

ACROSS



Winter Newsletter 2020 • Vol. 31 • Issue 4

Association of Nutrition & Foodservice Professionals

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Contacts

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Season's Greetings from your Executive Board and committee members!



I am very proud to be part of ANFP/Kansas. We have had to deal with a lot of challenges this last year in our careers and lives!

We have been the backbone for many years in healthcare, and have served nutrition to the residents, patients, schools, other institutions and continue to do so effortlessly.

Today we work together with those on the front lines whom we care for in which we are committed to when it comes to nutrition. We also need to thank housekeeping, maintenance, administration, and many in the supply chain for keeping everything running smooth. *We are all in this together and together we can make things happen.*

Thank you to all 416 Kansas members, their staff and ANFP members nationwide.

In the news:

In this newsletter you will find the Bio's and Mail-In Ballots for this year's officers President Elect and Secretary. ***This is a MAIL- IN BALLOT ONLY and needs to be sent to Paula not later than March 3, 2021!***

Please make sure you have your name and membership number on the envelope (not the ballot) this is to ensure privacy.

There will be no voting at this year's meeting. The Executive board members has decided that there may still be a possibility of Spring Workshop not happening because of gathering restrictions in the state of Kansas. *If you need updates on Covid-19, go to anfponline.org.*

Our original goal is to have a **Spring workshop in April 21-23, 2021, in Salina, Kansas.** This will be a two and one-half day event to help with CEU's. Central district will be hosting the event. If you have speaker/topic ideas let Debra Lowry know at dlowry56@yahoo.com.

In this newsletter you will find some of *recipes* the board members wanted to share with you during the holidays. ***Enjoy and Happy Holiday's!***

Leonard Turpen, CDM, CFPP
Across the Prairie, Editor



KANSAS ANFP



President

Janice Hemel, CDM, CFPP jancdm@yahoo.com



Hello fellow Kansas CDM's. What a different year this has been. The pandemic has stretched our senses as far as possible and further. We are adjusting to different operations, staffing, education, etc. I am so proud of all of you for keeping your clients as safe as possible while continuing to try and maintain a sense of sanity. Looking to 2021, though it does not look like it now, hopes are for a sense of the old normal to return. Not like it was but not like we are dealing with now. CEU's for you will be available end of January, February and March by zoom. Central district is planning a 3-day spring meeting in Salina in April. Keep finger crossed that we can all attend that meeting. Keep your heads up high and be the leaders you are trained to be. See you soon. Merry Christmas and Happy New Year to you and your family.

President Elect

Mathew Schlagel, CDM/CFPP



Merry Christmas everyone, 2020 is almost DONE! I believe we have all been pretty much "done" with this year a long time ago. I pray that we will all come through this stronger, more resilient and ready to tackle anything else that thrown at us in the future.

Central district is in the process of planning our spring workshop. This is your chance to get involved and have your voice heard. Please let us know if you have speaker ideas or topics, you would like to learn about. We are looking to fill two and a half days of learning to help make up for time missed over the past year.

We are also still looking for members to step up and volunteer to serve on the State board as secretary or president-elect. Please let me know if you are interested.

Finally, we would love to recognize what you have done over the past. Let us know your story and consider nominating an CDM, employee, dietician, administrator or supplier for an "of the year" award. Go to the Kansas ANFP online to get the applications.

God bless you all! I look forward to seeing many of you soon and serving as your state president in the year to come.

Treasurer

Debra Lowry, CDM, CFPP



Treasurer's report - Balances as of 11/30/2020.

Central National Bank

Checking: 2,228.79
Savings: 1,001.63

Garden Plains

Checking: 5,826.17
Savings: 2,785.99
Scholarships: 243.88



Secretary

Beverly Kleisen, CDM/CFPP

Merry Christmas from Southeast Kansas. Retirement has been wonderful. I just wish we were free to enjoy it. The pandemic has really played a dynamic part of all of our lives for sure. We pretty much just stay home. Not what I planned retirement to look like. We have decide we are celebrating Christmas with our children....no matter what! I am including a recipe that dates back to my Grandmother so early 1930's or before. BEST fudge ever!

Past President

Donna Bateman, CDM, CFPP

Members, Merry Christmas and Happy New Year. It has been hard not seeing everyone this year. I don't have much news. Hope to see everyone in Salina at the spring meeting. *Prayers for all. Please be safe.*

State Spokesperson

Jennifer Harris, CDM, CFPP

Merry Christmas! I hope everyone is doing well and staying safe during this time. Due to Covid, many things have been cancelled this year such as our Booth at the Annual KHCA trade show. I am hoping that the following year allows us to be able to attend job fairs, trade shows, and our day at the capital to market our career. I spoke with Nationals and we continue to work with Kansas Congressman and Physician Rep. Roger Marshall on his idea of "Food as Medicine". Feel free to reach out to me at any time and I encourage you to contact those on committees and volunteer.

Cindy Cothorn would like to tell everyone "hello" and wishes you a safe and Happy Holiday.

Membership

Dana Tinkler, CDM, CFPP

Since September 1, 2020:

Sent 3 letters to Professional members
Sent 2 letters to Pre-Professional members
Sent 65 letters to Inactive members
Responses back:

- 1 medical - no longer able to work
- 1 paid dues late
- 2 no longer in the field
- 2 no funds to renew
- 2 retired or retiring
- 1 letter returned

Member count as of December 14, 2020:

Allied Professional	7
Pre-Professional	12
Professional	395
Retired Professional	2
Total	416

PAULA



DIANA



Fundraising, Donations, Food Show committee

Paula Bradley, CDM, CFPP paulaspoppersdma@yahoo.com

Diana Riner, CDM, CFPP driner@comanchech.com

The National office is no longer allowing states to do sales. It has to do with the legalities of our logo. We will have what we will call a fire sale.

Have a safe holiday.



Hospitality

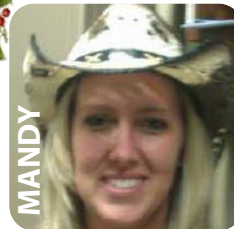
Debra Gohl, CDM, CFPP

Hope to see all of you soon! - *Happy Holidays.*

Historians

Mandy Craig, CDM, CFPP

Becky Robinson, CDM,CFPP



We are still working on getting pictures together & more on Zip drives or thumb drives. This has been a crazy time, but planning on going thru some papers & notebooks we were given so to possibly have new history to show.

Big thank you to all for helping send what you can. Love you all, stay safe and God Bless. Send to beckrobinson@outlook.com

Parliamentarian

Janice Hemel, CDM, CFPP jancdm@yahoo.com

The approved updated policy and procedures for Kansas Association of Nutrition and Foodservice Professionals are on the Kansas website.



Communications

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foodpaws@gmail.com

Mathew Schlage, CDM/CFPP

mschlage@mhsks.org

We have a new Facebook page at Anfp Kansas. Check us out and send a friend request. I am adding friend request's daily. We will be sending Chapter & national update's and events.

I am working on a list of CDM's that would like to work part time as interim. Remember if you are retired there are different levels you can pay to stay a member. Look at anfponline.org for pricing. Let me know if you would like to be on the list and area you would like to work in. - *Leonard*

Thank you and have a safe Holiday Season.

Sunshine Committee

Diana Riner, CDM/CFPP

driner@comancheech.com.

Since our last board meeting, Birthday cards sent out.

37 in September

38 in October

25 in November

29 in December

Also, I have sent out 2 encouragement & 1 retirement.

*Wishing you all a Merry Christmas
and a happy New Year!*

ANFP Kansas

• Purpose •

The Certified Dietary Manager is the cornerstone of the collaborative Dietetics profession.

• Mission •

Position the Certified Dietary Manager as the expert in foodservice management and food safety.



DISTRICT NEWS



East District

Clinton Litherland, CDM, CFPP

We are planning our Spring meeting and elections are coming up. Let us know if you would like to run. Email Donna Bateman at donna.bateman@lmh.org - **Donna Bateman, CDM, CFPP**

Welcome all the new Certified Dietary Manager's to our District.

Our current officers are:

Clinton Litherland - President - 20-21

Jennifer Turner - President elect 20-21

Shelly Rudaya - Secretary Treasure.

Donna Bateman - Past President



Central District

Debra Lowry, CDM, CFPP

Planning the state spring meeting. It will be in Salina Ks. In April. 21 to the 23 about 13 CEU hours. It will be at the fair grounds. We need candidate s for president elect for central . Anyone interested please let me know. My email is dlowry56@yahoo.com



West District

Shay Johnson, CDM, CFPP

I hope this finds you all well. The west district board met last week to discuss the option for a virtual spring meeting and how that structure might work. We are happy to report that we are busy working on finding some speakers for the virtual meeting. We hope this avenue will help those CDM's who are still needing CEU's for their certification. We will send out more information as the time approaches. *Have a Merry Christmas and a Blessed New Year.*



Upcoming ANFP National Events 2021

EVENTS



For more details on these events go to: anfponline.org

February 25

Are you Ready to Become a CDM, CFPP?

[Learn More](#)

April 15

ANFP 2021 Spring Regional Meeting

[Learn More](#)

June 28

Annual Conference & Expo 2021

[Learn More](#)

KANSAS ANFP

OTHER NEWS



Don't forget to bring these to meetings so we can turn them in for great door prizes!!

Snap a picture of them and email to foodpaws@gmail.com

Changing e-mails or moving? Please remember to update your ANFP profile. We need to keep in touch!

CDMs Cultivating Roots
Rallying Organizations & Officials in Training Standards



SAFE FOOD FOR
SENIORS
INITIATIVES



Association of
Nutrition & Foodservice
Professionals

**CLICK ON
BANNER FOR
INFO**



Happy Birthday everyone!

November

Jerrie Rieck
Barbara Newcome
Michael Lohrmeyer
David Cherry
Brenda Baugh
Mary Acker
Susan Pennington
Lori Oserhaus
Jacqueline Riddle
Debra Newport
Judy Teselle
Cody Pennington
Julie Rhodenbaugh
De Farmer
Sharee Jantz
Grace Nightingale
Jason Watts
James Ledbetter
Carolyn Coulter
Patricia McMillian
Autumn Bassett
Kelsey Patterson
Cherrie Doggett
Cecilia Foster
Melissa Kern
Matthew Schlagel
Jeff Vogelmeier

December

Donna Bateman
Gayle Hoffhines
Cheryl Correll
Cristy Pitts
Donna Ashenfelter
Andrea Davidson
Kody Reed
Elizabeth Ravenkamp
Clinton Litherland
Cameron Bryles-Ford
John Fitzthum
Lisa Smith
Helen Wiles
Paul Herder
Brian Dolezal
Jessalyn Strahm
Carol Grant
Larry Wilcox
Jamie Balthazor
Samantha Edens
Brandon Stevens
Cindy Cothern
Kathy Norris
Pamela Wong
Crystal Moore
Karen Pracht

Andrea Randall
Teresa Stewart
Andrew Murray

January

Etta Defenbaugh
Lisa Flick
James Gilmore
Becki Sporing
Jolene Snyder
Childers
Kristin Markham
Paula Bradley
Becky Snovelle
Lindsey Perdue
Diana Riner
Jeremy Ling
Sherry Stone
Megan Sparks
Martha Agnew
Robert Givens
Lisa Barron
Sherry Griffith
Matthew Peak
Tamera Barnes
Jennifer Bedford
Adena Schwinn

Napanee Towery
Sharon Vogel
Judi Bergquist
Kelly Holden
Kelli Willis
Amanda McCune
Crystal Quint
Joyce Butrick
Stephanie Bess

*Happy Birthday
to you - Happy Birthday
to you - Happy Birthday
dear ANFP Member*

*Happy Birthday to you -
and many more!*

*If you don't see your
name listed, let us know!
- Cheers*

Holiday recipes from the officers

Turkey, Tomato, Vegetable Soup *by Janice Hemel*

INGREDIENTS

Water	8 c.
Whole, Peeled, Chopped Tomatoes	2-15 oz. cans
Basil	1/3 tsp.
Chopped Fine Celery	1 c.
Frozen Okra	5 oz.
Shredded Carrots	1 c.
Diced Fine Onion	1 ¼ c.
Barley	1/3 c.
Garlic Powder	1/3 tsp.
Parsley	1 ½ tsp.
Diced Fine Green Pepper	1 ¼ c.
Diced Turkey	2 ¼ c.

DIRECTIONS

• In a large kettle, simmer all ingredients until tender.
(I like to simmer several hours to get the seasonings flavored throughout the soup.)

Marshmallow Fudge (5 minute fudge) *by Beverly Kleisen*

How to make

Step 1

Mix 2/3 cup of carnation milk with 1 2/3 cup sugar and 1/2 teaspoon salt. Put on low heat and heat to boiling. Cook 5 minutes, stirring constantly.

Step 2

Remove from heat and add 1 1/2 cups of miniature marshmallows, 1 1/2 cups of semi sweet chocolate chips, 1 tsp of Vanilla, and 1/2 cup nut meats. Stir 1 to 2 minutes until mm are melted. Pour into buttered pan.

Enjoy and Merry Christmas and Happy New Year from our house to yours!

Paula's favorite breakfast casserole from Delish website

by Paula Bradley

DIRECTIONS

- Cook 8 pieces of bacon, then chop and set aside for later
- Grease 9x13 dish
- Use 2 tubes of crescent rolls fold following package direction.

Place in greased dish side by side

Mix

- 5 - beaten eggs
- 1 cup milk
- 1 cup heavy cream
- 6 - green onions chopped
- 1/2 t. Kosher salt
- 1 t. pepper

Fold in

- 2 cups shredded cheddar cheese and chopped bacon
- Pour over crescents rolls

Bake 375 for 25 minutes till crescents are light brown and egg mixture is set (Note: for institutional servings it will take close to an hour plus to get done). *Our residents loved these, Enjoy!*

Ann's Sweet Potatoes (my mother in law recipe)

My residents favorite!

by Paula Bradley

DIRECTIONS

- 5 medium sweet potatoes (baked)
- Grease 9x13 foil pan(to avoid sticky cleanup)
- Cut sweet potatoes in half place in pan

In bowl mix -

- 1 t. Salt
- 3T. Flour
- 1 cup brown sugar
- 1/2 cup chopped pecan

Mix together and sprinkle all over sweet potatoes

- Take 2T. Of butter and cube in tiny pieces and place all over potatoes.
- Then put 8 LG marshmallows on top
- Pour 1 cup of half and half all over marshmallows and topping.

Bake at 375 degrees for an hour or til liquid is clear not milky looking. Sometimes it takes more than hour.

Feel free to add more marshmallows - I do. Enjoy!

Paula's famous sugar cookies

by Paula Bradley

DIRECTIONS

- 2 cups sugar
 - 1 cup oleo - Cream thoroughly
- Add:
- 2 beaten eggs - Cream again
 - 1 cup sour cream - Mix together

Add:

- 1t. Baking soda
- 1t. Baking powder - Mix

Add:

- 1 1/2 t. Pure vanilla - Mix

Add: 4 1/2 cups of flour to start

Then put on table and fold in more flour to make soft ball. *(Not stiff or cookies will be dry)*

- Roll out and cut

Bake at 375 degrees until BOTTOM of cookies are light brown. *Approximately 10 to 12 minutes*

Butter cream frosting recipe

- 2/3 cup shortening
- 1/3 cup butter(softened) - Cream

Add:

- 1 to 2 T. Milk
- 2t. Pure vanilla
- 1t. Almond extract
- 1T. Butter flavoring

Approximately 4 to 6 cups powder sugar

Sorry, I have made these since I was an eight grader. I don't measure much. Enjoy!



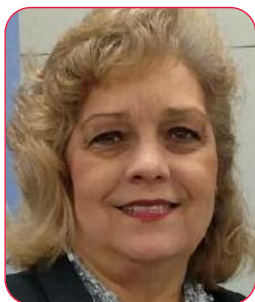
KANSAS ANFP



Candidate Bios

KANSAS ANFP

For the office of President Elect



Donna Bateman, CDM, CFPP

I am extremely honored to run for the office of President. I currently serving as Past President for the ANFP Kansas. I have been Certified Dietary Manager for 21 years. I attended Washburn University for the Dietary Managers and graduated in May of 1999. In December of 2007 I graduated from Baker University with a Bachelor in Business Administration. I have been employed in Food & Nutrition Services for 44 years, 35 years with School Food Nutrition Services, and I work in skilled homes and Hospital, for 25 years. I have served as President for the School Nutrition Association of Kansas, District Director and Supervisor representative, Northeast Area Representative for 4 years, and several committees. I am currently Past President of the East District and I have served as President and President- elect for the Kaw Valley District. I have served as secretary for Kaw Valley. I have served on the local & state committees of Impact & Education. I am currently employed with Unidine/ Lawrence Memorial Hospital as Patient Experience Manager.



Jennifer Harris, CDM, CFPP

I have lived in Humboldt Kansas for 20 years. I have worked in Foodservice for 16 years. I became a Certified Dietary Manager 7 years ago. I currently work for Independence Medicalodges. I have volunteered many years helping with our annual Day at the Capitol and our PAC booth at the KHCA convention.

For the office of Secretary



Leslie Hamilton, CDM, CFPP

Thank you for this opportunity to run for the Secretary position for the Kansas ANFP State Board. This is a prestigious uplifting opportunity for me in my career. I (Leslie A. Hamilton), am the youngest of eleven siblings. My Grandfather was a Preacher and Farmer, my Grandmother was a devoted Christian. My father was baptist and song in the choir. My mother was a devoted Catholic. She sent all her children to a private catholic school, even though she didn't have much money, my mother worked hard as a cook at Crestview Country Club, and Caregiver in Wichita, Ks.

I started working in long term care over 25 years ago as a Dietary Aide. I was eventually promoted to Cook position up to Assistant Dietary Manager. I went to the Dietary Manager's at Central Votech in Wichita, Ks. 1994.

I became a Certified Dietary Manager and I greatly enjoyed managing a crew in the overall food production experiences. I also enjoyed cooking and baking at the facilities.

I had mentor several of my staff members at different facilities to advance into a Dietary Manager's Certification program. I had explained to a few of my staff that if I had started as a Dietary Aide in this industry career choice and worked hard to achieve a Food Service Management position then if I can do it, they can also achieve their goals though hard work, dedication, focus and ambition.

I am currently on the building committee board that had designed and build our church, Holy Savior Catholic Church. Our parish is still in the planning stage of completing several building projects at our church.

I work as a Usher/ Hospitality at church services at my parish. I am a member of the Knights of Columbus, a catholic charity organization. I am currently a third degree knight. I also had obtained my medication aide certification that recently expired due to my working as food service manager. I do also work part time as a certified nurse assistant and certified Homehealthcare Aide for about 17 years plus. I had taken care of several clients in their homes with client's diagnosis ranging from Lou Gehrig disease to multiple sclerosis and being paralyzed from the waist down needing assistance in their homes.

I enjoy working with clients and providing nutritional and in home nursing care.

• For the office of Secretary continued on next page

For the office of Secretary



Leonard Turpen,
CDM, CFPP

I would be honored to serve as Secretary for ANFP Kansas.

I have been a CDM since 1997 and active in the food industry for over 55 years. I received my Hospitality Management Degree from Johnson County Community College in 1997. I have worked at Medicalodges Alzheimer's, Leavenworth, Gardner, and Eudora. I am now working on getting an interim CDM pool started for the state of Kansas. My history also includes having two restaurants of my own, one in Salina, Kansas and one in Kansas City, Missouri.

I have been state president four terms 2013,16,17,& 18 bringing Kansas the national platinum award each year, I have been the PAC chairman at the national level through 2019. I have been district president of the Jayhawk Chapter, and have also been the Secretary/Treasurer in the past. I have organized chapter meetings and state workshops over the past years, and our 50th anniversary celebration with the (Jayhawk) East district. I have also constructed promotional advertisements and newsletters for our chapter. One state meeting Congressman Dennis Moore spoke for us and we voiced our ANFP concerns along with participating "A Day at the Capital". Our district also received three Sunflower Awards for 2008-2010 as a winning team.

Long-term care, hospitals, schools, prisons, orphanages or any other nutritional service that we are employed within must understand our importance. This is what makes a CDM proud of their role they perform everyday. We should be deeply involved with each resident's nutritional needs and development.

I will work hard for the state of Kansas to continue being a front-runner in the ANFP.

Please follow the directions below and exercise your right to vote.

Instructions for completing the ballot:

1. Read the bio for each candidate to make a wise choice.
2. Mark an "X" or a check mark on line in front of your candidate choice.
3. If writing in a candidate, name must be written on line under appropriate office and box checked.
4. Place ballot in sealed envelope.
5. On the OUTSIDE of the envelope, place name and member ID

*Please mail by March 31, 2021. **This election is MAIL IN ONLY!***

Mail to: PAULA BRADLEY, CDM, CFPP
PO Box 116
PROTECTION, KANSAS 67127

President Elect:

_____ Jennifer Harris

_____ Donna Bateman

_____ Write in Candidate _____

Secretary:

_____ Leslie Hamilton

_____ Leonard Turpen

_____ Write in Candidate _____

