



WYOMING

June 2021

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June Birthdays

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| Teri Alberding | Dawn Cooper |
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Save the Dates

WY ANFP Fall Conf. Sept 29-Oct 2nd, 2021

ACE- Annual Conference and Expo
June 28- July 1, 2021, Orlando, FL

ANFP Fall Regional Meeting
September 23-24, 2021, Toledo, OH



MAY MEMBERSHIP MILESTONES

Congratulations Deb Harvey on 1 year as a CDM

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



June is
**NATIONAL
SAFETY
MONTH**



CHAPTER PRESIDENT UPDATE:

Greetings Wyoming ANFP Family,

It is summer time finally. At least the weather is starting to feel that way. I am very excited to attend ACE at the end of the month and to not only take advantage of the great educational opportunities, but to see my ANFP friends and family. I really hope we have the opportunity to see some of our members in Orlando.

With the new ANFP year ahead of us, my hope is that we will become a stronger chapter. I hope to make the time to contact each of you and just ask, what can the Wyoming ANFP chapter do to set you up for success. Please be patient with me as this will take time to contact everyone, but I am very much looking forward to getting to know you all better. In the meantime, if you have a request, concern or even just feedback, please do not hesitate to contact me and share. I want to serve you in the best capable way I can, and in order to do that I need your input. Wyoming ANFP is only as strong as our members. I am proud of the fact that we have maintained this past year, and while our conferences were either cancelled and then changed to a hybrid option, we are still learning on what is the best way to reach our members.

Have a wonderful summer. Happy Father's Day to all the dads. And most of all THANK YOU for being a CDM CFPP!!

Thanks, Felicia Smith WYANFP President

Chapter Leaders' Updates



CHAPTER TREASURER UPDATE:

Happy Father's Day to all of the "Dads" out there . . .

Thank you all for your vote of confidence in me for Treasurer of our Wyoming ANFP Chapter. This is definitely one of my strengths and I love serving as a volunteer for our Chapter! Thank you for joining us for our 2021 WYANFP Spring Conference in-person and virtual. It was fun and full of information for all of us!

June is full of many observances and I learn something every month when I go searching for them. [The Balance Every Day](#) has many of them listed and many of them are very appropriate for our line of work! We can all find ways to celebrate our clients, residents, patients, family, friends and team! As stated on their webpage:

"Most people are familiar with Father's Day and Flag Day. Awareness is growing for Juneteenth. These are just a few significant holidays in June. But many other causes or topics far less familiar to the general public are part of the month of June."

Felicia, Toni and I are looking forward to 2021 ACE in Orlando at the end of this month. There are always fantastic networking opportunities and we certainly did miss this over the last year. They also have sessions, demonstrations and the expo that offer amazing continuing educational credits and information. If you have the chance – REGISTER & ATTEND!!

Vacation was FANTASTIC!! It was revitalizing and relaxing. I did not realize how much I needed this until I was home and back to work. I learned how to leave work behind and enjoy each day! I am looking forward to the next one (now that I know how to do that.)

"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: \$1909.38

The saving account balance is: \$819.44

Thanks, Robin Hilbird-Bardgett WYANFP Treasurer

Chapter Leaders' Updates



CHAPTER COMMUNICATIONS LEADER UPDATE:

Welcome to the official start of summer (6/21)!

I recently had the opportunity to present for the Wyoming Power of Rural: Health and Research Conference. This was my first time to speak for a group that was not made up of all you lovely people. I was able to speak about one of my favorite things: Team Building. When I have an opportunity for something like this, I really think about my path to get where I am today. I think about the struggles I have had to overcome within my own team and I think about the struggles I have had within myself. I really wish I could just tell people a great team is easy if you just do this “one thing”, but it is not. It is many hard conversations, a lot of accountability for myself and others, many long hours, and a lot of stubbornness (thank goodness I already have a lot of that). The important part is that it is worth all the trouble!

Spend some time this next month on a team building activity. Maybe just something small at a team meeting or maybe you can have a bigger pizza party or go bowling? Maybe you could get some sponsoring, or maybe the team would be willing to chip in. A little bonding goes a long way! My Mocha Molly's team does a coffee crawl in Casper once or twice a year. We all pay for our own drinks at each location and stop by 3-4 places and end with lunch. It has been an extreme benefit for my teams moral and work relationships. We also get to see what other shops are doing, check out menus, see how other teams work together, and even spend some time talking about the environment. With the nicer weather, we have also taken a couple Saturday morning team walks on our local river path.

When people connect on another level, they can see each other for the human beings that we all are. Instead of the night shift vs. day shift, cooks vs. aides, dishwashers vs. the person that burns the soup on the bottom of the pan...

There is lots of cool stuff to celebrate this month check it out [here](#).

Personally, June is PRIDE month and that is close to my heart.

Thanks, Toni Skaggs CDM CFPP WYANFP Communication Leader



Membership

6 Pre-professionals

1 Allied Professional

66 Certified Professionals

1 Retired Professional

Welcome new member:

Charise Mettler CDM CFPP



MEMBERSHIP RESOURCES

COVID-19 Resources:

[ANFP COVID-19 Resources](#)

[Wyoming Department of Health Resources](#)

[CDC Approved Disinfectants](#)

[FAQs About Registered Dietitian Nutritionists](#)

Registration for ANFP ACE is open. We would love to have a great representation at Orlando. There are limited spaces available so register early. You can find the registration information at www.anfponline.org, events.



Everyday Hero

Name: **Cecilia Herrera**

Where do you work? **Banner Health Washakie Medical Center in Worland Wyoming**

Why did you become a CDM? **I had a mentor who mentioned it to me continuously and encouraged me because I enjoyed Food Service.**

How long have you been a CDM? **Since 2004**

What has been your biggest reward as a CDM? **Comforting the patients with menu choices in a time when they don't feel well. It's great to see how much nutrition plays a role in their healing process.**

What has been your biggest struggle as a CDM? **"Covid"**

If you could give anyone advice on becoming a CDM what would it be? **Make sure that you enjoy "Food Service" We will work a high percentage of our lives it might as well be something you enjoy. This is a very demanding job with many adventures.**

If you were to set a long-term goal for your career what would it be? **Retirement in this field and help my employees do the same.**

What is one interesting fact about you? **My other career choice was "Interior Design" I think the fact that I liked the planning, scheduling, organization, etc. of this career really helps me with the "Food Service" career I have now.**

