



# WYOMING

September 2022

## Inside this Issue:

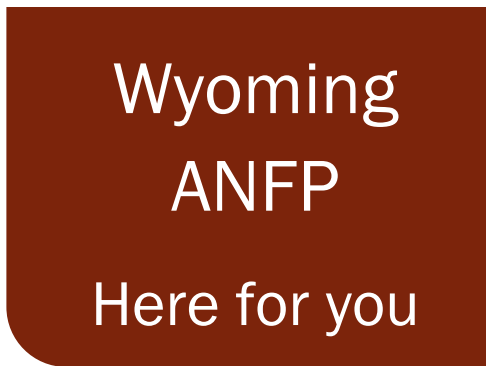
Chapter Leaders' Updates

## September Birthdays

- Rosalie Fassett      Michelle Haugen
- Charisse Mettler    Linda Osmond
- Barbara Pollard    Deanie Spath
- Michael Farella

## Save the Dates

Check our Facebook for information about Free CE Opportunities Monthly



## SEPTEMBER MEMBERSHIP MILESTONES

Congratulations to our members that hit milestone membership anniversaries.

Congratulations Michael Farella for 1 year as a member.

Congratulations Mackayleigh Shultz CDM CFPP for 5 years as a CDM.

Congratulations Rosalie Fassett CDM CFPP for 15 years as a CDM.

# Chapter Leaders' Updates



**NATIONAL  
SUICIDE**  
*prevention month*  
• september •



## CHAPTER PRESIDENT UPDATE:

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Greetings WY ANFP Family,

Fall is upon us, as the season seems to be changing fast. What type of events do you hold in your facilities to celebrate the holidays? Do you host special meals? Have special activities that your residents can participate in? How do you find out what the residents would like to do to celebrate the holidays?

Do you do special things to celebrate your staff? Do you celebrate birthdays or work anniversaries? Do you celebrate simple wins with your staff? My friend Toni is always celebrating the little things and it is a lesson that I feel is important. Finding the time to enjoy the moment is sometimes the hardest thing to do. My challenge to each of you this fall is celebrate. Celebrate you, your staff, your family, everyone showing up for work today, whatever is important to you, celebrate. Find the time to enjoy those important moments in your lives.

I have a lot of work to do in this area also, but I am trying. I drive to SD every other weekend to visit my son's 102-year-old grandmother. I am not technically family, but as far as I am concerned, she is mine. I celebrate every trip we make as it makes memories. We took family pictures this last trip, my son had senior pictures taken last weekend. Life is going to continue to move forward whether we are ready or not, so embrace the little celebrations every chance you get.

Celebrate you and all that you do for your patients, residents and guests. Because to them, by showing up to work means you care and that you value them. Value yourself also.

Thanks, Felicia Smith WYANFP President

# Chapter Leaders' Updates

September is  
**SELF-CARE  
AWARENESS MONTH**



## CHAPTER TREASURER UPDATE:

Happy September to all of you . . .Enough with the heat already!!

Hope you all enjoyed your Labor Day Celebrations – whether it was with family, friends, coworkers, residents, patients, where ever you may have been. We certainly are lucky to have maintained and be where we are throughout the last few years!! Hopefully, Fall will be here soon!



I would like to recognize each and every one of you out there. We get so busy taking care of everyone else that we forget to take care of ourselves. It is easy to put ourselves on the back-burner and take care of everyone else. In many of our lives, there are changes and updates we cannot control. We CAN control our response and reaction to those changes if we are not physically, mentally, or emotionally drained. Looking forward to seeing you in Deadwood for our combined 2022 Fall Conference with South Dakota on September 22nd-23rd.

Toni and I took my Grandson to the Cheyenne Mountain Zoo in Colorado Springs. Things don't always go according to plans. I planned on him sleeping at some point until we arrived in Denver. He did not sleep a wink! The next day, we enjoyed the zoo and spending time with my son and his boyfriend. Then it was back to Douglas for us! So, yes, I enjoyed some time away and it was not as stressful as I thought it might be.



“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: \$2406.66 (1<sup>st</sup> Rebate Deposited from ANFP)  
The saving account balance is: \$1,219.58

Thanks, Robin Hilbird-Bardgett WYANFP Treasurer

# Chapter Leaders' Updates



## CHAPTER COMMUNICATIONS LEADER UPDATE:

Anyone else feel overwhelmed? Having a hard time catching up? Barely have time to catch your breath before the next person quits, or gets sick or hurt and then you have more shifts to cover?

I know guys, me too. We are all in this together. Everywhere is having a hard time hiring. We have had to cut services just to stay afloat. It's easy to get brought down and burnt out. Something I have to realize for myself is that I am a leader for other people. It's my job to care for my team and do my best to make sure that they have the support they need to not be overwhelmed and burnt out. This cycle has 2 parts, my team, and myself. If I let myself get too overwhelmed then I rely more on my team to help me and that in turn burns them out. What I try to do is work on myself, so I can be a better, stronger leader for them. When I am able to support them in the ways I should then they are better able to help each other, and me, when I need it.

I have learned over the last couple years how to work on myself. I spend time gardening, listening to comedy or music, spending time in nature (even just walking on our river path), spending time with friends or family, and maybe enjoying a few of my favorite beers once and awhile. I also love teaching and I spend time in our team meetings talking about how to do these things for yourself so my team can benefit from a little self-love too. At work we have an employee assistance program that can help with counseling and coaching for a variety of things. I bring that up about once a month and talk about how easy to use it is, and free. I want my team to know there is support beyond what I can do for them if they need it. I also encourage good deeds. If there is something you would like done for you, you should do it for someone else. Write a thank you card, or call a friend, pay for the car behind you, or send flowers to someone, make a point to compliment someone every day. Doing nice things for other people will make you feel happy, and it makes someone else's day too.

You can't pour from an empty cup.

Make sure to do the things that fill your cup so you can take care of your team.

Feel free to reach out to me with any questions about what I do for myself or my team.

Thanks, Toni Skaggs CDM CFPP WYANFP Communication Leader



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# Membership



MEMBERSHIP RESOURCES

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[Wyoming ANFP Facebook](#)

13 Pre-professionals

1 Allied Professional

72 Certified Professionals

1 Professionals

1 Retired Professional

Welcome New Allied Professional  
Member:

Tamala Lopez

A photograph of a large, rugged mountain peak, likely in a national park, with a clear sky and some trees in the foreground. The text is overlaid on the image.

Good service can save a bad meal, but there is no level of food that can save bad service.

Alton Brown

quotefancy