



WYOMING

September 2021

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Conference Info

September Birthdays

Rosalie Fassett Michelle Haugen

Charisse Mettler Linda Osmond

Barbara Pollard Bruce Link

William Burch

Save the Dates

WY ANFP Fall Conf. Sept 29-Oct 2nd, 2021

ANFP Fall Regional Meeting

September 23-24, 2021, Toledo, OH



We're in this together!



SEPTEMBER MEMBERSHIP MILESTONES

Congratulations to our members that hit milestone membership anniversaries.

Congratulations Billie Dodd CDM CFPP for 1 year as a CDM CFPP!

Congratulations Jemma Merriel CDM CFPP for 5 years as a CDM CFPP!

Chapter Leaders' Updates



**NATIONAL
SUICIDE**
prevention month
• september •



CHAPTER PRESIDENT UPDATE:

Greetings Wyoming ANFP Family,

I can't believe that summer is already over and the kids are back in school. It has been a whirlwind of activity this year and it doesn't seem to be slowing down. As our schedules continue to be hectic as we try to keep up at work, take care of our families and homes, and all of the upcoming school activities and holidays we need to remember to take time for ourselves. 2020 tested us and it looks like 2021 is going to continue that trend.

Don't forget to register for the fall conference, September 30-October 2, 2021.

Suicide awareness is something that is very important to me. You can save a life and make a difference if you know what to look for. Understanding that asking someone if they are at risk of suicide does not increase their risk, but in fact opens a conversation that could save their life. The stigma surrounding mental health makes it difficult for someone to ask for help or tell someone how they feel. If you notice someone is acting differently, giving away prized possessions, has dealt with a loss of a loved one or job and you are concerned. Ask them, and then listen. Most times they just need a connection, someone to talk to, someone to care. If you feel they are at immediate risk, get them help. Help them call their doctor, set up an appointment with a counselor or if the concern is once they are alone they will harm themselves, call 911. Most times, they just want to be heard and seen. Showing you care can give someone hope. Hope can save a life.

Suicide prevention should be everyone's business. While the world has gone crazy around COVID we need to remember that we still have lives and that people still care

Thanks, Felicia Smith WYANFP President



Chapter Leaders' Updates

September is
**SELF-CARE
AWARENESS MONTH**



CHAPTER TREASURER UPDATE:

Happy September to all of you . . .

Hope this finds each and every one of you well! Fall is upon us and we are continuing to plan and finalize details of our Wyoming ANFP 2021 Fall Conference “**Wyoming ANFP 50th, Take 2**” here in Douglas. We are offering in-person and virtual attendance. The in-person attendance has been approved for 18 CEUs (13.5 General, 1.25 Sanitation, 1.25 Ethics, and 2.00 Food Show) for in person attendees. For virtual attendees, we have received approval for 11 CEUs (8.50 General, 1.25 Sanitation, 1.25 Ethics.) AND IT IS FREE!!!

“SELF-CARE” Awareness is one of the observances in September. It seems like I am at a point of needing to address this for myself. I feel myself being overwhelmed with thoughts, emotions and feelings due to the increasing pressures of daily life.

One of the best ways I can care for myself is to focus on the POSITIVE! Family, friends, MHCC family and my ANFP family are some of the positives in my life. My Grandson just turned 3 and looking back – my how he has grown! I absolutely LOVE him and spending time with him. I am grateful to have that opportunity! My daughters live in the same town as me and I love being able to see them on a regular basis. My son lives out of state; however, he has started calling on a regular basis and I love that as well!

Check in with your team, family, friends, etc., to make sure they are doing well also. Just checking in with them and letting them know that you care and they are important to you will make a difference to each of them. We are all in this together!!

“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: \$6224.38 (Adversity Rebate for conference and 1st Rebate deposited)
The saving account balance is: \$919.46

Thanks, Robin Hilbird-Bardgett WYANFP Treasurer

Chapter Leaders' Updates



CHAPTER COMMUNICATIONS LEADER UPDATE:

Over the last month, I made a commitment to do more for my own happiness. The result: I found a lot of new ways to create happiness for myself and I believe that trickles down to the people I lead too. It was very exhausting. I started off the month with a lot of hikes, drives, dinners and activities with friends, & movies. I made new friends & spent time with old ones. I definitely tried to do too much in the beginning and ended up a little less than 100% for about 10 days. I learned a lot. I've always thought I needed someone to do things with me and I have spent a lot of time waiting. I had excuses for everything I wasn't doing but it turns out its ok to hike alone, it's ok to take road trips alone, it's also ok to go to movies, or dinner, or anything really, alone. If it makes YOU happy, go out and do it. You are the only person responsible for your happiness, your mental health, and your physical health. If you want to improve, and who doesn't want to be better, it's up to you. September is self-care, and self-improvement month. I am going to keep working on me, for me and for those people that depend on me. I challenge you all to do the same. See what your town has to offer, take a painting class, take a yoga class, take yourself out to your favorite restaurant, and take yourself on an adventure to a nearby town or park to experience something new. I live about 2 ½ hours from Devil's Tower and had never been. There is so much out there to see, do, and experience. You just have to do it. I would love to hear about some cool things we have in our state, or our neighboring states, that you enjoy doing.



Thanks, Toni Skaggs CDM CFPP WYANFP Communication Leader

Membership

9 Pre-professionals

1 Allied Professional

65 Certified Professionals

2 Professionals

1 Retired Professional

Welcome New Members:

Carole Cartwright – pre-professional

Tina Griffin – pre-professional

Lana Sanchez – pre-professional

David Souders CDM CFPP



MEMBERSHIP RESOURCES

COVID-19 Resources:

[ANFP COVID-19 Resources](#)

[Wyoming Department of Health Resources](#)

[CDC Approved Disinfectants](#)

[FAQs About Registered Dietitian Nutritionists](#)

Leadership is about
coping with change.

A graphic featuring a quote by John P. Kotter. The background is a landscape of rolling mountains under a sunset sky with orange and blue tones. The quote is written in large, white, sans-serif font.

John P. Kotter

quotefancy