



Grandfather Cuts Loose the Ponies

ANFP™ WASHINGTON

Association of Nutrition & Foodservice Professionals

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A Message from our President:

L-R Daniela Hansen, Kay Hougan-Jones, Rae Ann Brown, Gwendolyn Price, Beth James, Daniel Griffith, Cynthia Murphy, Grace O'Connor, Jerome Silva, Karen Werner, Tara Brooke, Jesse Just



Greetings,

We had a wonderful meeting at ACE in Orlando, FL. The Chapter received three awards at the conference, for Communication, Membership, and Gold Chapter Achievement Award. I would like to thank each of you for all your support. Next year's ACE conference/EXPO will be in St. Louis, MO, June 26-29, 2019 we hope you all can join us.

We are gearing up for our fall meeting on September 12-13, 2019, at The Icicle Inn Leavenworth WA. Please save the date and schedule in advance to attend. Remember this is your conference, so please let us know any ideas you might have for topics or speakers that you would love to hear.

Volunteers are needed to help make this conference a success, areas of need are Board and committee members or even areas like assist with registration, introducing speakers, setting up for the conference, sponsorship, silent auction donations etc.

Please also assist us in fundraising efforts at the fall conference, please consider bringing an item for our silent auction, or just bring lots of cash to buy items at the silent auction. Our chapter supports the non-profit partner Food Life Line, we collect donations through the conference to assist in the hunger crisis that faces our neighborhoods.

Every year we run chapter awards and we will be sending out a survey monkey shortly so please consider nominating one of your peers for these awards. It's a great way to show appreciation for their hard work.

Please follow WA ANFP on Facebook, Instagram and twitter for updates.

Thank you so much for all your support and allowing me to lead the best chapter in the country.

GO WA-ANFP you guys rock!!!!!!!

Jesse Just President WA-ANFP

ACE is Your Gateway to Foodservice Excellence



ACE
ANFP ST. LOUIS, MO
 JUNE 26-29, 2019
 THE GATEWAY TO FOODSERVICE EXCELLENCE

5 Reasons to Attend ANFP's 2019 Annual Conference & Expo (ACE)

1. Learn to Tackle Your Biggest Foodservice Challenges

What are the biggest demands in your position? Is it survey readiness, regulations, patient satisfaction? The 2019 ANFP Annual Conference & Expo has education sessions that are primed at helping foodservice professionals tackle their most glaring obstacles. Do you have goals in your personal career? ACE also focuses on helping you become a more confident leader. The upcoming conference has sessions on leadership, communication, staff management, and workplace motivation.

2. Gain Continuing Education to Nurture Your Career

To maintain the Certified Dietary Manager (CDM, CFPP) credential, you must earn 45 hours of continuing education (CE) every 3 years. At least 9 of your continuing education hours must be in sanitation and food safety. Effective June 1, 2019, one continuing education hour must focus on professional ethics. Attending ACE gives you the opportunity to earn up to 20 CE hours! Foodservice is an ever-evolving industry, and education plays a primary role in helping you stay up-to-date with the latest technology and trends.

3. Expand Your Connections with Expo Vendors

The Expo at ACE hosts 50+ exhibitors that cover the full spectrum of foodservice opportunities. The Expo Hall will be full of innovative products and services. You will have the opportunity to sample, test, and evaluate the latest technology in foodservice. Whether you are happy with your current vendors, or are interested in seeing what other opportunities are available, the Expo is the perfect event to meet face-to-face with the companies whose products and services you may use every day!

4. Gather Knowledge to Implement and Impress

To attend ACE, your supervisor may prefer a written request for your professional development. We took care of that for you with our Letter to Your Supervisor template. Simply fill in all applicable information including your supervisor name and the education sessions that you circled in part 1. Feel free to customize and edit this document to your specific preference, but this should serve as a place to start! Additionally, the ACE program book provides note pages for you to jot down what you learned throughout the conference. Be sure to bring these notes back with you to share with your team!

5. Network with Like-Minded Individuals in the Industry

At ACE, you will have the opportunity to meet individuals who experience the same challenges and difficulties that you do! Networking with these individuals will allow you to make life-long friends and to meet local members who are in your ANFP chapter.

Annual Conference & Expo (ACE)

2019 ACE Conference
St Louis, MO
June 26-29, 2019

2020 ACE Conference
Tropicana Hotel
Las Vegas, NV
June 15 -18, 2020

2021 ACE Conference
June 3-6, 2021
Renaissance Sea World,
Orlando, Florida





Methow Arts Presents Local Student Artists

Three Rivers Hospital in Brewster, WA

August 16, 2018

Submitted by Kathy Baker

In November I took a fieldtrip to the Three Rivers Hospital to check out the new student artwork after reading about it in the newspaper. I visited with their Food Service Director Jenny Femling, CDM CFPP, and she showed me photos of the grand opening where her staff made Rice Krispies “Sushi” and served sparkling cider for the students. What an inspiration for all communities! Jenny is looking forward to their next art opening when they celebrate the hospital’s 70th anniversary. I can’t wait to see what they create!

Three Rivers Hospital staff have committed to funding a collaboration in which students from Liberty Bell, Pateros, Brewster, and Bridgeport Schools will create art through Methow Arts’ artist-in-residence program, and then hang their work as an exhibit for one year. Ten “Veggie People” portraits were inspired by the art work of 16th century Italian painter Giuseppe Arcimboldo and created by Bridgeport 4th grade students with teaching artist Margaret Kingston. The second exhibit features 10 Salmon paintings, created by Brewster 4th grade students with teaching artist Annie Venable as part of their “Power of River” unit. Each year student artwork from the four schools’ education programs will be curated, rotated and maintained by Methow Arts. The public is invited to visit Three Rivers Hospital to view the artwork.

For more information please contact Methow Arts at: info@methowartsalliance.org or Three Rivers Hospital at cmajors@trhospital.net or call 509-689-2517 x3346



WA ANFP & WA-DHCC 2018 Fall Conference
 “Charting the Course for Quality Care”
 September 21-22, 2018 Kennewick, WA



Robin Bergman, CDM from
 Northwood Lodge, Silverdale, WA.
 A Double Winner from the
 Vendor door prizes!

When you attend Fall Conference you earn 7 General CEU's, 1 Food show CEU, and 1 Sanitation CEU. This is the best way to achieve your requirements for continuing education. The Vendors set up beautiful displays of food and present new products to sample. They all donated terrific door prizes. Saturday is a fun day!



Above: Daniela Hansen
 Left: Daniel Griffith



Chef Jamie and Kenny Fernandes, CDM

*Thank
 you*

We are grateful to Sysco and Food Services of America for their generous support.

Turkey Lentil Taco from Chef Jamie Callison, WSU School of Hospitality Business Management.
 Author of The Crimson Spoon Cookbook.
 Chef Jamie shared vegetarian recipes using Lentils & chickpeas from the Palouse.



Our First-Time conference attendees Nasrin Vafaei and Martin Schaum

Karen Warner presenting wine to a very lucky lady



Photos from the WA ANFP Fall 2018 Conference, Kennewick, WA Vendor Door Prizes and Member Awards



Rosemarie Oliver, RD, receives an outstanding award from Jesse. The Dietitians have partnered with ANFP for years.



Jerome Silva, Past-President and FSA Rep inspires everyone with his humor and wisdom.

Thank you to all of our Board and members that DONATED TO THE SILENT AUCTION



Kathy Baker can decorate her lunch room now!



I apologize for not having names for everyone in the photos. Please email me if your are pictured, or identified incorrectly? Thank you,
Kathy eaglecreekgang@gmailcom

**We're on the Web:
Anfonline.org/WA**

Chapter News:
Treasurer's Report (Aug. 2018) : Check-
ing: 13,988.75 , Savings: \$2,001.72
In September we are due to receive a \$865
rebate from national ANFP as a chapter in
good standing based on its membership size.

Needed:

Volunteers

*If you feel you are
not ready to be a
board member, there
are many ways to
serve. Some commit-
tees needing your
help or expertise are:*

Advocacy

Membership

Education

*Communication
(Newsletter)*



***Save The Date:
WA ANFP
Fall Conference
September 12-13, 2019
Icicle Village Resort, Leavenworth***



Are You Ready for the Roll Out?

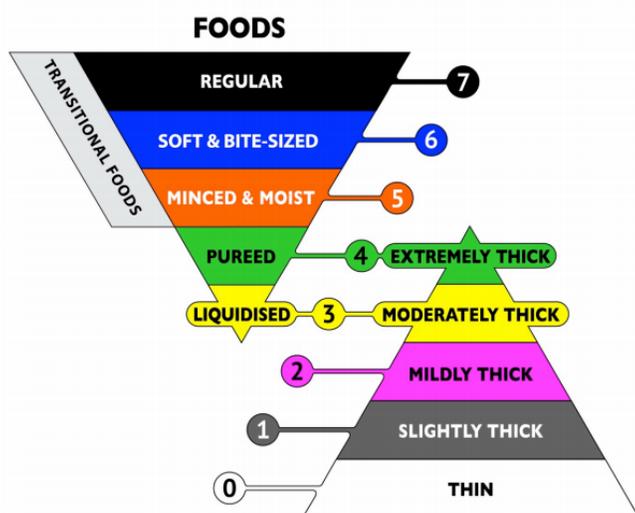
The transition to worldwide standardized Dysphagia terminology is nearing completion. Is your facility participating? Are you finished with the changeover? I'd like to hear more from our members. When this was introduced at our 2017 Fall Conference I was excited to share the information with Administration. Maybe too excited, because they said to me, "You lead the transition". I've learned quite a bit from the IDDSI.org website and webinars, and from our own starts and stops. It was easy to train my own staff, we downloaded the great resources and practiced the fork test and syringe tests. But I couldn't take on training the

other staff. We're still in the process of introducing this terminology and testing, and we're currently developing a new menu that will be for patients prescribed a Minced and Moist (MM5) or Puree (PU4) diet. Wendy West from Simply Thick has been very supportive when we were trying to use pureed foods in the silicone molds and it wasn't working. Our IT staff had to re-enter the acronyms when diet orders started coming to us in many forms, i.e "dysphagia 5 ground" or a puree level 4 for drinks, which should be EX4. The whole point of standardisation is we all follow the same terminology.

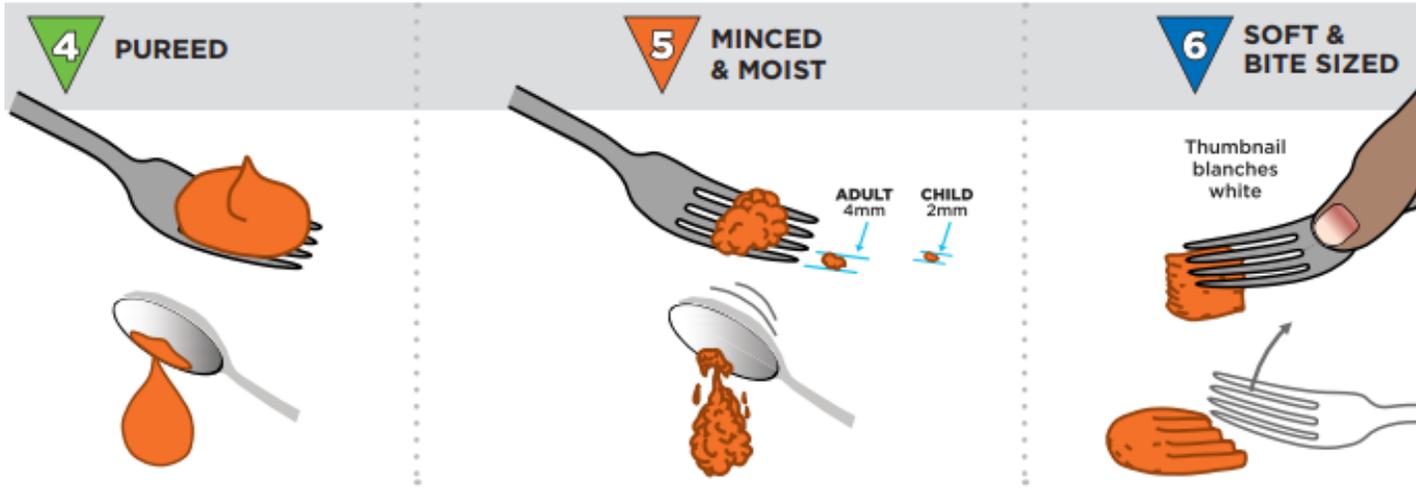
Our roll out date is May 2019, and I think that is also the date the dietitians have agreed to for

the North American roll out. Products are already on the market with the new colors and numbers, and there are great resources for you to use on the IDDSI website. If you have an interesting story to share about your changeover, please contact me.

Kathy Baker CDM, CFPP kathyb@cascademedical.org



Food Test





ANFP Association of Nutrition & Foodservice Professionals

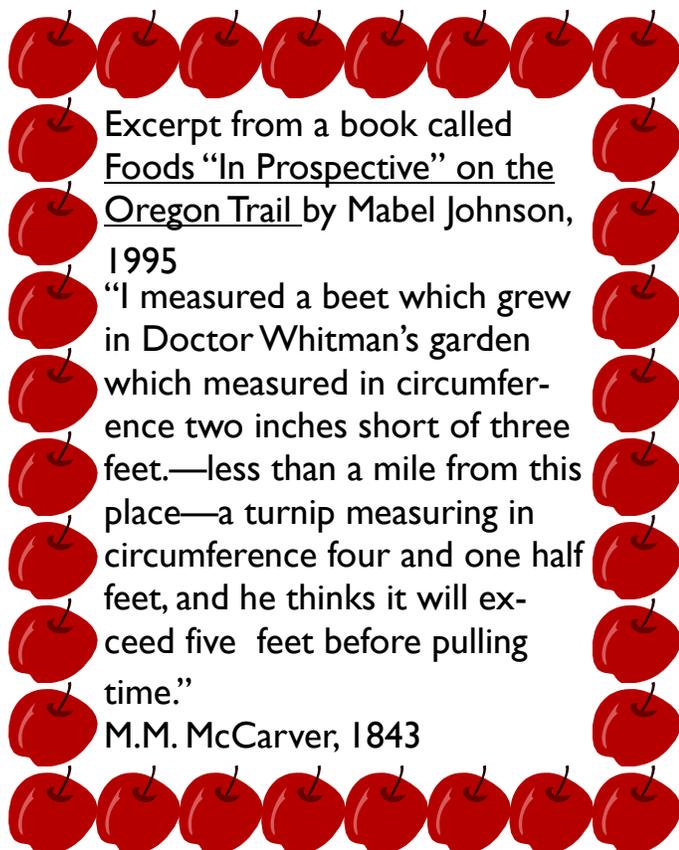
**PROUD
OF WHAT
WE DO**

**PRIDE IN FOODSERVICE WEEK
FEBRUARY 4-8, 2019**

PROUD • DEDICATED • CELEBRATED



www.ANFPonline.org/PIFSW



Tip of The Day

I was talking with staff one day about food service workers tip jars, and how we don't have that. A nurse walked into the lunchroom and overheard us and said, "Peroxide". We all looked at her confused, and she said, "It gets blood out of uniforms, that's your tip of the day!" Here are a few more:

"I really dislike using hand gels, they sting and chap my hands!"
 Try using 3M Avagard, it's creamy and easy on your skin.

"When I walk into work with wet feet, my shoes squeak so bad it's worse than nails on a chalkboard"

Fred Meyers sells a Skechers Relaxed Fit slip resistant memory foam shoe that won't squeak!

"I like cooking with fresh herbs, but they spoil so fast"

Get one of those Styrofoam coolers that hospitals receive immunizations in, and place your herbs in it, in your refrigerator. They'll stay fresh a long thyme!

I've been a vegan for one week.
 Is this normal?



Our ANFPConnect website has terrific resources! Are you looking for CEU's? Want to read the 2018 Salary Survey? Have a question/problem for the ANFP Connect blog?

Want to read the latest Edge Magazine online? <http://www.anfponline.org>



I really like the Top 10 Series, you can print and laminate them for staff to read. Here are topics they currently have, and there are videos that compliment them.

Top 10 List Series

Top 10 Ways to Manage Difficult Staff

Top 10 Tips to Tackle Social Media in the Workplace

Top 10 Ways to Celebrate the Holidays in Your Community

Top 10 Tips for Disaster Planning

Top 10 Tips for Glove Use

Top 10 Things to Look for When Hiring

Top 10 Tips for Purchasing Food

Top 10 Ways to Communicate Across Generations

Top 10 Ways to Make Sanitation Fun

Top 10 Ways to Survive CMS Phase II

Top 10 Ways to Improve Employee Engagement

Top 10 Steps to Prepare for an In-Service/Educational Session

Top 10 Tips to Maintain Your CDM, CFPP Credential

Top 10 Facts CDMs Need to Know About the New CMS LTC Regulations

Top 10 Checklist to Ensure Your Facility is "Survey-Ready"

Top 10 Facts CDMs Should Know About the Family Medical Leave Act

Top 10 Things That CDMs Should Know About the FDA Food Code



Philly Steak Stuffed Peppers

SERVES: 36

Ingredients:

18 bell peppers, halved
3 tbsp. vegetable oil
8 lb. sirloin steak, thinly sliced
3 large onion, sliced
4 lbs cremini mushrooms
kosher salt
Freshly ground black pepper

2 lbs sliced provolone

Preheat oven to 325°. Place peppers in a large baking dish and bake until tender, 20 minutes.

Meanwhile, in a large skillet over medium-high heat, heat oil. Add steak and cook about 1 minute per side. Set aside.

Add onions and mushrooms to skillet and season with salt and pepper. Return steak to skillet and stir to combine.

Add provolone to bottom of peppers and top with steak mixture. Top with another piece of provolone and broil, 3 minutes.

Serve hot.

Kathleen Baker, CDM, CFPP
Dietary Supervisor

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Business Card Swap
Here are some cards
collected at the
Fall Conference.
Share your card and join
the Network!
Please forward to
eaglcreekgang@gmail.com
-Kathy Baker

**Next Newsletter
deadline:
May 1, 2019**

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