



## INDIANA ANFP STATE OFFICERS

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547-946-2151  
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AAarmstrong@iuhealth.org

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812-202-3561  
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219-963-7646  
Bob\_Milligan@aol.com

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# The Hoosier—Spring 2023

ANFP Association of  
Nutrition & Foodservice  
Professionals

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SUMMER 2022

## Indiana ANFP Spring Meeting—April 12-14, 2023

## West Baden Hotel and Resort—French Lick, Indiana



Please mark your April calendars and attend the three day Indiana ANFP Spring Meeting at the historic West Baden Hotel in French Lick, Indiana. The three day format was very popular last year and the Indiana ANFP Board voted to repeat again this year. Up to 18 continuing credit hours will be available for those who attend the meeting. This is a great opportunity to get those last minute CE hours for CDM's whose three year certification window closes on May 31st and are still in need of CE's. The cost of the three day event is only \$60.00

Indiana's West Baden Hotel has a long history and was once known as the "eighth wonder of the world" for it's unique architecture and massive domed atrium. Built in 1902, the hotel was recently renovated and now houses a full spa as well as a Casino. Room reservations can be made through the information on page 4. Hope to see everyone there!!

## A Message from Indiana ANFP President

### Maggie Rowlands, CDM,CFPP

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We made it through the holidays and in the final preparations for our spring meeting at French Lick Hotel Meeting in April.

Time passes by so quickly as Indiana ANFP is celebrating its 60<sup>th</sup> anniversary 2022. Most of us were babies back then or not born yet.

I think about the dedication of those women and men 60 years ago and how they started the Indiana chapter and what it took to plan a meeting.

Back then it was the mail and (Ma Bell) telephone and good ole word of mouth, unlike today we have email newsletters, email blasts, webinars, websites, Facebook, Linked In to get our messages to our membership about upcoming events.

As you have received many emails from National ANFP and myself about the changes starting June 1, 2023 with the CDM competency. During our 2022 ACE conference in Scottsdale I took the beta testing for this competency as I wanted to see what it was about and I will be taking this myself in June for the first time. This information will help prepare Certified Dietary Managers in the role as manager in the facility. It will help us focus on the areas we don't utilize daily and it will give the next generation of Indiana ANFP leaders the best information on how to best plan for your educational meetings. As I end my term of Indiana Chapter President and move into my next term as Past President, I feel so blessed to know each one of you wonderful Indiana members and I love remembering names with faces as I greet each of you at the door. So here's is my pitch for Indiana ANFP we need **YOU** to step up and help keep the great Indiana ANFP active for another 60 years. It takes a little time from you and the more members working on an event it goes much smoother. So I will serve form will be included in the newsletter and please consider and position as they are all open membership, program, spokesperson, President, President – Elect, Secretary, secretary- Elect, Treasurer, Treasurer-elect, Newsletter editor, Newsletter editor elect, Facebook and LinkedIn website committee. So don't be shy, jump in small and work your way up as many have done before us. Thank you Indiana Chapter Membership for letting me serve you.

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**Maggie Rowlands CDM CFPP, CHEST**

Dietary Services Director | Pulaski Memorial Hospital

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# The Importance of Mentoring

By Thomas Thaman, CDM, CFPP



As everyone knows, I finally retired from Eskenazi Health last February after 18 years as Director of Food and Nutrition and 45 years in Foodservice. I left Eskenazi very proud of what I was able to accomplish during my time there I reached heights I never dreamed possible but I did not do it alone. I was blessed with great and dedicated staff over the years who I am extraordinarily grateful to. I also must acknowledge the importance that ANFP played in my leadership development over the years. I have been able to network with some of the finest nutrition professionals in the country not only members but our wonderful business partners.

Last summer, I was blessed to receive a couple of "lifetime achievement" awards from a couple of organizations including the *Distinguished Service Award* from ANFP at the ACE meeting in Scottsdale Arizona. While I was extremely humbled by those honors, I could not have accepted those awards without acknowledging key people at various points in my career that guided and mentored me and most important instilled self confidence in myself to take on the many professional challenges that I faced over the years.

Mentoring is one of the most important things that we can do in our profession because it gives us the opportunity to shape the future by influencing future leaders.

I have had many wonderful mentors over the years. One of the most influential mentors I had was actually my first professional mentor. His name was Ron and he was a regional sales director of a Hotel Management Company. He hired me in 1979 about a year after I graduated from college. The company he worked for had several hotels in the Pittsburgh area and had openings for Catering Managers and Directors at the hotels to manage the banquets and meetings at the hotels in the area. What I liked about Ron and will be eternally grateful for was that he gave me a certain confidence in my abilities that sustained my for the next several decades. He hired me as a catering manager (which was the Directors Assistant) and within six months offered me a role of Director at one of the companies airport hotels. The catering department was not in great shape. The staffed lacked leadership and the



supervisory team needed to be overhauled and replaced. The employees also did not work as a team either and all the staff were on one team or the other team and both teams loved to undermine each other. After observing this for a couple of weeks, I whined to Ron that I didn't think I was ready for this. (I was only 24) and his response was "stop it, you're making me mad" and I said why and he said "If I didn't think you could do this job, I would not have put you into it" What a great word of encouragement that was and I proceeded to get the job done and became very successful in my role with the company. Eventually, they sent me to other hotels they had to train or retrain new Catering Directors.

Fast forward 20 years and I was fortunate to be hired at Lockefield Village at Wishard by Nicole Fields who was the administrator at Lockefield Village. Nicole was instrumental in my promotion to Director at Wishard in 2004. When she approached me on the opportunity, I once again was second guessing myself. Nicole simply stated "What are you hesitant about? You can do this!" I took the job and I did!

Mentoring is not difficult, it is looking at that person you want to mentor and make them the best that they can be. It could be that "inner drive" that they demonstrated when they interviewed for the job or their ability to handle a shift without supervision. You can also be a great mentor as a CDM preceptor. Mentoring is important for the future of our profession. Where would you be if not for a great mentor!!!

# Registration and Hotel Information

## \$60.00 For 3 days and 18.25 CE's!!!!

**SAVE the DATE!**

**Indiana ANFP Celebrating 60 years!**

**Registration is only 60.00 for 3 full days with 18.25 CE' Approved**

**All members attending will receive t-shirt marking our Milestone.**

**Send registration forms in to Bob Milligan quickly and include your shirt sizes**

**Shirt sizes needed by March 20, 2023.**



**Deadline to book hotel** room is March 10, 2023. We have 20 rooms blocked and after March 10 the room rate will increase significantly so book early. They do accept AARP and AAA.

Hotel Link to book rooms: <https://book.passkey.com/e/50403959>

### **Guestroom Rates**

- Sunday-Thursday \$149.00 plus tax
- Friday-Saturday \$219.00 plus tax

### **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 \_\_\_\_\_

CDM# \_\_\_\_\_

Email \_\_\_\_\_

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

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

Check Appropriate Box

\_\_\_\_ \$60.00 for 3 days \_\_\_\_ 30.00 for 1 day

\_\_\_\_ \$50.00 Retired members and guests (3 days)

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

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

\_\_\_\_ \$75.00 Walk in and not registered.

Refund Requests will be processed after Board Meeting on September 22

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

**Commemorative T-Shirt Size (Circle One)**

**Small    Medium,    Large,    X Large**

**XX Large,    XXX Large**



**Indiana ANFP Celebrating 60<sup>th</sup> Anniversary****Wednesday, April 12, 13, 14, 2023****French Lick Springs Hotel****8670 West State Rd 56, French Lick, Indiana 47432****Hotel Information: Reservation deadline is March 21, 2022****Room rate Single/Double 149.00 Cut-off date is March 10, 2023****Call 1-844-241-6361 and use group code 0423IAN****Approved 16.75 CE hours / Special Event 1.5 CE. Total of 18.25 can be obtained.**

<b>Wednesday, April 12, 2023</b>		
Time	Session	Speaker
9:15 AM – 9:30 AM	Registration and Breakfast on Own	<b>Hoosier Room 208 A</b>
9:30 AM – 9:55 AM	Welcome and Introduction	Indiana ANFP Board Member and Program Committee
10 am – 11:15	Solutions for Dietary Restrictions	Jason Pressler DSM
11:15 – 12:30	International Dysphagia Diet Standardization Initia-	Eileen Hahn,
12:30-1:30	<b>Lunch own on.</b>	
1:35- 2:50 1.25 G	School Nutrition Programs and the effects on Child Nutrition	Shenae Rowe RDN Food & Nutrition Director Warrick County School Corp.
3:00- 4:15	Food Allergies – Prevention Happens in the Kitchen	Andrea Armstrong, CDM CFPP
4:30 – 5:45 PM	The Role of the Local Health Department in Inspec-	Jessica Brown BS
6 pm – 7:15 PM	Board Meeting	Hoosier Room 208 A
<b>Thursday, April 13, 2023</b>		
Time	Session	Speaker
9:00 AM – 10:15	New Registrations Breakfast on your own Sweet Moments for Dysphagia Patients	<b>Hoosier Room 208 A</b> Dwight, Sara Lee Bakery
10:30 am - 12:00pm 1.50 G	Is the Nutrition care plan working with the medical treatment.	Sarah Freehill MA, RDN, LDN Corporate Director of Dining and Nutrition for TLC Management
12:10 – 1:45 pm	<b>Business Lunch and Award</b>	Indiana ANFP Board
2:00 PM - 3:00 pm	Interviewing Tactics	Megan Cook MS RDN LD
3:00 pm – 4:15 pm 1.25 G	Culinary Olympics Showcase Flavorful Balance, Flavorful Dignity	Eric Johnson VP of Culinary and Dominick Patrevito CDM CFPP Asst. VP of Culinary Trilogy Health
*** 4:30 – 6:00	<b>ANFP 60<sup>th</sup> Anniversary Group Event</b>	<b>Must Register for event</b>
<b>Friday April 14, 2023</b>		
Time	Session	Speaker
8:15 AM	New registration Breakfast on your own.	<b>Hoosier Room 208 A</b>
8:30 am – 9:50 AM 1.5 hr E	Diversity, Equity and Inclusion	Rosalind Mark MSHM,MS,OTR, Project Manager
10:00- 12:00 2 hr S	Active Shooter Training	Captain Mick Williams, Bloomington Police Department
12:15 – 2:15 2 hr G	Diabetes Medications Today	Raja Hanania Clinical Pharmacy Specialist Janet Deckard Clinical Nutrition Manager IU Health Bloomington
Turn in Survey's	End of the Conference Travel Safely	<b>Report CE's Timely!</b>



## Indiana ANFP Treasurer Report



### ACCOUNT BALANCE

Balance as of February 1, 2023

			23,853.98
7-30-21	Deposit from ANFP	1,365.00	25,218.98
8-20-21	Fair Oaks Deposit Spring Mtg 2022 #6170 -	500.00	24,718.98
12-3-21	Chapter Donation to NFEF Foundation #6171	-500.00	24,218.98
1-21-22	Deposit from ANFP	1,500.00	25,718.98
3-21-22	Deposit to the Square System	114.68	25,833.66
4-20-22	Income for Spring Meeting	1,894.00	27,727.66
4-21-22	Income for Spring Meeting	2,628.93	30,356.59
4-22-22	Income for Spring Meeting	147.71	30,504.30
4-25-22	M. Rowlands #6172 Spring Mtg. Supplies	-275.00	30,229.30
4-27-22	BCL Consulting #6173 Bionca Lindsey	-825.00	29,404.30
4-28-22	Comm Kit of Monroe County #6176	-530.00	28,874.30
4-29-22	M. Rowlands, Spring Mtg. Bill #6177	-4,314.06	24,560.24
5-3-22	Deposit from B. Hayden via Venmoe	829.83	25,390.47
	(Paid back from canceled ACE MTg.)		
7-15-22	M. Rowlands #6178 ACE Meeting Remb.	-1,587.12	23,803.35
8-12-22	Deposit from ANFP	1,365.00	25,168.35
9-27-22	Income for Fall Meeting	3,232.12	28,400.47
9-27-22	M. Rowlands #6179 Fall Mtg. Expenses	-385.00	28,015.47
9-30-22	M. Rowlands #6180 Fall Mtg. Hotel Payment	-5,043.96	22,971.51
10-11-22	Lapekas Consulting, Fall Mtg. Speaker	-650.00	22,321.51
1-27-23	Deposit from ANFP	1,500.00	23,821.51

**CURRENT ACCOUNT BALANCE: 23,821.51**



## ANFP Government Affairs by Emily Bender

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*Starting with this current issue, Indiana ANFP Leaders will provide members with updates on CDM, CFPP Recognition. This information is important for all CDM's as to the status of universal CDM, CFPP regulatory requirements. This update was published February 3, 2023 from ANFP*

### **Craig Brightup Luncheon with Senator Bill Cassidy (R-LA)**

The Political Action Committee voted on and approved to release PAC funds for ANFP's Washington Representative Craig Brightup to attend a luncheon for the re-election of Sen. Bill Cassidy (R-LA) that took place on February 1. This meeting laid the groundwork for the upcoming visit to Cassidy's office during Dr. Joyce Gilbert, PhD, RDN and Barbara Thomsen's February 26-28 "fly-in" on Capitol Hill and discussion about the Annual Conference & Expo (ACE) in New Orleans.

### **ANFP Plans Meetings in Washington, DC**

ANFP President and CEO Dr. Joyce Gilbert, PhD, RDN, and Government Affairs Committee Chair Barbara Thomsen, CDM, CFPP, will be in Washington, DC, February 26-28 for meetings on Capitol Hill. The "fly-in" is to raise awareness of the ANFP Apprenticeship Program which is based on the CDM, CFPP credential and, after a two-year process, was approved by and registered with the U.S. Department of Labor in November 2022.

ANFP Washington Representative Craig Brightup is planning meetings with House and Senate members and/or staff including newly-elected Rep. Jen Kiggans (R-VA), who wants to take a lead role on LTC issues; Rep. Kelly Armstrong (R-ND) about the University of North Dakota's CDM, CFPP program; Sen. Bill Cassidy (R-LA) about ACE in New Orleans, particularly with Cassidy being named Ranking Member on the Senate Health Education Labor and Pensions (HELP) Committee; and Sen. Bernie Sanders (I-VT) who is Chairman of the HELP Committee.

### **The Call for Volunteers Campaign is Now Closed!**

Thank you to each one who applied for an ANFP board or committee position through the Call for Volunteers Campaign. The Leadership Development Committee will review board nominees, and Committee Chairs will review committee nominees between February 9-14, and candidates will be contacted with next steps between February 20-24. The committee will conduct phone interviews with Board candidates March 13-14, slate recommendations will be announced to membership on March 16, and the Board will approve the slate in April.

### **Support the Grass ROOTS Initiatives**

If you are interested to learn more about the GrassROOTS initiatives or to become a member of the network please sign up [here](#). Please also consider giving to ANFP's Political Action Committee. ANFP-PAC is integral to our visibility and success on Capitol Hill. If you are planning to attend your local spring meeting, this is a great opportunity to make a donation!

# Indiana ANFP Minutes—September 22, 2022

Submitted by Stephanie James, CDM, CFPP



610 PM Meeting called to order

Roll Call: Stephanie James, Maggie Rowlands, Bob Milligan, Andrea Armstrong, Tom Thaman, Tammy Long

Beth Summers, Amy Dillman audit

Secretary report: Read by Stephanie James, Motion to approve Bob Milligan, 2nd: Tom Thaman

Treasurer report-Bob Milligan reporting: \$500.25 in savings, \$3085 projected income from meeting 25168.35

Members in good standing for finance committee- Treasurer, President Elect, Amy Dillman, Tammy Long

Maggie discussed how to review reports and get them approved with team

Motion made to approved treasury report by Tom Thaman, seconded by Stephanie James

Newsletter Report: Tom may put out in December and one at the end of February. Due to his retirement, after the February Issue, Tom will transition to new Newsletter editor

Themes for the spring newsletter will be mentoring

Government affairs committee: May not submit this-If we do must work on inviting a government leader to the meeting

Pac-political action committee-can donate if want

NFEF-\$500 donation-2 received scholarships to go to meetings- Talk about at our meetings to the members-ask the members awarded to discuss the process and how it was to go thru this process

Tutorials you can take on how to fulfil your position-in online courses and webinars-ANFPTV

Recommendations made to push for members to attend available webinars to obtain additional CE's.

Spring Meeting in April 2022 was discussed and the three day spring meeting had positive comments.

New business-updating policies and procedures: Policy revisions still need to be done and old policies can be eliminated. Policies should reflect what the current conditions are and should be simplified.

Bylaws-is there anything that needs to be changed??

Spring meeting destination: Discussed the possibility of holding a three day meeting in French Lick Indiana in April and not to be on the same dates as the ANFP Regional Meeting in Milwaukee

Will be looking for Vendor sponsorship for spring meeting to offset cost. Amy Dillman will assist with this initiative

Open floor discussion: Registration cost for meetings- one standard price-there is a template-\$125 for 3 days- there is a hardship form that can be sent in

Indiana ANFP may go to one three day meeting per year and fill the gap with webinars.

Meeting Adjourned: 7:06PM Motion made by Bob Milligan, seconded by Tom Thaman



## Welcome Indiana's New CDM's!!



Joanne Atwood, CDM, CFPP  
Georgetown, Indiana  
jdatwe@gmail.com

Mathew Bowen, CDM, CFPP  
Indianapolis, Indiana  
macbowen4@gmail.com

Chris Cox, CDM, CFPP  
South Bend, Indiana  
slash26292@comcast.net

Amanda Gerkin, CDM, CFPP  
Cincinnati, Ohio  
agerken@kent.edu

Lou Ann Kristan, CDM, CFPP  
Orleans, Indiana  
inkirstan@yahoo.com

Lizzy Motley, CDM, CFPP  
Crown Point, Indiana  
lmotley@towncenterliving.com



## Volunteer Positions Available!!



**Over the next few months, Indiana ANFP will be looking for a new generation of leaders to keep our chapter strong for many years come. Please consider volunteering for the following positions: Chapter President Elect, Secretary Elect, Treasurer Elect (all two year terms) Volunteer Leadership positions can earn up to 6 CE's in a three year period and funding to Regional and National Meetings. Please contact Maggie Rowlands, CDM, CFPP or Andrea Armstrong, CDM, CFPP for details and opr position descriptions. Volunteer leadership is a competency to build your skills!!**



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 12-14, 2023

Indiana ANFP

60th Anniversary Celebration,  
West Baden Hotel, French Lick, Indiana

June 25-28, 2023

ANFP Annual Conference and Expo (ACE)  
New Orleans, Louisiana



## Virtual Continuing Education Courses and Webinars

Available in the  
ANFP Marketplace

<https://anfp.org>

## 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 1<sup>st</sup> 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?

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

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3. How is your administrator receptive to new ideas?

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

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Accepted: Yes No

Administrator notified? Yes No

Will attend Fall Meeting for Acceptance: Yes No

Dietary Manager notified? Yes No

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## VENDOR OF THE YEAR AWARD APPLICATION

In an effort to thank vendors for the support of Dietary Managers and Indiana ANFP, a Vendor of the Year Award is given each year. All vendors who are nominated by the committees for planning state spring and fall meetings will qualify for the award that will be presented annually at the fall state meeting.

Please complete the application. Completed and legible applications should be mailed to the State President-Elect by March 1<sup>st</sup> 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 continuing education financially with gifts
- Candidates who purchase advertising in the State Newsletter or Website
- Candidates who support and recognize the members as professionals in the food service industry

Upon receipt of the application the State Board of Directors shall select and notify the Vendor of the Year and the IANFP DISTRICT who nominated him/her will be notified.

Vendor: \_\_\_\_\_ Contact Person: \_\_\_\_\_  
Dietary Manager: \_\_\_\_\_ District: \_\_\_\_\_  
Facility: \_\_\_\_\_ Address: \_\_\_\_\_  
City, State, Zip Code: \_\_\_\_\_ Phone: \_\_\_\_\_

1. How does the vendor support IANFP meetings and managers?

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2. How does the vendor demonstrate awareness of IANFP education programs?

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3. Does the vendor support IANFP State Newsletter or Website?

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

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Accepted: Yes No, reason \_\_\_\_\_

Vendor notified? Yes No, Who \_\_\_\_\_

Will attend Spring Meeting for Acceptance: Yes No

Manager notified? \_\_\_\_\_

## Indiana

### APPLICATION FOR "DISTINGUISHED MEMBER OF THE YEAR" AWARD

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

Has been a member of DMA for \_\_\_\_\_ YEARS.

Has served in the following state or District offices or committees:

1. \_\_\_\_\_ 5. \_\_\_\_\_

2. \_\_\_\_\_ 6. \_\_\_\_\_

3. \_\_\_\_\_ 7. \_\_\_\_\_

4. \_\_\_\_\_ Other: \_\_\_\_\_

How has the member demonstrated:

1. Enthusiasm: \_\_\_\_\_

2. Leadership Capability: \_\_\_\_\_

3. Loyalty: \_\_\_\_\_

4. Good rapport with members: \_\_\_\_\_

5. Willingness to cooperate with state/ district  
leadership: \_\_\_\_\_

Outstanding contribution this member has made toward the profession and/or the  
association: Please use reverse side or another sheet of paper.