



# WYOMING

April 2023

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## April Birthdays

Keith Fletcher

Mackayleigh Shultz

Amanda Vine

## Save the Dates

### WY ANFP Spring Meeting

April 22, 2023 Casper, WY

### ACE- Annual Conference and Expo

June 25-28, 2023 New Orleans, LA

Check our Facebook for information about Free CE Opportunities Monthly



## APRIL MEMBERSHIP MILESTONES

Congratulations to our members that hit milestone membership anniversaries. We will begin recognizing: 1, 5, 10, 15 years, etc each newsletter.

[Congratulation Miranda \(Annie\) Dulmus on your 1 year anniversary as a CDM CFPP.](#)

[Congratulations Alejandra Sanchez on your 1 year anniversary as a member of ANFP.](#)

Wyoming ANFP  
Here for you

# Chapter Leaders' Updates



APRIL



## CHAPTER PRESIDENT UPDATE:

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Greetings WY ANFP Family,

I am looking forward to seeing everyone at our spring conference, April 22 in Casper. We are trying a 1 day weekend event, hoping this will allow our members to attend. We understand how hard it is to get away from your work responsibilities. We are prior approved for 8 credit hours. There will be a lot of new information regarding the Food Code 2022 updates, ethics, food safety, leadership and nutrition. We will also provide a 1 hour free webinar in May (watch your email for details).

I would also like to encourage you to attend ACE which is being hosted in New Orleans, June 25-28, 2023. The schedule looks fantastic and it will be another excellent opportunity to not only obtain credit hours, but network with your peers and vendors and build life long memories. If you haven't had the opportunity to attend an ACE I highly recommend giving it a try. Watch ANFPs website and emails as there are often scholarships and other opportunities provided by NFEF and vendors for conference attendance. In Wyoming you should also be able to apply for the Workforce Development Grant through your employer.

I am always available to help in any way I can or get you in contact with someone that might be able to assist you.

Thanks, Felicia Smith WY ANFP President

# Chapter Leaders' Updates

GIVE YOURSELF THE SAME CARE &  
ATTENTION THAT YOU GIVE TO OTHERS  
AND WATCH YOURSELF BLOOM

## CHAPTER TREASURER UPDATE:

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Here comes Peter Cottontail, hopping down the bunny trail, . . .

The first day of Spring has passed and now we are waiting on the expected weather that comes with it to follow!! It is a wonderful feeling waking up each morning and know I am going to be able to help people all day long! We are all helping someone, somehow, somewhere each and every day. Whether at work or in our personal lives, we do affect many of those around us. We need to make the conscious effort to make that effect a positive one!

This is what I personally experienced a couple weeks ago and I want to share with all of you:

I awoke and was feeling a bit negative. I had negative thoughts swirling about in my head. I was in pain, irritated, unhappy, and just overall – hopeless.

Then I started thinking about things I am grateful for and things that make me happy. I thought about specific interactions with my children & my family. I reflected on my current path in life. I thought about how the laughter from my Children and Grandson lights up my world. I started feeling grateful for so many things . . . and this is where I felt something “physically” change in my brain. I felt a switch and started smiling!! This was the first time I have ever felt this sensation and made a mental note of this to share with others.

Our 2023 WY ANFP Spring Conference is coming up soon! We are trying a one-day, on the weekend for 8 hours. We are hoping this will allow for more people to be able to get away and attend. I look forward to seeing those of you that can take time away to join us. It will be nice to catch up with all of you. I would also like to wish each and every one of you a Happy Easter!!

“THANK YOU” to each and every one of you for everything you do – you are making a difference in peoples’ lives on a daily basis! Every action and thought makes a difference and brings about change!

The checking account balance is: \$2818.42

The saving account balance is: \$1370.11

Thanks, Robin Hilbird-Bardgett WYANFP Treasurer

# Chapter Leaders' Updates



## **CHAPTER COMMUNICATIONS LEADER UPDATE:**

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Hey everyone! It's been a few months, I dropped the ball. In all honesty life has been a little too much to handle for about six months, maybe 8. I had a lot of extra responsibility dropped on me \*ahem\* I mean I was given an opportunity for growth and it came with a lot of growing pains. I know many of you know what kind of growing pains I'm talking about because we are all in the same industry. We've all been short-handed, we've all been given extra work, and we've all been required to maintain higher expectations over the last few years. About this time last year I was gifted a second team, and I was excited because I know the potential of the Arbor Cafe. We used to do the most popular Sunday Brunch in town. We were the top caterers for all events in Douglas, big and small. We were an example at a national level of what a hospital cafeteria could be. Through covid a lot of that went away and I was excited to start building that back up as we work towards a new normal. When I took the Arbor Cafe team, in addition to my Mocha Molly's team, we were short-staffed and the staff that I did have weren't the right people and we had very low patient scores for our area, like 61st percentile in Press Ganey's database low. We also just completed our annual engagement survey and those scores were good but we had some areas for improvement. So my priorities were to improve patient scores and to find a way for employees to disconnect from work, to enjoy their time away without worrying about work, and to not be so stressed out at work. A year later I can say that our patient scores are in the 96-98th percentile and have been for the past 3 months. I am also very confident the engagement survey will have better results as well.

But the cost was my mental health and wellbeing. I'm burnt out. I'm stepping down.

I learned a long time ago that if you don't like your situation, you can change your attitude about the situation or you can change your situation. I have been given an opportunity to change my situation and I will be excited to share that news over the next couple months. For now I just want to point out that mental health matters, we all struggle, and we all experience failure. What is important it that we keep trying and we find happiness in what we are doing. We only have one life to live, we should prioritize our happiness, and happiness looks different for everyone.

I look forward to seeing everyone at our Spring conference this month. We are doing it a little different to try and make it easier for people to attend. We are open to ideas and feedback. We are open to people helping out on the Board. See you all in Casper!

Thanks, Toni Skaggs CDM CFPP WYANFP Communication Leader

# Membership

8 Pre-professionals

2 Allied Professional

60 Certified Professionals

1 Retired Professional

**Welcome New Pre-Professional  
Members:**

**Stephen Shipley**

**&**

**Amanda Vine**



## MEMBERSHIP RESOURCES

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[Wyoming ANFP Facebook](#)

Registration for ANFP ACE is open. We would love to have a great representation in New Orleans. You can find the registration information at [www.anfponline.org](http://www.anfponline.org), events.

We will be holding elections at our Spring Meeting.

Open positions:

President

President – Elect

Secretary

If you are interested in any of these roles, please don't hesitate to contact Felicia for details.