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# The Hoosier

**ANFP** | Association of  
Nutrition & Foodservice  
Professionals

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## INDIANA ANFP UPDATE

by **Maggie Rowlands, CDM, CFPP—Chapter President**

Greeting to all Indiana ANFP membership. We have made it through the winter season and Spring will have sprung soon.

Indiana ANFP Board is busily preparing the final touches to for our first 3 day spring event. The location is going to be fantastic and I think everyone will be as excited as I am about getting together again.

Our Keynote Speaker Bionca Lindsey CDM CFPP will speaking at 2 sessions:

***Understanding your Why? & Diversity, Equity and Inclusion....it's not new, just clarified.*** So be ready for engagement with Bionca.

Something different for this meeting will be our group taking a tour of the Fair Oaks Farm experience. Everyone will have the choice of one 2 hour tour and I am applying for clocks hours for this event. Those clock hours are pending but hope to be approved soon.

Our business meeting will be held on April 21, 2022 and lunch will be provided. The other days lunch and dinner will be on your own. If you stay at the hotel. There is a continental breakfast included with the hotel reservation.

#### **EDGE MAGAZINE! IMPORTANT INFORMATION**

If you haven't read the Edge magazine or visited the ANDP website it is worth the time.



**Maggie Rowlands, CDM, CFPP**

- CMS 1135 Waiver for Director of Food and Nutrition Services extended until April 16, 2022
- Certified Dietary Manager now recognized as Approved Occupation for Registered Apprenticeship.
- ANFP 2022 Annual Conference and Expo June 27-29, 2022 Scottsdale, AZ

# My Recipe for Success By Thomas Thaman, CDM, CFPP



On February 18, I officially retired from my position of Director of Food and Nutrition of Eskenazi Health after 18 years as Director and 45 years in Food-service. While I retired from Eskenazi, I am looking forward to my next journey wherever that leads me and I am going to continue my work with both Indiana and National ANFP. I am especially grateful to the exceptional leadership team we developed and it allowed us to reach heights we never dreamed possible. Last year, I was asked to reflect back on my professional journey and develop my top 10 core philosophies for Edge Magazine. I was really proud of this list and I shared at the Regional Meeting in Toledo in

September. I would like to share it with the Indiana ANFP CDM's and hope you can relate to these philosophies to your own career success.

1. **Surround yourself with top talent:** the key to being successful is now how much you know but how much your team knows. Look for individuals who bring a varied skill set to your team.
2. **Not everything goes as planned,** always have an alternate plan A or plan B. This allows you flexibility and still be able to achieve your overall goals.
3. **Stay focused on what you can control.** Stay inside your lane and don't interfere with issues outside your scope of control.
4. **Don't underestimate the value of volunteerism.** It can be a welcome respite from the stress of your job and give you an astonishing view of your profession and the world around you.
5. **Trust your instincts.** If you are uncomfortable about a decision your first instinct is probably correct.
6. **Raise the bar every year.** Whether it is yourself or your team, reach for more. It will prevent stagnation and promote growth
7. **Learn from your mistakes.** There is nothing wrong with being self reflective when something goes wrong,. As yourself where you went wrong and how to prevent making the same mistake twice
8. **Embrace Feedback.** Feedback is a very necessary component to continually improve your goals and strategies. Feedback allows you an opportunity to get an opinion through a different lens.
9. **Sleep on It.** Difficult decisions can sometime be easier if you give it more time to weigh both pros and cons of a decision. After emotions die down, you may have a different perspective and change your course of action.
10. **The key to success is an engaged staff.** Make sure the workplace you are managing is a satisfying and rewarding experience. It happens through focused employee engagement and changes the culture of you department.

## Volunteer Spotlight by Tom Thaman

### Meet Javier Gasnarez, CDM, CFPP



If you are able to attend one of Indiana ANFP's State Spring or Fall Meeting, you might have met Javier Gasarez, CDM, CFPP. Javier is currently the Culinary Director and Executive Chef at Sage Bluff in Fort Wayne, a Saber Health community.

Born and raised in Fort Wayne, Javier's first job and where he got his start in foodservice was at Azar's Big Boy where, like many of us started washing dishes while in high school and one day the cook called in and Javier was asked to assist the manager in the kitchen as a cook and has been in the kitchen every since. A few years later, Javier got a job at the Fort Wayne Hilton at the Grand Wayne Center when it first opened. He started as a Garde Manager preparing cold foods for the Hilton Hotel and eventually assisted in the many catering and banquet events at the Grand Wayne Center which the Fort Wayne Hilton was responsible for the foodservice. In 1987, I became the Catering and Convention Services Director at the Grand Wayne Center and I recognized Javier's passion for food and service. Javier eventually was promoted to Banquet Manager and met his wife of 34 years, Tina who also worked at the Hilton. In Javier left the Hilton as Banquet Manager and returned to Azar's as a restaurant manager.

In 2008, Javier returned to school to obtain a Hospitality/Culinary degree at Ivy Tech in Fort Wayne and this is where he met his mentor Myshelle Wyneken. She was teaching the CDM course at Ivy Tech and encouraged Javier to get my CDM by taking five more necessary classes. He



**Javier Gasnarez, CDM, CFPP**

became certified in 2011 and started his journey in Health Care where he continues today. To give back to his profession Javier taught as an adjunct instructor at Ivy Tech (2011-2016) the CDM courses as well as Introduction to Cooking to encourage and mentor new CDM's to our profession.

Javier loves being a CDM and allows him to be creative even with Diet Restrictions and loves his daily interaction with the residents to find their likes and dislikes and prepare the food they have always enjoyed. Thanks Javier to your commitment to quality cuisine and service!!!



**Indiana ANFP Spring Event  
Wednesday, April 20, 2022 thru Friday 22, 2022**

**Fair Oaks Farms**

**856 N 600 E Fair Oaks, Indiana 47943**

**Hotel Information: Reservation deadline is March 21, 2022**

**Room rate is 109.00**

\*\*Hot breakfast buffet included in the above rates.



**Registration Form**

**(Please pre-register even if you plan on paying at the door), Return form by: April 11, 2022**

**Please include Registration Form & Check, make payable to: Indiana ANFP to:**

Mail to: Robert Milligan CDM, CFFP  
2022 INANFP Meeting Registration Form  
10644 Pike St, Crown Point, IN 46307  
574-219-629-0428 or bob.milligan@tlcmgmt.com

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

Address \_\_\_\_\_

Phone \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

DMA# \_\_\_\_\_

Email \_\_\_\_\_

Check here if you need a receipt: \_\_\_\_\_

Special Food Allergies: \_\_\_\_\_

**Check Appropriate Box**

\_\_\_\_ 119.00 for 3 days \_\_\_\_ 69.00 for 1 day

\_\_\_\_ 79.00 Retired members and guests (3 days)

\_\_\_\_ No cost to first time enrolled ANFP Students- 1 time

\_\_\_\_ RSVP and paying at the door.

\_\_\_\_ \$140.00 Walk in and not registered.

Farm Oak Farms Tour is 19.00 included in registration.

Refund requests approved by Exec. Board after mtg.

**Credit card payments will include a 5.00 processing fee.**

Wednesday, April 20, 2022		
Time	Session	Speaker
9:00 AM – 9:15 AM	Registration and Breakfast on Own	<b>William Jasper Ballroom</b>
9:15 AM – 9:25 AM	Welcome and Introduction	Indiana ANFP Board Member and Program Committee
9:30 AM – 11:00 AM 1.5	Session One Returning normal in the Pork Industry	Matt Ackerman Pork Board
11:05 AM – 12:25 PM 1.25	Session Two Nutritional Screening	Sarah Freehill MA, RDN, LDN TLC Management
12:30 PM – 1:15 PM	Lunch on your own	
1:30 PM – 3:00 PM 1.50	Session Three What's your Why??	Bionca Lindsey CDM CFPP BCL Consulting, LLC Prattville, AI
3:10 PM – 4:30 PM 1.25	Session Four Operational Efficiently Lean Concepts	Jared Grandlienard CDM,CFPP,LSSBB,SSLP Creative Dining Services
4:35 PM – 5:45 PM 1.25	Session Five Get the most out of ANFP website and posting clock hours.	Robert Milligan CDM, CFPP Indiana Chapter President, National ANFP Board. TLC Management
	Executive Board Meeting	
Thursday, April 21, 2022		
Time	Session	Speaker
	New Registrations Breakfast on your own	<b>Fair Oaks Ballroom</b>
9:00 AM – 10:15 1.25	Session Six Culinary Skills with Plate Garnish	Dave Kahn CDM,CFPP
10:30 am - 12:00pm 1.50	Session Seven D E & I	Bionca Lindsay CDM, CFPP BCL Consulting, LLC Prattville, AL
12:15 – 1:15 PM	Lunch/Business Meeting/Awards	Lunch Provided
1:30 PM – 4:00 PM 2.0	Session Eight Dairy Adventure, Pig Adventure, Winfield Crop Adventure	Fair Oak Farms Tours
4:15 – 5:30 1.25	Session Nine Sanitation Inspections Tips on readiness!	Andrea Armstrong CDM,CFPP
	Sponsored event	
	Community Project Event for everyone	<b>Pack Buddy Bags</b>
Friday April 22, 2022		
Time	Session	Speaker
8:45 AM	New registration Breakfast on your own.	<b>Fair Oaks Ballroom</b>
9:00am- 10:15 AM 1.25	Session Ten Understanding Industry Supply Chain Issues	Barbara Minger RN Gordon Foodservice Specialist
10:25- 11:45 1.25	Session Eleven Eating Disorders	Chef Charles Redmon CFCE, CCAC, CDM, CFPP
12:00-2:00 1.50	Session Twelve Leading through the Generations	Andrea Armstrong CDM CFPP, Indiana President-Elect
	Fill out your surveys	<b>Give them to Maggie</b>
	End of the Conference Travel Safely	

# Welcome Indiana's New CDM's!!



Bridget Anderson, CDM, CFPP  
Gaston, Indiana

Anatole Cakmak, CDM, CFPP  
Bloomington Indiana

Wendy Carlin, CDM, CFPP  
Cedar Lake, Indiana

Kyle Carmichael, CDM, CFPP  
Greenwood, Indiana

Lucas Carter, CDM, CFPP  
Fort Wayne, Indiana

Michelle Curley, CDM, CFPP  
Merriville, Indiana

Samantha DeCarlo, CDM, CFPP  
Louisville Kentucky

Steven Guy, CDM, CFPP  
Chef

Wellbrook of Kokomo  
Kokomo, Indiana

David Hestand, CDM, CFPP  
Indianapolis, Indiana

Leah Kolacki, CDM, CFPP  
Muncie, Indiana

Tamsen Leonard, CDM, CFPP  
Edwardsville, Michigan

Megan McManus, CDM, CFPP  
Taswell, Indiana

Ian Norwood, CDM, CFPP  
Akron, Indiana

Timothy Reardon, CDM, CFPP  
Crown Point, Indiana

Charles Redmond, CDM, CFPP  
Muncie, Indiana

Anthony Robinson, CDM, CFPP  
Indianapolis, Indiana

Kendra Schemmer, CDM, CFPP

Decatur, Indiana

Christopher, Sipp, CDM, CFPP  
Westfield, Indiana

Penny Tunis, CDM, CFPP  
Winamac, Indiana

Kurt Wilson, CDM, CFPP  
Shelbyville, Indiana



## Indiana ANFP Treasury Report



Account Balance—July 27,2021		23,853.98
Deposit ANFP Rebate -	1365.00	25,218.98
Fair Oaks Deposit—Spring Meeting 4/22 #6170	-500 .00	24,718.98
Chapter Donation NFEF Foundation #6171	-500.00	24,218.98
Account Balance as of February 28, 2022		<b>24,218.98</b>

Submitted By Bob Milligan, CDM, CFPP—Indiana ANFP State Treasurer



Indiana ANFP was established in 1964 and is now in its 56th year. With over 400 CDM's statewide, Indiana is one of the largest chapters in the country. The chapter has recently undergone major changes and leadership comes from our a central board consisting of the President, President Elect, Immediate Past President, Secretary, Treasurer, State Spokesman and Newsletter Editor. Currently, we have two State Meetings per year, one in the Spring held in central Indiana and one in the Fall, which will be rotated between northern and southern Indiana. Our state meetings have varied programs and offer a minimum of 12 CE's per meeting. Meetings are also a great networking opportunity to meet members and share ideas and possibly find a future leader for your own team. Volunteer opportunities are available. Please consider getting involved with Indiana ANFP and help keep our 56 year tradition alive.

## Upcoming ANFP Events and CE Opportunities

**April 20-22, 2022**

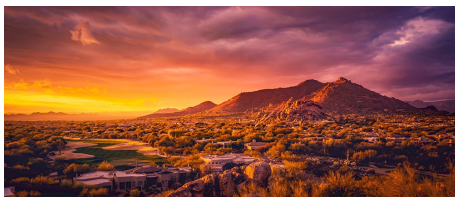
**Indiana ANFP Spring Meeting**  
Fair Oaks Farm  
Fair Oaks, Indiana

**April 20-22, 2022**

**ANFP Regional Meeting**  
Opryland Inn  
Nashville Tennessee

**June 27-29 ANFP**

**Annual Conference and Expo**  
Scottsdale Arizona



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**ANFP Marketplace**

<https://anfp.org>