



WYOMING

October 2020

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October Birthdays

Dawn Cribbs Marsha Heintz

ShaLynn Hennefer Felicia Smith

Save the Dates

2020 Fall Virtual Meeting

October 13 & 15, 2020

2021 Pride In Foodservice Week

February 1-5, 2021

2021 ANFP Spring Regional Meeting

April 15-16, 2021, Memphis, TN



OCTOBER MEMBERSHIP MILESTONES

No members celebrating a milestone membership this month.

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

The only difference
BETWEEN A GOOD DAY
and a bad day
IS YOUR ATTITUDE



CHAPTER PRESIDENT UPDATE:

As we are still in the middle of our new COVID-19 normal and approaching the holiday season I thought visiting the impact of one's attitude would be helpful. I have had many days this year with an attitude of "Everything sucks." I could list the ways in which my attitude about this year has been negatively affected. But feeding into that negativity doesn't do anything for me but bring me down. I have also had days this year where I have looked for the bright side of my situation. I have a lot to be grateful for. I have a job, and health insurance, when so many others lost theirs. I have an unusual amount of free time. I have used that to spend time with friends and family. A roof, food, health, etc...

I am a long way from claiming a positive attitude as a trait of mine. I still have a lot of work to do in this area. I looked up some tips to practice and would challenge others to give them a shot too.

1. Make a list of the negative things in your life. Make a plan to address them and cross them off as you overcome them.
2. Let go of expectations. People, yourself included, are not perfect. And most things aren't going very normal right now either.
3. Respond, don't react. Take a breath, a minute, and even a day if you can. Change isn't easy but will always be happening
4. Surround yourself with positive people.

The holidays are tough on people and this year is going to be a little harder. I assume Halloween, Thanksgiving, and Christmas are going to look a lot different for people this year. Shop early &/or online. Stay connected with people using Facetime or Zoom. Have compassion and kindness towards people, we are all in this together. Most of all work on a positive attitude and try to find the good in people, and situations.

Thanks, Toni Skaggs WYANFP President

Chapter Leaders' Updates

HEALTH IS A
STATE OF MIND
WELLNESS IS A
STATE OF BEING



CHAPTER PRESIDENT-ELECT UPDATE:

Happy October, Everyone!!

Where has all the time gone. Toni is right – here we are in the holiday season, already! As each new day comes, we all face changes of some kind or another. It depends on how we look at or approach those changes that makes the biggest difference. We are all on the frontlines out here and as Wyoming's COVID numbers are increasingly higher than any time previously, we can maintain our “CAN DO” attitude.

While meetings and conferences have gone to “virtual” – remember we are only a phone call away. If you just need to talk to someone or talk something out – pick up the phone. I miss seeing each and every one of you at least once, if not, twice in our year at our conferences. I certainly do look forward to those times again.

As we start each day anew, practice being grateful and thankful for what we do have:

- It helps me if I write 3-5 things I am grateful for each day.
- Check on your people
- Listen to your people
- Kindness matters and goes a long way 😊
- and remember . . . “We are all in this together!”

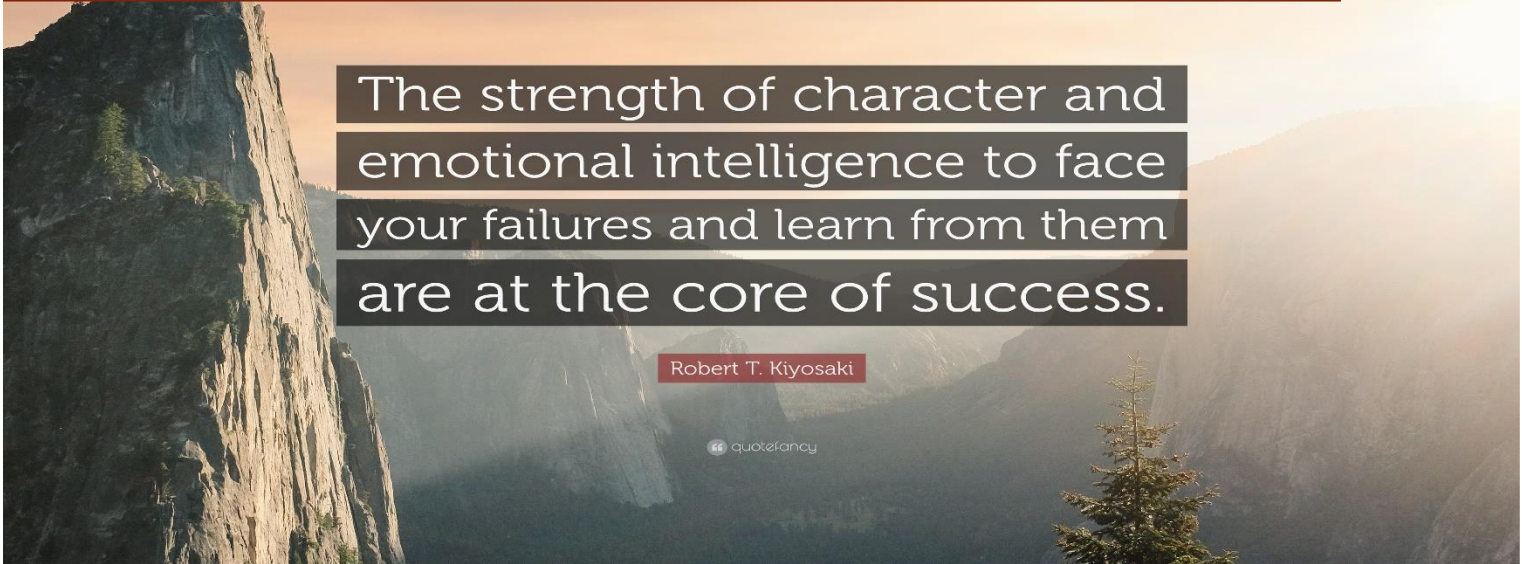
So, “THANK YOU” for everything you do – you are making a difference in peoples' lives on a daily basis! *Every action and thought* makes a difference and brings about change!

The checking account balance is: \$1,459.38

The saving account balance is: \$619.39

Thanks, Robin Hilbird-Bardgett WYANFP President-Elect

Chapter Leaders' Updates



The strength of character and emotional intelligence to face your failures and learn from them are at the core of success.

Robert T. Kiyosaki

quotezancy

CHAPTER STATE SPOKESPERSON UPDATE:

Greetings Wyoming ANFP Family,

Fall is upon us and with it cooler temperatures and autumn colors. I hope everyone is staying well and finding time to make sure you are getting self-care. We are grateful for all you do for our patients, families and communities. One of my favorite quotes, is "Wyoming is just one big, small town". With this in mind please remember that we are all here for each other, that we don't only provide care to our patients or residents, but to each other. I miss the networking and catching up on how you and your families are doing. I am counting the days until we can all get together and properly celebrate our successes and share our stories about the journey we have been on. If you have the opportunity, please take advantage of the Fall Virtual Meetings on October 13th & 15th, provided by ANFP. This is a great opportunity to get those much needed CEU's but also catch up with what is happening for our members nationwide. This will pass and with a lot of patience and strength we will endure and come out the other side of this stronger, wiser and united. I wish you all a Happy Halloween, and again remind you that we are all here for each other. Happy Fall!!!

Thanks, Felicia Smith WYANFP State Spokesperson

Membership

11 Pre-professionals

2 Allied Professional

66 Certified Professionals

1 Non- Certified Professional

1 Retired Professional

Welcome new Allied Professional

Janine Marinelli

Welcome new Certified Professional

Troy David Strand



MEMBERSHIP RESOURCES

COVID-19 Resources:

[ANFP COVID-19 Resources](#)

[Wyoming Department of Health Resources](#)

[CDC Approved Disinfectants](#)

A scenic landscape photograph of a calm lake surrounded by dense evergreen forests. In the background, there are mountains under a dramatic, cloudy sky with sunlight breaking through. The text is overlaid in the center of the image.

Be the change you wish
to see in the world.

Mahatma Gandhi

quote fancy