



WYOMING

February 2021

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Chapter Leaders' Updates

February Birthdays

Jennifer Refior Tomi Riegert

Dori Bunnell Amelia White

Save the Dates

Spring Regional Meeting,

April 15-16, 2021 Memphis, TN

WY ANFP Spring Conf. April 30, 2021

ACE- Annual Conference and Expo

June 28- July 1, 2021, Orlando, FL



FEBRUARY MEMBERSHIP MILESTONES

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

We're in this
together!

Chapter Leaders' Updates



CHAPTER PRESIDENT UPDATE:

I think it is more important now than ever to spread love and kindness to those around you. This includes your family, coworkers, staff, and community. Even a small gesture can go a long way for someone and it will brighten your day as well.

I think about a team meeting where Felicia had small note cards. Everyone got a stack of blank cards numbered from 1-20 (the amount of people on our team) and she would read off a team member associated with a number. For example #1 is Toni, write something positive about Toni. #2 is Steve, write something positive about Steve. And so on, until the entire team had been gone through. Felicia then collected the cards and put all the correct numbers together and handed them out to the corresponding employees. On my corkboard at home I have a little pack of nice things said about me by my team members. It was a great exercise for two reasons: When you look for good you see more good & When you realize the good others see in you it feels good. I bet this would make a great team meeting for your staff as well!

There are a lot of other kindness ideas to spread through your community as well! What are some of your favorite ways? Try this [list](#) if you need some starter ideas and don't forget that February 17th is National Random Acts of Kindness Day!

Thanks, Toni Skaggs WYANFP President

Chapter Leaders' Updates



Spread Love
everywhere you go

CHAPTER PRESIDENT-ELECT UPDATE:

LOVE! LOVE! LOVE! That is what the month of February is all about!

- Love my family! I am grateful to be granted more time to continue to love my parents, children, husband, grandchild, family and friends. I had a close call last month with a family member and I am lucky for the recovery to date.
- Love my job! This is the place where I have another family. I love being able to come to work each and every day. They are willing to listen, to help, to advise and to help each of us grow. I have never had this kind of encouragement in my work life before now. MHCC is an amazing place and I am grateful to be able to be here.
- Love being part of the ANFP and CBDM at the state and national level. There are always opportunities to network and be a part of something bigger at the state and national level. ANFP, CBDM, and NFEF work together to help all of our clients', residents', patients', and CDM's be more prepared and well-cared for through constant education and communication.

Take your time and look for the positive. The more you look for positive things the more you will find them. After last year, I know I appreciate who and what I have more than ever before!

And, "THANK 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: \$1459.38

The saving account balance is: \$719.42

Thanks, Robin Hilbird-Bardgett WYANFP President-Elect

Chapter Leaders' Updates



CHAPTER STATE SPOKESPERSON UPDATE:

Things I have learned along the way.

In the book, "Fierce Conversations", by Susan Scott, Ken Blanchard says: "While no single conversation is guaranteed to change the trajectory of a career, a business, a marriage, or a life, any single conversation can." I don't know about you? But, I have had several of those conversations in my life. One that stands out the most, was the one that put me on the path to becoming a CDM. I started my healthcare career as a CNA in a long-term care facility in North Dakota. I loved my residents, and loved providing them care, but I was also trying to run a restaurant that I owned, and therefore unable to continue working as a CNA. As life happened, as it usually does, I ended closing my restaurant and managing another one, until it became time to make changes in my life. I was given the opportunity to adopt a baby and working nights and 18-hour days just wasn't going to do the job. I interviewed as a dishwasher/aide for a different long-term care facility and was hired. I loved working in the kitchen and became a cook, aide or whatever they needed that day. You know the drill.

I did that for a year almost to the day and then my daycare provider moved and I was high and dry without someone to watch my son. So, in March I was had to quit. I remained PRN but was only able to work weekends or holidays if my sister wasn't working. It also turned out that when I quit, my manager went out on maternity leave and decided not to return full time. In August I received a phone call from the HR lady at the facility and asked if I would be willing to come back as the foodservice manager. They would put me through the class to become a CDM and had my name on the waiting list for the new daycare opening up in the community. I was thrilled. A chance to learn something new, while caring for the residents that I loved. So, you see, while no single conversation can change the trajectory of your life, this one definitely changed mine. Becoming a CDM has opened more doors, and provided me with more opportunities, than anything else my entire life had.

To be continued...

P.S. Don't forget that you still have the opportunity to become a volunteer. We will be holding state elections in April, for President Elect, Secretary and Treasurer.

Thanks, Felicia Smith WYANFP State Spokesperson



Membership

4 Pre-professionals

1 Allied Professional

64 Certified Professionals

1 Retired Professional

Welcome new Pre-professional
Member: Karen Newcombe

COVID-19 Resources:

[ANFP COVID-19 Resources](#)

[Wyoming Department of Health Resources](#)

[CDC Approved Disinfectants](#)

[50 Random Acts of Kindness](#)

