



The Hoosier



Association of
Nutrition & Foodservice
Professionals

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‘Tis the Season to be Grateful by Brad Hayden, CDM, CFPP

Happy Holidays Indiana ANFP! I know I don't have to tell you twice about the stress and demands that fall upon a Certified Dietary Manager, so during this time of hustle and bustle, let us slow down, BE GRATEFUL, and ENJOY LIFE. Your President-Elect, Maggie Rowlands will sometimes share her hospital's "motivational minute" emails with the Indiana ANFP board and I loved one so much, it would be my pleasure to pay it forward to the rest of the state chapter.

Write down three things you feel you "have" to do in the course of your day or week, such as wash dishes, pay bills, or drive to work. Now, write those same things with the first three words, "I get to" and end with, "when so many people cannot". See how it feels to view your responsibilities as blessings or privileges.

For our members that attended the Fall State Meeting in Bloomington, IN at the Hilton Garden Inn, I want to say thank you for your attention and engagement. I especially want to recognize and Thank Piazza Produce & Specialty Foods for sponsoring our lunch. With this sponsorship and a good member turnout, the Fall State Meeting was not in the red! For the members who could not attend, the major highlight had to be the incredible speaker lineup that presented on daily issues that involve or relate to a Certified Dietary Manager. Our hospitality and education committee are already hard at work planning the 2020 Spring Meeting on April 23rd and 24th at the Cambria Suite in Noblesville, IN.

It is never too late to join a committee or volunteer through the Indiana Chapter of ANFP; Please contact me for more information. The board will



Brad Hayden, CDM, CFPP
Indiana ANFP President

be narrowing down our community outreach projects soon, so please stand by until Jan 2020 for more information to come. As always, please contact me with comments and suggestions. My email address is bradleyrh@gmail.com.

Finally, I want to express sincere appreciation to Bob Milligan and the outgoing board for sharing their vision to strengthen our Indiana Chapter. They were strategic and successful in this implementation and I feel very blessed and grateful to continue the process. There are new Indiana CDM's joining our chapter every month and with our current member's help, I look to welcome and recognize our new members with guidance and leadership from current members.

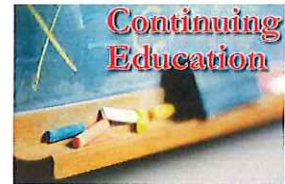
Warm Regards,

Bradley R. Hayden—IN ANFP President

Maintaining Continuing Education

by Tom Thaman, CDM, CFPP

Board Chair Certifying Board for Dietary Managers



“Education is the key to unlock the golden door of freedom”

George Washington Carver

As I have had the wonderful opportunity to precept and mentor many CDM students over the years, one constant that I try to articulate is the importance of maintaining their continuing education.

As CDM's we have worked hard for the credential with hours of studying, testing and site visits to other facilities in preparation for the exam. Passing the exam is a feeling of accomplishment and achievement. However maintaining the credential can be just as important as obtaining it. The Certifying Board recognizes this and has recently shortened the “grace” period to only 30 days after their date three year period to submit the required 45 hours including 9 sanitation and 1 ethics CE or the CDM must retest. These stricter guidelines are in line with other professional certifications that require continuing education. The best way to maintain continuing education is have a three year plan to at the beginning of the period and set annual goals of 15 per year. The easiest way to obtain most of your CE's each year is to attend at least 1 live ANFP meeting per year. Each meeting can earn 10 to 12 CE's, However many CDM's either cannot afford to attend a live meeting because of lack of facility support or cannot find the time to attend. Continuing education can then be obtained online through the ANFP Marketplace.

There are many other ways to earn continuing education including but not limited to;

- Attending Trade/Exhibit Shows
- Edge Magazine Articles
- Field Trips/Tours
- Teaching and Presenting
- Precepting
- Authoring articles
- Computer/Web Based Courses
- Academic Course Work
- Books

A complete guideline along with necessary guidelines to submit the continuing education is available for review on the Certifying Board for Dietary Managers Web line at:

<https://www.cbdmonline.org/maintain-your-credentials/maintaining-your-credentials/guide-to-maintaining-your-credentials>

Trying to obtain three years of continuing education in a short period of time before deadline is stressful, expensive and can in some cases lead to a loss of employment if certification is revoked.

Plan ahead and set goals. Look at continuing education as way to enhance your skill set while improving your marketability and not a necessary task to remain a CDM. Thank you!!

Meet Maggie Rowlands, CDM, CFPP

2019 Indiana ANFP Distinguished Member of the Year!!



Congratulations to Maggie Rowlands, CDM, CFPP for being recognized as Indiana's 2019 ANFP's Distinguished Member of the Year. For those members who know Maggie, this recognition is long overdue and will be taking on the leadership for the next four years as our new President Elect.

Leading the organization should come naturally to Maggie. She became a CDM in 2001 receiving her precertification from the University of Florida. In her 18 years in ANFP, Maggie has served as District President, Newsletter Editor, Secretary and Treasurer or as Maggie states: "Anywhere I am needed".

Maggie grew up in Valley Mills, Indiana and has worked in foodservice since her early 20's. She has been a short order line cook, baker, dishwasher, purchaser and catering. Maggie credits both Martha Rardin and Beth Summers from Hendricks Regional Health in Danville who encouraged her to be a CDM. She went from there to White County Memorial Hospital in Montello Indiana where she worked with Jacque Maxson for several years before she became the Foodservice Director at Pulaski Memorial Hospital in Winimac taking over for long time Indiana ANFP member, Judy Stinemetz upon her retirement. Maggie has grown in her role at Pu-

laski Memorial Hospital and along with her duties in Foodservice has now taken on the oversight of the Environmental Services Department. Lynnette Altman, Case Manager and Maggie's Supervisor at Pulaski said: If I am asked to lead a project, chair a committee or manage an event, Maggie is the first person I want by my side. Her energy, enthusiasm are second to none!"

When not at work or helping with ANFP, she is devoted to her husband of 18 years, five children between them with 14 grandkids and 6 great grandkids. Maggie is also known for her love of the music of Garth Brooks and braved the cold and rainy conditions in October of 2018 at his live concert at Notre Dame Stadium in South Bend.

Maggie has a personal philosophy that helps her in her role as a leader: "I make sure I share all my knowledge so everyone has an idea of what my expectations is for our department and ourselves. I am only successful as the team is and you have to share everything and be transparent!"

Congratulations Maggie, the Indiana Chapter is in good hands with your leadership and commitment.



Indiana ANFP Treasury Report

Indiana ANFP Treasury Report
September 25, 2019 to November 30, 2019



Balance Carried 7/2/2019		23,547.66
Deposit		7,006.45
08/2/19 National Rebate		1,615.00
8/29/19 Fall Registration Deposit		99.24
9/11/19 Fall Registration Deposit		100.21
9/12/19 Fall Registration Deposit		1,050.00
9/24/19 Fall Registration Deposit		800.00
10/1/19 Fall Registration Deposit		2,300.00
10/1/19 Deposit from savings		942.00
10/22/19 Fall Registration Deposit		100.00
Expenses		4,562.98
9/26/19 # 6156 Hilton Garden Inn Meeting		3,286.18
9/26/19 #6155 Rose Williams Trophies		256.80
9/30/19 # 6157 Maggie Rowlands- speaker gifts		350.00
11/6/19 #6158 Maggie Rowlands Board Mtg reimb.		170.00
11/6/19 # 6159 NFEF donation for 2019-2020		500.00
Balance as of 11/6/2019		25,991.13
Rewrite CD		3,000.00
Available Balance		22,991.13
Fall Meeting	Travel Fund	
Income: 4,449.45	Balance:	1,183.12
Expenses: 3,806.18	Income:	259.00
Profit: 643.27	Current Balance:	1,442.13
	Transfer to Checking	942.00
	10/1/19 Balance	500.13

Treasury Report
Respectfully
Submitted By

Maggie Rowlands
Indiana ANFP
Treasurer
& 2019/20
Finance
Committee

Judy Steinmetz
Bob Milligan

Indiana Seniors and Food Insecurity by Thomas Thaman

In August, I had the opportunity to listen to Senator Todd Young at a Bread for the World event in Noblesville. I was exceptionally impressed because Senator Young is passionate about fighting food insecurity both at a national and global level. He is also one of the rare politicians that understand the importance of keeping citizens nutritionally

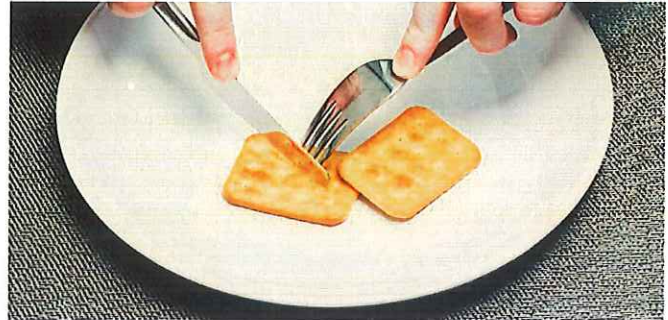
Food insecurity continues to be a growing social problem, not only nationally but also statewide. Recent data states that almost 1,000,000 Hoosiers are considered "food insecure" either by not having the daily resources for a proper days nutrition or not having access to "healthy food" by living on fast food or in a food desert which is a common urban problem. Indiana ranks 26th nationally in food security with almost 17.7% of all Indiana residents classified as food insecure. Of the 17.7%, 7.9% are seniors 60 or over.

The Indy Hunger Network recently did a study of Hoosier seniors who are food insecure in 2018 and found the following:

- 69% had to choose between food and utilities
- 67% had to choose between food and transportation.
- 66% had to choose between food and medical care
- 57% had to choose between food and housing
- 31% had to choose between food and education.

The food insecurity issues for seniors will not be going away anytime soon especially with 10,000 Baby Boomers retiring each day and a senior population of which will exceed 60 million by 2030.

To avoid the expensive cost of skilled nursing, many seniors are opting to stay in their home as long as they



are physically able. But to do that, seniors must have access to food without having to make compromises and or choices as we have listed.

In 2018, Indiana ANFP partnered with Meals on Wheels by donating over 500 pantry items that go to the seniors of Marion County but also provided a \$1000 donation. We will continue to have more information regarding our plans at the spring meeting which will be announced in the Spring Newsletter. But as foodservice professionals and members of your community, here are some other suggestions that you may want to consider.

- Collaborate with a local Meals on Wheels or Senior Feeding program and offer nourishing meals from your facility at a nominal price.
- Volunteer your time to assist in a local food pantry in your community. The time is well worth it and very rewarding.
- Create a food drive in your own department that can be donated to church or public pantry operation.

More information will follow in the Spring Newsletter regarding our mission and which may include letter writing campaign to both our Indiana Senators, Young and Braun

Welcome Indiana's New CDM's



Joseph Anthony Blissett, CDM, CFPP
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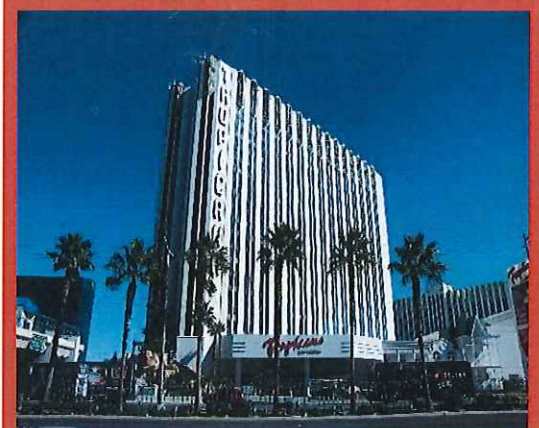
Victor Thompson, CDM, CFPP
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Viva Las Vegas!!!! Join us at the 2020 ACE Meeting

This year's annual ACE Meeting will be held at the Tropicana Hotel located on the famous Las Vegas strip in Las Vegas, Nevada on June .

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!



60TH ANNIVERSARY

2020 Annual Conference and Expo

June 15th Through June 18th,
2020

Tropicana Las Vegas, Nevada



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 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 55 year tradition alive.

Upcoming ANFP Events and CE Opportunities

April 1-17, 2020

ANFP Regional Meeting (13 CE)
Memphis, Tennessee

April 22-23, 2020

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

June 15-18, 2020

60th ANFP ACE (22 CE)
Tropicana, Las Vegas Nevada

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



Happy Holidays !!

from the Indiana ANFP Board

*Brad Hayden, Maggie Rowlands, Bob Milligan,
Stephanie Lamos, Tom Thaman*