

# ANFP | NORTH DAKOTA News

Association of Nutrition & Foodservice Professionals

**December 2019**

Editor:  
Kristi Bratvold



*ANFP is the nation's leading source for nutrition and foodservice professionals, promoting career development, setting Best practice standards, and strengthening the profession of nutrition and foodservice management*

## Dates to Remember

Feb 03 Pride in food service  
April 16-17 Spring Reginal Meeting  
Memphis, TN  
June 15-18 Annual Conference  
Las Vegas, NV  
May 5-8 Annual Convention  
Bismarck, ND

**Hello ND ANFP Members. I hope everyone had a great time at the fall conference it was great to see you all there. It was great to see the great turn out for the membership meeting. You will notice a new look to our newsletter hope you like it.**

**I know everyone is busy at their jobs, but if any of you have extra time and want to send me info on all the fun things you are doing in your facility I would love that.**

**You can sent emails to [klere@nd.gov](mailto:klere@nd.gov)**





**ND ANFP New**

## Who's New to ANFP

### New Members

Donna Jean Hudgen Garrison, ND

Traci Klimpel, Minot MN

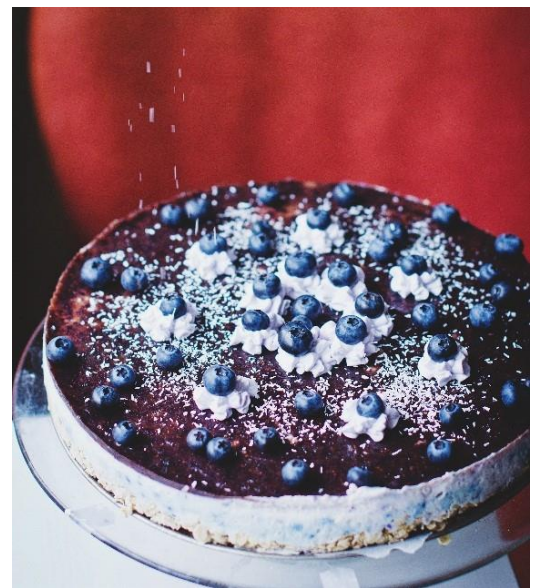
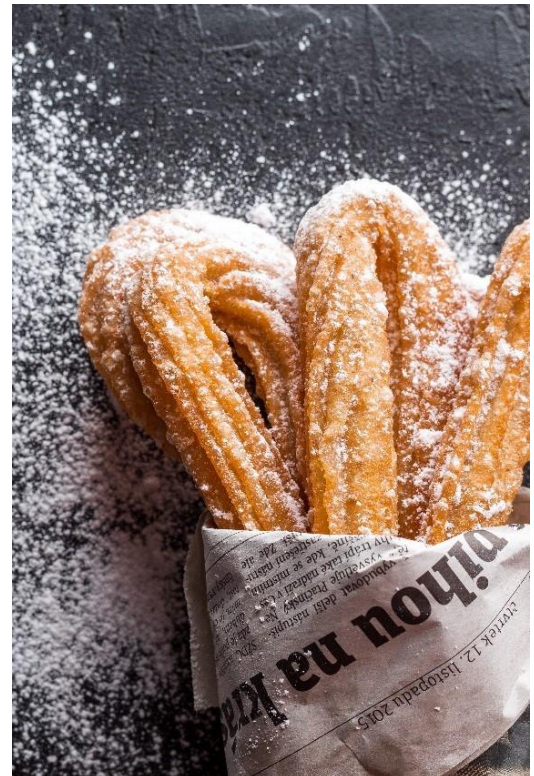
Brandi Marshall, Mohall, ND

Brandy Schmidt, Fargo, ND

### New Students

Brandi Marshall, Mohall, ND

**“Have friend who may me  
interested in being a member of  
ANFP?”**



## **ND ANFP Membership Meeting Minutes**

### **September 17, 2019 – Holiday Inn, Fargo, ND**

<b>Call to Order:</b>	The ND ANFP Membership Meeting was called to order by President Ashley Jung at 12:30 p.m. on Tues, Sept. 17, 2019 at the Holiday Inn, Fargo, ND following a lunch that started at noon.		
<b>Roll Call:</b>	<p>Diane Adrian</p> <p>Kristi Bratvold</p> <p>Shana Conradie</p> <p>Theresa Hettwer</p> <p>Sharon Maertens</p> <p>Mary Perry</p> <p>Deb Strand</p> <p>Sandy Youngquist</p> <p>Melanie Elverud</p>	<p>Brenda Austin</p> <p>Karla Brosowske</p> <p>Shirley Daugherty</p> <p>Ashley Jung</p> <p>Deb Mehus</p> <p>Melisa Roehrich</p> <p>Heather Weber</p> <p>Julie Zikmund</p> <p>Guest: Marjorie Smith</p>	<p>Jenny Bratlie</p> <p>Lorraine Brune</p> <p>Yvonne Foyt</p> <p>Darla Kuhn</p> <p>Julie Ostenson</p> <p>Tanya Schneider</p> <p>Jennifer Wolfgang</p> <p>Wendy Flatt</p>
<b>Welcome:</b>	A welcome was given by President Ashley Jung.		
<b>Mission/Vision:</b>	The Mission and Vision of ANFP were reviewed.		
<b>Approval of the Minutes:</b>	The minutes from the May 8, 2019 Membership Meeting were reviewed. Kristi made a motion to approve the minutes and there was a second from Shana. Motion approved.		
<b>Unfinished Business</b>	No unfinished business to report on.		
<b>Committee Reports:</b>			
Secretary Report:	The completed minutes were reviewed earlier. Nothing further to report.		
Treasurer's Report / Finance Committee Report:	Shana told the members that the current balance was \$7,797.87. IRS 990 Filing has been completed as well as the Audit of Books (May 2019). Quarterly Reviews were being completed by the Finance Committee. US Bank was able to get everything completed and we will still have our account with them. ACTION: Corinna will be installed as President in the coming day and then the names on the bank account will need to be updated. Ashley Jung's name will be removed and Corinna DesRoches's name will get added to the account. Shana Conradie will remain on the account.		
President Elect Report:	We need a volunteer for a few office positions. Heather and Ashley both described the positions and encouraged others to volunteer.		

Past President & Fundraising:	Heather stated that the New Board Orientation would be postponed until all the new positions have been filled. Yvonne asked for ideas for the vendor show next spring. \$400 raised last year.
Government Affairs Committee :	Yvonne said there was no update regarding the National Government Affairs. She updated everyone on the PAC committee. ANFP has a good voice in Washington. Yesterday was the last day to comment regarding the #CDMsMatter Campaign. She felt there was a good amount of comments regarding the importance of CDM presence in LTC. She said it will take 3-4 months for CMS to look at everything. Deb Strand noted that the ND
Newsletter/Webmaster	The September newsletter was recently published. She has completed some website updates. ACTION: Kristi reminded everyone to send info that they would like shared in the newsletter
NDLTCA Education Committee:	Deb Strand informed us that some speakers have already been found for the next conference. Heather stated that we are looking for another volunteer for this committee. We will be celebrating our 50 <sup>th</sup> Anniversary during this conference. Heather explained the new scanning process that will be in place for the conference. She stated that the Tradeshow would not need to be scanned
Membership Committee:	The new membership listing was emailed out. Heather stated that there are 118 members. 97 professional and 17 pre-professional. Heather talked about how to update information online.
Nominating Committee / Awards:	New officers will be needed! Heather also discussed that we will need to have the CDM of the year ready in Feb. to meet the NDLTCA Deadlines for when info is due for the awards gala.

**ND ANFP Executive Board Meeting Minutes****September 16, 2019 – Holiday Inn, Fargo, ND**

- Call to Order:** The ND ANFP Board Meeting was called to order by President Ashley Jung at 6:00 p.m. on Monday, September 16, 2019 at the Holiday Inn, Fargo, ND.
- Roll Call:**
- |                       |                     |
|-----------------------|---------------------|
| Ashley Jung - P       | Shana Conradie - P  |
| Corinna DesRoches - A | Heather Weber - P   |
| Yvonne Foyt - P       | Kristi Bratvold - P |
| Mary Perry – P        |                     |
- Welcome:** A welcome was given by President Ashley Jung.
- Approval of the Minutes:** The minutes from the May 7<sup>th</sup>, 2019 Board meetings were reviewed. No revisions or changes. **ACTION:** Following a motion by Yvonne and second by Kristi, the minutes from the meeting were approved.
- Unfinished Business:**
- Orientation Binders:** Everyone was reminded to have their Orientation Binders up to date with the current information. **ACTION:** Heather will update names and send them out to the board members.
- CEU Drawing:** Lorraine B. used the \$150.00 to purchase textbooks. She currently has an employee going through the CDM course.
- Committee Reports:**
- Secretary Report:** Completed Minutes from May 7<sup>th</sup> Meeting. These minutes were reviewed earlier. Mary stated that she would not be renewing her term in 2020 because of distance from Bismarck-Fargo area.
- Treasurer's Report / Finance Committee Report:** Shana told the board that the current balance was \$7,797.87. IRS 990 Filing has been completed as well as the Audit of Books. She told the board that she is getting quick responses from the Finance Committee and that the Quarterly Reviews were being completed. US Bank was able to get everything completed and we will still have our account with them. Names will have to be updated after Corinna is installed as President. We will vote at the Membership Meeting tomorrow to get Corinna's approval from the members. The Board will install Corrina during a conference call so avoid any further delays.
- President Elect Report:** Volunteers are needed for this role. The Board brainstormed ideas to get new volunteers. Shana has expressed interest in this role.
- Membership Committee:** The new membership listing was mailed out. Heather stated that there are 118 members. 97 professional and 17 pre-professional.

Newsletter & Webmaster:	The September newsletter was recently published. She has completed some website updates. <b>ACTION:</b> Kristi reminded everyone to send info that they would like shared in the newsletter. The website will be updated after the member information has been updated.
NDLTCA Education Committee:	Corinna was unavailable to update. Heather stated that we are looking for another volunteer for this committee. We will be celebrating our 50 <sup>th</sup> Anniversary during this conference. Heather explained the new scanning process that will be in place for the conference. She stated that the Tradeshow would not need to be scanned.
Nominating Committee / Awards:	New officers will be needed! Heather also discussed that we will need to have the CDM of the year ready.
Government Affairs Committee :	Yvonne said there was no update regarding the National Government Affairs. She updated everyone on the PAC committee. ANFP has a good voice in Washington. Yesterday was the last day to comment regarding the #CDMsMatter Campaign. She felt there was a good amount of comments regarding the importance of CDM presence in LTC.
Past President & Fundraising:	Heather stated that the New Board Orientation would be postponed until all of the new positions have been filled. She also stated that the website needs to be updated. The Policies and Procedures were reviewed. Kristy made a motion to approve and Shana 2 <sup>nd</sup> the motion. The Bylaws were reviewed. Heather made a motion to approve the Bylaws and it was 2 <sup>nd</sup> by Yvonne. Yvonne said 10 Baskets were donated for our bucket draw. She asked for ideas for the vendor show next spring. All agreed that the cash and carry worked well.
<b>New Business:</b>	
Board of Directors:	New volunteers are needed.
ACE Conference:	Was June 26-29, 2019 in St. Louis, MO. Ashley was sick and unable to attend. Corina attended but was unavailable for an update.
ANFP 50 <sup>th</sup> Anniversary:	We will be celebrating our 50 <sup>th</sup> Anniversary at this convention.
Annual Review of Bylaws:	These were reviewed during Board Meeting. They will be reviewed again during Board Orientation. (Located in Binders)
Policy & Procedure Annual Review:	These were reviewed during Board Meeting. They will be reviewed again during Board Orientation. (Located in Binders)
Next Meeting	NDLTCA Conference – Membership Meeting- Tomorrow afternoon, 50 <sup>th</sup> Anniversary Celebration Wed. evening  2020 ACE Conference – June 15-18, 2020 in Las Vegas, NV  2021 ACE Conference – June 3-6, 2021 in Orlando, FL
Adjournment:	The meeting adjourned at 7:31 p.m. at the conclusion of business

Respectfully submitted, Mary Perry, Secretary



## **ND ANFP Executive Board Meeting**

### **December 13, 2019 – Telephone Conference**

- Agenda:** Installation for Corinna DesRoches as President was brought to a vote. All members
- Call to Order:** The ND ANFP Board Meeting telephone conference was called to order by Heather Weber at 8:18 a.m. on Friday December 13, 2019.
- Roll Call:**
- |                       |                      |
|-----------------------|----------------------|
| Kristi Bratvold – P   | Ashley Jung - Absent |
| Corinna DesRoches – P | Heather Weber - P    |
| Yvonne Foyt - P       | Shana Conradie – P   |
| Mary Perry – P        |                      |
- Welcome:** A welcome was given by Heather Weber.  
voted in favor of installing Corinna.

Heather stated that we will need new officers in the spring. Positions needed are a new Finance Representative, the Education Committee, Treasurer, and Secretary. Corinna will visit with Oakes CDM about the Secretary position. Kristi had a lead that she would talk to about the Treasurer position.

Policies and Procedures will be reviewed, as well as the Bylaws, during our next meeting. Heather will e-mail the information to review ahead of time. Any changes that are needed will be discussed at the next meeting.

Corinna finished the ANFP-LTC contract. Deadline for CDM of the year is February 7, 2020. Mary will collect the names for the CDM nominations. Corinna, Mary and Shana will be on this committee. The write up for the CDM of the Year is March 11, 2020. Heather will e-mail the needed information to Mary following the phone conference.

CEU drawing: Brenda from Sheyenne Care has purchased a ServeSafe class. Heather will follow up with her.

ANFP's 60<sup>th</sup> Anniversary will be in Las Vegas June 15-18, 2020. Board members were encouraged to attend if possible.

Shana was planning to see if we received the \$600 from ANFP after the reports were turned in.

Corinna stated that the dietary schedule is set for the NDLTC Convention. The trade show will only be one day instead of two. We will continue to scan at the conference. ND ANFP is in charge of doing a hospitality room. The theme is 20/20 Focus on the Future. An e-mail will be sent out to the members to see who would like to be on this committee.

Yvonne said our liaison in D.C. and Joyce Gilbert are continuing to meet with committees supporting career and technical education, which helps expand and strengthen our credentialing. ANFP also submitted comments re: proposed CMS changes, opposing these changes and urging CMS to keep the current CDM, CFPP requirements. Final language on the new requirements for the director of food and nutrition services is not expected till early 2020. Heather mentioned that there may be a shortened Food Manager Course instead of the CDM course that can be taken. She has reached out to Bruce at the Dept. of Health for further info.

**Adjournment:** A motion was made to adjourn the meeting at 9:12 AM.

## Healthy Resolutions for Seniors to Ring in the New Year Right

Don't you love turning to the first page of a new book? There's a feeling of expectation at the start of a story, and with the beginning of the new year, that same level of hopeful excitement settles upon us. Better yet, we have some level of control over how our story will play out, as we resolve to make healthy lifestyle changes to improve our wellbeing, our relationships with others, and the paths our lives will take.

[For older adults](#), making resolutions is a wonderful way to impart a sense of achievement, meaning, and purpose in life. A wonderful bonding activity for family members is to sit down together and write down a listing of each person's wishes for the new year, and how to set about acquiring those. Some recommendations to [kickstart the conversation](#), especially for the seniors you love, include:

- **Strive for Five.** The USDA recommends five helpings of fruits and vegetables for seniors every day. Top choices include those that are dark green or brightly colored, such as kale, spinach, collard greens, cantaloupe, and bell peppers.
- **Start Moving!** Every one of us can benefit from some extra physical activity. Always begin with a consultation with the doctor to receive approval on an exercise plan, and then put a plan in place to implement. Great [exercises for many older adults](#) include swimming or water aerobics, walking, and tai chi. Working with a family member, or a [professional in-home caregiver from a senior care company](#), can provide the motivation and encouragement to stick to it.
- **Make an Appointment – or Two.** Take out the calendar, pick up the phone, and arrange for all those tests and screenings you've been putting off: vision and hearing check-ups, colon and breast cancer screenings, osteoporosis tests, etc.
- **Boost Your Brain.** Decide that this will be the year to learn something new or to try something you've always wanted to try. For senior adults, there are various kinds of senior-specific courses at community colleges that offer the added benefit of enhancing socialization. Other good choices include online language courses, memory games and puzzles, or educational activities at the local library.
- **End a Bad Habit.** Whether it's quitting smoking, curbing alcohol consumption, or another unhealthy habit, the new year is the perfect occasion to determine to overcome it. Setting small goals and celebrating along the way is a great way to improve chances of success.

At [Compassionate Nursing Services](#), we're available to help seniors set and reach new goals this year with our professional [St. Louis home care services](#). Just a few of the many ways we can make a difference:

- Offer safe, escorted transportation for older adults to healthcare appointments, exercise programs, classes, social outings, and more
- Fix healthy, delicious meals that adhere any prescribed dietary plans
- Errand-running such as grocery shopping to keep the refrigerator and cupboards well stocked
- Provide [medication reminders](#) to make certain prescriptions are taken exactly as recommended
- And much more





**Celebrating 50 years**





# Spring LTC Convention





## **Impact Team**

**What fun to see everyone at the LTC Fall Professional Development Conference! It was a great celebration of ND ANFP's 50<sup>th</sup> anniversary.**

**We are looking forward to the LTC Spring Convention in May 2020. ND ANFP has a vendor booth at the expo there, and I am looking for ideas for a fundraiser to have at our booth. Please share any suggestions you may have, remembering that the people love the cash & carry stuff. We have done Tastefully Simple, LulaRoe, Just Jewelry, Paparazzi Jewelry and Thirty-One. I would appreciate any contact names you have for vendors that would be willing to participate in a fundraiser for ND ANFP.**

**No news on the CMS proposed changes for the CDM certification. I will keep you in the loop as I hear updates. We are looking at 4-6 months of CMS studying all the comments made.**

**Making a difficult decision, I have resigned my position with the National's Government Affairs Committee. I will be retiring in 2021, and would not be able to serve the full 3 years on the committee, so felt I needed to let them get someone new started. In lieu of my retirement, we will be looking for a Member to take on the ND ANFP Spokesperson position. I would encourage everyone to consider taking on this role. You get to work with a marvelous group of ladies on the Board, and it is so rewarding. Give it some thought!**

**Thanks you Members for all you do!**

**Yvonne R. Foyt, CDM, CFPP**

**ND ANFP Spokesperson**

**[yfoyt@yahoo.com](mailto:yfoyt@yahoo.com)**



## **ANFP** NORTH DAKOTA

Association of Nutrition & Foodservice Professionals

### **Volunteering is a fun and rewarding opportunity.**

As a volunteer for the state chapter you will have the chance to network and make new friends, grow your leadership skills, have a voice in our organization at both a state and national level, staying current with our industry issues.

**These will skills will only further strengthen and expand your resume, benefiting your personal and professional life.**

The time commitments are minimal, talk with your Administrator or Supervisor today about volunteering—you may be surprised to find they support your involvement in our state chapter!



**CALL FOR  
VOLUNTEERS.**

**Contact Ashley: [ajung@bethanynd.org](mailto:ajung@bethanynd.org) if you are willing to help – we will help find the right fit either on a committee or on the Board!**

Member Counts as of December 31, 2019

#### ***North Dakota ANFP Chapter***

<b>Member Type</b>	<b>Not Certified</b>	<b>Certified</b>	<b>Total</b>
Allied Professional	2	0	2
Pre-Professional	9	0	9
Professional	3	91	94
	<b>14</b>	<b>91</b>	<b>105</b>





## ANFP Board

### ANFP Board for 2016 – 2018

President - Ashley Jung, Bethany on 42<sup>nd</sup>, Fargo

President Elect - Corina DesRoches, Minot Health & Rehab

Secretary - Mary Perry

Treasurer - Shana Conradie

Newsletter / Website / Facebook Page: Kristi Bratvold, ND Veterans Home, Lisbon

Past President / Fundraising: Heather Weber, US Foods

Mentor / Membership - Heather Weber, US Foods

Impact Team - Yvonne Foyt, Parkside Lutheran Home, Lisbon

Education / LTC Committee - Corina DesRoches, Minot Health & Rehab, Minot; Kim Reamann, Baptist Health, Bismarck



# Reminder

Send any pictures or articles you would like to see in the news letter to [klere@nd.gov](mailto:klere@nd.gov)

### **About ANFP**

Association of Nutrition & Foodservice Professionals (ANFP) is a national not-for-profit association established in 1960 that today has over 14,000 professionals dedicated to the mission of providing optimum nutritional care through foodservice management.

ANFP members work in hospitals, long-term care, schools, correctional facilities, and other non-commercial foodservice settings. The association provides foodservice reference, publications and resources, employment services for members, continuing education and professional development, and certification programs. ANFP monitors industry trends and legislative issues, and publishes one of the industry's most respected magazines.

For more information about ANFP, please contact Association of Nutrition & Foodservice Professionals:

[www.ANFPonline.org](http://www.ANFPonline.org)



Be Social.