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INSIDE THIS ISSUE:

Message from Maggie	1
New Leadership CE	2
Meet Jessica Goldman, CDM, CFPP	3
Fall Meeting Registration	4
Spring Meeting Agenda	5
Treasury Report	6
About Kathleen Lapekas	7
Meeting Minutes	8

The Hoosier

ANFP Association of
Nutrition & Foodservice
Professionals

VOLUME 46 ISSUE 11

SUMMER 2022

A Big Thank You for a Very Successful Year for Indiana ANFP!! By Maggie Rowlands, CDM, CFPP



During 2022 ACE conference in Scottsdale Indiana had great representation In attendance were Jessica Goldman and Spouse, Robert Milligan, Tom Thaman (who was vacationing and receiving the Distinguished Service Award of 2022) and myself and couple of others that I didn't get to meet.

Indiana ANFP received several awards including the Silver State Achievement, the Membership, Communications and Government Affairs. Indiana was also a nominee and finalist for the Diamond award. Congratulations to Minnesota for the win and very deserve it.

There were great speakers beginning with Adam White presenting. *The Power of Resiliency: Bouncing back after Crisis, Challenges and Change*. Wow what a great start and so much energy! On Tuesday, ANFP presented *Continued Competence: Take the Next step in your Professional Development*. Within the next several months, you will see pertinent emails related to this topic A demonstration of the new tool that all CDM's will be required to complete on how to access your current skills with the understanding on what areas of learning you will need to advance your journey as a CDM. All the attendees of ACE were able to complete this tool and it was really eye opening. I was very pleased with the results when I completed the tool and it is just a better way of making sure we are current with our CDM skills. For me, it's been 20 years since I took my certification exam and it opened my mind up so I can get the most out of my Certification. The CBDM has approved a new new revised Scope of Practice for

CDM's. If you have time, please review this new document available on the web-site. This is why we are CDM CFPP's, be proud of your accomplishments and don't sell yourself short. We are the experts in our field. Also, we are finalizing the Fall Meeting details and have some great topics and speakers scheduled including a review of the new Scope of Practice.

Finally, we will be doing a Community Service project during the Fall Meeting for the Hendricks County Food Pantry where they are in need of canned chicken, canned fruits and canned vegetables. I am asking everyone to bring at least on 10# can of these requested items. If we have 60 people and everyone brings one 10# of food. Well Wow!

I hope this can be a tradition at all our future meetings by donating canned items or even buddy packs for kids. Representatives from the food pantry are going to come and pick up the food for us and we will promote it on the Indiana Facebook page and LinkedIn.

Since our Last Meeting we have 8 new CDM CFPP to the state of Indiana. Erica Gonzalez, Kelly Lance, Amanda Varble, Samantha Baar, Amelia Kozuch, Matthew Bowen, Lou Ann Kristan, Anthony Robinson. I am sending out this personal invite to attend the Fall meeting with free registration to the names listed above. We look forward to welcoming at our upcoming and future meetings.

Thank you and please reach out to me any time at mrowlands@pmhnet.com.

CBDM Approves Volunteer Leadership Activities for CE

Earlier this year, the CBDM approved Volunteer Leadership as a qualifying activity for continuing education. An individual serving in a volunteer activity (in a leadership position such as a board member, Committee Chairperson etc.) for an organization and to which no compensation is required can now receive CE Hours

Volunteer Leadership Activities Criteria

- A. Organization for which activities are contributed must relate to the domain in the detailed content outline (Sanitation, Business, Communication, Business and Nutrition)
- B. The activity must be in a leadership level in a non compensated role.
- C. A maximum of two CE's per year with a total of six CE in a three-year recertification period
- D. CE will not be awarded until the date of service ends.



Leadership



Verifiable Documentation

The following must be included when submitting CE for Volunteer Leadership Activities

- A. Dates of service to the organization
- B. Letter of verification from the organization (Board Chair, President etc.) verifying service and dates of the leadership role
- C. Position description for volunteer role which usually can be obtained in the organizations by-laws or policies and procedures
- D. Summary of purpose and evaluation by the leaders submitting the CE. This is a summary of what leadership qualities have been learned during the leadership role.

Volunteering can be time consuming but very rewarding and leadership is a competency which is a key element to increase your skills as a CDM. For more information on volunteering with IN ANFP and earn CE credit, please see Maggie Rowlands, CDM, CFPP or Andrea Armstrong, CDM, CFPP

Volunteer Spotlight

Meet Jessica Goldman, CDM, CFPP



I was raised in the small town of Fort Branch, IN. I currently reside in Evansville with my husband of 9 years, Tommy. We have one son (Ezekiel age 2) and I'm currently expecting another in December (Graycen).

I started as a dietary aide in long-term care 17 years ago at age 16, I became a cook 2 years later as soon as I could. I have always had a passion for cooking, it was my favorite thing to play as a child.

I became a CDM, CFPP in 2016, at the time I worked for Bethel Manor, and they helped me achieve that. I was trained by Kristen Pharr, I'm forever grateful for her and the help of Bethel for my start.

I became a CDM to make a career out of what I love and what I know best, food.

I do attend just about every state meeting, with exception of having babies. I look forward to becoming a volunteer in future. State meetings are a wonderful place for not only CEU's but networking. I was recruited for my current position at a state meeting.

I became certified to teach Servsafe in 2019. I utilize this to keep my staff updated on their certification.

For almost 4 years now I have been the Dietary Manager at the Seton Residence at Daughters of Charity. We are a nonprofit organization that



Jessica Goldman, CDM, CFPP

provides three levels of care for about 65 senior-aged Sisters. This facility has helped me grow so much as a leader and CDM. Thanks to my boss Brad Hayden and the Daughters I had the opportunity to experience ACE this year and it was amazing.

The most rewarding thing about my current position is helping strangers come together to make a team that creates delicious meals. I love watching my staff use their creativity, knowledge, passion, and team working skills to come together daily to make sure the Sisters are provided with 3 nutritious meals and lots of baked goods.

I am so grateful to be able to do and share what I am so passionate about every day!!

Indiana ANFP Fall Meeting
Thursday, September 22 and Friday, September 23
Embassy Suites and Conference Center
6089 Clarks Creek Road, Plainfield Indiana 46168
Room rate is \$159 King Bed or Two Queen Beds

Guests can call 1-800-EMBASSY (1-800-362-2779) to make reservations
Reserve your room by August 23



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

____ 95.00 for 2 days ____ 45.00 for 1 day

____ 79.00 Retired members and guests (2 days)

____ No cost to first time enrolled ANFP Students- 1 time

____ RSVP and paying at the door.

____ \$105.00 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.**

Indiana ANFP Fall Spectacular

Thursday September 22 and Friday September 23, 2022

Embassy Suites By Hilton Plainfield Indianapolis Airport

6089 Clarks Creek Rd Plainfield, IN 46168

12 Continuing Education Units Pending

Thursday September 22, 2022		
Time	Session	Speaker
8:15 AM – 8:30 am	Registration	Indiana Board and Program Committee
8:30 to 8:45 am	Welcome and Introductions	
9:00 am– 10:30 am	Session 1	Lisa Maccaroni RD
1.50	CDM and Oncology Nutrition	Hendricks Regional Hospital
10:40 am – Noon	Session 2	Rayona Baker RD, LD
1.25	Upskilling-Staff Recruitment	GFS Business Solutions Specialist
Noon to 1:20 pm	Lunch Break and Vendor Fair	
1:30 PM – 2:45 PM	Session 3	Nick Miceli
1.25	What drives produce pricing and What can the CDM do to mitigate these rising costs in their operations.	Piazza Produce
1.25	Session 4	Dominick Patrevito Chef/CDM
	Strategies And Processes behind making a beautiful plate.	Assistant VP of Culinary Services
3:35 PM – 4:45 pm	Session 5	Trilogy Health Services
1.0	Food and Drug Interactions.	Raja Hanania
4:50 – 6:15pm	Session 6	R.Ph , CDM,LDE,CDCES,BCPS,FSHP
1.25	Panel Discussion with Indiana Volunteers	IU Health Bloomington
6:30- 7:30pm	Board Meeting	Indiana Volunteer Members.
		Members may Audit!
Friday September 23, 2022		
Time	Session	Speaker
8:00 am	New Registrations Only	Meet and Greet
8:15 AM – 9:30 am	Session 7	TBD
1.25 S	Enhancing you beverage and hydrations stations.	Gordon Foodservice
9:35 am – 10:55	Session 8	Beverage specialist
1.25 S	Scope of Practice	Tom Thaman
11:15- 12:30 pm	Lunch/Business Meeting/Awards	CDM CFFP Volunteer
12:45 – 3:00 pm	Keynote Session	Lunch Provided
2.0	Giving & Receiving Feedback	Kathleen Lapekas
		Lapekas HR Consulting LLC
End of Meeting	Thank you and Travel Safely	Give evaluation to Maggie



Indiana ANFP Treasurer Report



ACCOUNT BALANCE

Balance as of July 27, 2021

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.)		

CURRENT ACCOUNT BALANCE: 25,390.07

Savings Account Balance: 500.25

Account Information as of July 9, 2022

Bob Milligan, CDM, CFPP

Indiana ANFP State Treasurer

Meet Kathleen Lapekas, PHR, SHRM-CP

Kathleen will be presenting “Giving and Receiving Feedback” on September 23rd

Indiana ANFP Welcomes Kathleen Lapekas, PHR, SHRM-CP and founder of Lapekas HR Consulting as our featured speaker for the Indiana ANFP Fall Meeting on September 22 and 23. Kathleen will be our keynote speaker on September 23 at 12:45 PM to 3 PM. Kathleen's presentation will be "Giving and Receiving Feedback" with 2 approved general CE's approved.

Kathleen is a Human Resources Consultant with over 25 years of HR Management. Kathleen has spent the majority of her career working in fortune 500 manufacturing companies around the US.

Then, in 2010, Kathleen began her HR Consulting business to serve has an HR Resource for small and mid-sized businesses. Her expertise covers every aspect of HR including organizational development, employee relations, training, recruiting and legal compliance.

Kathleen also currently serves as a continuing education instructor for University of Southern Indiana and for Henderson Com-



Kathleen Lapekas, PHR, SHRM- CP

munity College, teaching courses in leadership and Human Resources for local area businesses. She serves as on the Board of Directors of Autism Evansville (since 2011). Kathleen resides in Evansville, Indiana with her husband, Rob and their teenage son, Jacob.

Do you have a special imitative or talent you would like to share as a speaker? If so, please consider being a guest speaker for the Spring 2023 meeting. See Maggie Rolwands or Andrea Armstrong for details. Indiana ANFP promotes best practice in our facilities and our members make the best speakers!!

4-21-22 ANFP Business Meeting Minutes

Fair Oaks Farms Spring Meeting



Call to order-12:45pm EST

-Thank you to everyone for attending the meeting at Fair Oaks.

-Reminder to fill out surveys before leaving at the end of the conference.

-Asked for suggestions of future places to hold meetings? We will continue the cadence of Indy area in the fall and alternate northern/southern Indiana for the spring sessions

-Reminded that we still need volunteers to fill positions on several committees. If interested, please see one of the current board members. We currently are looking for a newsletter editor elect as Tom has retired. He will help us for now but would like to find a current member to take the role

-Membership Role Call- 42 in attendance

-Discussed the use of social media-Check out our Linked In page and Facebook page. Will be looking at expanding into other sites

-Treasures Report given by Bob Milligan:

Current balance of \$25,833.66 and a Savings balance of \$500.25

Approved by Margaret Cox, 2nd-Beth Summers

-Secretary report given: Minutes reviewed from Board meeting

Approved by Margaret Cox, 2nd-Lawarence Wagner

-Reminder to update your address/email changes via the website

-Future meeting discussions: We will try to use our resources from within our group and our vendor group to try and enhance our meetings without a large cost to our members. Suggestions include vendor fairs, demo's and speakers that are current members who are willing to share their expertise and talents.

Meeting was adjourned at 1:09pm EST

Approved by Stephanie James, 2nd-Bob Milligan

Welcome Indiana's New CDM's!!



Samantha Leigh Baar, CDM, CFPP
Carmel, Indiana

Mathew Bowen, CDM, CFPP
Indianapolis, Indiana

Anatole Cakmak, CDM, CFPP
Bloomington Indiana

Michelle Curley, CDM, CFPP
Merriville, Indiana

Sarah Freehill, CDM, CFPP
McCordsville, Indiana

David Hestand, CDM, CFPP
Indianapolis, Indiana

Leah A Kolacki, CDM, CFPP
Muncie, Indiana

Ameilia Kozuch, CDM, CFPP
Lowell, Indiana

Lou Ann Kristan, CDM, CFPP
Orleans, Indiana

Timothy Reardon, CDM, CFPP
Crown Point, Indiana

Charles William Redmond, CDM, CFPP
Muncie, Indiana

Julie Siadat, CDM, CFPP
Indianapolis, Indiana

Amanda Dawn Varble, CDM, CFPP
Oaktown, Indiana

Belinda Marie Whittingham, CDM, CFPP
Washington, Indiana



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!!



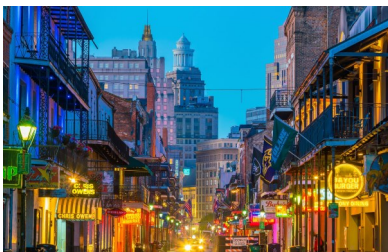
Indiana ANFP was established in 1964 and is now in its 56th year. With over 400 CDM's statewide, Indiana is one of the largest chapters in the country. The chapter has recently undergone major changes and leadership comes from our a central board consisting of the President, President Elect, Immediate 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

September 15 and 16, 2022
ANFP Fall Regional Meeting
Spokane ,Washington 12 CE's

September 22 and 23, 2022
Indiana ANFP Fall Regional Meeting,
Embassy Suites, Plainfield, 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>