



*Stay up to date with Minnesota ANFP refreshed news blast!*

*Summer 2020*

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**Chapter Leadership Team**

**2020-2021 Volunteers**

**President:**

Tamralynn Self, BBM, CDM, CFPP, CFPM, MNT

**President-elect:**

Nicole Hebert, CDM, CFPP

**Secretary:**

Jessica Weisbrich, RD, LD, CDM, CFPP

**Treasurer:**

Karen Jacobs, CDM CFPP

**Treasurer Elect:**

Frankie Lorenz, CDM CFPP

**Immediate Past President:**

Jeff Wuollet, CDM, CFPP

**Membership:**

Kathryn Hagen, CDM CFPP

**Education:**

Dawn Nickleson, CDM, CFPP  
Dorothy Radermacher, CDM, CFPP

**Communication:**

Sheila Stredde, CDM, CFPP  
Allison Josephson, DTR, CDM, CFPP

**Awards/Recognition:**

Erin Meine, CDM, CFPP

**Legislative Spokesperson:**

Colleen Zenk, CDM, CFPP

**Scholarship:**

Julie Gluth, CDM, CFPP

**Strategic Planning:**

Marj Smith, CDM, CFPP

**Vendor Expo:**

Bea Peterson, CDM, CFPP



## Message from Jeff Wuollet, MN ANFP Immediate Past President

"It is my distinct pleasure to announce that Minnesota ANFP has won the prestigious Diamond Award for 2020, what an honor! It goes without say that I alone did not win this award, but between the combined efforts of all our MN ANFP leaders and members at large. This award recognizes the meaningful work our chapter is doing on a regular basis to better support our members, state, and industry. Minnesota's food service professionals are the top in the nation, and this proves it yet again! 2020 has started off shaky for us Minnesotan's and has not gotten easier as the year progresses, but we are Minnesota tough and we will continue to rise to the occasion, feed those that are hungry and provide a helpful hand where needed. It is a disappointment that we cannot be at Vegas to accept this award and celebrate all we have accomplished, but I look forward to seeing many of you soon. As I end my year as your president, I am thankful for what we did in 2019/2020- we certainly Honored the Past, and I look forward to embracing the future with you!



To all MN ANFP Members from the desk of  
Tamralynn Self, MN ANFP 2020-2021 President

First, I would like to thank you all for selecting me for your President for MN ANFP in 2020 and say that it has turned out to be a challenging year so far. We as a Board are having to make many hard but thought out decisions regarding how we are currently doing business during these trying times.

I would like to take a moment to re-introduce myself to those that I have not yet had the opportunity to meet and unfortunately will not get that opportunity this year, as I had hoped, at the Fall Conference. (crossing my fingers that Spring works out)

My name is Tamralynn Self, I have been in Healthcare for 15 years after a 25 years stint in the restaurant business in Texas and Nebraska. I have been in Minnesota now for 2 ½ years and am so excited to be involved with the Minnesota Chapter and having the opportunity to help lead the Organization for the next year.

My plan for the organization is still in its infant stages since nothing I had previously planned had anything to do with our current state in the world. I will be sharing these points with all of you throughout our journey. Please know that I have an “open-door” policy and encourage you to reach out (tkoch2@fairview.org) with questions/comments etc. on the direction you would like to see the Board taking the Chapter this year and in the future. We are working on better ways to communicate and having needed conversations for the volunteer processes to ensure everyone has a voice and can take the opportunity to become part of the committee’s they wish to become involved in. We are nothing as a Chapter without our volunteers and all of you! More to come on this soon.

Watch for future communications from myself and the Board regarding the Spring Conference (again fingers crossed) and CEU offerings to assist everyone in staying current while the world begins to open back up. And as always thank you for making the MN Chapter of ANFP so STRONG!

Tamralynn Self BBM, CDM, CFPP, CFPM, MNT



**Summer Board Meeting**

**Via Zoom, Wednesday June 9, 2020**

**Attendance: Tamralynn, Jeff, Jess, Colleen, Dawn, Erin, Karen, Dorothy, Nickie, Bea, Shona, Allison, Kathryn, Kristi, Marj**

<b>Time</b>	<b>Agenda Item</b>	<b>Expected Outcome</b>	<b>Presenter</b>
<b>1:05 pm</b>	Call to order	Action	Jeffrey W. Past President
<b>1:05 pm</b>	-Installation of new officers *Tamralynn Self- President *Nicole Hebert- President Elect *Jeff Wuollet- Past President *Secretary- Jess Weisbrich *Treasurer: Karen Jacobs	Action	President/ Past President
<b>1:20pm</b>	Roll Call/ Reading of Minutes Dorothy Motion, Colleen second-motion carried	Information	Jess W- Secretary
<b>1:25pm</b>	President Welcome/ Introductions: Tamralynn is looking toward the future of ANFP and the unknown associated with COVID.  Nickie, president elect, is new to ANFP and excited to start her position.	Information	Tamralynn S.- President
<b>1:35pm</b>	Board Orientation/ expectations: Discussed ANFP connect resources and MN specific job descriptions. Encourage all board members to review Volunteer Handbook.	Information	Tamralynn S.- President
<b>1:45pm</b>	Parliament Procedure Review: See Page 2 for process	Information	
<b>1:50pm</b>	2020/2021 Goals: Goal 1: Find what is going to represent MN chapter the best way; what members need through COVID crisis	Information	Tamralynn S.- President

	long term. Tamralynn will follow up with additional goals as her term continues		
<b>2:00pm</b>	<p>Committee Reports</p> <p><b>-Financial Report:</b> Karen: checking 26536.57 savings 21409.24 Franki Treasurer elect: move to make it a 2-year term moving forward, seconded, motion carried.</p> <p><b>-Membership Report:</b> Kathryn: attached free CEU report/offerings, give members instructions how to record/report CEs- discussed prior approval process and reporting; see chart for current membership</p> <p><b>-Leadership/ Development:</b> Erin- nomination survey going out- will try to stick to 'normal' timeline for awards with updates depending on COVID</p> <p><b>-Education:</b> Dawn- report attached.</p> <p><b>-Government Affairs:</b> Colleen- Report attached</p> <p><b>-Communications:</b> Allison/Sheila: Report attached</p> <p><b>-Strategic Plan</b></p> <p><b>-Scholarship:</b> Kristi/Shona: Reviewed proposal for potential scholarships. Motion to approve grants for dues for up to \$2000 (12) for MN members. Email/survey monkey out 6/15, respond by 7/1. Processed by 7/17. Winner with random drawing notified with dues paid directly to National. See attached proposed 'verbage'.</p> <p><b>-Vendor:</b> Bea- will follow up with Doug to move forward. Vendors will be notified that we are cancelling fall conference.</p>	Information	Committee Chairs
<b>2:40pm</b>	<p>New Business</p> <p>-2020 Awards- Past President: Jeff Wuollet: Received all state awards: Platinum Award. Congrats to Bea and Dawn for their national awards.</p> <p>-2020 Fall Conference: Motion to cancel fall conference due to COVID 19. Encourage members to take advantage of CEUs- list in 30 days. Update as needed.</p> <p>-2020 what will this year looks like: We have no idea 😊 Do our best to support members during this time as best we can.</p>	Information/ Action	
<b>3:45</b>	Adjourn	Action	

Next meeting date and time: Monthly calls 3<sup>rd</sup> Wednesday of each month at 2pm.

**Note: Board action items should follow this format:**

- **Motion**
- **Second**
- **Further Discussion**
- **Vote – yes/no**
- **Chairman statement of passed/not passed**

**New Business:**

**\*Review bylaws/P&P/Job descriptions- Motion and second to review at monthly calls/meetings**

## **Committee Reports:**

Membership (current):

Member Counts as of June 12, 2020

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***Minnesota ANFP Chapter***

<b>Member Type</b>	<b>Not Certified</b>	<b>Certified</b>	<b>Total</b>
Allied Professional	18	0	<b>18</b>
Pre-Professional	27	0	<b>27</b>
Professional	9	426	<b>435</b>
Retired Professional	0	6	<b>6</b>
	<b>54</b>	<b>432</b>	<b>486</b>



## Education Committee Update

### June 10, 2020

#### Current Activities

All plans with St. Paul College were cancelled.

Culinary Manager pipeline applicants were due on May 8<sup>th</sup>. Dorothy and I met with St. Paul College on April 27<sup>th</sup>, and then tried to spread the word.

This certificate program has been approved for Pathway III with the 2 years of experience. We know of one current student who is interested. The college would like to offer the CDM review course at the end of the pipeline curriculum.

We need a better way to bring awareness to this opportunity. Currently, Sharon asks Leading Age and Care Providers to promote in their newsletters.

Once the grant is established, who “owns” it? St. Paul College has gotten their hand slapped for recruiting.

#### Future

What is the MN Education Chair & committee role?

Are there Education Committee members?

Is the Education Committee also the Program Committee?

## Government Affairs Report

Summer Board Meeting – June 10, 2020

Submitted by Colleen Zenk, Govt. Affairs Chair

CMS update: Everything is still on hold due to interruptions of COVID-19. They continue to feel that is a good thing. ANFP response to CMS was heard and supported. One of the pushes from facilities and industry was the need for a FT Infection Control Nurse in a facility. With Covid, CMS is thinking it would not be wise to reduce the regulation in these areas.

MN Assisted Living Regulations: I have been listening in on the MN Senate's Family Care & Aging committee to keep up to date on the progress of AL regulations. The committee focus has shifted to the impact of COVID-19 on LTC facilities. Commissioner Malcolm is updating the committee at each hearing and answering senators' questions. The committee has asked for detailed data on COVID and MDH is working on that request.

## Communication:

- Working in Whova and have signed up for some training on virtual education and conference ideas.
- Microsoft teams is all set up, so please if you get an invitation let me know so I know that is working 😊. We can do skype and zoom through Microsoft team but Tamralynn you are familiar with this software with one drive and all of that. Just waiting for further direction on this if want to change to this as opposed to Google.
- Any other social media suggestions, please let me know.
- I still like the idea of an active chat, for questions and communication for MN.

## Scholarship:

### **MNANFP Scholarship Proposal**

Currently MNANFP has over \$20,000 for scholarships for MN members to apply. Some of what we know:

- Membership is not applying for the available scholarships
- Uncertain if board wants to continue offering scholarships
- Uncertain if the marketing efforts are working to inform the membership of the available scholarships
- MNANFP Board is considering moving the process to the NFEF to administrate
- Vote by the membership was to investigate more options
- MNANFP Board Proposed the following Grants
  - Dues Grant - \$157
  - Regional Meeting Grant - \$750
  - Fall Conference Grant - \$1,000
  - ANFP Annual Conference & Expo Grant - \$750
  - CDM Student Grant - \$1,000
  - Certification Grant - \$1,600

### **Scholarship Recommendations:**

- Continue to contribute to the scholarship
  - All or portion of the National Rebate
  - Continue with fundraisers at the Fall Annual State Meeting
  - Encourage membership donations

- Committee to complete a Ranked Survey Monkey to identify the type of scholarships MNANFP should offer. Complete the survey every three years to evaluate the most needed scholarships. Offer scholarships for the top 1-2 ranked choice.
  - Dues
  - State Conference
  - Regional Conference
  - National Conference
  - Student
    - Course
    - National Exam
  - Other
- Allow NFEF to manage the funds and awards
  - MNANFP Fund the program annually to the NFEF
  - MNANFP has an annual or biannual agreement with NFEF to manage the program
- Scholarship committee reviews and revises the policies as needed
  
- Scholarship committee looks at the website and marketing opportunities
  - MNANFP Website
  - Work with NFEF to support the marketing
- The MN Scholarship Committee will review applications and determine the winners.
  - NFEF would contact the applicants with the results

**UPDATE FOLLOWING MEETING/DISCUSSION:** MNANFP – As discussed, this week at our board meeting, we decided to offer 12 Dues and Certification grants. See below the verbiage that Shona so graciously cleaned up my first attempt on what could be sent to the MN members. Please review by no later than Monday June 15<sup>th</sup> for thoughts, inclusions, or deletions. Once everyone agrees, we can have Dorothy put it into the Survey Monkey and get it sent out to the members.

**The board for Minnesota Association of Nutrition & Foodservice Professionals recognizes the many challenges faced by its members and paying your dues and certification fees should not be one of them. So, in honor of our 60th anniversary it was decided to provide up to 12 dues and certification grants.**

**If you are interested in receiving this grant, please provide your contact information by July 1st. Grant winners will be selected using lottery system. Winners will be notified by August 1st.**

**Grants will be paid directly to ANFP. Winners will remain anonymous.**

**Provide:**

**Name.**

**Membership number**

**Email.**

**Phone number**

**Respectfully Submitted,**

**Jessica Weisbrich, RDN, LD, CDM, CFPP**

**6/12/20**

Please check your emails/junk folders for the 2020 MN ANFP Nomination Forms for CDM of the Year, Ambassador, Government Affairs, Partnership, and Food Service Department of the Year by August 1st at 5pm. This is the deadline to complete one or more nominations. We do not know yet how awards will be given out this fall but will keep you all updated as things progress.

If you have any issues getting into the link, please contact Erin and she will give you a new link!

[Aemeine12@gmail.com](mailto:Aemeine12@gmail.com)

Thanks,

Erin Meine

ARLD Chair

### Lessons Learned Gretchen L. Robinson, RDN, LD

How do you plan for the unknown? With the novel coronavirus, there were so many unknowns. Senior living communities were “shut down” very quickly, leaving many of us with a lot of questions on how to provide meals and basic care to our residents.

How accurate was your previously written disaster plan? Many of us have never even been through a pandemic, so while creating policies and action plans, we might as well have been writing a fictional story. As the saying goes, hindsight is 20/20 and if you have not re-evaluated your plan, now is the time to do it! If you were fortunate enough not to have COVID-19 enter your building, now is the time to consider lessons to be learned from others.

This pandemic was far-reaching, not only in terms of people impacted, but also the depth of services impacted. We quickly learned that our customers needed help, particularly in these four areas: pandemic menu planning, food safety & sanitation training/resources, non-communal dining methods, and creative ways to maintain nutrition and hydration status.

Pandemic Menu Planning – This means something to each community based upon the personnel available, storage capacity, etc. While trying to keep meals as close to “normal” as possible, for as long as possible, everyone needed to face the possibility of functioning without enough dining staff to serve meals and come up with a pandemic menu. For some, this meant a completely shelf-stable menu, for others, a limited-staff menu that was easy to execute and included some flexibility. On the limited-staff type menu, more heat and serve options were utilized so that “anyone could do it” because limited staff could also mean non-foodservice staff. Flexibility was built into menus to allow for use of product on hand or available from vendors. For example, “Hawaiian Pizza” was changed to “Pizza” or “Baked Potato” was changed to “Potato of the Day”. Therapeutic diets were approached more liberally, but still took modified textures into consideration. We were reminded by our non-foodservice staff just how strange some of our terminology was: “spoodle”, “hotel pan”, “#8 scoops”, etc. Non-foodservice workers have no idea what a “#8 scoop” means, so cheat sheets were

made for service lines and storage. Many creative measures were taken to setup meal service with success, especially if low on staff or utilizing staff from other departments.

**Food Safety & Sanitation Training** - This pandemic has taught us the importance of cross-training and possibly provided new enthusiasm for providing food safety and sanitation to all-staff in-services. It's easy to roll our eyes when something feels like a waste of our time but learning how to provide food safely is not wasting anyone's time. Here are some things to consider:

- Make sure you have a Person-in-Charge trained and consider a plan if the PIC was not able to be in the kitchen; who else needs to be trained?

- There are many free or inexpensive food handler training courses that provide basic food safety skills for entry positions; consider having everyone take this training.

- Do you have posters displayed in the kitchen and break rooms that remind employees of proper procedures? A couple posters worth mentioning would be proper hand

washing techniques, end cooking temperatures, cooler storage (no raw foods above cooked foods).

- If your regularly scheduled cooks were not able to make it into the building, would anyone know how to operate the stove and ovens? Do you have a manual or quick operating guide that can be easily located?

- When not in pandemic mode, consider providing five-minute trainings, or huddles on how to operate pieces of equipment for all of your kitchen/dining staff. This will help employees not be intimidated about using larger pieces of equipment.

- Do you have a checklist of tasks that need to be done each day and is it simple to understand? Do you have a binder or one central location where all your temperatures are taken? Do your forms indicate what temperature is within normal limits and what to do if the temperature is outside that range?

**Non-Communal Dining Methods** - This seemed to be one of the most common questions we received, "How am I going to feed the residents?" Believe it or not, there were locations that were large enough to continue to serve out of their main dining locations because of the large area allowing for six feet of social distance. Other locations had to get crafty! We saw pictures posted on social media of residents eating in their doorways with fashionable "tv-trays" so they were still able to see other people and remain somewhat social. Mealtimes were staggered or reservations taken in order to limit the number in the dining room. The debate about porcelain over paper arose and concerns over depleted or allocated paper supplies if started too early in the pandemic. For those folks who had to stay in their rooms for meals, a positive approach was taken: who would not want "Breakfast in Bed" or Hospitality Cart offerings? Of course, non-communal dining brought up the challenge about residents needing assistance to dine and how that would be handled.

Maintaining Nutrition & Hydration - As residents became ill, appetites and thirst levels were greatly suppressed. To make matters more challenging, this was a long-lasting illness; flavor fatigue set in. Boredom isolation may have been a contributing factor for some as well. Residents grew tired of chicken broth after a couple days, but still needed food and fluids for several more days, if not weeks! We helped customers create high calorie, high protein meals and especially snacks. Foodservice carts were fashioned into a "Smoothie Bar on Wheels" or an "Ice Cream" truck. Slushies were reinvigorated and the nostalgic Root Beer Floats and Purple Cows made a reappearance.

There is no doubt this pandemic stretched your entire staff to points of breaking. There are lessons to be learned here, both personal and professional. You probably learned about your own limitations and when to reach out for help. You do not have to do it alone; we can lean on each other and learn from each other during these unprecedented times.