



The Hoosier

ANFP | Association of
Nutrition & Foodservice
Professionals

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Looking for a Few Great Leaders!!

Can you believe it is already 2019!! So much has changed in the Indiana Chapter over this last year and we could have not made these changes without you! Indiana is moving forward in a time where change and innovation is upon us and I would like to take this time to thank each of you for all you bring to our organization and chapter. Since we have made the change with dismantling our districts I would like to thank all who have served on a district level and now we hope you are ready and eager to serve on a state level!!

Our fall meeting was a great success. I would like to say thank you to everyone involved with the planning as well as all who attended. Our meetings are a real undertaking and there are many volunteers that help make it happen.

As a board we working on our goals for the year and I have to say things are going well, including donations of money and food to Meals on Wheels of Indiana. A major goal we have is volunteer recruitment. Our board is aware that this process and needs attention if we are to succeed as a chapter. Please let a board member know if you are interested in helping out in any way here in the Indiana chapter. We are seeing some new faces getting involved and would like to continue to recruit members to take on leadership roles. Even if you have said you would help in the past, please let current leaders know so we can come along side of you to inform and educate you on our volunteer opportunities. Currently we are looking for volunteers to serve in the following areas: State President Elect, State Treasurer and State Secretary. If you have any interest in any of these positions please feel free to contact me or

another board member for further details. We have also included an "I Will Serve Form" in this edition of the "Hoosier" for your convenience you can feel free to fill out the form and return it to me.

Don't forget and make plans to attend our Spring Meeting in April in Noblesville, we are looking forward to another great meeting!!! That's April 24th & 25th in Noblesville!! And don't forget about the ANFP ACE Meeting this June in St. Louis!! This is a great opportunity to attend our organizations national meeting and attend some great seminars!!! And have the opportunity to "network" with other members from around the country.

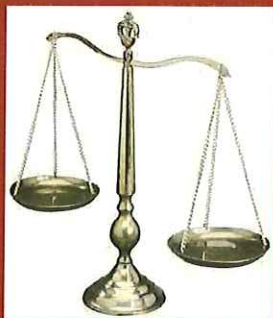
As I said so much has happened over this last year and we are not done yet!! There is still so much more that we all can do to make the ANFP Indiana Chapter a great chapter!! Thank you all for all you do, I appreciate all your work and all your talents!! And I hope to see you in Noblesville this April!

Bob Milligan CDM, CFPP

ANFP Indiana Chapter President



A Word About Ethics By Tom Thaman



"A quiet
conscience
makes one
strong"

Anne Frank from:
A Diary of a Young Girl

Beginning June 1, 2019, all CDM's will be required to have 1 CE of Ethics as a part of their 45 CE requirement. This was voted on last year by the Certifying Board of Dietary Managers. ANFP has made a commitment to provide members numerous opportunities for to easily obtain the CE including an article in the Edge Magazine. Indiana ANFP will have a presentation at the Fall State Meeting plus those of you who will be attending the ACE Meeting in St. Louis in June will also have an opportunity to obtain the CE credit.

Ethics is such an integral part of our daily operations, our chapter and how we should conduct ourselves as CDM's, that this requirement will only reinforce our commitment to professionalism.

The Code of Ethics for the Certified Dietary Manager provides a guideline to the CDM in their professional practice and conduct. Listed here are a few of the main principals in the CDM Code of Ethics:

1. The Certified Dietary Manag-



er provides professional services with objectivity and with respect for the unique needs of the individual

2. The Certified Dietary Manager avoids discrimination against other individuals on the basis of race, creed, religion, sex, national origin and complies with EEOC and ADA requirements and the Rehabilitation Act.
3. The Certified Dietary Manager Conducts himself/herself with honesty, integrity and fairness.
4. The Certified Dietary Manager maintains confidentiality of information.

Please review the entire Code of Ethics, principals 1 through 18 at:

<https://www.cbdmonline.org/cdm-resources/cdm-cfpp-credential-code-of-ethics>

Meet Michael Crafton By Tom Thaman

We are pleased to announce that our keynote speaker for the spring meeting at the Cambria Suites on April 24th will be Michael Crafton, CEO and President of Nelbud Service Group headquartered in Indianapolis. Nelbud is one of the largest kitchen exhaust and hood cleaning companies in the country with 21 locations as far east as New York City to as far west as Las Vegas. Michael will be doing a motivational talk on successful goal setting.

I have known Michael for about 14 years. Back in 2005 during my first year as Foodservice Director at the

old Wishard Hospital, Michael who was a new graduate of the Kelly School at Indiana University contacted me and said he was forming his own company called 360 Services. He brought his prices in on a sheet and what struck me was his incredible enthusiasm and drive and his commitment to service. I gave him our contract and he has been cleaning hoods ever since.

Since 2005, Michael's company has grown in leaps and bounds. In 2015, he purchased east cost based Nelbud Services and moved the headquarters to Indianapolis. Doubling their customer base.



Michael and his company has received many awards including one of the top places to work by the Indianapolis Star in 2015, 16, 17 and 18. Michael was also named 40 under 40 executives to watch by the Indianapolis Business Journal. Indiana ANFP welcomes Michael!!

Assessing Your Competency By Tom Thaman

Over the course of the next few years, you will be hearing the term "Continuing Competency" from ANFP. What that means is that you should be assessing your competencies to help you grow your career. By doing this, it provides you a roadmap on areas that you will need to focus on with your continuing education needs.

To understand your needs, you can complete a GAP Analysis tool that has been developed by the CBDM to outline your current strengths and weakness. This is available on the ANFP website but will attach to this Newsletter blast.



The GAP Analysis is based on the CDM Scope of Practice. The analysis will help you develop an action plan on how to improve your skill.

Each competency is divided into three columns to classify your skill. The first column is you **lack the skill**, the second column is you **need improvement** and the third column is that you are **fully competent**. The final column is to outline an action plan on how you can raise this competency.

For example, your current position may be centered in the operation of the kitchen and less involvement with Residents or Patients. You would mark "Lack". Your action plan may read:

I will devote 5 Continuing Educational hours in the next three years to gathering and applying nutrition data" To complete that action plan, you would look for live meetings that have those topics or find the subject in the CE Marketplace.

Please look for future articles in The Hoosier or presentations at live meetings on Continuing Competencies.

Indiana ANFP Treasury Report

Indiana ANFP Treasury Report

October 31, 2018—February 28, 2019

Ending Balance 10/31, 2018	\$27,376.52
Expenses—West Minster District Fall I Fall Mtg.	\$205.46
Ending Balance 11/30/2018	\$27,181.08
Deposit	
National Rebate 2/8/19	\$1,500.00
Ending Balance 2/25/2019	\$28,671.08
Available Funds	\$25,671.08
(Raffle Funds)	(\$886.05)
CD Funds	\$3000.00

The District Funds will now be reported in the general fund and no longer be separated. At this time, we do not have a fund for speakers so it will be the goal of the new state leadership to limit speaker fees for the near future.



Maggie Rowlands
Indiana ANFP
Treasurer

2019 Finance Committee

Maggie Rowland, CDM, CFPP

Rose Williams, CDM, CFPP

Melanie Yocum, CDM, CFPP

Paulette Northern, CDM, CFPP

Indiana ANFP Gives Back, The Letter Writing Campaign!!

As part of our year long mission of advocating support to eliminate food insecurity, Indiana ANFP will host a letter writing campaign at the Spring Meeting.

Attached to this newsletter is a copy of the advocacy letter we will be sending. We have target 4 Indiana legislators that Meals on Wheels has recommended who are concerned about America's problem with food insecurity. Understanding advocacy, we first need to understand the method.

What is a "letter writing campaign"?

A letter writing campaign is an easy effective advocacy tool by which a group of constituents voice their opinion about specific issues. The letters may be directed to the President, a member of Congress or a particular government agency. Knowing reelection depends on the votes of their



constituents. Senators and Representatives pay close attention to the mail they receive

Why organize a "letter writing campaign"

Legislators are there on Capital Hill to represent us, the people. The letter serves to educate the target person/audience about an issue and explains why you feel they should take action for or against that issue. Receiving a swarm of constituent mail can greatly impact a way a legislator votes on a particular issue. Letter writing campaigns are useful way to:

1. Educate the Leader on our cause or concern
2. Gets our organization involved with political activism.

3. Carves out an identity for our chapter by providing an independent voice to our legislators

Our 4 Indiana Legislators that we will be providing our letters to are:

1. Senator Todd Young
400 Russell Office Building
Washington DC 20510
2. Representative Jackie Walorski—IN. District 2
419 Cannon House
Office Building
Washington DC 20515
3. Representative Susan Brooks—IN District 5
2211 Rayburn House
Office Building
Washington DC 20515
4. Representative Larry Bucshon—IN District 8
2313 Rayburn House Office
Building
Washington DC 20515

Letters will be sent by members and will be available at the Spring Meeting at the Cambria Suites in April.



Indiana ANFP Spring Meeting April 24 and April 25, 2019

Cambria Suites,
Noblesville, Indiana
3500 Tegler Drive



Wednesday, April 24, 2019

8:00 AM—9:00 AM	Registration	Hotel Lobby
9:00 AM—9:15 AM	Welcome and Introduction	Bob Milligan
9:15 AM—10:15 AM	Keynote Speaker	Michael Crafton, CEO Nelbud
10:15 AM—10:30 AM	Network Break	
10:30 AM—11:30 AM	Survey Readiness	Tracy Kootnz RD
11:30 AM—12:30 AM	Flavoring & Shaping Puree Breads, Deserts & Proteins	Steve Hockemeher Rubicon Foods
12:30 PM—1:30 PM	Buffet Lunch	
1:30 PM—2:30 PM	Driving Your Data for Success	Tom Thaman Eskenazi Health
2:30 PM—3:30 PM	Diabetes Management	Amy Carter RD, Diabetes
3:30 PM—3:45 PM	Networking Break	
3:45 PM—4:45 PM	Citation Free Kitchen	Ecolab
4:45 PM—5:45 PM	Sanitation Jeopardy	Andrea Armstrong/ Amy Dillman IU Health Bloomington
5:45 PM	Adjourn	
6:00 PM to 8:00 PM	Dinner and Board Meeting	Indiana ANFP Board

Thursday, April 25, 2019

7:30 AM—8:30 AM	Breakfast On Own	
8:30 AM—9:30 AM	Indiana Grown/Buying Local	Seth Grant, Eskenazi Health
9:30 AM—10:30 AM	Sodium Reduction	Katheryn Maher

Earn 12
Continuing
Education
Credits
10 General
2 Sanitation

Thursday, April 25, 2029 (Cont.)

10:30 AM—11:30 AM

Food is Medicine and Advocacy

Barb Morris/Nick Fennig
Meals on Wheels of Central Indiana

11:30 AM—12:30 PM

Buffet Lunch

12:30 PM—1:30 PM

Business Meeting/Award Program

Bob Milligan

1:30 PM—2:30 PM

Strategic Planning

Megan Herwehe RD
Eskenazi Health

2:30 PM—3:30 PM

Forecast on Produce

US Foods

3:30 PM

Adjourn

12 Continuing Education Credits—9 General, 3 Sanitation

Please pre-register, even if you plan on paying at the door.

Return form by April 20, 2019.

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

Mail to:

Maggie Rowlands, CDM, CFFP

2018 INANFP Meeting Registration Form

8141 S 700 W, Winamac, IN 46996

574-946-2151 or mrowlands@pmhnet.com

Name:

Company/Organization:

Address:

City: _____ Zip: _____

Check Appropriate Box

_____ 100.00 for 2 days,

_____ 50.00 1 day only

_____ 50.00 Retired members (2
days)_____ No cost to Enrolled ANFP Stu
dents- 1 time only_____ I am coming and will paying at
the door._____ \$120.00 non registered, pay
at the door.*Full Refunds given if cancelled 10 days
prior to the meeting. If the cancellation
is less than 10 days you will receive
\$20.00 less on the refund. CANCELLED
CHECK SERVES AS YOUR RECEIPT.*_____ 25.00 FEES ON ALL RETURNED
CHECKS

Hotel Reservations

Cambria Suites,
13500 Tegler Drive
Noblesville, Indiana
855-499-001

Single \$129.00

Double \$129.00

2018 Distinguished Member of the Year—Rose Williams



Rose Williams, CDM, CFPP

Congratulations to Rose Williams, CDM, CFPP who received a long overdue recognition when she was honored as the 2018 Distinguished member of the Year at the fall Indiana ANFP Meeting. Rose is the Dietary Manager at Signature Healthcare at Hillcrest in Owensboro Kentucky. She loves what she does and in particular loves her residents. Rose lives in Tell City, Indiana.

In 1985, the hospital Rose worked at as a cook sent her to school to become a CDM. Wanting to advanced her career, enrolled and embarked on her journey as a CDM. Rose has been active in ANFP for over 30 years. She was District President three times receiving the Key Award in 2000, 2004 and 2006. Rose served as Chapter President three separate times serving her own term plus two unfulfilled terms while she was Past President. During those three terms, she received the Platinum State Achievement Award 2009/10,

2015/16, 2016/17. She also received the Gold State Achievement Award in 2014. When Rose is not working, Rose spends time with her daughter and her 17 year old grandson who are the world to her. Rose stated, "I want to say a big thank you to all the members of Indiana ANFP for making me feel so appreciated. I also want to tell Bill Conley and my team members at Signature Healthcare at Hillcrest a big thank you for being there when I need them. I am happy to be a member of Indiana ANFP and to help our state chapter"

Meet Me in St. Louis—2019 ACE Meeting

This year's annual ACE Meeting will be held at the Union Station Hotel located in downtown St. Louis on June 26th through June 29th.

The annual ACE (Annual Conference and Expo) event is always an excellent opportunity to earn 20 Continuing Education Credits through a balanced agenda covering leadership skills, clinical nutrition, sanitation and a exhibit show featuring 50 + industry vendors and professionals. ACE is also a great way to meet and network with your peers throughout the country. Annual Awards are presented in several categories each year and each state chapter is recognized for their efforts.

The Indiana chapter is always one of the most active chapters in the country as evident by it's long history of receiving the annual State Achievement Award. This year should continue that tradition. Information and registration can be found on the ANFP Website and scholarships are available. Hope to see you there!



EXPLORE ST. LOUIS

2019 Annual Conference and Expo

June 26th Through June 29th,
2019

Union Station Hotel



Indiana ANFP was established in 1964 and is now in its 55th 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 and one in the Fall, both are held in the central Indiana area outside Indianapolis. 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 55 year tradition alive.

Welcome Indiana's New CDM's

Mrs. Julie Furlano, CDM, CFPP
Winamac, Indiana
furlanofamily@msn.com

Mr. Mario Garber, CDM, CFPP,
Goshen, Indiana
mario.garber@greencroft.ort

Kathryn Hojara, CDM, CFPP
South Bend, Indiana
khojara@gmail.com

Dawn Lawson, CDM, CFPP
Muncie, Indiana
dshull936@gmail.com

Mrs. Nicole Elaine Robsertson, CDM, CFPP
Crown Point,
nikkirobert6510@yahoo.com

Lisa Valentine, CDM, CFPP
Hartford City, Indiana
chefflisav@gmail.com

Tony Gargano, CDM, CFPP
Indianapolis, Indiana
Antonio.Gargano@eskenazihealth.edu



I WILL SERVE

Indiana Association of Nutrition and Foodservice Professionals needs dedicated volunteers who are willing to serve as officers and committee members. Please indicate below in which capacity you are willing to help serve your professional association.

As an Officer: President-Elect – A 3 year commitment. On board as President-Elect (Program Chairperson, President (Leadership responsibilities), Past-President (State Legislative chair), may serve on National Board of Delegates) _____

Recording Secretary – A 2 year commitment. On State Board 2 years. Records minutes of all state meetings. Contacts new and dropped members, new students and enrollees, and any other correspondence deemed necessary by the Board _____

Treasurer – A 2 year commitment. On State Board 2 years. Will be bonded per DMA. Records all financial transactions, audited yearly _____

As a Committee Member:

Public Relations _____

Promotion work for state meetings and annual events

Program _____

Assist President-Elect with speakers for state meetings

Membership _____

Reaching new members, students, promote ANFP

Legislative _____

Liaison from district to state, attend legislative hearings

Nominating _____

Recruit officers, develop state ballots

Tellers _____

Count ballots and record results

Newsletter _____

Assist with ads and articles

Travel _____

Assist in transportation to state meetings

If interested, please fill out form above and return to current State President or any member of the Executive Board. See addresses on the front of the newsletter.

Your Name _____ DMA # _____

Street Address _____

City, State, Zip Code _____

Work phone _____ Home Phone _____

Email: _____

ADMINISTRATOR OF THE YEAR AWARD APPLICATION

In an effort to promote Dietary Managers and Indiana ANFP to administrators, the Administrator of the Year Award is given each year. All administrators who are nominated by their dietary managers that qualify for the award will be considered and voted on that will be presented at the fall state meeting. (In the event that an Administrator changes employment from the Dietary Manager that nominated the administrator the award will be given d/t the administrator deserved the award to have been nominated.)

Please complete the application. Completed and legible applications should be mailed to the State President by March 1st to be reviewed by the Board of Directors at the Spring State Board Meeting.

Criteria used to select candidates will:

- Candidates who demonstrate an interest in and support of the association
- Candidates who encourage and/or support the member to attend their district, state and/or national meetings for current and continuing education.
- Candidates who support the member in his/her endeavor to be active in the association.

Upon receipt of the application the State Board of Directors shall select the Administrator of the Year and the IANFP member who nominated him/her will be notified and asked to send a brief resume of the winning candidate and invite the Administrator to the Fall State ANFP Meeting to accept the award. (In the event the Administrator cannot attend the Fall IANFP Meeting the award will be mailed to the Administrator.)

Administrator: _____ Title: _____
Home address: _____ Phone number: (H) _____ (W) _____
Dietary Manager: _____ District: _____
Facility: _____ Address: _____
City, State, Zip Code: _____ Phone: _____

1. How does your administrator support you in attending IANFP meetings and as a manager?

2. How does your administrator demonstrate awareness of IANFP education programs?

3. How is your administrator receptive to new ideas?

4. How does your administrator support you in your endeavors to be active in the association?

Accepted: Yes No

Administrator notified? Yes No

Will attend Fall Meeting for Acceptance: Yes No

Dietary Manager notified? Yes No