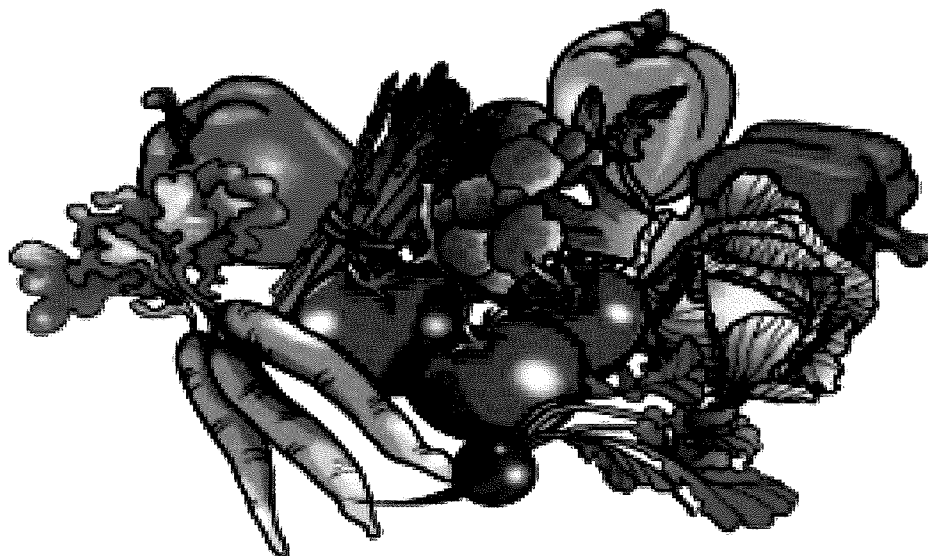
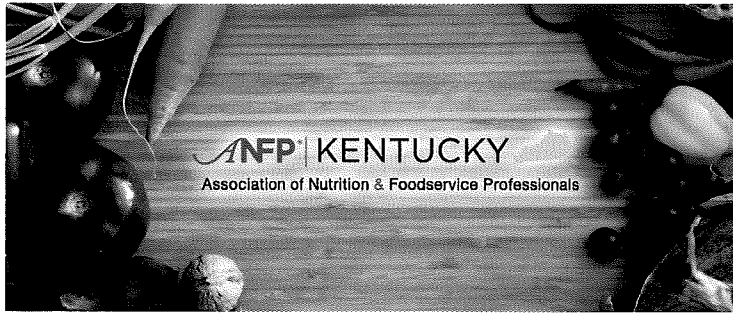


Spring. As I write this, I am watching snow come down outside my window. Nice way to celebrate spring, huh? But as the days get longer and eventually warmer, the foods that we crave become fresher and lighter. We are all used to seeing more fresh produce on our tables in the summer, because it is just easier to get good, fresh fruits & vegetables in the Spring & Summer. But what about herbs? Many of us use herbs in our cooking, but how many use fresh herbs? A little fresh rosemary on oven baked potatoes or some fresh chives diced up in the sour cream...a little goes a long way. Multi colored peppers for garnish and color and berries for breakfast—these things can really impress your residents/customers and make them happy. How many times do we hear, “you eat with your eyes first”? Sometimes, if we hear something too often, we tend to dismiss it. But the truth is, it’s not that difficult to impress your clients if you can coach your staff to present something they would be excited about eating. My staff was always complaining about how many fruit plates they have to make on a daily basis. (They do make beautiful fruit plates!) So to mix it up, I ordered every type of berry I could get and challenged them to do something different. The residents raved about the result and I repeatedly heard, “I can’t believe you got us berries!” Such a simple thing...I had no idea what an impact it would have. My staff is now excited about trying to use fruits & vegetables that may not be as common, because they feed off the residents satisfaction. Try something different, even if it’s a small thing. Your clients will appreciate it...and they’ll appreciate you!





Dear ANFP Kentucky State Chapter Members,

Welcome to spring time in Kentucky! This brings a great opportunity to offer your residents, patients and guests some terrific seasonal recipes such as Strawberry Spinach Salad, Cranberry Caramel Bran Muffins, Magic Green Beans and many more that you can find 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>

To those members who were able to attend our State Spring Conference (3.15.18), I sincerely appreciate your participation and fellowship. I look forward to reviewing your feedback re: the content presented at the meeting, and recommendations for content at future meetings. A special thank you to Ms. Shirley Elder, KY ANFP Treasurer for hosting our conference at her amazing facility, Treyton Oak Towers!

As a reminder, your certification CE cycle requires members to achieve 45 Total hours with 9 of these being Sanitation specific, and 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 your Administrators to join you in attending a chapter meeting.

Your KY Chapter officers have planned a Fall Conference to occur on October 10, 2018 at Sysco in Louisville, KY (7705 National Turnpike, 40214). Details for this upcoming event will be found soon on our Chapter website: <http://www.anfponline.org/events-community/chapters/chapter-pages/kentucky/home>. Your officers will also update you prior to all events via our chapter membership email distribution list.

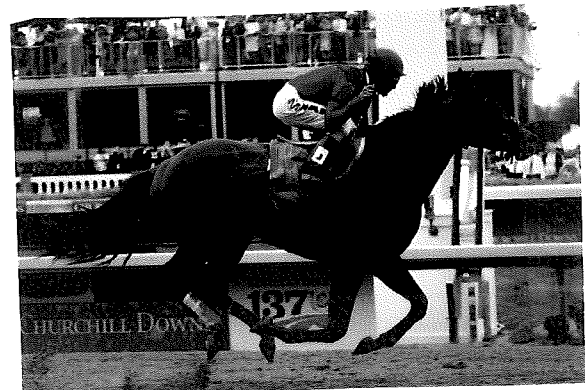
I am excited about the plans for growth and development in our state chapter in the coming year. If you, or one of your peers, are interested in supporting the ANFP commitment to excellence in the State of KY, please contact me to enter into one of our rewarding leadership roles. Thank you.

Sincerely,

Trey Roberson, CDM, CFPP

Kentucky State Chapter President, ANFP

TreyRoberson@IamMorrison.com



Hepatitis A--- The Villain on the Street

What is hepatitis A?

Hepatitis A is a virus that infects the liver. Symptoms usually take 15-50 days to develop after initial infection and typically last for several weeks or sometimes longer.

Symptoms can range from fever, weakness, tiredness, loss of appetite, nausea, muscle aches, vomiting and jaundice (yellow discoloration of the eyes and skin). Sometimes there are no symptoms, particularly among young children.

Liver failure and death from hepatitis A are very rare but occasionally occur among those with existing chronic health conditions, especially those that affect the liver. Hepatitis A vaccination is recommended for those living with hepatitis B and C.

How does it spread?

Hepatitis A is spread when a person ingests fecal matter from an infected person. This can occur through person-to-person contact (including through sexual or even seemingly trivial household contact), or consumption of contaminated food and water.

Hepatitis A is quite an infectious virus. Only microscopic amounts of poo are needed to infect people and cause symptoms. People living in the same house with a person with hepatitis A have an increased risk of acquiring hepatitis A unless receiving preventive interventions.

The virus can survive on hands and other surfaces such as cooking utensils and plates for hours. So it's important to ensure that infected people properly wash their hands after using the toilet, and completely avoid handling food.

How is it treated?

Although hepatitis A can cause significant illness, the body usually recovers without treatment and becomes immune to future infections.

A highly effective hepatitis A vaccine has been available for decades, and once fully vaccinated (two vaccinations spaced at least six months apart), you're protected for life.

Protect yourself from this villain by educating your staff who are handling food for our highly susceptible elders. Re-inforce hand washing with all your staff.





KENTUCKY ANFP FALL RAFFLE

We are raffling off three Visa Gift Cards \$250.00, \$150.00 and \$100.00.

We are asking each member to sell or buy at least 5 raffle tickets at \$2.00 each. If you want more tickets just run copies. Please send your tickets and money to Shirley Elder, Treyton Oak Towers, 200 West Oak Street, Louisville, Kentucky 40203 NO LATER THAN OCTOBER 7, 2018.

Please help support our organization by selling these tickets as we only are having one fund raiser this year. The drawing will be on October 10, 2018 at the Fall Meeting.

SEE YOU THERE!!!! BEST OF LUCK TO EACH OF YOU!!!!



SAVE THE DATE

KENTUCKY STATE FALL MEETING

October 10, 2018

Hosted by Sysco of Louisville

Louisville, Kentucky 40214

PLEASE COME AND JOIN US !!!!!!!!!!!!!!!

**KENTUCKY ANFP
FALL RAFFLE**

DRAWING TO BE HELD ON OCTOBER 10, 2018

WIN
\$250.00, \$150.00 or \$100.00
VISA GIFT CARD

DO NOT HAVE TO BE PRESENT TO WIN TICKETS \$2.00 EACH

**KENTUCKY ANFP
FALL RAFFLE**

NAME: _____

PHONE: _____

EMAIL: _____

DO NOT HAVE TO BE PRESENT TO WIN TICKETS \$2.00 EACH

**KENTUCKY ANFP
FALL RAFFLE**

DRAWING WILL BE HELD ON OCTOBER 10, 2018

WIN
\$250.00, \$150.00 or \$100.00
VISA GIFT CARD

DO NOT HAVE TO BE PRESENT TO WIN TICKETS \$2.00 EACH

**KENTUCKY ANFP
FALL RAFFLE**

NAME: _____

PHONE: _____

EMAIL: _____

DO NOT HAVE TO BE PRESENT TO WIN TICKETS \$2.00 EACH

**KENTUCKY ANFP
FALL RAFFLE**

DRAWING TO BE HELD ON OCTOBER 10, 2018

WIN
\$250.00, \$150.00 or \$100.00
VISA GIFT CARD

DO NOT HAVE TO BE PRESENT TO WIN TICKETS \$2.00 EACH

**KENTUCKY ANFP
FALL RAFFLE**

NAME: _____

PHONE: _____

EMAIL: _____

DO NOT HAVE TO BE PRESENT TO WIN TICKETS \$2.00 EACH

**KENTUCKY ANFP
FALL RAFFLE**

DRAWING WILL BE HELD ON OCTOBER 10, 2018

WIN
\$250.00, \$150.00 or \$100.00
VISA GIFT CARD

DO NOT HAVE TO BE PRESENT TO WIN TICKETS \$2.00 EACH

**KENTUCKY ANFP
FALL RAFFLE**

NAME: _____

PHONE: _____

EMAIL: _____

DO NOT HAVE TO BE PRESENT TO WIN TICKETS \$2.00 EACH

**KENTUCKY ANFP
FALL RAFFLE**

DRAWING TO BE HELD ON OCTOBER 10, 2018

WIN
\$250.00, \$150.00 or \$100.00
VISA GIFT CARD

DO NOT HAVE TO BE PRESENT TO WIN TICKETS \$2.00 EACH

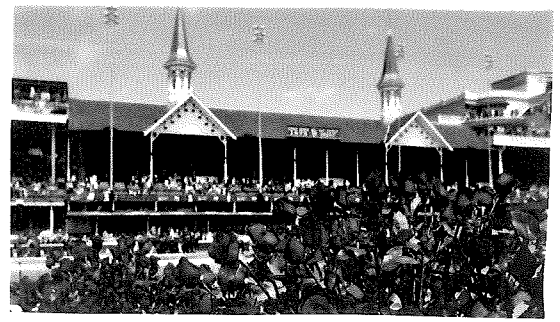
**KENTUCKY ANFP
FALL RAFFLE**

NAME: _____

PHONE: _____

EMAIL: _____

DO NOT HAVE TO BE PRESENT TO WIN TICKETS \$2.00 EACH



Say HELLO

to your 2018

Kentucky Chapter ANFP Officers.

President- Trey Roberson, CDM, CFPP

President Elect-Janet King, CDM, CFPP

Secretary- Gretchen Minton, CDM, CFPP

Treasurer-Shirley Elder, CDM, CFPP

As officers we are proud to inform you that we will be offering a scholarship this year. If you are interested please fill out the application and forward it back to us by June 15, 2018. Wishing each of you good luck.



Coffee—Did you know?

Coffee contains much higher amounts of antioxidants in a typical serving compared to tea for the people who drink it. It may be one of the major sources of antioxidants in their diet, perhaps even higher than fruits and vegetables. FOOD FOR THOUGHT!!

Application for CDM Scholarship

sponsored by Simply Thick and Kentucky Chapter ANFP

Biographical Questionnaire (Please type)

A. You, the Nominee

Legal name in full

LAST

FIRST

M.I.

Permanent Residence

STREET AND NUMBER

CITY

STATE

ZIP CODE

(Permanent residence is established by at least two of the following: home address for school registration; place of registration to vote; family's primary residence.)

If you are selected as a scholar, you will receive notification by mail.

Send notification in by June 15, 2018 (if different than permanent address):

STREET AND NUMBER

CITY

STATE

ZIP CODE

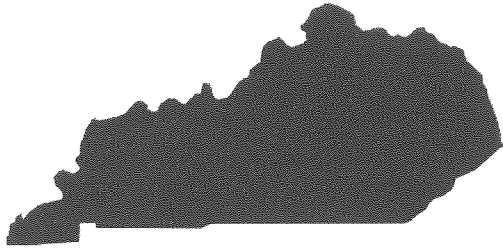
BEST TELEPHONE

BEST EMAIL ADDRESS

Write an essay to explain why you are applying for this scholarship.

- **What life experiences have shaped who you are today and what challenges have you overcome in achieving your education (i.e. financial, personal, medical, etc.)?**
- **Explain why you need financial assistance.**
- **Describe your academic and career goals and your plans to achieve them and discuss any of your extracurricular/volunteer activities (both on and off campus) that you may perform.**
- **Describe an event in which you took a leadership role and what you learned about yourself.**

You will need a letter of recommendation from your facility's administrator with the acknowledgement that you have been employed with this facility for at least 6 months. They will also state that the facility is also willing to partner in this scholarship by allowing the consultant Registered Dietician and/or CDM to percept you during the course at the facility's cost. They should also let us know if they see you as the candidate having room to grow and be able to expand your professional growth.



Kentucky State Officers

President-Trey Roberson, CDM, CFPP robet@chc.net

President Elect- Janet King, CDM, CFPP jking@nazhome.org

Secretary-Gretchen Minton, CDM, [CFPP gminton27@twc.com](mailto:CFPP_gminton27@twc.com)

Treasurer- Shirley Elder, CDM, CFPP ShirleyE@treystonoaktowers.com

Newsletter Editor-Elizabeth Rivard, CDM, CFPP