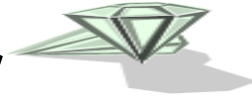


Iowa Heartland Informer



ANFP 2008/2016
Diamond Chapter

Fall 2018



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Have You Considered...?

Have you considered serving on the Iowa ANFP Board?

Offices include: President, Treasurer, and Secretary.

Committees include: Membership, Ways and Means, and Newsletter.

Don't be afraid to step out of your box and throw your hat in the ring! We are always looking for new fresh faces with great ideas! We will be looking for you at the Fall Meeting at Mary Greely in Ames on October 26th. Just ask a board member how you can get involved.

Several have expressed interest from the forms submitted at the Spring Conference. We will be contacting you and say, "Thank you", for your interest in serving!

When I became President, I was terrified, but it is really very rewarding. The Iowa chapter sends you to the ANFP Conference which is fantastic! You spend 4 days with several hundred Foodservice Professionals in a great location and the networking is phenomenal!

So, step up and talk to us at the Fall Conference! We want you!

Pam Carberry CDM, CFPP



WE WANT YOU!

DATES TO REMEMBER:

1. Credentialing Exam is now offered on a demand basis
2. Iowa ANFP Fall Meeting/Workshop - Mary Greeley, 1111 Duff Ave., Ames - October 26th
3. ANFP March Spring Regional Meeting - San Diego, March 14-15, 2019
4. Iowa ANFP Spring Meeting/Workshop – Hilton Garden Inn at Jordan Creek, West Des Moines – March 28 and 29, 2019
5. ANFP April Spring Regional Meeting – Pittsburgh, April 4-5, 2019
6. ANFP ACE – St Louis, June 26-29, 2019



Midterm elections are just starting to gear up. Those of you working in Long Term Care be sure that you are assisting your residents in their right to vote. Our 18-year-old son is excited about voting for the first time in his life and as he has heard plenty of times from his mother's lips, "YOU can't complain if YOU didn't vote", so I guess he'll have the right to complain after November! Iowa has a very user-friendly voter page (<https://www.vote.org/state/iowa/>) that will assist lowans in finding their polling site or to register for their absentee ballot. The absentee ballot gets mailed to your home. This is a very convenient option and one that I have used in past elections!

ANFP's GAC (Government Affairs Committee) and PAC (Political Action Committee) are joining forces this year to pursue "Rallying Organizations & Officials in Training Standards", or ROOTS. The goals of the committees are: promoting more educational opportunities with possible Government funding, nurturing new school programs, CDM/CFPP awareness in sanitation/food safety, reaching out to those states with no existing CDM state law requirements to add or update using the CMS Food & Nutrition Services verbiage. As active CDM/CFPP volunteers, our commitment to the credentials will make our committee goals successful! Chapter Presidents and Spokespersons are much needed in helping to brand the CDM CFPP in your state.

ANFP is working with the National Governors Association to fully implement the new CMS regulations and has joined the Opportunity America Jobs and Careers Coalition to impact federal policy for employer-driven training programs.

Hope to see everyone in Ames in October and if you have any questions please contact me or the wonderful new ANFP resource website: regs@anfponline.org

Barb Thomsen, CDM, CFPP



NEW MEMBERS

Kyle Ballenger
Brenda Brackin
Jessica Brown
Mary Campbell
Jenice Cavin
Dzigbodi Gbenyedzi
Jody Gienapp
Jessica Hagebock
Stephanie Harris
Matthew Monaco
Sue Newman
David Rodarte
Kerri Schwartz
John Weiler
Jessica Wilson

STUDENTS

Theresa Allen
Charles Anderson
Karla Castillo
Carmen Charley
Lyn Dukes
Chantel Ericson
Sharika Frelix
Grace Haley
Randi Hoffman
Mary Hughes
Carrie Landon
Derek Martz
Wendy Parsley
Shawn Quackenbush
Cynthia Reiner
Jeremy Sheely
Laura Tomlin



IOWA ANFP MEMBERSHIP TOTALS:

395



And the award goes to.....

We would like to congratulate the following members for their years of dedicated membership to our Iowa Chapter of ANFP!

30 YEARS

Pamela Carberry
Robin Gaines

20 YEARS

Jill Arroya
Amy Cleveland
Kathleen Glouser
Richard Surly
Kelly Thorne

15 YEARS

Lisa Lange
Lorna Moser
Bonnie Pullen

10 YEARS

Debra Babinat
Linda Borkowski
Shelly Francois
Barbara Hickey
Sandra Hopkins
Michael Runyan-Renze
Julie Woollums

Christi Blake
Rashell Fowler
Daniel Grove
Elizabeth Hirsch-Diers
Patricia Manwarren
Lisa Vavra

5 YEARS

Tyson Branscomb
Denise Duncan
Debbie Hood
Rachel Kolbet
Bernita Montgomery
Rodesha Rush
Cindy Strobel
Dawn Vogel

Katie Boeshart
Christie Cain
Christina Goodrich
Megan Huntley
Karl Kuntz
Jennifer Palmer
Sarah Sackett
Kylie Stroehrer
Danielle Wright-Urquhart

Madalyn Craigmile
Melinda Hall
Kate Kelderman
Patricia Lippold
MaryJo Potkonak
Tamara Snider
Amanda Thede
Terry Wells

Congratulations to everyone!



Iowa ANFP Summer Board Meeting

August 10, 2018

Called to order at 1:30 pm

Present: Pam Carberry, President; Becky Rickabaugh, President-Elect; Terry Cramblit, Secretary; Sarah Winchell, Treasurer; Pam Meade (via phone), Treasurer-elect; Barb Thomsen, Spokesperson; Chris Rehmer, Past President; Rhonda Postma, Membership Secretary (via phone); Ben McCullough, Scholarship/Awards; Julie Stork, Ways & Means; Deb Dawson, Newsletter; Sharon Vermeer, Auditing (via phone).

- Consent agenda including minutes from the March 29, 2018 meeting and the Treasurer's report were approved. Sarah reported that she is now listed as a "primary" on the accounts. The annual audit was not held at the end of the fiscal year. This has been added to the officer's calendar and will be arranged for after the fall meeting.

OLD BUSINESS

- Fall meeting date is October 26th to be held at Mary Greeley, 1111 Duff, Ames, Iowa.
- Barb reviewed the agenda and there will be a submission for 6.5 CEU's (5.5 General/1.0 Sanitation) will be made for the meeting.
- Ways & Means discussed decorating buckets in the back of room and donating them to a hospital or Child Serve. Board members will make Halloween baskets that will be voted on by Mary Greeley staff.
- We will need to get a license from now on to be able to sell raffle tickets. This must be done before each meeting. We will have 2 - \$50 gas cards and 1 - \$100 bill to raffle at the Fall meeting.
- Policies and Procedures as well as By-laws will be reviewed to be sure they reflect the need for a license to conduct a raffle as well as the shift in elections in order to align our year with ANFP headquarters.
- Diamond idea for 2019 – Recruiting from culinary schools, get them more interested in ANFP. Sending chefs to meals on wheels and volunteer or look at their menus. Feeding the homeless or people who don't have any food or who don't know where their next meal will be coming from (food insecure). All were encouraged to send ideas and information to Pam.
- Voting will need to occur in the Spring as part of our adjustment to align our year with ANFP headquarters. Voting will occur via Survey Monkey. There may be computer access at the meetings to encourage voting.

NEW BUSINESS:

- Reviewed who will be attending ACE in St. Louis, MO. Pam Carberry and Becky Rickabaugh will represent Iowa ANFP at this event. Iowa ANFP will not be sending any representatives to the Spring Regional meetings.
- Pam asked for nominations for President-elect and Treasurer-elect. We will be recruiting for these positions at the Fall meeting.
- SWICC in Creston may be offering the full CDM course. Barb is working with them on this and filtering information to administrators. She is also looking for preceptors for students in the course. There may be a sign-up sheet for this purpose at the Fall meeting.
- Barb continues in her role as State Spokesperson for Iowa as well as serving on the Government Affairs Committee and working in a consultant position for headquarters. All of these positions are approved by headquarters and are not considered to be a conflict of any kind due to the nature of each respective position. It had previously been thought that she would not be able to serve as Spokesperson if she were to work in a consultant position for headquarters. This has now been clarified.
- The Government Affairs Committee is working to include the CDM course in the President's initiative for more support for Job Coalition/Tech Education for education including apprenticeships.
- Discussion was held regarding a joint meeting with consultant dietitians in 2020.

(minutes continued)

- The Media Manager shared that it is difficult to get headquarters to update our site. All present were asked to review the website and compile a list of outdated items that can be submitted to headquarters for appropriate changes.
- Discussion held about the newsletter, everything is due to Deb by August 31st, 2018. She has not had any luck in reaching the volunteer to assist with the newsletter. Several had submitted "I Will Serve" forms. Deb will contact them to garner any interest in Newsletter assistance.
- Membership report given by Rhonda Postma. As of July 31, 2018, we had 23 allied, 36 pre-professional, 329 professional, 2 retired for a total of 390.
- Discussion was held regarding waving the registration fee for members who present at meetings. This was approved by the Board with the requirement that the presentation be a minimum of 1 hour in length to coincide with the CEUs that would be awarded by the CBDM for the same presentation.
- National ANFP recommends that all members change their email information on record with them to an email address that is NOT work related due to the increase in spam and strong security measures of many companies.
- Awards will be presented to tenured members during our Fall meeting.

Meeting adjourned at 3:50 pm



Treasurer's Report: As of Aug. 10, 2018

Checking Account - \$8,474.32

Travel Fund - \$4,891.73

Contact Sarah Winchell, IANFP Treasurer, for detailed information on any of the above items.

Hello everyone;

My name is Becky Rickabaugh. I have been a CDM since 2000. I have been at my current job for 17 years. I love my work and could not see myself doing anything else. There are difficult days, of course, but at the end of each day, I am happy with my work situation.

I have been married for 28 years. I have 4 children, 10 grandchildren, and my youngest child just went off to Iowa (Go Hawks) so I am now an empty nester. My husband and I are ready for "our" time.

I am glad to help with anything I can and as a result I now find myself as your President-elect. I must admit I am a little nervous. Wish me luck for the next few years as I do my best to serve you well.

Becky Rickabaugh, CDM, CFPP



BEING SNEAKY

Sometimes it can be difficult to watch intake, exercise, or eat out and still make good choices. Life gives us reasons to celebrate, keeps us “too busy” to work out or puts us in dining situations where the best choices may be difficult to identify. It seems that no matter how “put together” we are, most of us still struggle with some aspect of our lives – something that just doesn’t seem possible. Thinking, perhaps, that we’ll NEVER lose weight...or maybe we have more positive thoughts about something we want to do – but we don’t get anywhere. There’s never enough time or the right time. In some areas, it may be helpful to be a little “sneaky”.

If you are watching your intake, it is usually best not to totally avoid a particular food altogether, as it often leads to bingeing. Some people allow themselves a generous portion of their favorite decadent dish once a week. Others try smaller than normal portions, sometimes once a day. For example: an 8X8 pan of brownies cut into 30 pieces allows you to have one (or maybe two) pieces without over-indulging. You may also wish to try using smaller dishes. Consider using an espresso cup for ice cream. This will allow you to feel as if you don’t have to give up everything to get and stay lean.

Sometimes a work out can be attained by performing a chore in a vigorous manner. I know several people who make a game out of cleaning! Try keeping all of your cleaning supplies readily available as you work, turn up your stereo, start in one corner of the room and move in one direction only. Clean everything without retracing your steps! The faster the tempo of the music, the faster you move. It’s a “sneaky” way to play and burn a few extra calories at the same time.

Dining out is something most of us face on occasion, whether it be part of a celebration, a business venture, or a special treat. Using Outback Steakhouse as an example, the best options are: Seared Ahi Tuna as an appetizer (325 kcal), a CUP of soup (300 kcal) or HOUSE salad (300 kcal/500 kcal with dressing), grilled chicken (450 kcal) or a 7 oz filet (600 kcal) and steamed veggies (be sure to request “no butter” to keep the kcals low). Most restaurants have their menus and nutritional information on-line so you can plan in advance what the best options are if you are watching your caloric intake.

Stress levels can contribute to difficulty in losing weight or maintain a healthy weight. It helps to find a bit of peace and quiet every day. Studies have shown that exercise is beneficial in lowering stress levels. Many people find yoga to be a particularly effective method of stress reduction. Other ways to reduce stress are taking a walk in the park, spending a few minutes in the car when you arrive at your destination to breathe and get ready for what lies ahead, listening to music, and spending time with loved ones.

I encourage all of you to find what works best for you, and if you need to be a little “sneaky” about it, that’s okay, too!



This Fall's meeting will be prior to Halloween, so let's have a Halloween Basket Contest, which may include a pumpkin or not, it's up to you. Get together with members or make your own Halloween themed basket and we will have those baskets set together on display for judging. Winning basket will receive an award and picture taken for the Iowa ANFP website. Baskets will then be raffled off with all other baskets and gifts brought in.

Baskets that are not themed or have special themes are always welcome and appreciated, so please bring anything you can to add to general baskets for raffle fun. Holiday baskets work great, for this time of year. Novelty items often make fun bidding, when more than one person wants it. Extra baskets, decorative bags and containers are appreciated too.

We will also raffle a 100.00 dollar bill, and two separate 50 dollar gas cards.

Thanks for all your support for ANFP and be sure to bring cash or checks to purchase your raffle tickets at the Ways and Means table. The general raffle tickets are 1 dollar each or 6 for 5 dollars. The 100.00 raffle, or the 50.00 gas cards go for 2 dollars each or 3 for 5 dollars.

We also appreciate your donations of items for the silent auction. Be sure to see us at the Ways and Means table discuss the value that bidding for your items should begin at.

Julie Stark, CDM, CFPP

EXECUTIVE COMMITTEE MEMBERS

President:

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Spokesperson:

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barbaraleethomsen@mchsi.com

Past President:

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crehmer@mercydesmoines.org

“Tailgate your Talents!”

Mary Greeley Medical Center 1111 Duff Avenue Ames, IA
Friday October 26, 2018



7:30-8:00

Registration/Continental Breakfast

8:00-8:15

Welcome: ANFP President Pam Carberry, CDM, CFPP & President-elect Becky Rickabaugh, CDM, CFPP

8:15-8:30 Ethics & YOU! – Ken Hanson, CDM, CFPP Past Chair ANFP Board

8:30 - 9:00

Leadership Words of Wisdom

Brian Deter

President & CEO Mary Greeley Medical Center

9:00-10:30

Malnutrition: What about vitamins and protein?

Kelly Flater, RD, LD & Jolene Wolf, RD, LD

Mary Greeley Medical Center

15 min RAFFLE BREAK

10:45-11:45

The Generational Workforce – Who are you working for?

Kristy Salisbury, RD, LD, CDM, CFPP

11:45-12:30 Lunch & Learn Session

Tasty Tailgating & ANFP Audit Preparedness with Sharon Vermeer Chair ANFP Board

12:30-1:30

Developing Food Safety Policies for your Operations

Coleen Zenk, MS, CDM, CFPP

1:30-2:30

CMS is fired up for Phase III - Are you ready?

Barb Thomsen, CDM, CFPP, RAC

2:30-3:30

Rub' a dub dub...Spice up your GRUB!

Culinary Rubs for your kitchens!

Chefs Chris Rehmer, CDM, CFPP & Sarah Winchell, CDM, CFPP

3:30-3:45

Raffle/IANFP closing comments

“What winning direction should I look towards for my future?”

Requested 6.5 CE's (5.5 General & 1.0 Sanitation)

How to make it a GREAT DAY!

Here are 9 specific things you can do to help you make it a great day.

1. **Choose to Be Happy**

It was Abraham Lincoln who said: “Most people are about as happy as they make up their minds to be.” You see, happiness, just like a great day, is a state of mind that only you control. So, don’t wait for others to give you happiness. Make a choice to be happy and to make it a great day. One of the best ways to do that is to learn to get pleasure from people, not things. Create the opportunity to spend the majority of your available time with the people you love and deeply care for. That’s what will give you the most powerful joy, and help you make it a great day.

2. **Make Love Not War**

Tonight, when you put your children to bed give each one a really big hug and tell him/her from the bottom of your heart; “I love you, and I’m very proud to be your parent.” And then shut up. Do not continue the sentence with “but” because “but” erases everything you have said before. Repeat the exercise with your spouse. Your spouse and children are the most important people in your life. So, don’t waste another day without giving them lots of hugs and kisses.

3. **Commit Random Acts of Kindness**

To do this right you must do something for someone else without expecting anything in return. For example, get the family together and serve a meal at a shelter for the homeless, or visit your local nursing home and talk with an elderly person in need of companionship.

4. **Give the Gift of Unconditional Love**

The most powerful gift you can give anyone is to accept people the way they are – not the way they ought to be.

5. **Manage Stress**

To deal with stress, master the most powerful stress control system of all time:

- Change the changeable
- Accept the unchangeable
- Remove yourself from the unacceptable

Also make quiet time for yourself and treat yourself to whatever truly helps you relax, may it be a hot tub, a movie, a walk in the woods, a cup of coffee, a cat on your lap, (but I digress) 😊

6. **Give the Gift of Listening**

To really listen, you have to learn to make your own mind quiet and give the other party your undivided attention. The act of active listening – not giving advice – is one of the most wonderful gifts you can give.

7. **Take an Inventory**

It helps to take a verbal, or better yet, a written inventory of all the good things in your life. Set this up as a ledger with credits (positives) and debits (negatives) on one sheet of paper. You will usually find that no matter how bad things appear to be, the positives in your life still outweigh the negatives.

8. **Change Your Response**

Increase your awareness of what or who “pushes your buttons.” Modify your typical response by visualizing negative comments as water off a duck’s back. Remember, how you respond is always your choice, and if you are finding it too difficult to make the right choices, consider implementing the following strategy.

9. **Hang Out with Positive People**

If you find yourself with people who are suffering from “stinking thinking,” make sure that you minimize the time you are together with them. That way you can carve out some positive re-energizing time.



Introducing ANFPtv

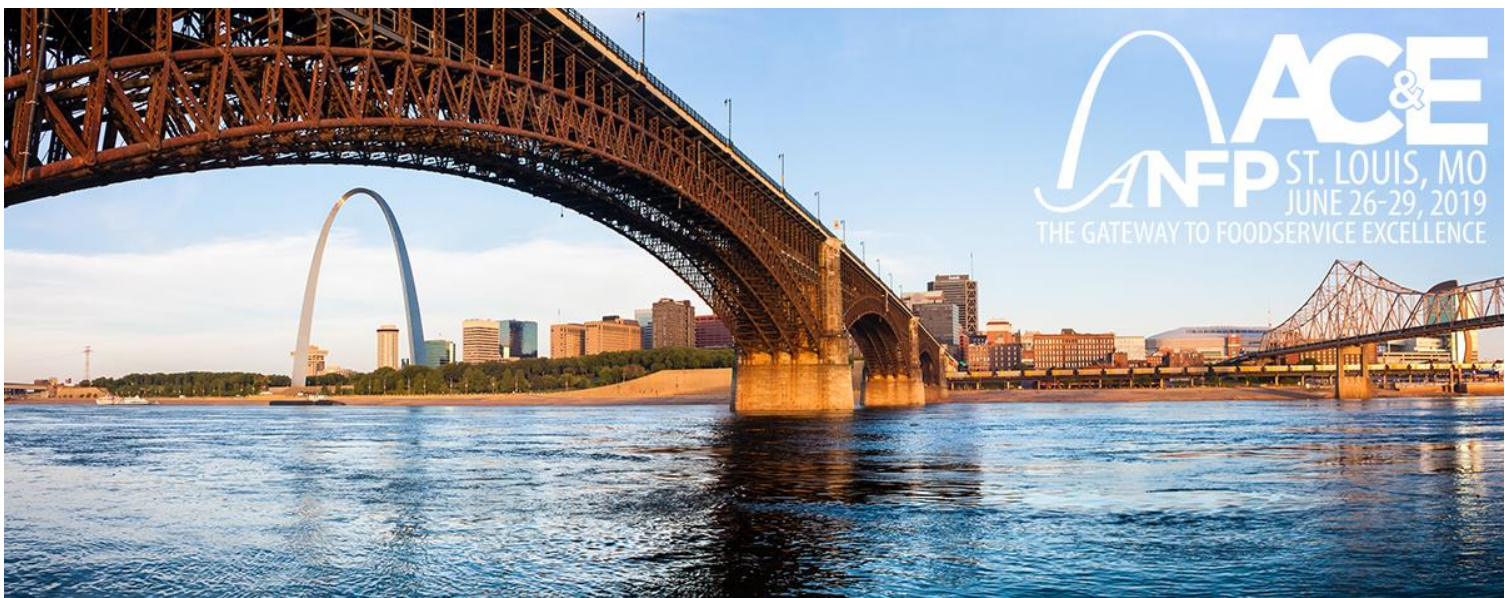
We are excited to announce the development of our newest member benefit, ANFPtv!

This advantageous platform serves as a new resource for members to access an extensive video library, containing: educational content, how-to-videos, conference recaps from ANFP live events, announcements from ANFP, industry news, and much more. [VISIT ANFPtv](#)

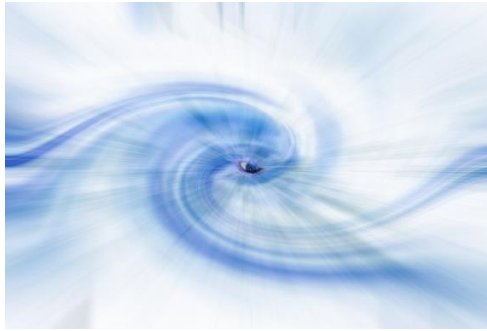
News from NFEF

NFEF Worked on Two Research Studies in FY18

1. NFEF participated in a Technomic shared sponsor study: Understanding Healthcare Foodservice - An Updated Evaluation of the Hospital, Long-Term Care and Senior Living Segments. The study concluded on May 31, 2018, and includes information on healthcare foodservice market, critical issues facing healthcare foodservice, operational dynamics, menuing, and supplier support.
2. NFEF awarded a contract to Technomic to complete a proprietary study to understand the impact of CDMs on Long Term Care operations. This study will be conducted in FY19.



The Annual Conference & Expo (ACE) is ANFP's major national conference event. Individuals have the opportunity to attend education sessions, engage with other CDMs at networking events, and meet various vendors at the popular Expo. The conference will engage and inspire you from start to finish!



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.



Association of Nutrition & Foodservice Professionals

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