



# WYOMING

February 2022

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Chapter Leaders' Updates

## February Birthdays

Jennifer Refior      Tomi Riegert

Dori Bunnell      Tara Skiba

## Save the Dates

### Spring Regional Meeting

April 21-22, 2022    Nashville, TN

### WY ANFP Spring Conference

April 14-15, 2022, Sheridan, Wyoming

### ACE- Annual Conference and Expo

June 27- 30, 2022, Scottsdale, AZ

Check our Facebook for information about Free CE Opportunities Monthly



**Wyoming**  
**ANFP**  
Here for you

## FEBRUARY MEMBERSHIP MILESTONES

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

Congratulations Bobbie Haagensen for 1 year as a member of WY ANFP!

Congratulations past WY ANFP President Jeanette Lee for 30 years as a CDM CFPP!

# Chapter Leaders' Updates



## CHAPTER PRESIDENT UPDATE:

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Greetings WY ANFP Family,

The Wyoming ANFP Chapter never ceases to amaze me on the wonderful people that make it such a great association. We have now hosted 3 separate free 1.5 CEU webinars and while it is great to see people from all over the country it is wonderful to see our members taking advantage of those programs. With the increasing demand on our time it is vital that we provide services to support our members and continue reaching out and supporting each other. We are currently working on the plans for the spring conference to be held in Sheridan on April 14-15, 2022. Our neighbor, the Montana ANFP chapter is partnering with us and we hope to continue providing the high quality information that our members need to be successful. We are also hosting another free 1.5 CEU session in February and hope that you will take advantage of that session also.

We will be hosting our Annual Day at the Capital on February 22<sup>nd</sup>. We hope you can join us in Cheyenne for this one day event. It is a budget year for our state legislature, so we may struggle with having the opportunity to observe a couple of committee sessions but we will observe the main session and provide them with information about our chapter and members. Don't forget Pride in Foodservice week Feb 7-11<sup>th</sup>!!

Please remember that we are always available to help our members. My phone number and email is provided with each newsletter and I encourage anyone that needs support, has a question or idea to please contact me. This chapter is only as successful as the members that it represents. Don't forget to find time for self-care and celebrate your victories. I hope that you have the opportunity to celebrate Pride in Foodservice Week with you teams and we would love it if you would like to share pictures that we can share on Facebook and in the newsletter.

**Respectfully, Felicia Smith WY ANFP President**

# Chapter Leaders' Updates



Spread Love  
everywhere you go

## CHAPTER TREASURER UPDATE:

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### Welcome to a FABULOUS FEBRUARY . . .

Moving right along into the new year . . . it will be gone before we even know it! We get to celebrate Valentine's Day, Random Acts of Kindness Week and Black History Month in February. You can check more daily, weekly and monthly holidays and observances at [The Spruce](#). There is always an opportunity to celebrate something for someone and make them feel special – whether it is family, team members, residents, patients, clients or vendors!

On a lighter side, you can check out [fun, silly and unknown holidays and observances](#) that just may be up your alley to help lighten things up around your team and facility! As I look at our team here, I believe they have a better outlook and attitude than many of our other departments in this hospital. I attribute a lot to communication and comradery.

Find a way to celebrate your team during Pride in Foodservice Week, February 7<sup>th</sup>-11<sup>th</sup>. Our cafes and food service teams are what helps people heal. Let's recognize our people like the heroes they are!! You can do a pizza party, ask them what they would like to do or find out what they may like individually and make them the big deal that they are! Each of our communities have different venues available, see if there is a local favorite!

“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: \$2,802.57

The saving account balance is: \$1,019.50

Thanks, Robin Hilbird-Bardgett WYANFP Treasurer

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# Chapter Leaders' Updates



## CHAPTER COMMUNICATIONS LEADER UPDATE:

National Heart Month is the perfect time to do something for your heart. Starting with physical health I am including a granola recipe for you. It's easy to prepare, easy to store, and easy to snack on. If you add the right ingredients it can be very healthy for you and your heart. Oats are generally the main ingredient and "Oats contain a compound called beta-glucan, which has been shown to reduce levels of low-density lipoproteins (LDL) or "bad" cholesterol. LDL cholesterol clogs blood vessels and can lead to heart disease or other health problems." ([Webmd](#))

The other thing I would suggest doing for your heart is something that makes you feel good. Make time to do something that makes you happy. Talk with an old friend. Take yourself out for "me" time and see a movie or go out to eat. Maybe go on a walk, weather permitting. Cook something special for family or a friend, maybe granola so you can help their heart too☺. We have had a couple long, tough years in healthcare and it doesn't seem to be getting any easier anytime soon. We can have all the "self-help" "self-love" "self-awareness" speakers at our conferences you can handle but if you don't make the time to take care of yourself it's never going to happen. Start small and plan something that is going to be good for your soul and work up from there. Sometimes it is easier to do things for others than it is to do them for yourself, so start there if you have to. Do something kind for someone else and it will certainly make your heart happy too. Here is a list of [15 ways to increase your happiness.](#)

### Granola

4 C. OATS

1 ½ C. PEPITAS

½ TSP. GROUND CINNAMON

½ C. MELTED COCONUT OIL

½ C. HONEY

1 TSP. VANILLA EXTRACT

½ C. DRIED FRUIT

PINCH OF SALT

Preheat oven to 350\*. Combine oats, pepitas, salt & cinnamon. Stir. Pour in oil, honey, & vanilla. Mix well. Spread granola on a prepared sheet pan with parchment paper. Bake until golden, 21-24 minutes, stirring halfway. Let it cool completely, undisturbed. Break into pieces and add fruit.

Thanks, Toni Skaggs

WYANFP Communications Leader



<https://www.anfponline.org/events-community/call-for-volunteers>

[Wyoming ANFP Facebook](#)

# Membership

10 Pre-professionals

1 Allied Professional

67 Certified Professionals

1 Retired Professional

A photograph of a coastal landscape with a blue sky, ocean, and rocky shore. The text is centered within a white rectangular frame.

Be strong, you  
never know who  
you are inspiring