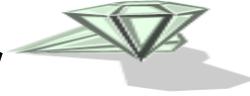


## Iowa Heartland Informer



ANFP 2008/2016  
Diamond Chapter

Spring 2017



Happy Spring!

I am looking forward to our meeting, April 28th, in Altoona. I am hoping to see many of you in attendance!

Our Chapter goals are to continue providing support in getting CDMs in our Iowa healthcare communities, being brand ambassadors, and supporting educational opportunities and scholarships.

I have been working alongside Barbara Thomsen in collaborative efforts with the healthcare associations, DMACC's culinary students and of course with our rock star CDM students! Watch the IANFP Facebook page for job postings, educational & scholarship opportunities and our blast emails. Please remember to let Sharon Vermeer know if you change email addresses so you don't miss out!

As always we need volunteers to help keep our chapter running strong. Look for opportunities noted later in this newsletter.

See you next month in Altoona!

Chris Rehmer, CDM, CFPP  
IANFP President

Great things are not done by one person. They're done by a team.

Steve Jobs



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Hello Everyone!

I am hoping by the time you read this the snow is gone and the sun is shining! Iowa sure knows how to drag winter out! I am excited as President-elect to roll out my agenda for 2017.

I want to focus on the hungry right here in Iowa. One in eight Iowans struggle with hunger. This not only affects children but also seniors. The research study, Spotlight on Senior Hunger, reveals the trends in food insecurity among the senior population between 2001 and 2011, identifying both the rate of food insecurity and the number of food insecure seniors aged 60 and older. During this decade, the number of food insecure seniors more than doubled. In 2011, 4.8 million seniors were food insecure, meaning that nearly one in every 12 seniors in the U.S. struggles to access enough food. There is not better group of professionals to help fight hunger than Iowa ANFP!

One of our speakers at the Spring workshop will be Rebecca Whitlow, Food Pantry Network Director with DMARC - Des Moines Area Religious Council. She will talk about Hunger in Iowa and how the pantries work. In 2015, the DMARC Food Pantry Network:

- \* Assisted over 19,000 unique families
- \* Assisted over 42,000 unique individuals
- \* Distributed over 1.9 million food items

We will be having a food drive at both the Spring and Fall conference so bring in any donations you can. I have included a list of the most needed items:

100% juice, canned fruits, canned vegetables, peanut butter, canned meat, pasta, white rice, canned pasta sauce, shelf stable milk, soups, cereals.

### Non-Food Items

- \* Diapers (large sizes)
- \* Baby Wipes
- \* Formula and Baby Food
- \* Personal Products, i.e. : shampoo, deodorant, body wash, etc.

Look for the DMARC donation table and let's fight hunger right here in Iowa!

Pam Carberry, CDM, CFPP

IANFP President-elect

## DATES TO REMEMBER:

- Credentialing Exam is now offered on a demand basis
- Iowa ANFP Spring Meeting/Workshop – Prairie Meadows - April 28, 2017
- Annual Conference and Expo (ACE) – June 6-9, 2017 –Las Vegas, NV



## IOWA PRIDE!!!

### **Barbara Thomsen IANFP Spokesperson/ National ANFP Legislative Chair**

This past November the requirement to have a CDM in charge of the dietary department in LTC when a FT dietitian is not employed was put into legislation by CMS. This is an awesome accomplishment! The nation as a whole will now see qualified dietary professionals in all nursing homes promoting our certification, CDM CFPP!

The work has just begun as we have many food service supervisors that need to prepare for the certification exam or, in some cases, enroll in a CDM course. IANFP is working diligently on being a brand ambassador for the CDM CFPP certification. We are working with our healthcare associations by being a resource to help facilities find qualified candidates and help prepare food service supervisors to successfully pass the exam. I have reached out to IHCA and am in the planning stages of assisting them in doing study sessions and exam preparation. If you have any questions or know of others that need guidance, please don't hesitate to contact me. I will assist in getting the correct information to you in an effort to get more CDMs in our state.

ANFP has a dedicated website that addresses the various qualification pathways that are approved to take the credentialing exam. This can be found at [www.cbdmonline.org](http://www.cbdmonline.org). Check it out! I am excited for the power of our CDM credentials and look forward to mentoring and educating more members in our association!

Barbara Thomsen, CDM, CFPP

[barbaraleethomsen@mchsi.com](mailto:barbaraleethomsen@mchsi.com)

515-371-2648



By Julie Stork CDM, CFPP-IANFP Ways & Means Chair

Spring 2017 Fund Raising

On behalf of IANFP, I would like to express my gratitude for all the generosity from members bringing in fun and creative baskets or donations to add to baskets.

As always, anything you can give is helpful. Whether it be themed items that go together or all one colored items or things that begin with a specific letter or any random group of objects. Extra baskets, decorative bags and containers are appreciated too. Check out Pinterest, or google “theme baskets” to get the ideas rolling. Network with those you ride with or enjoy seeing twice per year, and lets gather some memorable baskets to win. Have fun treasure hunting! For some added interest, if you name your basket, let me know that and we’ll announce the name to promote ticket sales.

In addition to the basket raffle, we will raffle a crisp \$100 bill!

We will also accept items for a silent auction. Please visit with me to discuss the suggested initial bid for any pieces you donate.

Tickets for the general (basket) raffle are \$1 each or 6/\$5. Tickets for the \$100 bill are \$2 each or 3/\$5. Bring cash or checks to purchase your tickets at the Ways and Means Table found in the back of the room.

Thanks for all your support for IANFP!

Julie Stork, CDM, CFPP



**NEW MEMBERS**

Scott Gardner

Linda Hermstad

David Houy

Randy Husted

Morgan Johnson

Laura Kayser

Ami Koster

Ana McVay

Dustin Rider

Kelly Schubert

Malinda Swank

**WELCOME!!**



## **Iowa ANFP Winter Board Meeting**

January 13th, 2017 - 2:00 PM Mercy West Lakes

### **Call to Order by Chris Rehmer**

**Roll Call:** Chris Rehmer, President; Pam Carberry, President-elect; Terry Cramblit, Secretary; Matt Hart, Treasurer; Sara Winchell, Treasurer-elect; Barbara Thomsen, State Spokesperson; Deb Dawson, Newsletter Editor; Ken Hanson, Media

### **Approval of consent agenda**

**Proposed Budget** – Discussion was held regarding the proposed budget and the need to submit it to ANFP headquarters. A copy will be sent out to all board members for review. Any suggestions should be submitted via email. A conference call will be held at a later date to go over the suggested changes.

**Policy & Procedures review-** Discussion was held regarding a whistle blower policy. Deb Dawson will contact headquarters to get some guidance on this. All other policies were reviewed with the following changes approved by the board:

- The scholarship fund be kept in the general account unless funds are solicited specifically for scholarships. If this circumstance occurs, the scholarship fund will again be kept in a separate account.
- In the Treasurer's job description there was an addition that the Treasurer shall include the Treasurer-elect in all aspects of the audit process.
- The Whistle Blower policy will be drawn up and sent to the board for review and included in the updated policy and procedures after approval.

**By-laws review** – Review of the by-laws resulted in some recommended changes, particularly regarding the elimination of specific dates. By-laws should not include such specifics. These recommendations will be presented to the membership in attendance at the spring meeting and a vote for approval will occur.

**Achievement Award #2** – The second step of the state achievement award items is due. Barb will email appropriate board members to remind them of what they need to submit. Discussion was held on the deadlines for these goals and what we are doing to meet each goal/achievement. The next deadline Monday, January 16.

### **Committee Reports**

**Membership** – We are at a total of 285 members, we are down a little from last year.

Allied professionals 6; pre-professionals 6; Retired professionals 3;

professionals 270.

**Ways and Means** – there was not a report for review at this time. Barbara made a motion to spend \$100.00 on gift cards of Julie's discretion, Pam seconded the motion.

**Education** - The spring meeting will be held April 28, 2017 at Prairie Meadows. This will be a one day meeting with no vendor show. This is a one-time change to support the regional meeting in Minneapolis. Discussion held regarding the comments from the fall meeting. Overall rating was 4.5 out of 5. Comments will be posted at the spring meeting. Many ideas for presentations at upcoming meetings were discussed. The cost of registration will remain the same with the exception of retirees and students who will be charged \$20.00.

Spokesperson – Barbara will work on finding out what is needed to assist people in getting their CDM credential. She will be contacting trade associations and we will be sponsoring study sessions. She is suggesting that Impact Areas be targeted for this purpose. Discussion was held regarding a study night or ServSafe testing the night before the meeting at the hotel.

Media – Ken continues to put post items on Facebook. He will be adding the upcoming events.

Newsletter – Articles were requested from officers as to what it is like to hold their specific office. Discussion was held regarding payment from vendors for newsletter ads. Chris will contact Martin Bros. to see if they are still interested in advertising in the newsletter. The deadline for ALL newsletter items is March 8, 2017.

### **Old Business**

2016-2017 Board expectations

- Discussion held about what the board needs to do to get others interested in running for office. Chris voiced that he feels this time around as president is much easier. He made note of all the knowledge and support that is present on the board and through committee members. He also asked that all the new board members let us know what the board can do better to help you be more acclimated to your new position and to make your transition smoother. Discussion was held regarding a possible retreat for new board members or the possibility of holding breakout sessions for new officers at the fall meeting.
- Discussion was held regarding the new CMS regulations which became effective in November 2016. IANFP will be CDM Ambassadors. This aligns with what headquarters is doing.

### **New Business**

- Iowa Dietetics in Health Care Communities will hold a meeting March 27, 2017 at WDM Hilton Garden Inn. IANFP will have a booth. Discussion was held regarding who can assist with this. Sharon has made arrangements but needs a backup in case she can't be there. Chris and Sara volunteered to assist.
- ANFP Regional Mtg. Minneapolis March 9-10, 2017. Matt will be in attendance. Ken will also be going as part of his duties as Chair-elect. Discussion was held regarding the possibility of support from IANFP for attendance at the regional meeting.
- ACE will be held in Las Vegas, June 6-9, 2017. The Treasurer will attend as stated in IANFP policies. IANFP sends the President, President-elect, Spokesperson and alternates the Secretary and Treasurer. Barb suggested that the Treasurer-elect be allowed to attend this year since her cost will be covered due to her service on the national level. Matt made the motion to cover the cost of sending these members to ACE as funds allow, Barb seconded the motion.
- Candidates for 2017-2018 Board are needed. The board needs to focus on recruitment. Discussion held regarding those who have run or shown interest in the past. It was suggested that these candidates be approached for further consideration.
- Diamond Award – A year of education is our theme for the Diamond Award which includes the possibility of a breakout session for the incoming board members.

### **Open Floor**

- ANFP will be revamping the CDM scope of practice. This will be discussed at the April 28<sup>th</sup> meeting.
- Direction was requested by the Awards Committee. It was suggested that Consultant RDs be contacted regarding scholarship opportunities and CDM of the Year as little response was garnered by contacting the Administrators.

**Meeting adjourned at 4:25 p.m.**



**Treasurer's Report: As of Jan. 1, 2017**

Checking Account - \$11,027.05

Travel Fund - \$4,320.25

Contact Matt Hart, IANFP Treasurer, for detailed information on any of the above items.



**VOLUNTEERS ...BE THE CHANGE!**

Our Iowa ANFP Chapter is only as strong as our members' willingness to lend their time and energy to making us great! We need candidates to run for the offices of President-elect and Treasurer-elect for the 2017-2018 term which begins in October.

Please consider serving in one of these two positions. Contact any board member or committee member so we can share specifics with you. We will try to match you with someone who is currently serving in the office you are considering so you will be able to learn what their experience has been. Mentoring new candidates is an exciting role that each board member has.

Jump in and help be the change you want to see in Iowa ANFP!

**EXECUTIVE BOARD MEMBERS**

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## TIPS FOR BEING POSITIVE

Having a positive attitude is both powerful and contagious. As leaders, we have a strong influence over our team. If we remain positive, the general outlook of the team is brighter and they are in turn more positive themselves. People who have positive attitudes most of the time are mentally strong. Following are some habits that positive people DON'T have. I'm hoping that you will glean some good things from them.

1. Positive people understand that they are in control of their life and have a choice on what they do and how they respond to situations and people. Don't give away your power.
2. Positive people don't sit around feeling sorry about their circumstances. Instead, they take responsibility for their role in life, get up and do something. Don't feel sorry for yourself.
3. Positive people don't feel like the world owes them something. They understand that life isn't always easy or fair and look for opportunities based on their own merits. Don't feel entitled.
4. Positive people don't avoid change. Instead, they welcome it. They understand that change is inevitable and believe in their ability to adapt. Don't shy away from change.
5. Positive people focus on what they can control in their lives and recognize that sometimes, the only thing they can control is their attitude. Don't worry about what you can't control.
6. Positive people realize that they don't need to please everyone all the time. They're not afraid to say no or speak up when necessary. They strive to be kind and fair, but can handle other people being upset if they didn't make them happy. Don't worry about being a people pleaser.
7. Positive people don't waste time dwelling on the past and wishing things could be different. They acknowledge their past and can say what they've learned from it. However, they don't constantly relive bad experiences or fantasize about the glory days. Don't dwell on the past.
8. Positive people accept responsibility for their behavior and mistakes. As a result, they don't keep repeating those mistakes over and over. Instead, they move on and make better decisions in the future. Don't make the same mistakes over and over.
9. Positive people appreciate and celebrate other people's success in life. They don't grow jealous or feel cheated when others surpass them. Instead, they recognize that success comes with hard work, and they are willing to work hard for their own chance at success. Don't resent the success of others.
10. Positive people don't view failure as a reason to give up. Instead, they use failure as an opportunity to grow and improve. They are willing to keep trying until they get it right. Don't give up!



**Iowa Association of Nutrition & Foodservice Professionals**  
 2017 Spring Workshop "BE THE CHANGE!"  
 Prairie Meadows Convention Center Altoona, Iowa  
 Friday April 28, 2017



**8:00-8:30 Registration/Continental Breakfast**  
 8:15 - 8:30  
**Welcome ANFP President Chris Rehmer CDM CFPP**

8:30 - 10:00  
**Are your residents dining or feeding?**  
**How CMS's New Reg's define this!**  
*Barbara Thomsen CDM CFPP- BT Healthcare Consulting*

**10:00-10:15 Break**  
**10:15-10:30 IANFP - Business Mtg Bylaws Approval**

10:30-11:30  
**Hunger in Iowa Let's CHANGE it!**  
*Rebecca Whitlow Network Director- DMARC Food Pantry*

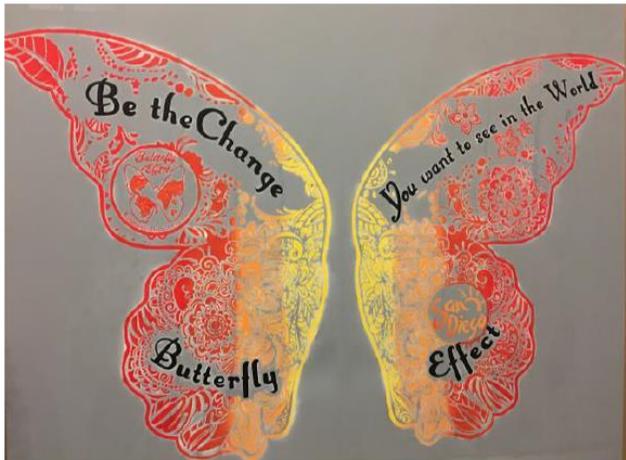
11:30-12:30  
**Lunch & Learn**  
**Ethics and YOU! - ANFP Chair Elect Ken Hanson**

12:30-1:30  
**Sweet & Savory Enhancements to your tables!**  
*Chef Chris Rehmer CDM CFPP -Mercy West Lakes*

1:30-2:30  
**Dining/Menu Software?**  
*Tara Haiston RD LD Power Menu Solution Specialist -NCR Retail*

2:30-4:00  
**Sanitation how fun is it?**  
*Gretchen Robinson RDN, LD -Martin Bros. Distributing*

4:00-4:15  
**IANFP Closing comments**



Name: \_\_\_\_\_  
 Facility: \_\_\_\_\_  
 Telephone: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Member #: \_\_\_\_\_ Email: \_\_\_\_\_

*Registration Deadline: April 21, 2017*  
**Mail to:**

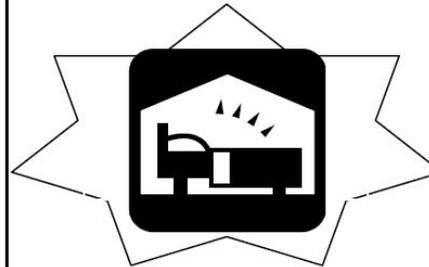
**Matt Hart -Treasurer IA-ANFP**  
**9700 NE 142nd Ave Maxwell, IA 50161**

Member:\$50.00

Non member:\$60.00

Student/Retirees:\$20.00

**Credit Card payment online at [www.anfonline.org/IA](http://www.anfonline.org/IA)**



CEU'S APPLIED FOR: 6.5  
 1.5 Sanitation 5.0 General

IANFP has rooms reserved at Prairie Meadows  
 book by 04/7/17 and mention Iowa ANFP meeting

[Click on the picture below....](#)

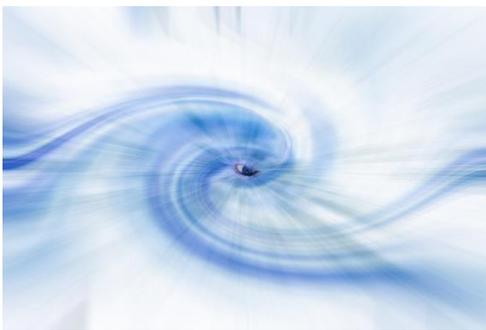


or call reservations 515-957-3000

### **Register Now to Use the NFEF Online Research Tool**

NFEF LAUNCHED its online research/reporting tool based on CMS data June 15! Registration to use the tool is quick and free to all ANFP members and NFEF constituents. The tool contains three years of inspection data for all CMS facilities. Visit our website at [www.NFEFoundation.org](http://www.NFEFoundation.org) and click the link to register.

A dashboard highlights national statistics and registered users can take a deeper dive, comparing their facility to others in their state or nationally. Would you want to know the most common citations issued in your state before your inspection? Have you wondered about those nursing home star ratings and how your facility stacks up against like facilities? You can investigate this kind of data and more using the new research tool!



### ***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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