcher, but she holds a degree in theater and has a background in improvisational theater. Courage is timeless. Your team will get the gift of a presentation to identify, value and apply each of their unique skills. More than motivating, this one woman show will inspire your staff to embrace the technological revolution and the rest of the rapid change that characterizes the workforce in the 2020's. Great bio, don't you think!

We are still raising funds for the Scott Tangeman Memorial. As many of you know Scott Tangeman was a dedicated man to Iowa ANFP who passed away suddenly this last July. Any monetary donation from you will get you entered into a drawing to attend the Ace Conference 2024 in Reno, Nevada this June.

Don't forget to bring your baskets for the Raffle, they are fun to put together-big or small, everyone enjoys winning one! I can't wait to see you all very soon, and by then I too will be ready for the cold, wet snow to go away! Until then, bundle up, stay warm and throw a snowball or two!

Take care,  
Kylie Stroehler, President



## Introducing our President-Elect

September Sackett, CDM CFPP

Presbyterian Homes & Services, Highland Ridge



I don't know about all of you, but boy am I looking forward to some SPRING weather! With spring approaching, that means our Spring Conference is soon upon us. I would like to take a minute and introduce myself to everyone.

My name is September Sackett, and I am your new President-Elect for the Iowa ANFP. I have worked in healthcare on and off since I was 14 years old (almost 34 years). About 6 years ago I decided to take a job offer at the facility I worked at and became the dietary manager. There were times that I asked myself, "What are you thinking going back to school at age 41?" But hey, I did it, I completed the course, got my CDM/CFPP, and I couldn't be happier with myself. I love my job and I love what I do every day.

Currently I am working for Presbyterian Homes & Services at their location in Williamsburg, Iowa at Highland Ridge. I live just north of Brooklyn at Holiday Lake where I can do my favorite hobbies fishing and boating. I also enjoy bow hunting. I have four Great Danes, a Siamese cat and a Maine Coon cat, and a wonderful husband. I have two grown daughters and three grandsons. I am looking forward to seeing and meeting other members and new members.

See everyone soon.

September Sackett CDM/CFPP

Iowa ANFP President-Elect

## Treasurer Update

Shannon Ketcham, CDM CFPP

Accura Healthcare of Marshalltown

New financial information for our members:

We were asked to join the pilot program for the new financial program ANFP has and accepted so we can be part of the learning process.

Stage 1: was the reporting template you can see in the portal that was used for the first time fall of 2023.

Stage 2: All financials will be transferred to the approved Financial Platform Crowded. The hope is that it will help us with officer term transitions.

Stage 3: ANFP National shall have access to all chapter financial accounts, using verified credentials. This will allow help to struggling or dormant chapters. It shall also give chapters another layer of support.

We will start learning more about this new endeavor in the coming weeks.

Current account balances

GENERAL- \$7405.48

TRAVEL - \$4306.24

Looking forward to seeing you all soon.

Shannon Ketcham CDM/CFPP

IOWA ANFP TREASURER



## Diamond Projects

Kylie Stroeher, CDM CFPP

Audubon Co. Memorial Hospital



### Items Needed:

- Professional Dresses
- Suits
- Professional Suit Coats
- Professional Shoes
- Collared Shirts
- Professional Coats
- Cold Winter Gear

As many of you are aware, as a chapter we are encouraged to do a Diamond Project to recognize what we did that highlights how we went “above and beyond” this past year as a chapter. This year we decided to focus on two areas that are very near and dear to my heart. The first one is to provide clothes to the less fortunate. The Career Clothing Drive is geared towards none other than one of us in food service.

Two ways we want to do this:

Step 1. If you have good clean “old scrubs and professional attire” lying around that you don’t want anymore please bring them to our meeting. We will have a table set up so that you can donate your items to other members and also shop from this table all for free! After our two day celebration we will take whatever is left and donate them to people in need .

Step 2. As President Elect and now President I had been brainstorming Diamond Project ideas for quite some time. After a couple of conversations and a few text exchanges with one of our Past Presidents- Sarah Winchell, who stated that a lot of her students at Des Moines Public School Systems don’t have professional clothing attire to look and feel their best when they apply for a jobs as future chefs and potential ANFP members. Sarah compiled a list of clothing attire for these young adults. So now is the time to hit the thrift stores to shop and/or go through all your closets collecting things you or your spouse don't wear, need, or are wanting to replace! Sarah will be elated to share your generous donations so the less fortunate in her school to have a chance to succeed in our industry!

The other Diamond Project we have been working on is called Project Paws Alive. This 501 (3) (c) non-profit, all volunteer organization that runs solely on donations and sponsors. Their mission and sole purpose is to raise funds to provide agencies in need with protective K9 equipment. They provide K9 bullet vests, stab protective vests, K9 cooling vests, pet oxygen masks and other vital K9 protective equipment to underfunded Law Enforcement, Fire, Search & Rescue and Military K9 units nationwide who otherwise can’t afford it.

I would love your continued support to focus on Pet Oxygen Masks Kits. Fires are reported every 73 seconds. Over 500,000 pets are affected by fires annually. 40,000 family pets die each year due to smoke inhalation due to lack of equipment of these underfunded agencies to ensure furry friends survive and reunite with their humans. Each reusable, waterproof carrying bag kit contains 3 oxygen masks and tubing for all size animals, a kennel lead for animal control and restraint and a decal sticker to display that this kit is on board a fire truck, ambulance, police vehicle.

These specially designed animal masks can be used on conscious pets like (but not limited) to cats, dogs, rabbits, hamsters, goats, and horses suffering from smoke inhalation but also pets that need to be resuscitated after losing consciousness from exposure to toxic fumes. Each mask is coned shaped with a rubber seal for a snug fit around the face of a helpless animal in need of oxygen.





# Cookbook Swap

Tired of the same old recipes?

Want to brush up on new flavors or techniques?

Looking for a different Sunday night dinner?

Bring your well loved cookbooks to swap for some fresh ideas!





## Brand Ambassador / Education Chair

Barbara Thomsen, CDM CFPP/RAC/QCP

Aging Rules LLC

Happy 2024 everyone! Looking forward to celebrating our 60th year as a Chapter March 28 & 29! Planning for a great vendor show on Friday and lots of great presenters and fun activities together! Please take the time to join us as you all work very hard and deserve time to network and hone your skills with your fellow CDM's! Full registration and Hotel information yet to come in February! Hugs!

Barbara Thompson CDM CFPP /RAC/QCP

## Celebrating 60 years as an ANFP Chapter!

Thursday March 28 & Friday March 29, 2024

Iowa ANFP 2024 Opens Doors...What's YOUR Potential?

Registration link below....

<https://ianfp2024springmeeting.eventbee.com>

**\*\*\*Agenda and event brochure yet to come watch your inbox for February's Blast Email and posted on our Iowa ANFP **

Check out a few of the things we have lined up...

Keynote Speaker....Amye Scharlau



*Award winning hypnotist and international speaker and trainer, Amye Scharlau will get your staff on their feet! As seen in Zurich, London, Las Vegas, Boston and more! Using the concept of reframing and renewing one's skill set, this program will ease your employees through change and increase productivity and sales. Amye hits the stage as "Rosie the Riveter" the iconic "We Can Do It!" image of WWII and the "Greatest Generation!" The attitudes embracing change and reinventing oneself are just as relevant for all ages, ethnicities, and genders today as they were 80 years ago.*

Elaine Farley-Zoucha RDM LMNT

Vice President of Education & Resources for DiningRD  
Presenting on "What's to know about Food Allergies!"



IANFP Blood Drive...the chance to give back to those in need!

# Iowa ANFP 2024 Opens Doors...What's YOUR Potential?



## DAY 1 /Thursday March 28, 2024

**7:00-7:45 Bagels & Fruit Breakfast**

**7:45-8:00 IANFP Board Welcome**

**8:00-8:30 Kick Off!** 0.5 General CE

*Mark Hudson Admin/Regional Operations Director Presbyterian Homes & Services*

**8:30-10:00** 1.5 Sanitation CE

*What's to know about the new DIAL -Iowa Regulations for Long Term Care and Hospitals?  
Barbara Thomsen CDM CFPP RAC QCP Aging Rules Healthcare Consulting*

**10:00-10:15 Raffles & Break**

**10:15-11:45** 1.5 CE

*ANFP National Speaker*

**11:45-12:30 Lunch**

**12:30-2:00** 1.5 CE

*ANFP National Speaker*

**2:00-2:15 Raffles & Break**

**2:15-3:30** 1.25 CE

*"Rosie the Riveter" the iconic "We Can Do It!" Motivational Speaker Amye Scharlau*

**3:30-3:45 Raffles & Day 1 Wrap UP**

**3:45-4:45 IANFP Board Meeting Open to all members to audit**

**5:00 -6:00 Iowa ANFP Meet & Greet Cocktail Reception**

**Name:** \_\_\_\_\_

**Facility:** \_\_\_\_\_

**Telephone:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Member #:** \_\_\_\_\_

**Email:** \_\_\_\_\_



### Registration Fees:

#### IANFP Members:

\$140.00 Both Days or \$75.00 1 Day

#### Non Members:

\$160.00 Both Days or \$100.00 1 Day

**Students** \$40.00 1 Day or \$75.00 Both Days!

### Online Payment or Checks filled out to Iowa ANFP Mailed to:

Shannon Ketcham Treasurer  
118 walnut st  
New Providence IA 50206

**Retirees** flat fee \$25.00

<https://ianfp2024springmeeting.eventbee.com>

# DAY 2 /Friday March 29, 2024



**7:00-8:00 Warm Breakfast Buffet**

**8:00-8:15 IANFP Board Welcome /Raffles**

**8:15-9:45 1.5 CE**

*Chef/Instructor Sarah Winchell & students from Central Campus Culinary Program  
How do you eat with your EYES?*

**9:45-10:00 Vendor Promenade**

**10:00-12:00 Vendor Show 2 Food Show CE's**

**12:00-12:30 Light Hors d' oeuvres Lunch**

**12:30- 1:30 1.0 CE**

*"What's to know about Food Allergies!" Elaine Farley-Zoucha RDM LMNT*

**1:30-1:45 Raffles & Break**

**1:45-2:45 1.0 Sanitation CE**

*CDM CLEAN Motivation.... Gretchen Robinson RD LD Martin Bros.*

**2:45-3:00 Wrap -Up & Closing Comments**

**11.75 CE's applied for both days from ANFP**

**6.25 Day #1 (4.75 General & 1.5 Sanitation )**

**5.50 Day #2 ( 2.5 General, 1 Sanitation & 2 Food Show CE's)**



**Required for CDM, CFPPs every three-year recertification period:**

**45 CE HOURS | 9 SANITATION CE | 1 PROFESSIONAL ETHICS CE**

## **Hilton Garden Inn West Des Moines**

205 South 64th Street, West Des Moines, IA, 50266, US

Direct phone : 515-223-0571

***Room prices TBD posted on Iowa ANFP FB by 3/1/24  
or call hotel and ask for IANFP Room Block***