



**INDIANA ANFP  
STATE OFFICERS**

**President**

**Brad Hayden CDM/CFPP**  
812-963-7646  
bradelyrh@gmail.com

**President Elect :**

**Maggie Rowlands CDM/CFPP**  
574-946-2151  
mrowlands@pmhnet.com

**Secretary:**

**Stephanie James, CDM CFPP**  
812-202-3561  
Sjamescdm@hotmail.com

**Immediate Past President:**

**Bob Milligan, CDM, CFPP**  
219-629-0428  
bob\_milligan@aol.com

**INSIDE THIS ISSUE:**

**Paying It Forward by |**  
**Brad Hayden**

**The Importance of |**  
**Volunteering 2**

**Spotlight on Jacque |**  
**Maxson, CDM, CFPP 3**

**Fall Meeting Minutes |**  
**4**

**Volunteer Opportu- |**  
**nities 5**

**Welcome New |**  
**Members 6**

**Upcoming Events |**  
**7**

# The Hoosier

VOLUME 43 ISSUE 8

**ANFP** Association of  
Nutrition & Foodservice  
Professionals

WINTER / SPRING 2021

## Paying It Forward by Brad Hayden, CDM, CFPP

Winston Churchill has many famous quotes, but one of my absolute favorites is about volunteering. "You make a living by what you get. You make a life by what you give." Doesn't that quote just scream CDM? Our Indiana ANFP members have worked tirelessly through this COVID pandemic successfully utilizing their knowledge and resources to care for others while earning a living.

Indiana ANFP members are in that period where facilities and institutions are finally seeing the light at the end of the tunnel. Their new systems and processes they have countlessly adapted are showing promising results. Many of our members may already be at the end of the tunnel earning a well-deserved break. While taking that break, I would like to share some benefits of volunteering that will hopefully inspire you to Take Action and keep the momentum going strong!

Volunteering can provide a healthy



**Brad Hayden, CDM, CFPP—Indiana  
ANFP President**

boost to your self-confidence, self-esteem, and life satisfaction. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. While volunteering you can learn new skills, gain experience and even expand your network while boosting social skills.

We just worked and lived through one of the most challenging years most of us will ever experience. So, let us be thankful and appreciative; Pay it forward through volunteering. Whether it be in your local community or even with Indiana ANFP, be sure to share your wealth and give what you get.



# The Importance of Volunteering

by Tom Thaman, CDM, CFPP

*I am only one, but still I am one. I cannot do everything, but still I can do something; and because I cannot do everything, I will not refuse to do something that I can do. – Helen Keller*

As the pandemic raged on last year, I suddenly found a new sense of urgency regarding the importance of being a volunteer.

In many parts of the country, hundreds of underserved citizens lined up at food banks to get enough food provide for the family. Food banks desperately depend on volunteers to assist with loading cars with boxes of pantry items. Many of the volunteers risked their own lives to serve the community but that is what is known as the “heart” of a volunteer.

At Eskenazi Health, we worked closely with Meals on Wheels of Central Indiana. Hundreds of homebound clients were served by MOW many volunteers who continued to deliver meals on their daily routes. Very few dropped out because they knew they were serving a greater purpose. Without these volunteers, the nutritional health of many of the homebound would have been in jeopardy.

I have always loved to volunteer most of my life but I really never understood why until last year. I recently came across an article on seven reasons to volunteer:

1. Volunteering connects you with others
2. Volunteering builds self confidence and self esteem



3. Volunteering is important for physical health
4. Volunteering is important for mental health
5. Volunteering is importance for a sense of purpose
6. Volunteering helps you forget your own problems
7. Volunteering is important for your career

Volunteers keep the world turning and there was no better evidence than last year. Volunteering take your mind off of the pressures of work and many times you can develop great friendships from the people you meet.

Please consider volunteering, whether it is at a Food Pantry, Church, a Service Club or ANFP . You will not be sorry and will find it very rewarding!!!

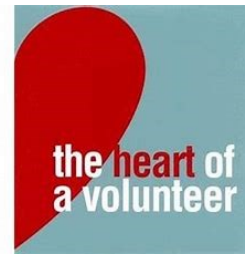
## Volunteer Spotlight

### Meet Jacque Maxson, CDM, CFPP

In this issue, we are celebrating the career of Jacque Maxson, CDM, CFPP who has recently retired after 39 years as the Foodservice Director of Indiana University Health White Memorial Hospital in Montecello, Indiana.

Jacque joined HIEFSS now known as ANFP in 1977 shortly after she became a CDM. She is a native of Delphi, Indiana and learned the art of cooking by helping fix family meals with her mother. She started working as a car hop for a local Dog-N-Suds during High School and eventually worked as a teller in a bank (a job she did not like!) After graduation, she got a job as a cook for a local nursing home. When the Dietary Director went on a sick leave, Jacque assumed the duties of the Dietary Director. When the previous director did not return from her leave, Jacque got the job permanently. Jacque became a CDM through encouragement of her mentor, Mona Pratt RD who was the Dietitian for the nursing home. In 1981, Jacque took a job as a Supervisor at White County Hospital and in 1989 became the Director.

When Jacque joined ANFP, she and long time member Judy Steinmetz, CDM, CFPP organized a District in her area and Jacque served various District Offices including President, Secretary and Treasurer. She eventually went on to do various offices and committee work on the State level including, Secretary, Membership Committee,



Newsletter Editor and Policy and Procedure Editor, a position she continues to do today. Per Jacque, the best part of ANFP that she has enjoyed is the many friendships and opportunity to mentor new members and officers.

Jacque has been married for 46 years and has two grown children, 4 grandchildren and 1 great grandchild and a Shih-Tzu named Miss Peanut Sassy Pants!

On behalf of everyone at Indiana ANFP, we thank Jacque for her many years of volunteering for ANFP and wish her all the best in her "second act" and hope to see her soon at a state meeting!!

## Meeting Minutes—Indiana ANFP Board—October 14, 2020



Meeting called to order by President Brad Hayden at 5:01 pm

Roll Call of Officers:

Past President: Bob Milligan

President: Brad Hayden

President Elect/Treasurer Maggie Rowlands

Newsletter/Government Affairs: Tom Thaman

Secretary Excused-

Minutes being recorded.

Members Auditing meeting: Beth Summers, Andrea Armstrong, Amy Dillman, Lisa Decker.

Treasurer Report given By Maggie Rowlands-see attached handout to follow along.

Current Balance: 28,360.28 ( the CD money 3000.00 was put back into the general fund) will not rewrite it at this time.

Saving /gaming acct 500.00 ( raffle was not held at this meeting to limit contact and risk of exposure)

The state is in a good financial state. And all information has been reported to the Finance Committee in detail as required and with the death of Judy Stinemetz and Aaron leaving the organization we have to replace 2 non board members on the committee. Andrea Armstrong and Darryle Robinson have been selected and accepted the new roles. Thank you

Motion to approve the finance report 1<sup>st</sup>: Bob Milligan and 2<sup>nd</sup>: Tom Thaman, motion carried.

Secretary report not read, but is in the newsletter for viewing.

Current Business: The Board met virtually in March, May, July to discuss the following: Cancellation of the Spring meeting with the Pandemic, Filing National Reports for awards and state rebates on time and will we hold the fall meeting. Where do we go from here?

All reports were submitted on time for the

rebate and it was received in January. Committee awards were submitted on time and although were we eligible to submit for the Diamond award, we opted not to submit for the sake of submitting. The cancelation of the spring meeting and the state shut down, the Board felt it was the best options for Indiana. Over the last 50 years Indiana has received over 20+ State Achievement awards due to the hard work of the board members that have stayed active to keep Indiana a string state.

All reports were submitted and we received the July rebate from National. These rebates are based on the number of active members in Indiana, this is where our rebate comes from. We have over 500+ members in the state of Indiana.

New Business: We need to have in place new members to step up and fill some positions. President-elect, Treasurer and Treasurer-elect, committee positions such as program, membership, finance, historian. We have a great group of people to help mentor new members in these position and nobody will be left behind or alone.

Indiana is a strong chapter and we want it to remain that way. The board has a good infrastructure by working together. We are about transparency and keeping everybody informed.

Old Business: Much discussion about how to hold future meetings was a big topic. Do we hold 1 meeting a year with a larger venue in person? Hold virtual meetings? Have a collaboration with Indiana RDN's with a dual meeting that would meet the needs of both groups. This is where we need the help of members. There will be a Survey Monkey sent out to all members asking for input and suggestions.

If there are more than 2 members who wish to step up to any of the Board positions please let us know, we can vote electronically on this, along with the suggestion to keep retirees active on the state level, in the past National was not in favor, but is now leaving it up to the individual states on how to proceed.

Meeting closed at 6:01 pm  
Minutes respectfully submitted  
by Maggie Rowlands, CDM, CFPP

# Step Up to the Plate and Keep Indiana ANFP Strong!!

## 2021/2022 Volunteer Positions Available

**Treasurer** Two Year Term (May Serve Two Terms)

**Treasurer Elect** Two Year Term or Member of the Finance Committee

**Secretary Elect** Assist Secretary with Minutes and Membership

**Program Committee** Assists with Obtaining Speakers for Spring and Fall Meeting

**Finance Committee** Assists the Chapter Treasurer with Finances and Budgeting

For more information and submitting an I WILL SERVE form, please contact Brad Hayden at Bradley.Hayden@doc.org or Maggie Rowlands at mrowlands@pmhnet.com



### Indiana ANFP Treasury Report



<b>Balance Carried Forward</b>	<b>\$26,360</b>	11/14 Speaker Gift Cards	\$300.00
Deposits		Speaker Room (1 Night)	\$151.20
Registration for Fall Meeting	\$2,250	Essenhasue Deposit	\$200.00
		Return Registration (1 Day)	\$50.00
Expenses	\$3,463		
10/14 M. Rardin Speaker/Milliage	\$351.60	<b>Balance 11/3/2020</b>	<b>\$27,146.72</b>
10/15 Esskenhaus Expenses	\$1208.80		
11/14 Board Dinner	\$300.00		
11/14 Presidents Room	\$257.60		

Respectfully Submitted by Fincnce Committee  
Maggie Rowlands, Bob Milligan, Andrea Armstrong ,Darryle Robinson

# Welcome Indiana's New CDM's



Christen R Alanis, CDM, CFPP  
Rossville, Indiana

Shyri Denise Bethel, CDM, CFPP  
Indianapolis, Indiana

John Broerman, CDM, CFPP  
Evansville, Indiana

Elizabeth Collins, CDM, CFPP  
Indianapolis, Indiana

Laura Gerber CDM, CFPP,  
Decatur, Indiana

Mathew Gindhart, CDM, CFPP  
Indianapolis, Indiana

Jennifer Glenn, CDM, CFPP  
Jeffersonville, Indiana

Wanda Gore, CDM, CFPP  
Anderson, Indiana

Mary Kay Isles, CDM, CFPP  
Connersville, Indiana

Lesley Marie Kendal CDM, CFPP  
Seymour, Indiana

Ashley Rangel, CDM, CFPP  
New Castle, Indiana

Jack Renbarger, CDM, CFPP  
Southfield Village

Robert Tyler Rockwell, CDM, CFPP  
Griffith Indiana

Anita Sutton, CDM, CFPP  
Indianapolis, Indiana

Robin York CDM, CFPP  
Crawfordsville, Indiana

CDM®|CFPP®

CDM®|CFPP®

THE CORNERSTONE OF YOUR CAREER.

NFEF (Nutrition & Foodservice Education Foundation) is proud to support grant opportunities for nutrition and foodservice professionals and students! See the ANFP Website at [anfponline.org](http://anfponline.org) for details!



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 and 21, 2021**

ANFP Spring Virtual Meeting  
(6 CE)

**April 22 and 23, 2021**

Indiana ANFP Spring Meeting ( 7 CE)  
Cambria Suites, Noblesville Indiana  
(currently at capacity )

**June 28-July 1, 2021**

ANFP Annual Conference and Expo (ACE)  
Renaissance Sea World, Orlando, Florida  
(22 CE)

**September 23-24, 2021**

ANFP Fall Regional Meeting, Renaissance  
Toledo Downtown, Toledo, Ohio

*Free and Discounted  
CE Specials Available  
in the  
ANFP Marketplace  
Throughout the  
Month of April  
Including*

*Preventing and Managing Malnutrition in  
Older Adults  
Heroes at Work, how Foodservice Managers  
have Adapted*

*The Nutrition Care Team:  
Working together for Client Health*