



TO ALL THE CDM, CFPPs WHO HAVE DEVOTED THEMSELVES TO CARING FOR OTHERS DURING THIS UNUSUAL TIME! THIS INCLUDES YOUR STAFF ALSO .


YOUR DEDICATION IS TO BE APPLAUDED BY EVERY ONE! HERE'S TO YOU!



SAVE THE DATES, SEPTEMBER 23-25, 2020, FOR THE FALL NC ANFP/SCANFP CONFERENCE IN CHEROKEE, NC

Thank you to anyone who has helped in any capacity in caring for others during this time of crisis.

ACE, June 16-18, 2020, has been cancelled due to uncertainties from COVID19. Watch for further information.

“WHEN YOU’RE OUT OF WILLPOWER YOU CALL ON STUBBORNNESS, THAT’S THE TRICK.”
Henri Matisse


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From the President's Desk

Greetings NC ANFP Members,

If I had to describe 2020 in one word, it would be “strength”. Some of you, I know, could think of many other words to describe the events that are unfolding before us now. The reason I say *strength* is because that is exactly what we have to draw from during these times.

We are living in uncharted waters with great uncertainty concerning COVID 19; but we as managers, directors and food service professionals were educated and prepared for such a time as this! We know how to work under pressure, how to practice infection control and encourage our teams when they are discouraged.

We know how to handle budgets when there is low census, channel our inner strength and keep going during these times of “shelter in place”. We have the abilities to assure family members that their residents are doing well even when they cannot visit them!

I applaud your strength during this world wide pandemic. Thank you again for allowing me to serve as your NC ANFP President.

Robin Swanson, CDM, CFPP

NOTE:

We were looking forward to celebrating the installation of Omar Humes, CDM, CFPP, our own immediate past president, as Chair Elect of National ANFP at ACE in Las Vegas in June. Due to the Pandemic, ACE has been cancelled. Watch for updates on celebrating Omar's installation and Awards Recipients.



**It doesn't matter how your day ended today, the sun always comes up tomorrow.
Wanda M. Dickson,
CDM, CFPP**

Written by guest writer: JoyceAnn Jones, (Joy), CDM, CFPP

CONGRATULATIONS, WANDA!!!

As the person who nominated Wanda M. Dickson, CDM, CFPP, it gives me great pleasure to notify you that she has been chosen to receive this year's ANFP Distinguished Member Service Award. Join me in congratulating "one of our own." She was scheduled to receive her award at the national ANFP 2020 conference in Las Vegas when the 60th Anniversary was to be celebrated in June.

Wanda has been an active member of ANFP for over 44 years (including before it changed names becoming DMA). Presently she is active in our NC ANFP chapter as the newsletter editor, Chair of the Nominating/Tellers Committee and Awards Committee, as well as a Mentoring Committee Member. She also continues to present programs at NC ANFP conferences. Prior to moving to NC she was active in office and committee positions in the State Chapters of Arkansas and Georgia, at the District level in Arkansas, and served at the National level in various capacities.

In addition to all her work for our chapter, Wanda is very active with her family and in her community. Among her other commitments, she is the editor of a newsletter for a community senior citizens' group serving as Vice-President and PR Person also. She has recently been making protective masks for a local medical facility. Over time I have come to admire the energy and motivation with which Wanda Dickson approaches life and its challenges.

As editor of our Tarheel Tattler newsletter, Wanda tries very hard to present the NC ANFP news in the most attractive and readable way that she can. She welcomes input that you would like to share with fellow ANFP members. Submitted materials may be edited and limitations may prevent their inclusion.

Send your submissions to: wmdic421@gmail.com

You can access previous Tarheel Tattler newsletters at this link:

<https://www.anfponline.org/events-community/chapters/chapter-pages/north-carolina/chapter-news>

WORDS OF ENCOURAGEMENT AT THIS CHALLENGING TIME FROM "Joy"

As you go forth into life and face your individual challenges, as well as the commonly shared current challenges, **CONTINUE SELF-CARE**. Failing to care for yourself, you will be unable to care for others. **PUTTING YOURSELF FIRST IS NOT SELFISH**. It is what allows you to fulfill your life's responsibilities and to care for others.

"People, even more than things, have to be restored, renewed, revived, reclaimed and redeemed. Never throw out anyone". ----Audrey Hepburn

Difficult roads often lead to a beautiful destination. From; Gecko & Fly

HOW CAN YOU SELF CARE IN TRYING TIMES?

From: “Joy”, JoyceAnn Jones, CDM, CFPP, Guest Writer

- Practice your daily personal hygiene and dress as if you were going out when doing conference calls and remote meetings. Show honor for yourself.
- Look around at all of NATURE. Nature is bursting out all around with vitality and beauty. Soak up some of it. Love nature and it will love you.
- Try daily to spend 10 minutes or so in the sunshine. Accept the Vitamin D and deep breathe. Your body will respond accordingly.
- Attend to your spiritual, emotional, and social needs that most enhance you as an individual. Likely you are especially in need of doing these things if you think you just do not have time.
- Express your love and compassion for those whom you care: professionally and personally. The extension of love always comes back to your heart.
- Smile beneath your mask and wave a hand in acknowledgement of others. Be as polite and outgoing as you can under the present conditions. THANK others and you will be thanked.
- At the most stressful and busy times, walk away and make time to spend even a few minutes with your own thoughts, hobbies, talents, etc. A few focused minutes will prime these areas for future use. Remember all work and no play may give Jack or Jill a heart attack. TIME OUT IS TIME WELL SPENT.
- FEED YOUR BODY WELL, so you have the strength and health to feed others.

You are not an island unto yourself.

**ALL THE GOOD THAT YOU DO FOR YOURSELF
WILL CREATE GOOD FOR OTHERS. You are not alone.**



SOME OF NATURE’S BOUNTIES AND BEAUTIES TO BEHOLD! FROM: “JOY”

NCANFP is still celebrating our 50th Anniversary as a chapter, September 23-25, 2020, at the FALL CONFERENCE in Cherokee, NC. SC ANFP will again join us for a joint conference.



PLAN to attend. It will be a conference to make memories, meet and make new friends and celebrate members who have worked through the years to make NC ANFP what we now are.

THERE WILL BE FESTIVITIES, ACTIVITIES AND SURPRISES YOU WILL WANT TO BE INVOLVED IN!

WE WANT THIS TO BE THE BEST CONFERENCE *EVER!*

A GRAND BANQUET IS BEING PLANNED WITH SOME WONDERFUL FOOD, RECOGNITIONS AND AWARDS. GET OUT YOUR BRIGHT, CHEERFUL BEST OUTFITS TO CELEBRATE THIS EVENT!

REMEMBER to submit nominations for the NC ANFP CDM, CFPP of the Year and SUPPORT STAFF Awards. Send nominations to Wanda M. Dickson, CDM, CFPP, wmdic421@gmail.com or bring them with you. The Awards Committee will meet and select the deserving nominees for the Awards. These winning nominees will be announced and will receive Awards at the Spring Conference.

THE NOMINATING COMMITTEE IS LOOKING FOR ONE MORE NC ANFP Member for President Elect for 2020-21. The member would become President in 2021 through 2022. Tina Burckette, CDM, CFPP, has graciously agreed to run for which we are thankful . We will be voting and installing at the Fall Conference due to the cancellation of the NC ANFP SPRING CONFERENCE. COME PREPARED TO VOTE!



ENHANCING RESIDENTS’ DINING: Omar Humes, CDM, CFPP

I implemented and wrote a CMS grant for a new mobile dining program, Popcorn Machine and Milkshake Machine. The goal of the mobile buffet dining program is to provide tableside service to all residents of the facility which will provide them with choice, hot meals, timely meal service and increased social interactions with other members of the interdisciplinary team.

The mobile buffet dining will also provide those who choose to eat in dining areas choices at point of service. Based upon new CMS regulations emphasizing homelike environment and falling resident satisfaction scores in dining, changes were needed. Following our corporate motto “Committed to Caring”, the goal and expected outcome of our program will provide Homelike Environment. The new mobile buffet dining will enhance individual choice during meal service, provide timely meal service to residents, meals of appropriate temperature and sensory stimulation. Additionally, the program will provide increased staff interaction with residents during meal service and during daily activities. The system will be a positive culture change. Most importantly, it will provide a true dining with dignity experience to our residents.

The popcorn and frozen drink machine will provide increased sensory stimulation and hydration to residents. The aroma of popcorn being popped filling the halls during activities will trigger endorphins of not only those participating but also in rooms. The drink machine will be utilized for resident activities, increased hydration, special dietary functions, i.e. iced coffee Tuesdays, Margarita Wednesday and Chef Specials.

The induction cooker and Panini grill will further enhance the dining program through further sensory stimulation and interaction. The director currently has a monthly program: breakfast with Omar and lunch with Omar. The new equipment will allow for new programs. The resident attendance currently is high with residents coming out of rooms for monthly events. The dining enhancement should increase further participation.

Increased resident/staff interaction, sensory stimulation, Resident Choice, Guaranteed Hot Meals are happening. Utilizing the popcorn and milkshake machines increases resident and staff moral. Both are the result of this new program.

Surveyors have complimented the impact the system has on the daily life of residents. Recently the State Ombudsman came to see the system after one of his team witnessed the impact firsthand. They were very thankful for the forward thinking for resident satisfaction and asked if they could share with other facilities across the State.



NEED CE’s: Check your messages from National ANFP daily for free and discounted topics to read and take the quiz. Purchase through ANFP Marketplace. When you finish the quiz and submit it, it will automatically be added to your accrued CE’s. Check your record and determine what subjects you need to add to your account.

NATIONAL ANFP has given an extension to members renewing May 31, 2020, for more time to ensure you have all CEs needed.

STATE DIRECTORY

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Hospitality

Position is unfilled at present

Historian

Position unfilled at present

Newsletter /Awards

Wanda M. Dickson, CDM, CFPP
(See nominating/tellers for information)

Membership

Joseph Burdette, CDM, CFPP
(See President Elect for information)

**NEED INFORMATION OR HAVE QUESTIONS, CALL, TEXT
OR EMAIL AN OFFICER OR COMMITTEE CHAIR.**