

ANFP® | VERMONTNEWS

Association of Nutrition & Foodservice Professionals

2022-2023 BOARD MEMBERS

PAST PRESIDENT—DENISE CHOLEVA CDM-CFPP
dcholeva@gracecottage.org 802-365-3607 (W)

PRESIDENT-- BRANDY HELM, CDM- CFPP, NDTR
bhelm@cottagehospital.org 603-747-9139 (W)

PRESIDENT ELECT—OPEN POSITION

SECRETARY/TREASURER- OPEN POSITION

Anyone interested in learning more about any of the committees or board positions please contact our President Brandy Helm. VTANFP is hoping to fill all of the committees and board positions this year!



Letter from the President

Hello Vermont ANFP,

I hope this letter finds each of you well. It has been far too long since our last newsletter, update, and in person meeting. My last update I let you know that I changed jobs. I was in a wonderful position at US Foods which is one of the absolute best places I've worked for. Newest update is I resigned from that job while attending ACE in Arizona this summer after two short years. This may seem like a crazy story but I would like to share it with you; The time was nearing to go to ACE in June and Denise had contacted and urged me to go. If I am being honest, I did not want to go or have anything to do with anyone or anything. I dreaded the trip, the networking- ALL OF IT! My kids father recently passed, I lost both my dogs just a few months prior, 2 uncles and a grandmother and most important of all my daughter was getting married in September and I just did not have any energy left. I had more than enough on my plate and the CDM really isn't anything I needed with my new job. Why go? If I am being honest I went for Denise. She wanted me there to learn and carry on her hard work and commitment. How do I do that when I have no give a dang left in me? Reluctantly I went. On the flight I was numb to everything and completely dreaded the thought of engaging with anyone or trying to enjoy myself. The first few days I did the things I had to do to be there. At this time, I was struggling with emotions and hating on myself because I have not done better by the chapter and how things got to where they are. I was ashamed and embarrassed of my lack of involvement and I was ready to give up. Remember, I did not need the credential for my new job which made it even more difficult to want to be there. On day 3 something changed in me. I was sitting in a meeting listening to the key note speaker (Adam White) talk and the entire time it felt as if he was talking to me personally. I kid you not when I say I was sitting there with tears pouring down my face. He struck a chord in me. I went back to my room and I thought about a lot of things and what makes me happy. I played the speakers words over in my head. I woke up the next day and felt lighter. I had answered some really important questions that were hindering my progress. I asked myself what makes you happy? That no matter what is going on what can get your mind off it. First was my children and my grandchildren. Then a close second was my friends and colleagues I've made over the years. The job I was in didn't allow me much time for either of those things. The work load was intense and at the end of the day it was never done. I had no

sense of accomplishment. I asked myself how can you have such a wonderful job and work with some of the greatest minds yet be so unhappy. The answer was simple. I wasn't making a difference doing things that are important to me. The next thing I asked myself is when was the last time I felt I was making a difference? The best example I could think of was when I was driving home one night and I saw one of my former Diabetes Prevention patients walking. For two years she managed to keep over 90 pounds off through my program. That's the making difference I am talking about. Teaching skills to my community to help strengthen it for my grandchildren's future, in the place they call home. That same day while attending a meeting I texted the CEO of the hospital I left 2 years prior. I asked her for my job back and she asked me to call her. She wanted to know why I had a change of heart and to tell me she was sitting at her desk with tears in her eyes. She was new to her role and had many staffing challenges and the kitchen was barely together. They went through 3 directors and the staff was down to 3 full time. I typically have a staff of 22-25. That gives you an idea of how hard times had been. The truth is I lost myself the last 2 years and was on a journey of purpose and meaning. I started back to the hospital on August 1, 2022 and I was welcomed hospital wide with open arms. They showered me for over a week with balloons, flowers, cards, anything you can imagine. They literally delivered me a box filled with cards and notes from hospital employees. To let me know they missed me and my team, my leadership! Talk about going from the hardest time of your life to this overwhelming appreciation for what we did during my first seventeen years. All of a sudden, my confidence was back. It had to be, they all knew what I was capable of. It has been an extremely difficult transition back. I had no staff so I worked every single day open to close. Each week I would tire out be ready to give up and one of my old employees would call and want a job and give me hope for the next week. One by one they came home as did I. We all had this feeling we weren't where we were supposed to be. Had I not made that trip to ACE I most likely would still be doing what I thought I was supposed to do. The only thing I do know for certain is I am happy doing my job. By being around other people who take our credential serious, who strive for continuous improvement and who have changed the face of food service. For me being in Arizona was pivotal for me to realize what made me happy and what I had been missing. The moral of my story is it's never too late to pick up where you left off.

My ask from each of you to do your best to attend the meeting and help strengthen our chapter bond. We all need this time to network and learn from each other. These meetings are our reminders that none of us are alone. We have each other!

I ask that you consider a position on our board. I understand that not all members can volunteer on the board or make every meeting. What those members can do is share our meeting information or attend the meeting and receive FREE CEU'S from some of the top speakers in the country. **Learn, grow, and thrive through our educational opportunities.** Please consider... we have all types/commitment levels of open roles.

I ask that you email me at bhelm@cottagehospital.org with suggestions on how we can improve what we offer to the members and how we could make the chapter more engaging and why or why not you would consider volunteering for the chapter.

I want to leave you each with this message today; Life happens, our world is constantly changing by sticking together and helping each other through we can make it! I appreciate your patience with me as I transition into my new roles professionally and private. I look forward to seeing each of you at the Spring Expo! In the meantime, there are 2 links (at the end of newsletter) courtesy of the Pineapple Academy for FREE CEU'S for Vermont ANFP. Once you have those completed please send me an email with feedback and I will send you the prior approval number so you can report them for credit.

My Best,

Brandy L Helm, CDM, CFPP, NDTR

Vermont ANFP Chapter President



Let's build our team

Do you know anyone in your facility or in any other facility, Hospital, nursing home, assisted living that would be interested in learning more about ANFP and becoming a CDM, CFPP? If so, please contact our State President Brandy Helm bhelm@cottagehospital.org

She will be happy to assist you with any questions you may have and lead you in the right direction.



ACE 2022 Re-Cap

The Talking Stick Resort



Every picture tells a story

From traveling with my friend and VT Chapter President Brandy Helm CDM, CFPP, to taking a break after a session and walking by these 2 lovely ladies and they invited me to sit with them and chat and of course a photo op, to hanging out with our neighboring New Hampshire's own Rejean as he shows off his article in the EDGE magazine to having a drink and listening to music with friends after hours, to always meeting and networking with old friends and new at conferences and once again always a photo op and last but not least being on the PAC committee and collecting donations for the organization at the Expo.

And now I ask you---- WHY have you not been to an ACE conference?

Networking, meeting the ANFP Team and getting to know them, staying up to date with the trends, all of these are some of the reasons I attend ACE conference every year.

Other perks are traveling to places I have never been, hanging out with other great people in our field and a major thing that I love is that when you are having troubles or problems at your facility and think you are alone--- believe me you are not! I have listened to and shared my own horror stories of what I am going through and there are always others that have been there, done that and have ideas or solutions for you take back. I always say that if I go home with just one thing to change in my facility it was well worth it. I Hope you join us next year!

Denise Choleva, CDM CFPP- Past President

Treasurers Report 12/2022

ANFP Account/Balance= \$319.68

Check # 134 M resort/ nationals- \$855.00
Check # 135 Fine Awards Plaque- \$107.63
Check # 136 Speaker gifts/ Raffles-\$ 104.82
Check # 137 Stamps / board vote- \$29.40
Deposit- \$770 Spring Meeting
Check # 138 Reimburse Denise- \$870.00
Check # 139 VT /ANFP ADD- \$250.00
Check #140 Gifts/Raffles- \$57.06
Check # 141 Springfield Hosp. \$175.21
Check # 142 airline \$222.60
Check # 143 Donation \$100.00
Check #144 condolence basket \$119.98
DEP fall Dues- \$840.00
Check #145 Robin Rustics (nationals) \$464
Check # 147 Orlando Room \$950.63
Check #148 Reimbursement President \$385
Check # 149 VOID
Check # 150 ANFP Merchandise \$307.15
Check # 151 FTD \$62.00
Check #152 Quilt/raffle \$75
Check #153 Water Bottles \$150.00
Check #154 Vermont Veterans Home Food \$319.22
DEP Spring dues \$750
Check # 155 VOID
Check #156 Nationals \$100
Check #157 Room Regionals \$466.74
Check# 159 Laptop upgrade \$99.00
Check #160 Audit Books/Lunch \$48.98
Check # 161 VOID
DEP rebate \$415 10/21
DEP rebate \$550 3/22
Check #165 \$1,150- president reimbursement Nationals



We believe the biggest impact on resident and patient care is within the Culture of the care provider. The Pineapple Academy was created to provide Senior Living and Healthcare Food Service operators with the basic training and tools necessary to build a Culinary Culture. A Culinary Culture promotes both a higher level of food quality while bringing attention to how we make others feel around us. #gopineapple

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JOIN US AT ACE 2023 IN NEW ORLEANS JUNE 25-28, 2023!

Introducing our Keynote Speaker:



Shola Richards

Shola Richards is the CEO and Founder of Go Together Global™, the best-selling author of Making Work Work, and Go Together, he is a positivity writer with a passionate worldwide following. His articles and wildly popular "Go Together Movement" e-mail series have been read by readers in over 160 countries, and his work has been featured on the Today Show, CBS This Morning, Forbes, Black Enterprise, Complete Wellbeing India, Business Insider Australia, and in numerous other outlets all over the world who recognize him as an authority on workplace happiness and engagement.

As a speaker, Shola has shared his transformative message with leading healthcare organizations, top universities, Silicon Valley, the motion picture industry, on the TEDx stage, and in his greatest honor to date, as a keynote speaker for the Department of Homeland Security three days before the 15th anniversary of 9/11, under the Obama Administration. Last, but certainly not least, Shola is a father, husband, identical twin, and a self-professed "kindness extremist" who will not rest until bullying and incivility is extinct from the American workplace.



SAVE THE DATE AND CELEBRATE!



How will you celebrate your team?



Happy Holidays Vermont ANFP!

Vermont Holiday CEU'S

Dates: 12.1.22 – 12.31.22

Hours: **1 GEN; 1 ETHICS**

Please follow the links below to access training courtesy of the Pineapple Academy.

At the completion of the CEU you will email me @ bhelm@cottagehospital.org and I will send the approval # for you to report! I ask that you send me any comments or areas of focus you need help with and to complete the meeting survey form attached in this email.

CDM, CFPP's will be required to report their CE hours by logging into their ANFP record at www.ANFPonline.org and retain a copy of the certificate in the event they are audited.

If you have any questions or concerns, please contact CBDM Prior Approval Department via e-mail at priorapprovals@CBDMonline.org or via phone at 800.323.1908, Ext 120 for additional assistance.

Dawn Teubner, CDM, CFPP

Professional Development Manager

Association of Nutrition & Foodservice Professionals

Phone: 800.323.1908 ext. 120

E-mail: dteubner@ANFPonline.org