

June is National Dairy Month

National Dairy Month started out as National Milk Month in 1937 as a way to promote drinking milk. It was initially created to stabilize the dairy demand when production was at a surplus, but has now developed into an annual tradition that celebrates the contributions the dairy industry has made to the world. After the National Dairy Council stepped in to promote the cause, the name soon changed to "Dairy Month."

National Dairy Month is a great way to start the summer with nutrient-rich dairy foods. From calcium to potassium, dairy products like milk contain nine essential nutrients which may help to better manage your weight, reduce your risk for high blood pressure, osteoporosis and certain cancers. Whether it's protein to help build and repair the muscle tissue of active bodies or vitamin A to help maintain healthy skin, dairy products are a natural nutrient powerhouse. Those are just a few of the reasons that you should celebrate dairy not just in June, but all year long.



President

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June already! I hope everyone is doing as well as they can with everything that has gone on this year. I am looking forward to getting back to a little normalcy. At our facility we are starting to loosen the restrictions a little and trying to get back into the swing of things, slowly.

I wanted to use my space this month to tell you all how very proud I am of the facility I work for. They started taking things seriously very early and gathered all the appropriate people to be involved in the operational decision making. I got to listen as our hospital set up different tiers and moved from one step to the next. They have been completely transparent through the whole process and pushed a lot of information out to the public to keep our community aware of what was going on and what precautions we were taking. When it was safer to stay at home our hospital worked with our entire workforce to avoid laying off even one person. Some people were paid to work from home, obviously that doesn't work for the kitchen staff, so they were paid a portion of their wages to stay at home, ready to come back when we could safely bring people back into the building. Our maintenance team built walls on our patient floor to create a secure "COVID Wing" to protect all our patients and staff. We have so many examples here at MHCC of how we protected our staff and community and made the very best of an unfortunate situation. Our community even stepped up to help the hospital by making 1000's of hand-sewed cloth masks for us to use in our facility and donating a large amount of N-95 masks. I would love to hear that there are other people, facilities, and communities that can tell a story of success through the beginning of this year.

With this newsletter we also say goodbye to Bruce, our veteran newsletter editor. His new life in Wisconsin is picking up and we will be taking our Wyoming newsletter off his plate moving forward. Be sure to send him thanks for the awesome job he has done. Also, if this is the last newsletter you see, please reach out to a Wyoming board member to get back on the newsletter list. I don't want to drop anyone off intentionally, but if something happens in the transition and we have an old email or have a typo, the newsletter won't get to you.



President-Elect

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We are looking forward to our 2020 Wyoming ANFP Fall Conference to celebrate our 50th Anniversary with ANFP. It appears all our speakers will remain the same and we continue to work on the raffle items.

With this newsletter, we are including the Financial Statement that was turned into National as required. Also, you will note the negative balance due to receiving the Adversity Rebate from ANFP and then returning it. We also still have the deposit on file with Tim Richardson as he will be one of our speakers at the Fall Conference here in Douglas. We have a balance of \$1,382.84 in our checking account and a balance of \$519.37 in our savings account. Should you have any questions or concerns, please do not hesitate to reach out to Toni, Felicia or myself.

As we progress to our new “normal” remember to:

- look for the positives in each day.
- practice kindness each day.
- find things to be grateful for each day.
- be supportive each day.

You never know when a smile will brighten a person’s day because they may be fighting a battle we do not know anything about.

Thank you to each and every one of you!! You make a difference in peoples’ lives each and every day and that matters a lot! We are all facing many of the same challenges and we work through them – because it IS what we do. If it were not for all of you, our residents and patients would not have the care they so deserve.

Remember . . . we all make a difference and bring about change!



Sept 30- Oct 3, 2020Fall Conference **50th**
Anniversary, Douglas, WY



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I hope everyone is staying healthy and safe. I want to personally thank you all for your dedication and compassion for not only providing care to our communities, but your staff, coworkers and families. Thank you for being a Super Hero!! As Wyoming continues to open over the next few weeks please know that we are here for you if you run into any obstacles. The ANFP connect forum is also a great resource and a way to network with our peers.

I would also like to express a special thank you to Bruce Link. Bruce has provided us with an amazing newsletter for years. He even continued to do so when he moved to Wisconsin and started providing their members with a newsletter. Thank you Bruce for your hard work and dedication to our members and the CDM credential. Bruce has notified us that this will be his last newsletter as he is getting busier. We regret losing him and Wisconsin ANFP is very lucky to have him on board. Moving forward if you have information that you would like to share with our members please send it to myself, Toni, or Robin and we will get it in the newsletter until we have the chance to replace that position.

I also want to celebrate the success of our chapter. We have been notified that we have received the **Platinum Chapter Achievement Award and the Communications Award** (thank you again Bruce). I think this speaks highly of the strength of members and what we bring to our state and communities. Keep up the great work.

Last but not least, we really hope that all of you will be able to attend our 50th celebration conference in September. This is a free conference to our members and we will be sending out updated invitations later this summer. Until then, enjoy your summer, take time for self care (you have definitely earned it), and stay healthy.



ANFP™ | WYOMING

Association of Nutrition & Foodservice Professionals

Wyoming ANFP is on-line and on Facebook. Be sure to visit the Wyoming ANFP website at: www.ANFPonline.org for the National ANFP website.



Newsletter Editor

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Greeting, salutations and happy June!

Those of you that know me know that it is unusual for me to be at a loss for words. However, as I sit here looking at my computer screen, I find it difficult to put my thoughts and emotions into words.

This is my final newsletter as your Wyoming ANFP State Newsletter Editor. I have spent the last 15 years as newsletter editor and put the newsletter through several changes to what it is today.

I have spent 23 years in Wyoming ANFP and served in many positions including: National Director-at-Large, State President, President-Elect, State Spokesperson, Treasurer, Newsletter Editor, Pride in Food Service Week Leader, and Public Relations Leader, among many others. I have been involved with membership recruitment and retention, public relations, and vendor participation. Through all this the most important thing has been the memories through the friendships and acquaintances I have made.

Some of those memories include all the “firsts” that I have been a part of. Others have been moments such as traveling for a week with Felicia Smith to promote PIFSW, membership and Administrator awareness, Felicia trying to kill me and Lisa Miller, (Gillette), trying to choke me off!

Through all this, has been the personal growth that I have experienced and the networking opportunities that have presented themselves, all because I “volunteered” and got involved!!! This has given me the opportunities that I have now, from a completely different type of job, to being on the “Dickens of a Christmas” parade committee with the Chamber of Commerce, to church, to working with the area school districts as a volunteer.

I encourage you to get involved in ANFP, your facility, community, church and school. Take every opportunity you can to show off your talents, (and you all have a talent, even if hidden), to social network and gain as many new acquaintances as possible. You never know where these opportunities will lead to. Volunteering only takes as much time as you put into it. The more time you put in, the larger the rewards!

Take Care, My Friends! **Continue to Grow!!..... and Stay Healthy and Safe!!!**

Items needed in food pantries
Healthy cereals and oatmeal

Kids' snack items (juice boxes, individual applesauce's, etc.)

Toilet paper

Diapers and wipes

Jars and pouches of baby food

Personal hygiene products, like sanitary pads

Toiletries like toothbrushes, toothpaste, shampoo, deodorant, lip balm

Dry pasta



Jars of pasta sauce

Canned fish and meat (salmon, tuna, ham, turkey pop-top cans are best)

Canned vegetables and fruit

Milk, (canned, or powdered)

Peanut butter

Canned beans

Canned and dry soups

Baking mixes that require only water

Spices



Feed My People
FOOD BANK



4th – JoAnne
Gruell
5th – Marie
Fowler
6th – Shauna
Symons

9th – TJ Schoenewald 14th – Steve Owen 23rd – Dawn Cooper 29th – Dana Rivera

Happy Birthday to All!



In the month of July we celebrate these special occasions:

National Baked Bean Month

National Culinary Arts Month

National Hot Dog Month

National Ice Cream Month

1st Week of July – National Canned Luncheon Meat Week

3rd Sunday of July – Sundae Day, National Ice Cream Day

3rd Wednesday of July – National Hot Dog Day

1st – Creative Ice Cream Flavor Day; National Gingersnap Day

2nd – National Anisette Day

3rd – National Chocolate Wafer Day

4th – National Barbequed Spareribs Day; Caesar Salad Day

5th – National Apple Turnover Day

6th – National Fried Chicken Day

7th – National Strawberry Sundae Day

8th – National Chocolate with Almonds Day

9th – National Sugar Cookie Day

10th – National Pina Colada Day

11th – National Blueberry Muffin Day

12th – National Pecan Pie Day

13th – National French Fries Day; Beans ‘n’ Franks Day

14th – National Grand Marnier Day; Macaroni Day; Pick Blueberries Day

15th – National Tapioca Pudding Day

16th – National Corn Fritters Day

17th – National Peach Ice Cream Day

18th – National Caviar Day

19th – National Daiquiri Day

20th – National Lollipop Day

21st – National Junk Food Day

22nd – National Penuche Fudge Day

23rd – National Vanilla Ice Cream Day

24th – National Tequila Day

25th – National Hot Fudge Sundae Day

26th – National Coffee Milkshake Day

27th – National Crème Brûlée Day

28th – National Milk Chocolate Day

29th – Cheese Sacrifice Purchase Day

30th – National Cheesecake Day

31st – National Raspberry Cake Day; Cotton Candy Day; Jump for Jelly Beans Day



Types of Fruit, 1

Q	P	M	O	U	U	E	P	E	A	R	R	R	H
C	Y	U	R	P	N	A	O	E	G	R	A	P	E
U	B	B	A	T	O	N	O	H	Y	O	C	P	A
E	O	A	N	O	L	L	E	C	O	P	L	U	M
R	C	N	G	L	E	E	V	Y	T	M	A	A	O
P	V	A	E	E	M	M	L	L	M	E	N	U	G
R	A	N	A	M	P	O	T	O	M	A	T	O	C
E	A	A	G	O	M	N	C	Y	M	A	N	G	O
L	A	N	P	P	A	E	T	A	D	L	T	O	A
P	S	T	R	A	W	B	E	R	R	Y	E	R	E
P	R	A	C	Y	B	C	H	E	R	R	Y	M	M
A	U	M	A	A	T	A	U	Q	M	U	K	O	I
A	E	T	A	N	A	R	G	E	M	O	P	R	L
A	V	A	U	G	S	T	U	N	O	C	O	C	E

- KUMQUAT
- LEMON
- LIME
- DATE
- LYCHEE
- BANANA
- MANGO
- TOMATO
- POMELO
- MELON
- PLUM
- STRAWBERRY
- GUAVA
- PEAR
- APPLE
- POMEGRANATE
- GRAPE
- CHERRY
- COCONUT
- ORANGE

Play this puzzle online at : <http://thewordsearch.com/puzzle/77/>

June, Fresh Fruits and Vegetables Month



Dietitians-Online

CE's from National

With the postponement of the policy that was to be effective June 1, 2020, individuals who do not meet the CE requirements by their May 31, 2020 deadline will be placed into the CE audit versus having their certification automatically terminated. On about June 1, an email notification will be sent to those individuals about being selected for the CE Audit and all required actions. (NOTE: Certificants who report the required CE and update all required documentation may also be randomly selected for the CE Audit.) When required actions are taken, selected individual will have until June 30, 2020, to show proof of meeting recertification requirements and could possibly be eligible for an extension to November 30, 2020 to meet recertification requirements. Once the audit process begins, they can work directly with their auditor to address questions regarding their CE record or other audit-related matters.

Also, please advise members that in-person education is not the only type of eligible CE activities. Please see the [CBDM Guide to Maintaining your CDM, CFPP Credential](#) for information about recertification requirements, including types of eligible CE activities, required documentation that must be uploaded, self-reporting and more.

You can also share that ANFP sends notices throughout the year about free CE available to members.

- Most recently, ANFP has made their Conference All Year Long webinar, Ethics 101: Discovering the CDM, CFPP Code of Ethics, **FREE** to all ANFP members through May 30, 2020. You can view the webinar [HERE](#), along with instructions on how to access the free CE.
- A notice was also sent about how you can earn **one general CE hour** for each registered Benchmarking survey that is completed between March 1 – April 30, 2020. Access a video tutorial on how to register [HERE](#).

ANFP has also made other various CE opportunities free to members. You can find these CE opportunities, as well as discounted CE, by visiting our [Discounted CE](#) page. You can also find CE in your area by visiting our [Find CE](#) webpage.

Individuals may also want to check ANFP Connect for programs that others share that are available from various sources.

Many facilities/companies offer in-service programs and webinars on issues related to the impact of COVID-19 on your facility, your residents/patients, staff responsibilities, etc. This is eligible type of CE when submitted and when required documentation is uploaded.