

CONTENTS

Officer Comments ... 2-5

District Officers 6

Events and news 7

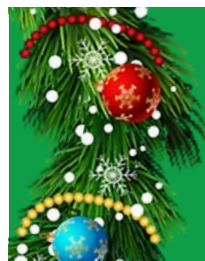
Birthdays 8

Recipe Corner 8-9

Contacts

Leonard Turpen,
CDM , CFPP
newsletter editor
foodpaws@gmail.com

Matthew Schlagel
sgtschlagel@hotmail.com



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

KHCA Conference and EXPO 2021:



Jessica Turner and myself set up a booth at the annual KHCA conference Expo at Kansas Star Casino in Mulvane, Kansas this last fall. I have attended this Expo many times but this year was different in many ways. First of all almost every administrator stopped with genuine concern on the work force situation and the lack of CDM/CFPP's to fill many positions. We handed out information to most. We advised them to go back and take a look in the dietary department for competent candidates for school and get them enrolled. Many liked the idea and planned to initiate that. Another difference I noticed was the amount of CDM's turned administrators. We had many D.O.N. and A.D.O.N. stop and want information to take back to their facilities. I feel this was probably the most successful Expo I have attended. *Looking forward to the next one. - Beverly Kliesen, CDM, CFPP*

I am still very proud to be part of ANFP/Kansas. We've had to deal with a lot challenge's the last couple years in our *careers and lives!*

In the past years I have stated that we are the people that we are an important part of healthcare, and have served nutrition to the residents, patients, schools, other institutions and continue to do so effortlessly.

STILL we work together with those on the front lines whom care for the residents 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's for keeping everything running smooth through these challenging times we live in. *We are all in this together and together we can make things happen. ~ Leonard Turpen, CDM, CFPP newsletter editor*

Thank you to all 400 Kansas members, their staff and ANFP members nation wide.





President

Mathew Schlagel, CDM/CFPP sgtschlagel@hotmail.com



Seasons Greetings fellow Kansas ANFP Certified Dietary Managers

I hope that everyone is doing well and feeling blessed during this holiday season. I want to personally wish each and everyone of you a Very Merry CHRISTMAS and a had a Happy New Year. I am excited to say that we do plan to have a Spring Workshop hosted by the West District. We ALL look forward to being able to see many of you there.

Election time is near, we are taking volunteers for President Elect and Treasurer. The ballots will be sent out in the Spring newsletter. If you are interested please fill out the I will serve form and return it to the address you received the newsletter.

You will be receiving phone calls from the executive committee during the first half of January. The questions will be concerning what day and time would be best for zoom meetings. The board will be setting this up at the board meeting **January 21, 2022**.

Treasurer

Debra Lowry, CDM, CFPP

Treasurer's report - Balances as of 11/09/2021.



Central National Bank

Checking: 2,178.71
Savings: 1,002.12
Interest: .04
Total: 3,108.87

Garden Plains

Checking: 5,411.78
Savings: 2,789.23
Scholarships: 343.89
Total: 8,544.89

Combined Totals: 11,725.76

Past President

Janice Hemel, CDM, CFPP jancdm@yahoo.com



Hello fellow CDM's! This year has not been any better than last. Trying to conduct business without meetings is hard. I miss all of your faces. I was in hopes that we could meet this fall but too many of us had facilities that would not have let us attend. I know we are working on some webinars so look for information on them. I pray next year will be better for all. Merry Christmas and Happy New Year!!



State Spokespersons



Cindy Cothren, CDM, CFPP & Jennifer Harris, CDM, CFPP

Hope this finds everyone well and happy. There is nothing coming up on calendar until we begin to plan for our Day at the Capitol. Due to covid we have not decided how that will look this year, however, we do have several options we are thinking about.

Recently we had our booth at the KHCA convention. I'm so glad they were able to have it this year. It's a great time to interact with peers, Administrations, DON's and more.

This year I was in quarantine due to a close covid contact. *Thank you to Beverly Kleisen and Jessica Merrick for covering.*

CINDY

JENNIFER

Membership

Dana Tinkler, CDM, CFPP

Since September 1, 2020:

Since the my last report I have sent :

- 12 letters to Professional members
- 3 letters to Pre-Professional members
- 6 letters to Allied Professional members
- 89 letters to Inactive members responses back as of this date:
 - 3 letters returned-undeliverable
 - 1 no longer working at facility
 - 1 renewed
 - 4 retired
 - 1 health and no funds to renew

5 letters to schools with approved ANFP programs:

- Barton Comm College
- Auburn University
- Univ. of Florida online - responded back
- Univ of North Dakota-online
- Johnson County Comm. College



Member count as of November 11, 2021:

Allied Professional	12
Pre-Professional	14
Professional	372
Retired Professional	2
Total	400

Fundraising, Donations, Food Show committee

Paula Bradley, CDM, CFPP paulaspoppersdma@yahoo.com

Diana Riner, CDM, CFPP driner@comanchech.com

We are looking forward to the West District Workshop in the Spring and hoping to have a good turn out and to start working with the vendors again.

Have a safe holiday.

PAULA

DIANA



Hospitality

Debra Gohl, CDM, CFPP

I just want to say Merry Christmas to all of our fellow dietary managers. I have really missed having our meetings in person and have been praying that we can do that soon. but until then, welcome to all of the new members. I hope each of you are settling in with your new duties and have a mentor that can help you. Learning new ways to navigate this world can be challenging even for those of us who have been around awhile.

May 2022 be a prosperous year for everyone!



Historians

Mandy Craig, CDM, CFPP

I am working on a slide show to show at our next workshop hopefully in the Spring 2022. If you have any past pictures to send let us know. I would be glad to add them to our program.

Big thank you to all for helping send what you can. Love you all, stay safe and God Bless.



Parliamentarian

Janice Hemel, CDM, CFPP jancdm@yahoo.com

I have not had any policies and procedures to do. I have been working on 2 binders that will be hard copies of important information that needs to be kept. This will be a backup plan to go along with the computer files many of us have. When we needed some information awhile back, we could not find it and did hours of searching and calling for it. This will be information passed from President and Secretary to the next ones.



Sunshine Committee

Diana Riner, CDM/CFPP driner@comanchech.com.

It is with sadness; I am resigning as your Sunshine chair. Things have been overwhelming in my personal life and I don't feel at this time I can do the job justice. I have truly enjoyed brightening your day.

I wish you all a Very Merry Christmas, and a Blessed New Year.



Communications



Leonard Turpen, CDM/CFPP foodpaws@gmail.com

Mathew Schlagel, CDM/CFPP mschlage@mhsks.org

I hope to see everyone in 2022 at our Spring workshop. We are still working on setting up Zoom meetings beginning in January 2022.

Happy Holiday's and wishing you the best in the New Year !

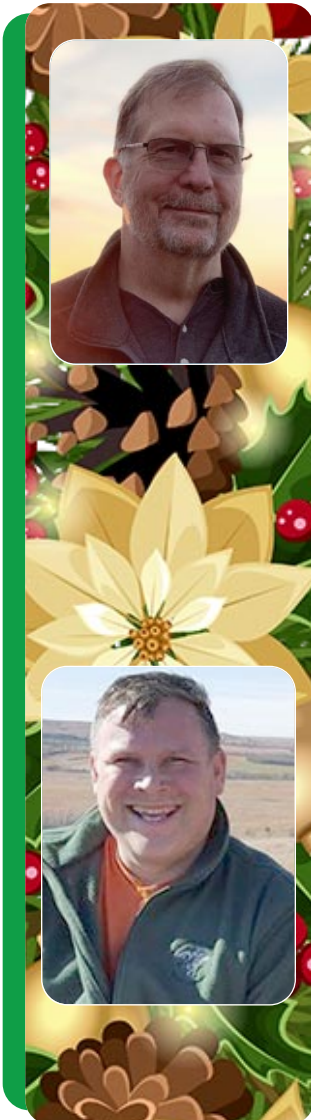
I am still working on a list of CDM's that would like to work part time as interim. Remember if you are retired there are different levels you can pay to stay a member. Look at anfponline.org for pricing. Let me know if you would like to be on the list and area you would like to work in. - *Leonard*

Thank you and have a safe Holiday Season.

Applications for "Of the Year Award" are open. You can find the applications on anfponline.org/Kansas. Go to the chapter portal, select links & resources, you will find applications for all of the following:

- **Dietary Manager of the Year**
- **Dietitian of the Year**
- **Administrator of the Year**
- **Vendor of the Year**
- **Foodservice Employee of the Year**

These need to be in by January 15th, you may send the by replying to this e-mail.



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



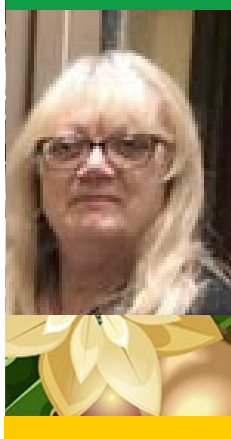
East District

Clinton Litherland, CDM, CFPP

Anyone interested in running for office we are looking for candidates for president and president elect.

East District is still working to have a Spring workshop, in mid March. Time and place will be announced pending the outcome of the virus this winter.

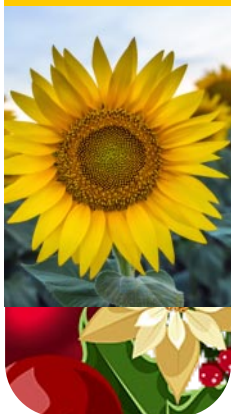
Wishing everyone a great holiday season and hope to see you soon.



Central District

Debra Lowry, CDM, CFPP

Central District would like to wish everyone a Happy Holiday Season. Changes will be posted in the next newsletter with officers and events.



West District

We are trying to set up a physical board meeting as we have a couple of officers we need to replace. We are starting to plan the Spring State Workshop.

Merry Christmas and Happy New Year to all!!!



Upcoming ANFP National Events 2022

EVENTS



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

KANSAS ANFP

Apr 20, 2022

ANFP 2022 Spring Regional Meeting

[Learn More](#)

Jun 27, 2022

ANFP 2022 Annual Conference & Expo

[Learn More](#)



Other News - Something to think about...



We have had another very hard year for Dietary departments across the country. Between ANFP Connect and the ANFP Facebook page you can feel the struggle of wages the CDM's are having.

I have learned from upper management over the years, that when they are comparing salaries you need to compare the non-licensed staff to surrounding businesses, not other healthcare facilities.

This has finally caught up to everyone. Minimum needs to be set at \$15.00 per hour for aides and \$18.00 for cooks or more, no matter how small a town or city you live in. CDM's are now having to cook, wash dishes, more than ever - plus do their own work. Those on straight salary, do even more than they are getting paid for. Salaries for CDM's should start at no lower than \$25.00 per hour, I don't care how small of a facility. I feel that we are more important than ever in the survey process and inside the facility.

If you run your department like your own restaurant and the residents are well satisfied. That to me is half, if not more of the survey results. *Something to think about.* - Leonard Turpen newsletter editor, CDM, CFPP



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!

September

Anthony Backer
Crystal Beck
Tina Browning
Jodi Brummer
Lois Bunch
Ladeena Burke
Alice Christensen
Lucinda Cluchey
Nancy Danler
Kristi Deeder
Shannon Diemart
Ruth Haile
Rosie Hammerschmidt
Lea Hart-Leighty
Madonna Haug
Aaron Hill
LaVonne Inloes
Geraldine Jacobs
Norma Kester
Amanda Kmiec
Jennie Kocher
Katrine Koehn
Stephanie Kohler
Rosie Laney
Kathleen Lewis
Orland Perales
Stephaney Scott
Michael Snell
Kim Solomon
Dana Tinkler
Ike Walker
Virginia Wallace
Carol Wells
Nathan Wood

Susana Zacharias

October

Christina Aranda
Barbra Berry
Morgan Cape
Randy Cimino
Mandy Craig
Ranea DeShazer
Whitney Dill
Pat Dumcum
James Evans
Amber Fullhart
Patricia Gallentine-
Johnson
Pamela Glavin
Leslie Hamilton
Megan Howard
Donna Huff
Lori Irwin
Linda Johnson
Robert Kidd
Norma Lavender
Patricia La Vergne
Kendra Leonard
Debra Leuthold
Lorie McGuire
Kimberly Neeley
Barbara Patton
Lisa Piersall
Jillian Rinehart
Anita Rose
Jessica Simmons
Lois St. Clair
Leonard Turpen
Mary Ubel

Teresa Williams

November

Mary Acker
Autumn Bassett
Brenda Baugh
David Cherry
Carolyn Coulter
Cherrie Doggett
De Farmer
Cecila Foster
Saree Jantz
James Ledbetter
Jenelle Lobato
Michael Lohmeyer
Patricia McMillan
Barbara Newcome
Debra Newport
Grace Nightingale
Lori Osterhaus
Cody Pennington
Julia Rhodenbaugh
Jacqueline Riddle
Jerrie Rieck
Matthew Schlagel
Judy Teselle
Jeff Vogelmeier

December

Donna Ashenfelter
Jamie Balthazor
Donna Bateman
Cameron Bryles-
Ford
Cheryl Correll

Andrea Davidson
Samantha Edens
John Fitzthum
Carol Grant
Paul Herder
Gayle Hoffhines
Clinton Litherland
Crystal Moore
Andrew Murray
Cristy Pitts
Karen Pracht
Andrea Randall
Elizabeth Ravenkamp
Kody Reed
Brandon Stevens
Teresa Stewart
Jessalyn Strahm
Larry Wilcox
Helen Wiles
Pamela Wong

January

Martha Agnew
Tamera Barnes
Lisa Barron
Jennifer Bedford
Stephanie Bess
Paula Bradley
Mary Bremerman
Joyce Butrick
Marivi Childers
Etta Defenbaugh
James Gilmore
Robert Givens
Sherry Griffith

Kelly Holden
Jeremy Ling
Amanda McCune
Lindsey Perdue
Crystal Quint
Diana Riner
Adena Schwinn
Becky Snovelle
Jolene Snyder
Megan Sparks
Becki Sporing
Napanee Towery
Sharon Vogel

*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



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 eighth grader. I don't measure much. Enjoy!

Hello Dollies

Suanne Hoffman (retired) East district

- 1 stick oleo-melted
- 1 cup coconut
- 1 cup chopped pecans
- 1 cup graham cracker crumbs
- 1 cup chocolate chips
- 1 can Eagle brand milk



Spread melted oleo on the graham cracker crumbs in a 9X9 pan. Layer with chocolate chips, coconut, and pecans.

Pour milk over top and bake for 30 minutes at 350 degrees.

