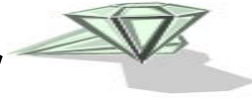


# Iowa Heartland Informer



ANFP 2008/2016  
Diamond Chapter

Spring 2018



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Greetings my fellow CDMs!! I hope this winter has been kind to you and everyone is well. I am looking forward to the ACE Convention in Orlando and our chapter going for the Diamond Award! The coveted Diamond Award recognizes one ANFP state chapter per year that exemplifies dedication to members through chapter initiatives and enthusiastic leadership.

Last year at ACE this coveted award was presented to Louisiana. This chapter's goal was to promote awareness of homeless veterans within their state and they did so by working with the Veterans Administration and The National Coalition for the Homeless, to provide homeless veterans with a backpack full of daily essentials. During the year, each of the districts raised awareness as well as funds, for homeless veterans within their communities. At their spring meeting, the chapter collaborated with several high schools and Junior ROTC programs, to bag items for homeless veterans in their state. They filled 200 backpacks and delivered them to several homeless veteran outreach centers throughout the state. Through collaboration with local charity organizations that aid homeless veterans, they raised awareness within their community of their chapter's mission. Their hope is that the small gesture of appreciation for veterans can be the beginning of something bigger, and they hope to continue to raise awareness throughout their communities.

Wow that is a tough act to follow! This year Iowa is going to shine bright like a diamond and win! We are focusing on making a difference in the lives of our special needs employees. Many would not have the opportunity to have a job at all if some of us did not see past the disabilities and give them a chance! If you and/or your facility are in a partnership with any agency (ie: Easter Seals, Link Assoc., Public School Programs, Voc Rehab, etc) and employ special needs people, share your success stories with us! Ask the job coach or mentor to give you a testimonial on letterhead. Time is of the essence! This has to be submitted by March 31, 2018.

All testimonials can be submitted to me at [pam@calvincommunity.org](mailto:pam@calvincommunity.org) I look forward to hearing all the success stories. Thank you and stay warm!

*Pam Carberry CDM, CFPP*

Shine bright like a diamond.

Rhianna



## DATES TO REMEMBER:

1. Credentialing Exam is now offered on a demand basis
2. Iowa ANFP Spring Meeting/Workshop – Holiday Inn, 6111 Fleur, Des Moines - March 29 & 30
3. Membership Appreciation Week - April 2-6, 2018
4. Hunger Week - April 9-13, 2018
5. Annual Conference and Expo (ACE) – June 1-4, 2018 –Orlando, FL



### **Barb Thomsen IANFP Spokesperson**

Highlights for our Spring meeting/workshop include:

- Sandra Frahm, RD, with Iowa DIA, will be presenting on March 29 with updates on the new LTC survey process
- Survey results and recent citations will be presented by Lisa Lange
- National ANFP has partnered with American Healthcare Association and Jobs of America to help promote the CDM nationwide.
- Introduction of National ANFP “roots” initiative.

I would like to visit with anyone who has expressed interest in being the Iowa Spokesperson during our Spring meeting/workshop. This is a key volunteer role so the board wants to be sure to foster a solid succession plan.

*Barb Thomsen, CDM, CFPP*



**NEW MEMBERS**

- Katherine Allen
- Shelby DeGeorge
- Kari Edie
- Kathy Grossnickle
- Janice Hingtgen
- Tiffany Howard
- Richarad Jensen
- Kerra Kirchner
- Angie Lawrence
- Mackenzie Lewis
- Cathy Mulholland
- Megan nelson
- Nickie Nelson
- Tanisha Ruby
- Carol Schlensig
- Angela Silva
- Diane Sugars
- Nicole Timmons
- Sean Van Berkum
- Sarah Ware
- Sabrina Wood

- STUDENTS**
- Chelsea Bothell
  - Kari Broadway
  - Cori Butler
  - Amanda Clum
  - Suzanne Garber
  - Bernadette Ginapp
  - Norman Grant, Jr.
  - Maximillion Harris
  - Annette Herridge
  - Krystal Hilsenbeck
  - Troy Johnson
  - Jennifer Kasper
  - Darla Linquist
  - Lyle Scheel
  - Rheanna Schwaller
  - Teresa Stuhr
  - Jennifer Weber
  - Lori Williams
  - Stephanie Williams
  - Angela Woods



**IOWA ANFP MEMBERSHIP TOTALS:**

351



## Iowa ANFP Winter Board Meeting

February 2, 2018

Called to order at 1:53 pm

Present: Pam Carberry, President; Becky Rickabaugh, President-Elect; Terry Cramblit, Secretary; Sarah Winchell, Treasurer; Pam Meade, Treasurer-elect; Barb Thomsen, Spokesperson; Chris Rehmer, Past President; Rhonda Postma, Membership Secretary (via phone); Ben McCullough, Scholarship/Awards.

- Consent agenda including minutes from the October 5, 2017 meeting and the Treasurer's report were approved.

### OLD BUSINESS

- Spring meeting date is March 29<sup>th</sup> and 30<sup>th</sup> 2018 to be held at the Holiday Inn, 6111 Fleur Des Moines, Iowa.
- Barb reviewed the agenda and there will be a submission for 11.5 CEU's will be made for the two day meeting.
- Green back packs will be purchased to be given to attendees at the spring meeting. This was approved after a motion made by Terry with a second by Barb.
- Pam Carberry reviewed updated policies and procedures. Barb made a motion to initiate an audit of the books for 2017 using the accountant that has helped with this process in the past. Motion seconded by Sarah. By-laws will be presented to members for approval at the spring meeting.
- Chris reported that \$5250.00 has been committed by the vendors for the vendor show in the spring with 16 vendors committed for the show.
- Barb discussed the state achievement award. She reviewed the ANFP portal to show what has been done. Anyone can check these reports. Chris recommended that a board calendar be put together with all the deadlines etc. on it to keep the board on track.
- Chapter duties – National ANFP introduced a succession plan. Pam and Barb did a SWOT analysis for 2017. The board will continue discussion of how to best recruit new board members and analyze the SWOT information.

### NEW BUSINESS:

- Reviewed who will be attending the annual conference in Orlando, FL. Information is to be sent to Sarah for registration. Sarah will submit all registrations with one payment.
- Pam asked for nominations for President-elect and Treasurer-elect. We will be recruiting for these positions at the spring meeting.
- Pam presented a diamond award idea regarding partnerships with vocational rehab employees. Discussion was held regarding what our chapter can do. She asked that any of us who have these employees submit a letter of our relationships with them and how we work together.
- The board approved purchase of two \$100 dollar gift cards for raffle.
- Barb spoke about partnerships with jobs of America as well as what is happening in LTC with the new regs and the CMS requirement for a CDM in the absence of a full time RD.
- Sarah posts on face book whenever she gets emails from members. She also keeps up on posts as needed such as recruiting for President-elect.
- Discussion held about the newsletter, everything is due to Deb by February 9<sup>th</sup>, 2018.
- Membership report given by Rhonda Postma. As of January 31, 2018 we had 19 allied, 23 pre-professional, 297 professional, 2 retired for a total of 341.

(minutes continued)

- 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.
- Review of scholarship submissions. Chris recommended that we approve all 4 of the submissions. Terry seconded and the motion carried.

Meeting adjourned at 4:10 pm



### **Treasurer's Report: As of Feb. 2, 2018**

Checking Account - \$8,812.69

Travel Fund - \$4,891.62

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

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#### **EXECUTIVE COMMITTEE MEMBERS**

**President:**

Pam Carberry CDM/CFPPP  
4210 W Hickman  
Des Moines, IA 50310  
Work: 515-633-2514

[Pam@calvincommunity.org](mailto:Pam@calvincommunity.org)

**President-elect:**

Becky Rickabaugh CDM/CFPP  
2571 Guthrie Ave.  
Des Moines, IA 50317  
Work: 515-265-2571

[brickaba@elimcare.org](mailto:brickaba@elimcare.org)

**Secretary:**

Terry Cramblit CDM/CFPP  
3923 Ave. L  
Ft. Madison, IA 52627  
Work: 319-376-2240

[tcramblit@fmchosp.com](mailto:tcramblit@fmchosp.com)

**Treasurer:**

Sarah Winchell CDM/CFPP  
3736 Rollins Ave.  
Des Moines, IA 50312  
Work: 515-306-4918

[sarahjane.winchell@gmail.com](mailto:sarahjane.winchell@gmail.com)

**Spokesperson:**

Barb Thomsen CDM/CFPP  
2828 Windsor Dr.  
Norwalk, IA 50211  
Work: 515-371-2648  
Home: 515-371-2648

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

**Past President:**

Chris Rehmer CDM/CFPP  
14411 Dellwood Dr.  
Urbandale, IA 50323  
Work: 515-358-8141

[crehmer@mercydesmoines.org](mailto:crehmer@mercydesmoines.org)

## Exercise: A to Z

Although this sounds like an oxymoron, studies show that one of the big reasons people don't exercise is that they find it boring. Being inside on a treadmill just isn't exciting enough for many folks and they find that they are better able to participate in physical activity on a regular basis if they can be outdoors. It may also be easier to stick to exercise if you are having fun!

Below is an A-Z list of nearly 100 ways to have fun while you're getting in shape:

- **Aerobic** dance class, Agility workouts, Aqua walking
- **Belly** Dance, Basketball, Bootcamp workouts, Baseball, Boxing, Bosu, Balancing Board, Ballet
- **Canoeing**, Cardio Dance, Cardio Cleaning (I met someone who turns up the music real loud and cleans at record pace...while having fun), Climbing, play Catch with the kids
- **Dancing** - ballroom or disco dancing, Double Duty workout (you'll have more fun on the exercise bike if you pair it with your favorite book)
- **Exertube**
- **Flag** Football, Frisbee Golf
- **Golf** (walking instead of the cart, of course), Gymnastics
- **Hula** Hoop, Hoop dancing, Hop with the kids, Hike, Hockey, Handball, Hip Hop dance, Dr. Jo's Hotel Room Workout with the exertube
- **Ice** Skating, Indoor rock climbing, Indo board (an indoor surf board simulation)
- **Jumping** Jacks, Jog, Jumping rocks on the river
- **Kayaking**, Kickball, Karate, Kickboxing, play Keep Away (we even play in the pool with a invisible ball)
- **Lift** Weights, Line Dancing, Lacrosse
- **March** in place, Martial Arts, Mountain climbing, Medicine Ball workout
- **Nia**
- **Outdoor** gym (outside is better than being inside on a beautiful day)
- **Pole** dancing (ya, some gyms really offer this), Paddleboarding, Pilates, Pickleball, use a Pedometer just to make your day more energizes
- **Quidditch** (the Wall Street Journal just did an article on this up and coming team sport...the brooms don't fly though)
- **Run**, Rollerblade, Ribbon Dancing, Racquetball, Rowing, Rugby, Rock climbing
- **Skiing**, Salsa dance, Swim, Surf, Skate Board, Squash, Softball, Snowshoeing
- **Tai** Kwondo, Tap dancing, Trail running or Trail biking
- **Underwater** swimming
- **Volleyball**
- **Windsurf**, Walk, Weights, Water polo, Wii workouts
- **Xcountry** skiing
- **Yoga**
- **Zumba**



**"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"**





I would like to thank all Iowa ANFP members for honoring me at your meeting last fall. Special thanks to Ben McCullough and Deb Dawson of the Awards Committee. They worked hard to get a plaque and made arrangements for me to be with you on that special day.

I did not even give a thought to the number of years I have been an ANFP member until it was announced. ANFP has been a big part of my life and career. The plaque will be on my wall of honor and the kind words spoken will remain in my heart.

Sincerely,  
*Diane Coret*

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## What is ANFP's Member Appreciation Week?

ANFP is grateful for its 14,000 members. To show appreciation for its members, ANFP has designated April 2 - 6, 2018, as Member Appreciation Week. During this special week, ANFP members will receive special discounts, be entered into raffles, and will have the opportunity to enter contests for great prizes. To see each day's activities from last year's Member Appreciation Week, see the schedule below.



Without change,  
there would be no  
butterflies.

Change is very frightening for most people. The principles of continuous improvement often run into obstacles including fear of change. Here are tips to keep pushing forward:

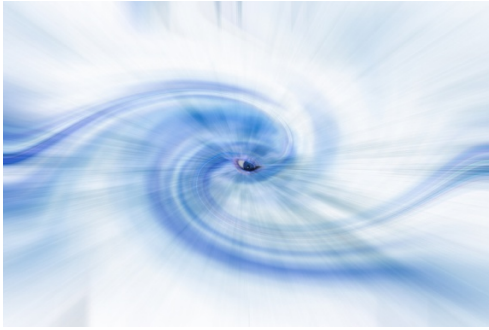
- **The right change is less costly than you think.** Sometimes we oppose change because we think we can't afford it or the old way is profitable. The old way may have gotten you this far, but if you don't adapt, you're missing out on the efficiencies of everything that's been learned since. A healthy change pays for itself in an improved end result, a more efficient process or a happier team.
- **We are all agents of change.** One of the surest ways to waste money is for managers to decide what front line employees need. People usually try their best at the tasks they are given to perform. If we empower them to keep thinking of better ways to do things, they will come up with better work processes. Recognize someone every week for their contributions.
- **Take one step in the right direction.** Those who use the strategy of solving the entire problem at once frequently fail. The problem should be addressed in phases. Instead of focusing on a perfect solution, find one positive step you can implement now. Then collect feedback and repeat the process. With this strategy, you will always be better than you were yesterday.



## 2018 ANFP Annual Conference & Expo

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

Debra D. Dawson, CDM, CFPP  
Newsletter Editor  
6686 NW 53rd St. Johnston, IA 50131  
[d3cdm@hotmail.com](mailto:d3cdm@hotmail.com)