

The Hoosier

ANFP Association of
Nutrition & Foodservice
Professionals

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Merry Christmas Indiana ANFP Members!!

By Brad Hayden, CDM, CFPP

I can't believe Christmas is here and we are now welcoming the year 2021, although it may not be that different from 2020, please hold on and challenge yourself to have a positive outlook. There is no doubt that we all have been affected by COVID in one way or another whether personally or professionally. If being a CDM wasn't challenging enough, we had to go with the flow and adapt and change as we learned more about COVID. I've heard so many wonderful stories of our members helping on the floor more than usual and even some helping in other departments. While working on the floor and working with others, were you able to lay down new roots? Were you stricken with memories of "this is how I got started"? Were you motivated to get back to basics? Living through the pandemic, you not only modified policies and procedures in your professional career but did you recognize change in your personal/family life? Did 2020



make you stop and smell the roses? Inspiring your inner self to re-examine priorities? The hustle and bustle of the Holidays are always stressful, but with COVID ringing front and center, take a step back and reflect on what you all have overcome and conquered. The work you are doing as CDMs are very essential and life-saving and not everyone recognizes that. So, from Indiana ANFP, let us say THANK YOU! Keep working hard for your family and employees! Keep fighting the good fight and run into 2021 with all the new things you have learned and discovered from 2020 and keep your head up high. Happy New Year,

Staying Positive in Trying Times...A Personal Journey

by Rita Erne, CDM, CFPP

Rita Erne, CDM, CFPP is the Director of Dining and Nutritional Service and has been since 1993 at The Cedars Retirement Center in Leo-Cedarville, Indiana. Rita shared her inspirational story at the 2020 Fall Meeting in Middlebury

Greetings fellow ANFP members! My name is Rita Erne. I have been in the Healthcare foodservice industry for 30 years starting out as a dishwasher, and in my current facility as Dietary Manager for 27 years. I have never experienced a pandemic, and these are unprecedented times for our industry. I would like to share my story with you in hopes that it will give you some hope and inspiration to deal with the everyday challenges we face in our lives and careers.

March 17, 2020 I developed a fever in the evening after working all day. I reported this to my boss, and I was told to self-quarantine for at least 14 days or until the symptoms were gone. This was early in the pandemic and testing was not readily available. After a week of constant fever and cold or flu-like symptoms, I was told to go to the respiratory clinic. From there they sent me to the ER to get tested for Covid-19 after a concerning chest x-ray. After being tested I was told that it would be a week to 10 days before I would find out the results. I was sent home and given a prescription to treat for pneumonia. Two days later I was contacted by the Department of



One Step at a Time!!



Sitting Up for the first time Easter Sunday

Health with the news that I had tested positive. I was told to continue to quarantine and if I developed difficulty breathing to get to the hospital.

On Saturday March 28th I started to have difficulty breathing so I called the EMS and they rushed me to the hospital. What happened in the next 2 weeks was told to me by my daughter and family as I have no recollection of these events except for dreams and visions that made sense later.

After I arrived at the hospital, I was taken to ICU to be put on a ventilator. On the way there I flatlined and had to be resuscitated as my heart stopped for 90 seconds. I was then intubated and put into an induced coma. During this time, I also developed a blood clot and although they successfully removed it, my daughter had to make the

difficult decision to have my lower leg amputated in order to save my life.

Exactly 2 weeks later, on April 11, I was successfully removed from the ventilator and was able to hear my daughter on the phone. This was an extremely difficult time for her as she was unable to be with me even though doctors had only given me a 50/50 chance of survival. She had lost her Dad, my husband, 4 years earlier to cancer and was facing the loss of her mother and begged to be by my side.

On Easter Sunday, April 12, I turned a corner and was able to sit up and ask for food and something to drink but was not able to have anything due to concerns about aspiration. I had many strange hallucinations which included seeing my favorite barista bringing me a latte which I found out later, did not happen! I also imagine that I heard crickets in my room and thought the girls were playing tricks on me and had thrown a few of the noisy little critters into my room.

When I was finally able to eat and drink, I was placed on a pureed diet with thickened liquids. Yes! It was awful, but fortunately, after a few days, I graduated quickly to a regular diet. I ordered a cheeseburger and fries for my first meal! Yummy!

From the hospital I was transferred to a rehab center where I stayed for 10 days. I experienced firsthand what it was like to be confined to one room and get meals in Styrofoam containers. The food was not very good, but I did not complain knowing what it is like to receive food complaints. My family and friends were able to come to my window and see and talk to me. On the day I was released they were all outside to greet me and cheer for me! It was a very emotional moment.

After spending about a month in my parent's home so I would not be alone, I was finally able to go home and begin the process of adjusting to my new life as an amputee.



Rita with Daughter Kara at her surprise birthday party this summer

I experienced many emotions and struggles as I realized how much my life had changed and would continue to change forever. But one thing that I held onto was Joy. I had survived miraculously and no matter what difficult circumstances I would face, there was a reason why I was still here. Many people surrounded me with prayers, financial assistance, transportation, meals, cards, letters and words of encouragement. I was off work for a total of 6 ½ months and I never had to worry about paying my bills.

I returned to work on October 5, 2020. I am now wearing a prosthetic and I am able to complete most of the duties required of me and that I did before. I will be forever grateful to my loyal staff who pulled together and kept things going in my absence and during a Covid outbreak at my facility.

Yes, the stress is still there and some days it is difficult to come to work. However, I have been given a second chance at life and I have learned a lot through this experience. I have a new appreciation for my staff and for the residents that we serve as I know a little of what they go through daily.

God is good! Miracles still happen! Life is short so live it in joy as you are blessed!



With Nephew Hayden at a Cross Country Meet in South Bend

Volunteer Spotlight

Meet Andrea Armstrong CDM, CFPP

This month, we would like to introduce Indiana ANFP to Andre Armstrong. Andrea is the new Foodservice Director at IU Health in Bloomington and an active member of Indiana ANFP

For the last three at Indiana ANFP state meetings, Andrea and her co-worker Amy Dillman have provided attendees 1 sanitation CE for playing Sanitation Bingo which they created. Andrea will be running for Indiana ANFP President Elect in the spring.

Andrea is from "The Region", raised in Northwest Indiana, spending her teen years growing up in kitchens along the way. She graduated from Cooking and Hospitality Institute of Chicago in 2002, beginning her career as a chef.

In 2005 Andrea moved to Bloomington, joining the food service team at Bloomington Hospital as the Assistant Cafeteria Supervisor, promoted to Food Service Supervisor in 2015 and recently accepted the role of Food Service Director in June. While working for IU Health Bloomington, Andrea continued her education earning the Certified Dietary Manager, Certified Food Protection Professional credential in 2010. She earned her bachelor's degree in business administration from Indiana Wesleyan in 2015. Andrea became a ServSafe instructor/proctor in 2015 and has educated food service professionals in healthcare and restaurants across the



Andrea Armstrong, CDM, CFPP

South Central Region.

Andrea is on the Board of Directors at the Community Kitchen of Monroe County, serving as the Fundraising Committee Chair. She has also served as the Food Safety Chair for the 100 Men Who Cook fundraiser since its inception. Andrea is an active member of the Association of Food Service Professionals, serving on the finance committee and an active speaker on sanitation at state conferences. Andrea's commitment to community has awarded her with the Judy Talley Award in 2017 and the President's Values Leadership Award in 2018.

Andrea spends her time away from the kitchen with her husband Nick and they have one daughter, Krista. Her favorite pass time is hiking, traveling and photography.

Keeping You and Your Family Safe from CoVid during the Holidays!! by Tom Thaman, CDM, CFPP



A recent study by the Indiana State Department of Health through contact tracing has determined that the recent surge in CoVid this fall in Indiana can be traced to family gatherings in the home. The tracing concluded that in the home, we let our guards down especially if we invite small groups of people in for a family outing or meal. Particularly at risk are family members over the age 60 who may have a compromised immune system or at a greater risk of complications from CoVid due to age and health. CoVid can also be asymptomatic which means a person can be positive and spread Covid without knowing it even though they do not experience the usual symptoms of CoVid

Larger group gatherings are also a source of exposure especially when social distancing, hand sanitizing and mask adherence are lacking. Gatherings or events over 500 people must have a

safety plan submitted to the state before the event can be held.

I think we all agree that 2020 has been one of the most challenging years of our lives. Most of us assumed in April that all this would have been over by now but as the holiday's approach here we are having to make the difficult decisions regarding how we are going to celebrate with our family without risking their health.

Here are a few tips you may want to consider as you are making those plans:

- Continue to avoid larger group gatherings whenever possible but if you are attending make sure the group has social distancing and mask wearing in place.
- Consider keeping family celebrations to immediate family if possible and please be considerate to family members or grandparents over the age of 60 when inviting them as guests to your home.
- Families can be brought closer together on a holiday through Face Time or Zoom. While it does not take the place of everyone together in one place, it keeps everyone connected and safe.
- Don't be afraid to ask your guests to get tested for CoVid prior to coming to your home especially if they have been in a situation that they could have been exposed to the virus

Keep safe and please consider this virus will not last forever!

Welcome Indiana's New CDM's



Shyrl Denise Bethel, CDM, CFPP
Indianapolis, Indiana

John Raymond Broerman, CDM,
CFPP Evansville, Indiana

Wanda Gore, CDM, CFPP
Anderson Indiana

Leslie Marie Kendal, CDM, CFPP
Seymore Indiana

Nicole Johnson Osby Bey, CDM, CFPP
West Lafayette, Indiana

Brian Lowery, CDM, CFPP
Martinsville, Indiana

Ross Pentzer, CDM, CFPP
Fishers, Indiana

Jack Renbarger, CDM, CFPP
Southfield Village, Indiana

Anita Sutton, CDM, CFPP
Indianapolis, Indiana

CDM | CFPP
THE CORNERSTONE OF YOUR CAREER.



Indiana ANFP Treasury Report



Balance Carried Forward	\$26,360	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	Balance 11/3/2020	\$27,146.72
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



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 15 and 16, 2021

ANFP Spring Regional Meeting, (12 CD)
Marriot Memphis East, Memphis, TN

April 22 and 23, 2021

Indiana ANFP Spring Meeting (12 CE)
Cambria Suites, Noblesville Indiana

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
(12 CE)

What is Your 12 Days of Christmas?

By Maggie Rowlands, CDM, CFPP

Take the time to connect: Set an alarm for a relatively quiet time of day. Let the alarm remind you to stop and think of one person to whom you would like to express your appreciation. In that moment, simply take a few minutes to call or write to let that person know how grateful you are for their presence in your life. Consider doing this every day for a week or longer. Notice the ripple effect

Instead of the normal 12 days of Christmas why not use this practice to remind us of the events of the past year and how we have overcome challenges in our personal life, work life and the families we care for every day. Truly this year has not been just an "I" event it was and still is "WE", alone we would not have succeeded, but together we have learned how to make it work.

