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# The Hoosier

**ANFP** Association of Nutrition & Foodservice Professionals

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## Calling All Volunteers!! by Brad Hayden, CDM, CFPP

Congratulations Indiana ANFP on earning the Platinum State Achievement Award! This is one of the top honors the ANFP Board of Directors award to a chapter at the ACE meeting based upon chapter activity during June 1<sup>st</sup>, 2019 thru May 31<sup>st</sup>, 2020. "Indiana ANFP members demonstrated outstanding best practices in all areas of the chapter; It is because of chapters like Indiana ANFP, our organization continues to grow and thrive, and the credential remains the cornerstone in the nutrition and foodservice industry." Indiana also has the honor of Congratulating Maggie Rowlands with winning 2020 CDM Spotlight Award. Maggie is currently our President -Elect and you will discover more about her and this notable award in couple of pages. I hope this newsletter finds everyone in better spirits and more importantly, HEALTHY!



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

If there is one thing we all have in common as CDMs, it's that we know the value of hard work and adaptability. We didn't get to sit back at home and dwell, we had to pick ourselves up and go deliver the strength and nutrients our patients/residents needed to get through the day. Although we are more than halfway through 2020, I'd like to remind all our members that ANFP's calendar year runs from June 1<sup>st</sup>, 2020 thru May 31<sup>st</sup>,



2021. I note these dates because it is now that we need your help to continue the Success the Indiana Chapter has portrayed year after year within ANFP. The Indiana Board is looking for active members who may be inter-

ested in being more involved with ANFP. The Indiana Chapter is looking for volunteers to develop and improve our Education/Program Committee, Finance Committee, and Nomination Committee. The Education/Program Committee plays a major role in planning and creating our two state chapter meetings that involve creating educational content, finding speakers, and selecting location and lodging. The Finance Committee manages the Chapter funds throughout the year and provides the board with financial insight benefitting the Chapter Members. The Nomination Committee consist of organizing the board elections and handling membership communications and scholarships. If you feel the nudge or urge to be more involved, please email me at [bradelyrh@gmail.com](mailto:bradelyrh@gmail.com) for more information.

The Chapter is only as strong as its membership! Please take some time and email me with thoughts, concerns, comments, etc. I know the board would love to have new input and even faces to carry Indiana into a brighter future!



## Congratulations to Maggie Rowlands, CDM, CFPP 2020 ANFP Spotlight Award Winner

Congratulations to Maggie Rowlands, CDM, CFPP who received the 2020 ANFP Spotlight Award. Maggie was to receive the Award in June at the annual ACE Meeting due to the cancellation of the meeting as a result Covid 19 pandemic, Maggie accepted her award virtually and can be seen on ANFP TV. Maggie is the Foodservice Director at Pulaski Memorial Hospital in Winamac, Indiana and the hospital honored Maggie's accomplishment at a reception on June 19.

The Spotlight Award recognizes a CDM who exemplifies the highest professional standards in both their leadership in ANFP and in their professional work. To be eligible, a CDM, should have been recognized as the chapter Member of the Year or was named CDM of the Month. This year, Maggie not only received Member of the Year in September of 2019 but also was named CDM of the Month in January of 2020. In receiving the Spotlight Award, Maggie is the third Hoosier ANFP member in the last four years to receive this recognition with Tom Thaman receiving the honor in 2017 and Brad Hayden receiving the honor in 2019. It is becoming a Hoosier tradition!!



**2020 ANFP Spotlight Award Winner, Maggie Rowlands, CDM, CFPP honored by her colleagues at Pulaski Memorial Hospital at a reception in her honor on June 19**

### Bob Milligan, CDM, CFPP Elected to ANFP Board

Bob Milligan, CDM, CFPP and current immediate past president of Indiana ANFP was elected to the ANFP Board of Directors in March of 2020. Bob has been an active member for almost 20 years with ANFP serving as District Presiden, Newsletter Editor, President Elect 2016-2018, Chapter President from 2017-2019 winning the State Achievement Award in 2018 and 2019 and a Diamond Award nominee in 2019. Congratulations Bob, we know you will proudly represent Indiana ANFP.

## Volunteer Spotlight

### Meet Stephanie James, CDM, CFPP-Indiana ANFP Secretary

Each Newsletter, we will be featuring an article focusing in our some of our amazing volunteers who keep Indiana ANFP moving forward. Stephanie James, CDM, CFPP has been elected Indiana ANFP Secretary for the 2019-2021 program year.

Stephanie is the Foodservice Director for Scenic Hills at the Monastery in Ferdinand, Indiana for the past 13 years. She is a native of Evansville, Indiana and received her Bachelor of Science from Purdue University in HTM in 1998. After graduation she began searching for a career that she would be happy in. Her first job was in a long term care facility in Lafayette, Indiana who required her to become a CDM, CFPP. With her transcripts from Purdue with the required courses, Stephanie was able to sit for her CDM exam under Pathway 2 in 2000. She is now in her 20th year as a CDM.

Stephanie has glowing reviews working for Trilogy Health who manage Scenic Hills because it is company who believes in putting their staff first to the required service levels their residents deserve and in turn assures the residents they are receiving compassionate care.

Stephanie's facility has been very fortunate during the Covid pandemic with 0 patients testing positive and only 2 staff persons testing positive.



Stephanie James, CDM, CFPP

The biggest challenge Stephanie's team faces is keeping the food quality up to their high standards while delivering 90 meals to their residents in rooms as opposed to a communal dining room as part of the pandemic precautions. Meal substitutes also present a challenge for her team without the efficiency of a dining room. But Stephanie and her team make it work.

Stephanie is a proud mother of two sons, Parker, age 18 and Taylor age 14 and both she and boyfriend Vance, have three dogs, several chickens and fish to complete their family and call Tell City their home.

Stephanie has a personal motto that has been inspired by Trilogy. Take what you do seriously and not yourself. As healthcare foodservice professionals, our goal is to care for our residents

## The New Normal—Keeping our Residents, Staff and Patients Safe During the Covid 19 Pandemic—What Should You Know!

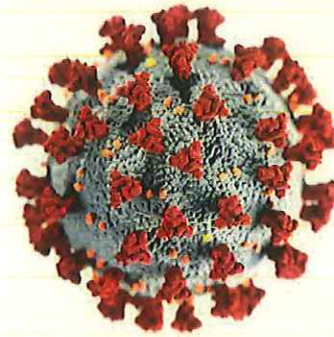
The Coronavirus or CoVid19 as we have come to know it is airborne respiratory droplets that can spread from one human to another when someone coughs or sneezes. Symptoms can be mild to severe. Common signs of infection include respiratory symptoms, fever, cough, shortness of breath and difficulty breathing. More severe cases can cause pneumonia, severe acute respiratory symptoms, kidney failure and death.

Indiana has been hit especially hard since March recording 48,000 positive cases from 525,000 tested resulting in 2500 deaths. Seniors 70 and older account for 16% of Covid positive cases but account for 76% of all deaths with 40% of those deaths are seniors in Indiana Long Term Care Facilities. (per ISDH Website Dashboard)

So it is no wonder our world in healthcare food-service whether you work in skilled nursing or in hospitals, our world has changed quickly and at least until a vaccine is developed indefinitely.

One of the more stark changes to our residents is confining them to their room and restricting visitation. Hospital's are restricting visitors for admitted Covid patients and or only recently modifying their visiting restrictions to non Covid patients. All meals are being delivered to individual rooms with Food and Nutrition staff delivering trays to Covid positive residents and patients through nursing staff to reduce risk.

Best practice to reduced the spread of Covid is to serve residents on disposable plates at least



for 14 days. Meals can be served on china after that time. The change of tray service and limiting communal dining to individual rooms not increases labor but also increase equipment and supply costs. This modification that increase costs will need to be absorbed during planning of 2021 budgets.

Salad bars and self serve lines are being eliminated in retail operations and replaced by actions stations with servers providing choices through plexiglass panels.

Developing ongoing staff education programs to continually train teams on safety precautions and awareness will be important to not only keep residents and patients safe but also each other safe. Changing uniforms on site and an intense focus on hand hygiene both inside and outside the kitchen will require close supervision and oversight.

Our goal as Indiana CDM's is to be able share your experience and best practice with your peers. We invite you to contact one of the Indiana ANFP Leaders and share your expertise!!

2020-2021

Finance Committee

Maggie Rowlands  
Chair

Bob Milligan  
Co-Chair

Darryle Robinson

Andrea Armstrong



## Indiana ANFP Treasury Report

Total Deposit as of July 8,, 2020

Checking \$26,995.28 (includes \$3000.00 CD)

Savings \$500.17

No Transactions since March Report

Respectfully Submitted—Maggie Rowlands, CDM, CFPP



## Indiana ANFP Virtual Board Meeting—May 1, 2020

The Indiana ANFP Board Meeting was held via Web Ex on Friday, May 1, 2020 from 4 PM to 5 PM. In Attendance was Brad Hayden, State President, Bob Milligan, Immediate Past President, Maggie Rowlands, Treasurer and President Elect, Stephanie James, Secretary and Tom Thaman, Newsletter Editor.

Minutes were read and approved by a motion from Maggie Rowlands and seconded by Bob Milligan.

The treasury report was given by Maggie Rowlands. The balance as of January 31 was \$27,741.13. This does include a \$3000.00 CD. Maggie also stated that she had not received the money back yet from the cancellation of the ACE Conference and stated that we could possibly credit for next years ACE. Refunds were to be out by May 31, 2020. A motion to approve the treasury report was given by Tom Thaman and seconded by Bob Milligan.

The Board discussed the upcoming fall state meeting. It was decided that Maggie Rowlands will be the contact person for this. Maggie is checking to see when rooms will be available to reserve. The fall meeting will be in Middlebury, Indiana. Dates, time and location for the fall meeting will be updated on the Indiana ANFP Website. It was discussed that Maggie would follow up with speakers for the fall meeting and Tom would check with some of the speakers from the cancelled spring meeting to see if they would be available for next year's meeting that will be held in Indianapolis.

The Board discussed that Bob and Tom should do a session on leadership and also a session on Ethics should be offered for those CDM's who will need this CE. The Board also felt that a session should be offered dedicated to the Covid-19 situation.

The Board discussed edits to the policy and procedure manual. We will look at this more and decide where to go with it. We were not able to apply for the Diamond Award this year but hope to be able to apply next year. Working on strategies for this and also discussed three goals that ANFP needs to work on..

Brad announced that Jessica Goldman is possibly interested in taking on the newsletter. Tom will work with her on transitioning. It will also be the goal to do 3 newsletters this year as we have done the past two years.

At this time, the treasury position is available but there is interest shown to volunteer. We hope to have a replacement soon.

Meeting adjourned at 5 PM.

Respectfully Submitted by Stephanie James, CDM, CFPP, Board Secretary.

**Indiana ANFP Fall Meeting**  
**October 14 and 15, 2020**  
**Essenhause Inn and Conference Center**  
**Middlebury, Indiana**

The Indiana ANFP Fall Meeting will be held on October 14 and 15, 2020 at the Essenhause Inn and Conference Center located in Middlebury, Indiana. A diverse agenda is being planned by the Program Committee with 11 CE's offered. Located in the heart of Amish Country, the Essenhause Inn provides both exceptional Amish cuisine and shopping within walking distance of the Inn. A block of rooms has been reserved with a special room rate of: Single and Double—\$115.00, Triple—\$125.00 and Quadruple—\$135.00. Special Room Rate available until September 14.



Reservations can be made by calling **1-800-455-9471**. Please use Group Code 101420. The program agenda will be sent out in August to all members! We hope to see you there!!

**Registration Form**

**(Please pre-register even if you plan on paying at the door), Return form by: Oct. 12, 2020**

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

Mail to: Maggie Rowlands CDM, CFFP  
 2020 INANFP Meeting Registration Form  
 8141 S 700 W, Winamac, IN 46996  
 574-946-2151 or mrowlands@pmhnet.com  
 Name: \_\_\_\_\_  
 Address \_\_\_\_\_ Phone \_\_\_\_\_  
 City \_\_\_\_\_ Zip \_\_\_\_\_  
 District # \_\_\_\_\_ CDM# \_\_\_\_\_  
 Facility name: \_\_\_\_\_  
 Check here if you need a receipt: \_\_\_\_\_

Check Appropriate Box  
 100.00 for 2 days  50.00 1 day only  
 50.00 Retired members and guests (2 days)  
 No cost to first time enrolled ANFP Students- 1 time  
 RSVP and paying at the door.  
 \$120.00 Walk in and not registered.  
 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

# Welcome Indiana's New CDM's



Victoria Bliss, CDM, CFPP,  
Middletown, Indiana

James Bogart, CDM, CFPP  
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jbogart@hotmail.com

Latasha Cameron, CDM, CFPP  
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Bloomington, Indiana

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Daniel Waters, CDM, CFPP  
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**CDM | CFPP**  
THE CORNERSTONE OF YOUR CAREER.

## Mask Up!!...and Other Tips to Keep Us Safe!!

- Wash Hands Often with Soap and Water
- Keep Hand Sanitizer close by whenever possible
- Practice "Social Distancing" and stand or seat 6ft from each other
- Clean Surfaces before or after using
- Wear a Mask in Public at All Times and reduce risk by 85%







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 10-11, 2020**

ANFP Regional Meeting (13 CE)  
Toledo, Ohio

**October 14-15, 2020**

Indiana ANFP Fall Meeting (12 CE)  
Das Essenhaus, Middlebury, Indiana

**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)



## Virtual ACE

Available in the

**ANFP Marketplace**

presentations can be purchased  
separately or bundled

(approximately 16 CE's available)

**A New Way to Learn!!**