



BRANDY LAYNE

PRESIDENT'S MESSAGE

Greetings fellow CDM's! I hope this newsletter finds you all in good health and good spirits.

We have just completed our Spring 2020 Workshop, while we had a few hiccups along the way, it was still a wonderful workshop for those of us that were able to attend. I would like to send out a heartfelt (Thank You!) to Rick Schmitt and his entire Westminster Tower's team for allowing us the opportunity to meet at their facility. Pending the current pandemic is over, we are looking forward to joining North Carolina ANFP in Cherokee later this year.

How are you all holding up? Are you making sure to take care of yourself through all of this? Please remember that you cannot pour from an empty cup, your physical and mental health are important. I know if you are anything like me, you are always thinking, "what else can I do for my residents and my staff to make this easier?" I'll tell you what you can do, take care of YOU first. I know, I know, it sounds selfish, right? Trust me, It's not. If we get to a point were it all just comes crashing down on us, where nothing seems to make sense, where it seems like everything we are doing is wrong, well then its time for some mental clarity. Yes, I understand that the people in our buildings depend on us to feed them and/or lead them, but we can't really do that if we are not all together ourselves. So, I beg of you my friends, take care of yourselves so you can continue to take care of the people that need us the most.

"It's not selfish to love yourself, take care of yourself, and to make your happiness a priority. It's necessary." -- Mandy Hale

Looking forward, weeks and months from now, SC ANFP will go on. Our board will continue to have monthly meetings, via conference call, the fall will still bring about a vote for Vice President and Treasurer. Take time during this crisis to think of ways that you may be able to contribute to the SC ANFP in the future. As this will be my last President's Letter to you all and Brian O'Reilly has graciously taken over the newsletter, I reflect back 10+ years ago to when I first joined the ANFP, well it was DMA then. All those many years ago, I would never have thought I would one day be the President of this or any organization, but I am, thanks to the many of you that put me here. You have trusted me to lead this organization over the last year, and I am eternally grateful to you for that. I have gained knowledge, friendship, confidence and so many things from you all and from this experience. No matter my role on or off the board, I will always be available to you. I know from experience that I am leaving you in more than capable hands with Rick Schmitt as your next President. Rick has the experience and the knowhow to accomplish anything he sets his mind to. He is a believer in the CDM credentials and ANFP. He truly is a wonderful person, inside and out, and I know without a doubt he will continue to lead us to greatness.

Stay well my friends and extended we are here to support each other. higher star rating with CMS, it's fight another day until this is over.



family. We are in this together, It is no longer about who has the about getting through this day tocontinued on page 2



WREN NOTES

April 2020

Special points of interest:

- Brandy Layne's final **President's** Message. Page 1
- Meet our officers on page 2
- SCANFP committee members page 4
- Precautions when you shop page 5
- ANFP National News page 6
- Spring recipes page 7 and 8

HAPPY SPRINGTIME!!!!



...from page 1

When we self-regulate well, we are better able to control the trajectory of our emotional lives and resulting actions based on our values and sense of purpose” -- Amy Leigh Mercree

Sincerely,

Brandy Layne, CDM, CFPP, CFT, CNS

South Carolina ANFP officers for 2020/2021. Pictured left to right are Paige Thibault - Vice President, Chris Olson - President Elect, Rick Schmitt - President, Diana Trout - Secretary, Jeri Tallon - Treasurer.



SAVE THE DATES

**Our NC/SC ANFP
FALL CONFERENCE**

**September 23-25
-2020 at Harrah's
Hotel and Casino**

2020 Annual Conference & Expo

60th



Join us for our Annual Conference & Expo (ACE) from June 15-18, 2020 in Las Vegas, NV!...



Coronavirus (COVID-19)

Also known as: SARS-CoV-2, nCov, 2019 Novel Coronavirus

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus.

📌 Symptoms of coronavirus (COVID-19) are a cough, a high temperature and shortness of breath.

📌 Simple measures like washing your hands often with soap and water can help stop viruses like coronavirus (COVID-19) spreading.

📌 There's no specific treatment for coronavirus (COVID-19). Treatment aims to relieve the symptoms until you recover.

📌 It's not known exactly how coronavirus (COVID-19) spreads from person to person, but similar viruses are spread in cough droplets.

Data from: NHS

The **National Health Service (NHS)** is the **publicly funded national healthcare system for England** and one of the four [National Health Services](#) for each constituent country of the United Kingdom. It is the largest single-payer healthcare system in the world.

DHEC continues to work with federal, state and local partners as it investigates COVID-19 cases in South Carolina. DHEC's top priority remains protecting the public during this national and state emergency.

Practice social distancing

We tend to spend the most amount of time interacting with those who live closest to us. When around others, keep 6 feet between you when possible. If you're sick, stay at home and don't attend public gatherings.

Watch for symptoms

Before you act, know your symptoms so you can make the best decision for care.

Adults age 65 and older, and people with underlying conditions, should take extra precautions.

Call ahead

If you have fever, cough or shortness of breath, please call your healthcare provider.

Please also see our listing of telehealth virtual care providers in South Carolina.

It's Real and Deadly!!

COLUMBIA, S.C. – Governor Henry McMaster today issued Executive Order 2020-21, which includes a mandatory “Home or Work” order and mandates capacity limitations to retail businesses still operating.

“As we have said before – when the science, data, facts and experts determine it's time to take action, it would be taken. It's time,” said Gov. Henry McMaster. “Taking this measure now will hopefully slow the future rise in infections and the virus' toll on our state's economy.”

The governor's “Home or Work” order goes into effect tomorrow, Tuesday, April 7 at 5:00 PM. As indicated in the executive order, permitted travel includes commuting for work, visiting family, and obtaining essential goods or services. The order will not impact any individual's ability to exercise outdoors or go for a walk as a family, but everyone should act responsibly and practice social distancing and proper personal hygiene.

No additional businesses or activities will be limited as a result of this order. On Friday, Governor McMaster issued Executive Order 2020-18, which extended the list of non-essential businesses to be closed at 5:00 PM today.

The governor has also ordered that all retail business still operating limit customer activity by only allowing five customers per 1000 square feet or 20% of their posted capacity in a store, whichever is less.



Incoming President Rick Schmitt and the South Carolina ANFP Leaders

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Here are precautions to take whether you shop in store or online

With the Centers for Disease Control and Prevention now recommending that people wear cloth, non-medical face coverings in public to help contain the spread of the coronavirus, you may wonder whether that's enough to keep you safe when you shop for food.

The new CDC advisory, which is voluntary, specifically mentions groceries and pharmacies as public settings where it can be difficult to practice social distancing—that is, staying six (6') feet from others—to prevent the spread of the coronavirus. In those locations, the CDC recommends wearing simple cloth face coverings "to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others."

Many consumers are trying to avoid visiting grocery stores entirely, by turning to delivery services. But whether you buy groceries online or in stores, there are several steps that you can take to limit your exposure to coronavirus, and they're not so different from what CR recommends you typically do. Be sure to:

Wash nonporous containers. The FDA says there's no current evidence to support the transmission of the virus from food packaging. But if you're concerned, it can't hurt to wipe down non-porous containers like glass or cans with disinfectant wipes. If that's not practical, wash your hands well after putting away all packaging, including paper boxes and bags. "It all comes down to hand hygiene," says Liz Garman, a spokesperson for the Association for Professionals in Infection Control and Epidemiology in Arlington, Va. It also doesn't hurt to wash your hands after opening the containers and using their contents.

"But if you use a pasta box a few days after you get it, there is little likelihood that the virus could still be live on the box and cause an infection," says Eike Steinmann, a virologist at Ruhr-Universitat Bochum in Germany who has studied how long viruses live on different surfaces.

One preliminary study found that the coronavirus responsible for the current pandemic doesn't survive on cardboard longer than 24 hours. Results of the study, conducted by researchers at the National Institute of Allergy and Infectious Diseases and other experts, were published on March 17 in a letter to the editor of the New England Journal of Medicine.

Wash your hands, counter, and other surfaces you've touched. Do this after you've put away the groceries. Keep in mind that using a disinfectant isn't necessary unless you're sharing a space with someone who is exhibiting signs of respiratory illness or has been exposed to the virus.

Wash produce. Rubbing fruit and vegetables under running water—and scrubbing those with hard skins—can help remove pesticides.

But there's no data to show that COVID-19 is spread by consuming food, says James E. Rogers, Ph.D., Consumer Reports' director of food safety research and testing. "The risk of getting the virus from your food is considered low," Rogers says. (Read more about coronavirus and the food you eat.)

Other steps may not make much difference. For instance, buying frozen vegetables rather than fresh under the assumption that they're packed in a more sanitary way is not an approach that has been backed up by evidence, Rogers says.

Annual Conference & Expo 2020

Celebrating 60
ANFP **Years**
1960-2020
VISIONARY FOODSERVICE LEADERSHIP & INNOVATION

ACE
JUNE 15-18, 2020
LAS VEGAS, NV

EDITOR'S NOTE: It was announced by a Las Vegas News Media recently that the Tropicana Resort has been sold due to the recent Coronavirus 19 pandemic: It was reported:

Tropicana Las Vegas Sold Amidst Coronavirus Shutdown

The owner of Tropicana Las Vegas, Penn National Gaming, has sold the casino to its real estate investment trust (REIT), Gaming & Leisure Properties, Inc.

Penn National Gaming will continue to operate the resort.

Penn National will get \$337.5 million in "rent credits" (the equivalent of five months rent) from Gaming & Leisure, its principal landlord.

The upshot of the unceremonious sale of Tropicana is guests won't see any changes at the resort when they visit again. And everyone's hoping that's relatively soon.

ANFP was contacted and asked if any changes have or will be made to its June 15-18th Conference and Expo. The 60th ACE is still scheduled at this moment. If anything occurs, such as the Coronavirus Pandemic getting worse or not slowing down, National will make a call within 4 weeks. Any cancellation will follow with refunded registration fees.

Full Registration to ACE 2020 includes tickets to the Opening Reception, Networking Lunch, and Honors Gala. The Honors Gala and Networking Lunch tickets are not included in one-day registration.

ANFP 60th Anniversary special rate

Priority: \$395

On or before May 11, 2020

Regular/Onsite: \$495

On or after May 12, 2020

Pre-Professional Members: \$100.00

(includes educational sessions, Opening Reception, Networking Luncheon, Expo and Honors Gala)

One Day Only Registration: \$135

Hotel Rates

June 12-13, 2020: \$109 per night*

June 14-18, 2020: \$89 per night*

*Plus \$10 daily resort fee and taxes.

To reserve a room, call the direct reservation line at 1-800-634-4000.

This Springtime brings with it flowers, sunshine, Easter bunnies, Passover and the Ramadan Fast at the same moment. Food always draws people of areas together. Hoping the Coronavirus will cease and desist soon to all cultures to dine again in peace! Here are a few recipes to sink your teeth into.

Spring Lamb with Rosemary

Serves 4 to 6

Two 8-bone racks of lamb, frenched

Salt and freshly ground black pepper, to taste

2 garlic cloves, mashed into a paste with a little salt

Several sprigs of rosemary, leaves coarsely chopped

Olive oil

Directions

Season the racks liberally with salt and pepper. Using your hands, rub each rack with the garlic, the chopped rosemary, and a drizzle of olive oil. Place the racks, fatty side up, in a roasting pan and leave them at room temperature for an hour or so.

Preheat the oven to 400°F (204° C).

Roast the racks for about 20 minutes, until they're nicely browned and have an interior temperature of 125°F (51°C) on an instant-read thermometer for medium-rare. Remove from the oven, cover loosely with foil, and let rest for about 10 minutes. Turn off the oven and place a serving platter in the oven to warm.

Transfer the racks to a cutting board. To carve the lamb, simply slice between the bones. Arrange the lamb chops on the warm platter and serve.



EASTER HAM

Ingredients

1 (7 pound) boneless ham

2 cups brown sugar

3 tablespoons prepared yellow mustard, or as needed

1 (8 ounce) can pineapple rings in juice, drained and juice reserved

1 cup honey

Directions

preheat oven to 350 degrees F

Score ham by making 1/2-inch deep diagonal cuts, creating a diamond pattern; transfer ham to a roasting pan.

Mix brown sugar with enough yellow mustard to make a smooth, pourable sauce.

Pour reserved pineapple juice over ham, followed by the honey.

Pour brown sugar mixture over honey and arrange pineapple rings decoratively atop ham. Secure pineapple rings with toothpicks.

Bake in the preheated oven until diamond pattern on ham splits open, 1 to 1 1/2 hours. Baste ham every 15 minutes with pan drippings.



Wine-Braised Beef Brisket Passover main meal

Ingredients

- 1 teaspoon dried thyme
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 (3 pound) beef brisket
- 1 tablespoon olive oil
- 1 red onion, sliced
- 1 (14.5 ounce) can beef broth
- 1 (8 ounce) can tomato sauce
- 1/2 cup red wine

Directions

Preheat oven to 350 degrees F

Mix thyme, salt, and black pepper in a small bowl and rub the mixture over both sides of brisket.

Heat olive oil in a roasting pan over medium-high heat; place brisket in the hot oil and brown on both sides, 3 to 4 minutes per side. Remove brisket from pan and set aside.

Place red onion slices into the hot roasting pan and cook and stir until onion is slightly softened, about 2 minutes. Stir in beef broth, tomato sauce, and wine.

Place the brisket back into the roasting pan and cover pan with foil.

Roast the brisket in the preheated oven for 1 hour; remove foil and baste brisket with pan juices. Place foil back over roasting pan and roast brisket until very tender and pan sauce has thickened, 1 1/2 to 2 more hours.



Eggplant and Lamb Stew during Ramadan

- 2 tablespoons butter
- 1 1/2 pounds lamb shoulder
- 2 large eggplants, peeled and chopped
- 2 large tomatoes, chopped
- 2 large onions, chopped
- 2 green bell peppers, chopped
- 10 cloves garlic, chopped
- 1 tablespoon tomato paste
- 1/2 cup water
- 1 teaspoon allspice
- 2 teaspoons salt
- 1 teaspoon ground black pepper

Directions

In a large pot, melt the butter over medium heat, and brown the lamb on all sides. Mix in the eggplants, tomatoes, onions, green bell peppers, and garlic. Cook and stir until tender and lightly browned.

In a small bowl, blend the tomato paste and water. Mix into the pot with the lamb. Season lamb with allspice, salt, and pepper. Reduce heat, and simmer about 1 1/2 hours, stirring occasionally, until the meat shreds easily with a fork. Add a little water as necessary to keep the ingredients moist.





Editor's Note:

This is my first Newsletter as your Editor and improvements will always be made. Anyone having information or photos they would like published, please e-mail to Brian O'Reilly at

beachbunnies@twc.com. Please stay safe and I hope to see ya'll at our next meeting!!!

It is important during this crucial time we remember all of our fellow CDM's and others working in the trenches of the dietary field, whether nursing homes, senior living or hospitals. They are dedicated and should be respected for what they do EVERY day! Let's demand they receive all necessary PPE equipment, masks, sanitizing chemicals, gloves and anything else to protect them and their clients. When they **can** work at home, please allow it!!


**KEEP
CALM AND
THINK HEALTH
AND
SAFETY**





**We will beat the Coronavirus-19
and return to our normal lives. We
must!! Stay positive and Hope and
Pray for this end!
WE SHALL OVERCOME!!**

