



Dear ANFP Kentucky State Chapter Members,

I hope each of you have enjoyed a safe winter. These are trying times, and I wish everyone health and wellness as we progress through this pandemic. As COVID-19 (coronavirus) receives widespread attention, I urge us all to educate ourselves, our patients and residents, our team members and our loved ones regarding this virus and the best hygienic practices to combat the spread. In an effort to ensure safety, our KY Chapter Spring Conference has been cancelled.

In this newsletter, you will find information about a COVID-19 resource page maintained by ANFP. I encourage you to visit it regularly to keep current with virus updates. As most of us practice social distancing and sheltering, finding Continuing Education opportunities that can be completed remotely are valuable. In this issue, you will find information about the ANFP CE Resource Tool. Sheltering and distancing affords some extra time to explore new recipes. Remember to take advantage of the ANFP Recipe Box to offer your residents, patients and family some delicious recipes such as Cranberry Caramel Bran Muffins, Pumpkin Oatmeal, Chicken Divan and Creamed Spinach. You can find these, and more ideas in the **Recipe Box** at ANFP online (link below): <https://anfponline.connectedcommunity.org/communities/community-home/librarydocuments?communitykey=f596264d-d1eb-40dc-9a26-cbed3f17443b&tab=librarydocuments&CLK=d8e77fa7-27a9-4f63-abc7-ae1d26e0a48f>

You will find a variety of professional information on the ANFP website that can enhance the dining experience for your residents and guests, as well as provide useful management tools and guidance to help you achieve operational success. Be sure to check the KY State Chapter ANFP Website for information about our chapter plans, meetings, and more. <https://nf.anfponline.org/eweb/DynamicPage.aspx?site=ANFP&webcode=ChapterSearch>

As a reminder, your certification CE cycle requires members to achieve 45 total hours with 9 of these being sanitation specific and 1 being ethics related. Our state chapter meetings are an affordable and easy way to earn CEs. I would like to ask all of you to help promote new memberships in our chapter as well as educate your team members about the value and importance of pursuing and achieving a CDM certification. Please invite students and your Administrators to join you in attending a chapter meeting.

To ensure safety, we have chosen to cancel the KY Chapter Spring Conference due to current coronavirus concerns. We hope to return to state chapter conferences in October, 2020. You will receive updated information as we progress.

I am excited about the plans for growth and development in our state chapter in the coming year. If you, or one of your peers, are interested in supporting the ANFP commitment to excellence in the State of KY, please contact me to enter into one of our rewarding volunteer leader roles. Officer and leadership options will be discussed at our Fall Conference. Continue providing excellent dining experiences to your residents, patients and customers.

Sincerely,

A handwritten signature in cursive script that reads 'Trey Roberson'.

Trey Roberson, CDM, CFPP  
Kentucky State Chapter President, ANFP  
[Robet@McHealth.net](mailto:Robet@McHealth.net)

# NEW COVID-19 RESOURCE PAGE

Published on Mar 23, 2020

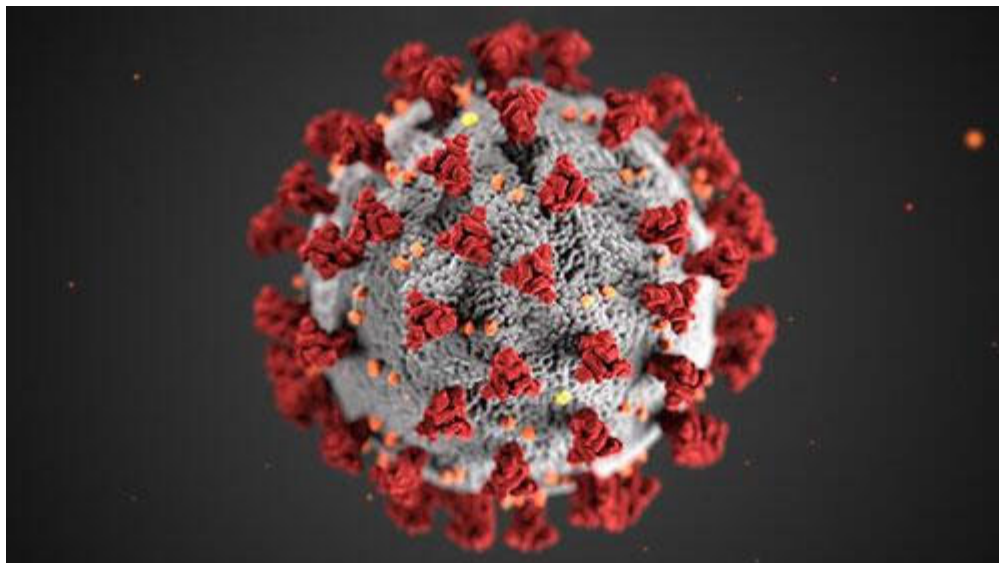
The health, safety, and well-being of our members is our highest priority. Therefore, ANFP wishes to reinforce best practice with regard to preventative health and safety measures.

ANFP has developed a COVID-19 Resources page for foodservice professionals. This page will be updated continuously as new information comes in.

This page includes:

- Updated Information from CMS and CDC
- Downloadable Resource Materials
- Updates to ANFP's upcoming live events, and more

[Access the Resources](#)





## **NEW! FIND CE RESOURCE AVAILABLE!**

### **Find Continuing Education (CE) Options Quickly and Easily!**

Are you searching for education to meet your professional development needs? Look no further than the new Find CE resource, located within your ANFP member profile.

Use this resource to efficiently search ANFP education or CBDM prior approved education. Filter by CE type, hours, location, competency topic, competency level, and more!

Get started and access the Find CE resource today. View a tutorial video with step-by-step instructions below!

[Find CE](#)

[View the Tutorial](#)

## Easy Chicken Enchiladas

3 cups chicken, cooked & shredded  
1-4 oz. can mild green chilies  
2 Tbsp. green onions  
2 cups chicken broth  
3 Tbsp. flour  
8-10 flour tortillas, small  
3 Tbsp. butter, unsalted  
4 cups Monterey jack cheese  
1 cup sour cream, full fat

Spray a 9x13 baking dish and preheat oven to 350 degrees.

In a small bowl, combine chicken & 2 cups Monterey jack cheese. Fill tortillas and roll. Place seam side down in pan.

Melt the butter in a skillet. Whisk in flour and cook for one minute. Whisk in broth and cook until mixture thickens and bubbles. Cool sauce for 3-5 minutes, so as to not curdle the sour cream. Add sour cream & chilies and stir until sauce is smooth and sour cream is dissolved.

Pour sauce over enchiladas and top with remaining cheese. Bake for 20-25 minutes until enchiladas are heated through and sauce is bubbly.

Optional: Turn on broiler and broil until golden. Top with chopped green onions and serve.

If you wish to make the enchiladas ahead and freeze them, just do not add the sauce until you are ready to bake them.



## Prayer for the Times

Yes there is fear.  
But there does not have to be hate.

Yes there is isolation.  
But there does not have to be loneliness.

Yes there is panic buying.  
But there does not have to be meanness.

Yes there is sickness.  
But there does not have to be disease of the soul.

Yes there is even death.  
But there can always be a rebirth of love.

Wake to the choices you make as to how to live now.

Today, breathe.  
Listen, behind the factory noises of your panic.  
The birds are singing again.  
The sky is clearing.  
Spring is coming!

And we are always encompassed by Love.

Open the windows of your soul  
And though you may not be able  
to touch across the empty square, Sing.

## DAILY ACTIVITY IDEAS DURING SELF-QUARANTINE

- ◆ Clean out closets and purge all unused items to your favorite charity. Offer unwanted items to your facility for the residents.
- ◆ Organize kitchen cabinets and donate any unwanted foods to a food pantry.
- ◆ If you are able, take a nap! A little extra rest goes a long way toward recharging batteries and building immunity.
- ◆ Sanitize tooth brush heads with a mixture of baking soda, hydrogen peroxide and water.
- ◆ It is almost Spring, so why not switch out the winter wardrobe now?
- ◆ Go through Christmas decorations and determine what you might need for 2020.
- ◆ Give your four legged friends some extra attention. Walks, brushing, flea and tick treatments.
- ◆ Go cobweb hunting! Tops of lamps, corners and under appliances are good places to start.
- ◆ Spring Clean is obvious, but I'm sure everyone is already on that!

Those of you with children, all of this is most likely on a “wish I had time” list. You deserve kudos for being a parent, teacher, nurse, extraordinaire!

Above all, try to grab a few moments every day to sit and relax.



## State Chapter Officers

### President

Trey Roberson CDM, CFPP

robot@mchealth.net

### President Elect

Larry Little CDM, CFPP

Larry.Little@owensborohealth.org

### Treasurer

Shirley Elder CDM, CFPP

Shirley.Elder.1956@gmail.com

### Secretary

Gretchen Minton, CDM, CFPP

gminton27@twc.com

### Newsletter Editor

Elizabeth Rivard

elizabethrivard@att.net

