



WYOMING

March 2021

Inside this Issue:

Chapter Leaders' Updates

March Birthdays

- Kristen Balkenbush Cecilia Herrera
- Eva Ripley Travis Tucker
- Lisa Miller Joseph Mascarenaz

Save the Dates

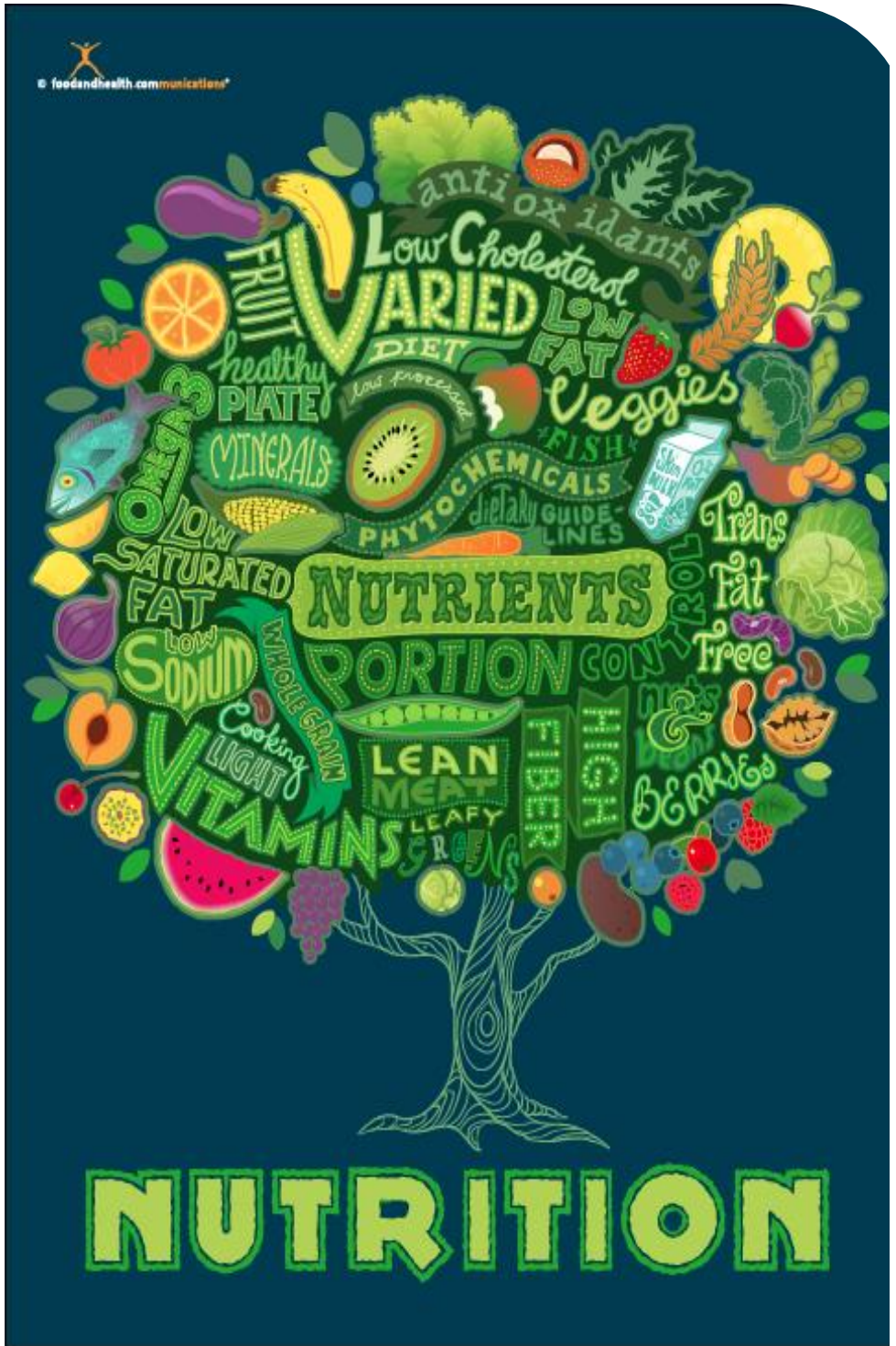
WY ANFP Spring Conf. April 30, 2021

ACE- Annual Conference and Expo

June 28- July 1, 2021, Orlando, FL

ANFP Fall Regional Meeting

September 23-24, 2021, Toledo, OH



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:

March 10th we have the opportunity to celebrate our Registered Dietitians. [Here](#) is a link to some ideas to celebrate our RD's from EatRight.org. We are very lucky to have a full time RD on our staff to work with our cafeteria on menus for our hospital staff daycare, menus and recipes for our retail side of the kitchen, and of course our patient care side. On top of all this she is an educator for our staff and our community and is soon to branch out to our greater community and help patients in our outreach clinics. Our dietitian has been an amazing asset for our team and we are lucky to have such a phenomenal person in her position.

It's also nutrition month and this is a great time to go back to the basics. Sometimes common knowledge isn't so common and we forget that everyone may not know the simple stuff. Freshen up you staff's knowledge on nutrition or therapeutic diets this month. If you can make a game out of it and award the winning players with something it becomes a fun team meeting and a great team building activity too.

I hope you all have a great month. Please reach out with questions, comments, and concerns. Watch for information to start coming out about our State Chapter Meeting on April 30th. You can join in person in Douglas with us or via Zoom.

Thanks, Toni Skaggs WYANFP President

Chapter Leaders' Updates



CHAPTER PRESIDENT-ELECT UPDATE:

- SPRING is in the air!
- We get to SPRING forward this month for Daylight Savings!
- Put a little SPRING in our step!
- WY ANFP 2021 SPRING Conference in April!

Maybe if we mention SPRING enough it will get here sooner 😊

- ❖ March has two birthstones, not unlike some of other months. Aquamarine is the first birthstone for the month, which symbolizes youth, health, and hope. Bloodstone, which looks very different from aquamarine, is a type of quartz known for its fiery flecks of red, representing strength and stealth. [March Holidays and Observances \(thespruce.com\)](https://thespruce.com/march-holidays-and-observances)
- ❖ We get to celebrate Dr. Seuss' Birthday, Employee Appreciation Day, National Pi (π) Day, and St. Patrick's Day all in the month of March. I know that many of our residents, clients, patients and customers look forward to some of these special days and it puts a smile on their face and some joy in their heart to have those days recognized and celebrated. We can look forward to something each and every day at any point and find a positive way to celebrate with our teams, friends, those we serve and/or family.
- ❖ Remember to take care of yourself! No one else can do this for us. Make yourself a priority. Do the things you like to do. Make time for these things or they will NOT happen!
- ❖ Sometimes, all it takes is a compliment, willingness to stop and listen, even just a kind word to brighten someone's whole day!

"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: \$1409.38

The saving account balance is: \$769.42

Thanks, Robin Hilbird-Bardgett WYANFP President-Elect

Chapter Leaders' Updates



CHAPTER STATE SPOKESPERSON UPDATE:

Things I have learned along the way.

Have the Courage to say YES:

Before I moved to Wyoming I was not active in the State ANFP at that time DMA Chapter. I didn't know much about the volunteer roles or even what ANFP stood for. I knew I had to be a member for my certification, but had no idea, just what being a member meant. I attended my first state meeting and shortly after became the education leader, back in the day when we would mail education items to our members. I did that for a few years and then Bruce Link asked me to volunteer for the President- Elect role. I think life went fast forward from there. I served in almost every role at the state level, I have made friends, built relationships and learnt more from our members that I could ever imagine. The opportunity to volunteer at the national level came up and I didn't hesitate to apply. I didn't get selected the first year and that was okay. I applied the following year and was selected. I have had the opportunity to learn from peers all across the country. To build relationships and learn from everyone has definitely been one of the best things of being a CDM. I not only learn and have a pool of amazing people I can reach out to when I need help, but I have an extended work family and lifelong friendships that is priceless. It has also made me a better volunteer for my state chapter and for my local volunteer roles. Don't be afraid to say YES. My friend, past national chair Ken Hanson gave us a book called Year of Yes! Very fitting for a volunteer.

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

6 Pre-professionals

1 Allied Professional

64 Certified Professionals

1 Retired Professional

COVID-19 Resources:

[ANFP COVID-19 Resources](#)

[Wyoming Department of Health Resources](#)

[CDC Approved Disinfectants](#)

[FAQs About Registered Dietitian Nutritionists](#)

Welcome new Pre-professional
Members: Bobbie Haagensen,
Michaela Hardy!!

