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The Hoosier— Winter 2025

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Association of Nutrition & Foodservice Professionals



Message from the Chapter President

Happy Holiday Indiana ANFP!

I am honored to serve as your Chapter President for the next two years. I would like to extend my sincere appreciation to **Andrea Armstrong, CDM, CFPP**, for her outstanding leadership as Chapter President over the past two years. Her commitment and dedication have strengthened our chapter, and I look forward to building upon that foundation with the support of our strong board.

Volunteer leadership has been a meaningful part of my career. I have served in various roles within our Indiana Chapter for more than 17 years, as well as at the national level for the past six years. These experiences have been incredibly rewarding. I believe leadership is about inspiring those we serve, supervise, and mentor—and nothing is more fulfilling than seeing others grow into leadership roles themselves.

We are currently seeking passionate members to serve as **Members at Large** on the chapter board. This role offers an excellent opportunity to learn how the board operates and to contribute to the future of our chapter. If you are interested, please don't hesitate to reach out to me or any board member. We would be glad to speak with you.

Please **mark your calendars for May 6–8, 2026**, for our Indiana Chapter Spring Meeting in Plainfield, Indiana. We are planning a strong program featuring dynamic speakers, a vendor fair, and a special group activity on the evening of May 7. Registration will be available soon—we hope to see you there!

Wishing you and your families a wonderful and joyful holiday season.

Bob Milligan, CDM, CFPP

President, Indiana ANFP Chapter



Save the Date

Indiana ANFP Spring Meeting

Wednesday May 6 through Friday, May 8, 2026

Courtyard By Marriott

450 Marketplace Mile

Plainfield, Indiana 46168



Three Day Registration Fee—\$125

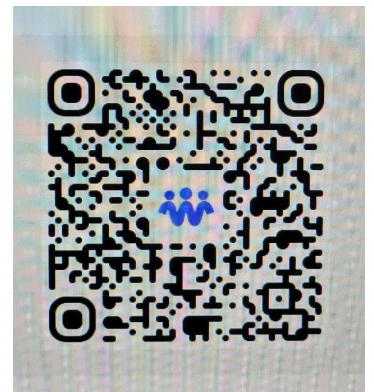
One Day Registration Fee—\$45

Retired Members Fee—\$80

Make Your Reservation Today by using the QR Code Provided

Courtyard Marriot Group Rate of \$169 per Night

Reservation link below



<https://www.marriott.com/event-reservations/reservation-link.mi?id=1758719092566&key=GRP&app=resvlink>

CDM's in the News—Karen Bauer, CDM, CFPP from Adams Woodcrest receives *Caregiver of the Year Award* from the Indiana Healthcare Association/Indiana Center for Assisted Living



Alma Almetovic—Executive Director at Woodcrest, Karen Bauer CDM, CFPP and Rachel Weber—Foodservice Director

Congratulations to Karen Bauer, CDM, CFPP, Dietary Clinical Manager at Adams Woodcrest in Decatur, Indiana for receiving Caregiver of the Year from the Indiana Healthcare Association/Indiana Center for Assisted Living.

The Caregiver of the Year Award is given each year to an individual working in a skilled nursing or assisted living facility who excels in job performance providing quality, person centered care and services and serves as a role model and mentor to fellow team members.

Alma Ahmetovic, Executive Director at Woodcrest says “Karen is a quiet hero of our community and she does so much for our residents and team members” Ms. Ahmetovic also stated that Karen has a dedicated heart for 26 years. She stated that Karen is comforting presence to the residents at every meal.

The staff members recognize that Karen is someone known for her ability to make a transition with the residents moving into a skilled nursing facility much easier.

Karen says “I try to put our residents at ease if they are having a bad day, they just may need a hug or a smile.

On behalf on Indiana ANFP, we congratulate Karen for this extraordinary honor and celebrate



My CDM Journey by Andy Tygart, CDM, CFPP—Part One

I was born in Kokomo and we lived in Howard County until I was ten. In 1988, we moved to Crawfordsville where I eventually graduated from Crawfordsville High School in 1997. My interest in food began when I was old enough to crawl into the kitchen. My aunt used to babysit me when I was a toddler, and I'd always go straight to her kitchen and start taking out her pots and pans. As I got older, I gravitated to the kitchen whenever my mom or aunt was cooking. The smells coming from the kitchen were always so comforting. My dad was also a good cook, and I think having a male role model in the kitchen helped me feel more supported in my interests in cooking. One Sunday morning in 1988, my dad decided that I was ready to learn how to cook. He taught me how to make pancakes and to this day it is still one of my fondest memories of him. After my parents split up, I had to take on more responsibilities around the house. One chore that I enjoyed was cooking. Money and food were usually in tight supply and I was forced to find creative ways to make food



taste good that didn't cost a lot to make. While I was in high school, the Food Network became very popular. I learned quite a bit from the likes of Emeril Lagasse and Alton Brown. As I was growing up, PBS was always on TV and I got exposed to cooking from people like Julia Child, Martin Yan, Jeff Smith, and Justin Wilson.

While I was in High School, I had several different restaurant jobs including Arby's and Applebee's. I also worked for a few independent places too. In my senior year, I decided that I'd attend Johnson & Wales University after an impressive tour of the Providence Campus. I was dazzled by the classroom/kitchens and the professionalism of the faculty.

As with many young people, I was full of dreams and aspirations. In my early 20's reality set in with my student loans hanging over my head. In my mid-20's, I wondered if I had made a mistake with taking the culinary route with my career. I decided that I wanted a better living and I looked into healthcare. I started nursing prerequisites for nursing and took a job at Bloomington Hospital as a nurse tech. Unfortunately, after six months I lost my job and was crest-fallen. I went back to the familiarity of the kitchen and put nursing on the back burner.

Eventually I found my way to Portland, Oregon and one day on the train I spoke with a stranger. He asked where I cooked and I found out that he had also gone to culinary school. We had had very similar career paths, but he told me that I should look into becoming a CDM. He said it was the best career move of his life. This conversation occurred in 2011. By 2016, I was a CDM.

My CDM Journey by Andy Tygert, CDM, CFPP—Part Two

Due to family issues, my time in Portland was cut short. I moved back to Kokomo in 2011. I went to work at a Restaurant but quickly I could tell it was failing. I kept seeing an add on Craigslist for a cook at a local nursing home. I figured, I would work there until something better came along. I ended up working there for five years. Two of those years, I was a dietary manager. My boss, Dave Kahn, believed in me and mentored me until I was ready to succeed him.

The day I got my credentials was such a happy one. I was immensely proud to see letters after my name. That exam changed my life. In 2016, I was able to get a car loan for the first time and I also bought my first house. Becoming a CDM, granted me the financial stability that had alluded me in my 20's and most of my 30's. I also looked a lot from my former boss, Bill Rees. He was a bit of a father figure and he guided me to be a good CDM, by patiently showing me what an executive director is looking for in a CDM.

I enjoy being able to change people's minds about being an mentor to others. My philosophy is to bring out the best in others and give them the tools to succeed.

I decided to get involved in ANFP as a means to level up my career. Like many of us, my job has limited advancement. I can achieve more in my company than where I already am. Volunteering with ANFP has helped me develop my career in ways my company doesn't have the resources available.



Manual Of Best Practices By Tom Thaman, CDM, CFPP

Over the last year, the Indiana ANFP Policies and Procedures have been revised. In 2024, ANFP developed global policies for all ANFP Chapters. This was done for consistency throughout the organization. These policies cover a wide range of issues regarding chapter management including officer job descriptions, banking, suggested committees for chapters, election of officers and qualifications. For almost 50 years, Indiana ANFP (formally DMA) had a set of policies that were written and revised through the years. These policies were outdated and antiquated and did not reflect what the current chapter. The new policies written by ANFP serves as our guideline of how we will be managing the chapter going forward. The policies are broad in scope.

The Manual of Best Practice for Indiana ANFP provides more specific details for our chapter. They are not policies and do not supersede the ANFP policies but details our chapter current practices and allows the chapter to continue our awards program, newsletter and social media processes and outlines how our leadership structure.

The ANFP Policies and Procedures and the Manual of Best Practice are available to view on the ANFP Website on the Indiana ANFP Portal.



Nominate Someone Today

Indiana ANFP Awards

Distinguished Member of the Year

Administrator of the Year

Allied Partner of the Year

Nomination Criteria and Application will be available in January 2026



Indiana ANFP Gives Back!!

2026 Community Service Project

Cornerstone Living by Wheeler Mission

Each year, Indiana ANFP selects a Community Service Project to help others in need. This year, we have selected donating Cornerstone Essential Living kits to sponsored by Wheeler Mission of Indianapolis. Wheeler Mission founded in 1893 is a non-denominational, Christian, social services organization which provides emergency care, recovery services and Christ centered transformation to individuals experiencing homelessness, poverty and need in Central and South Central Indiana without regard to race, color, sexual orientation, creed, national origin or religion.

The Cornerstone Essential Living kit program by Wheeler Mission provides necessary supplies to those in need who are transitioning from homelessness to an apartment living situation.

The kits are divided into five essential areas including a kitchen kit, a bathroom kit, cleaning supplies kit, first aid and hygiene kit and a hand tools kit.

All members will receive an attachment with the news-

letter mailing along with a check list. Indiana ANFP will be sponsoring 1 complete set of kits.

Members will be encouraged to select a kit, purchase the items and pack into a box and send to: **Wheeler Mission, 3208 East Michigan Street, Indianapolis, Indiana 46201, Attention Cornerstone Living.** In the box, make sure to include the following note:

"This box was lovingly created by the members of the Indiana Chapter of ANFP, We hope your new home brings you peace and joy"

For those members attending the spring meeting in Plainfield we will try to assembler another complete through member donation.

Many thanks to Amy Dillman, CDM, CFPP for contacting the representatives from Wheeler Mission to participate in this extraordinary program.



ANFP Fall Board Meeting Minutes, October 9, 2025

Submitted by Amy Dillman, CDM, CFPP Part One



ANFP Board Meeting/October 9, 2025

Call to order: 5:50pm

In attendance: Maggie Rowlands, Bob Milligan, Tom Thaman, Andy Tygert, Dominick Patrevito, Andrea Armstrong, Amy Dillman

Motion to accept minutes from last meeting: All agreed

Treasurer's Report (Maggie):

September 30th-\$23,041.77 (\$1265 summer rebate)

Trans Pecos Bank Issue- Maggie and Bob to investigate

Old business

Senator Yoder can't come to the Fall Meeting

Thank you to Amy and Andrea for the accommodation for the fall meeting.

Presentation of speakers

Start at 9:15am

Snacks, member appreciation week

Name badges are stick on (no lanyard)

Spring Meeting Update (Courtyard by Marriot, Plainfield, IN. May 6-8, 2026)

Ken Owens ANFP National Chair

Amy Bollam RD, Dining RD.

Dana Fillmore RD, GFS

Bionca Lindsey CDM, CFPP (2 sessions)

Representative from Performance Foodservice

Jessica Houge RD, GFS Topic: Peak Performance with Lean Management

Maggie sent out an email regarding the rooms available to book. \$169.00

Ensure to blind copy when emailing the group.

Dominick will get ahold of Megan Cook

Panel discussion on a topic that touches everyone in food service (put your thinking caps on- implementation, change management, budget cuts, break rooms)

Dominick going to send out the current topic schedule for the spring meeting.

Vendor fair recruitment- Bob will be sending out vendor fair agreements

Talk with Piazza and Acorn about donations for breakfast (Fruit, Danish)

Spring meeting cost- \$125.00

ANFP Fall Board Meeting Minutes, October 9, 2025

Submitted by Amy Dillman, CDM, CFPP Part Two



Chapter Awards: Deadline 4/30/26

Membership

Government

Communications

Diamond Award: **November 15th**, deadline on project

ANFP National Awards

Newsletter Update-1st of December, page 1-Bob, page 2-Spring meeting, page 3-CDM of the year (Karen Bauer), community service project, manual best practice, recognize new CDM's

*Distinguished member of the year, administrator of the year award, allied partner of the year (Tom will send policy)

IndianaANFP25@gmail.com (password: foodservice/all lowercase)-business account Bob created

Business meeting- new business (bylaws)

"Best practices" instead of policies and procedures.

Silent Auction

New Business:

New meeting name badges: Including QR codes for schedules, Wi-Fi passwords and meeting evaluations.

Spring Meeting Theme to make the meeting attractive for attendees- Indy 500?? Other ideas?

Market Illinois ANFP for Spring Meeting

Fall Meeting 2026- Greentown, Bloomington, MOW downtown Indianapolis

Current Membership count:

Allied Professional-5 (not certified)

Pre-Professional-14 (not certified)

Professional- 6 (not certified), 303 (certified)= 309

Total: 328

Motion to adjourn- Andrea 1st/Maggie 2nd



Indiana ANFP Treasurer Report

Submitted by Maggie Rowlands, CDM, CFPP



May 31, 2025—November 30, 2025

Opening Balance 1-1-2025 **22,247.11**

Income:

ANFP Rebate 3-7-25	1400.00
Spring Meeting Vendor Tables 275. X5	1375.00
Spring Meeting registration 18 x 125.	3613.28
50/50 for Community project	207.50
Crowded Adjustment	97.80
Total Income:	6693.58

Expenses:

Donation to NFEF chapter sponsor	517.50
Essenhaus food and meeting room	2,277.89
Speaker fee-Dave s. Check	500.00
Speak Gift cards	250.00
Spring mtg board dinner	201.82
Presidents hotel room	534.24
Crowded fees	24.97
Community Outreach Project	712.90
Award Plaques –Bob M reim	230.51
Late fee for CE	50.00
Registration to ACE for Andy Tygart	395.00
Refund registration Alisa Van Asdall	125.00
Total expenses:	5819.83

Closing Balance November 30 **23,120.86**

***Indiana ANFP Funds maintained through Crowded and managed by Maggie Rowlands, Treasurer*

Welcome Indiana New CDM's



Misty Cline CDM, CFPP
Indianapolis, Indiana

Charu Chandra Pant CDM, CFPP
Osceola, Indiana

Robert Gauler CDM, CFPP
Romney, Indiana

Amy Lee Thomas CDM, CFPP
Vevay, Indiana

Robert Luke Hampton CDM, CFPP
Greenfield Indiana

Kessikah Wolf CDM, CFPP
Decatur, Indiana

Mike Hurst CDM CFPP
Bloomington, Indiana

Doug L. McClure CDM, CFPP
Lebanon Indiana



2025 Indiana ANFP Chapter Member Count

Member Type	Not Certified	Certified	Total
Allied Professional	5	0	5
Pre-Professional	13	0	13
Professional	7	315	322
Total	25	315	340



Indiana ANFP was established in 1962 and is now in its 63rd year. With over 350 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, Newsletter Editor and (3) Director's at Large. Currently, we have two State Meetings per year, one three day Spring meeting held in central Indiana a one day meeting in the Fall, which will be rotated between northern and southern Indiana. Our state meetings have varied programs and 5-6 CE's per day. 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 63 year tradition alive.

Upcoming ANFP Events and CE Opportunities

May 6 through 8, 2026
Indiana ANFP Spring Meeting
Courtyard by Marriott
Plainfield, Indiana
16 CE

June 15 through June 17, 2026
2026 Annual Conference and Expo
Rosen Center Hotel
Orlando, Florida
22 CE



Happy Holidays from the Indiana ANFP Board

Bob Milligan, CDM, CFPP—President
Domonick Patrevito, CDM, CFPP- President Elect
Maggie Rolands, CDM, CFPP—Treasurer
Amy Dillman, CDM, CFPP-Secretary
Andrea Armstrong CDM, CFPP— Past President
Thomas Thaman, CDM, CFPP— Newsletter Editor
Andy Tygart, CDM, CFPP— Diector at Large
Genny Leiter, CDM, CFPP— Director at Large

