



ARIZONA DMA BEAT

Fall/Winter Newsletter
December 2006, Volume 1

Holiday Greetings to ALL

I would first like to Thank **Our** Board for the hard work, dedication and commitment to **Our** organization &

to the growth of Arizona DMA.

The upcoming Holidays are busy for us all. You, all are doing Special Holiday menus ordering Special goodies

that add Quality to the life of Residents ,Staff ,Employees , and Visitors. You all have so much talent and you

share your talents to bring joy ,pleasure, & happiness to those in your work place. Happy Holidays & Thank

You all for representing **OUR** chosen profession so well !!!!!

Beth Young's (Past President) comments about the boards limited participation of the membership are unfortunately

Right this is **OUR** organization and it is only right and fitting that People who give so much to others would

Give their time and talent to people like themselves who are bond together by the organization they pay to belong to,

Test, & maintain their education

for.

Inside this issue:

Holiday Greeting from President

Latest Members

Treasure Report

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Warm Foods..



Please in this Holiday Season think about yourself, your gift of talent, and your commitment to service.

Make this upcoming year "2007" the time you get involved in OUR Arizona State DMA.

Any thing you can do set up the room for meeting, make phone call handle sign-in, or serve on the Board

If we want to make Arizona DMA alive & growing.

If you are Proud of OUR chosen profession get involved!!!!

Please Send me your e-mail address's and I will gladly notify you of any continued education

Information that I receive as well as upcoming events. Or gladly answer any questions about

your concerns. I look forward to hearing from you.

Patricia Farley CDM/CFPP

DMA Arizona State President



Revenues

workshop revenue **\$969.00**

Debits

speaker fee **\$300.00**

meeting expense **\$168.36**

stamp for checks **\$19.00**

bank service charge **\$14.00**

bonding fee **\$130.00**

\$631.36

total **\$1,563.19**

Winter's here, and it's cold outside! IF cranking up the thermostat isn't doing the trick, fuel up with these heat-generating foods.

- Fill up on beans, lean meats, and leafy veggies. All are good sources of iron: not eating enough of it may affect your thyroid, which regulates body heat. A study found that women who got only a third of the recommended 18 milligrams of the nutrient a day lost 29 percent more body heat in a cold room than those who consumed enough.
- Drink more water. Being dehydrated requires your body to work harder to maintain its thermostat, making you feel cold more easily.
- Indulge in cocoa, oatmeal, and soup. All foods have a thermogenic effect, meaning they raise your body temperature. Served hot, though these food and fluids will give you an added boost.



New Members

Gary Siwanowicz CDM, CFPP – Mesa
Cynthia Lopez, - Yuma
Francia Rodriguez, San Luis
Martha Sauter, Yuma
Esmeralda Felix, Yuma
Clara Krajnik, Yuma
Renee Escamillo, Yuma

Sandra Munoz, Yuma
Stella Magdaleno, Yuma
Farida Samano, Phoenix
Juanita Tabarez, Prescott
Patrick Caffrey, Tucson

It's Your Association

The Executive Board invites you to submit any ideas or input to make our chapter the best that it can be. If you have an issue, concern, or just a bright idea you would like to share with our members, submit it to the Executive Board. We will see that your voice is heard. All submissions should be sent via email to bethyoung@hdsservices.com or you can phone us at 480-830-4614. Remember, it is Your Association so tell us what you think!

Survey Says.....

What is the hourly rate for the dishwasher?	Range \$5.15 to \$10.00
What is the hourly rate for the tray line ?	Range \$ 6.15 to \$13.00
What is the hourly rate for diet tech?	Range \$8.00 to \$18.00
What is the hourly rate for server?	Range \$ 7.00 to \$10.15
What is the hourly rate for supervisor?	Range \$8.50 to \$23.85
What is the hourly rate for assistant?	Range \$12.00 to \$24.00
What is the hourly rate for Director?	Range \$9.00 to \$30.00

WE hope this survey has helped you. As you see the range is very different as the survey was asked about the titles were different things in different areas. If you are interested in any other survey please let me know and I will conduct another one.

Thank you, Kiz Cox newsletter editor for Arizona DMA.

Helpful Web sites

State Operations Manual: www.cms.hhs.gov/Manuals/iom/list.asp

AZ State Regulations: www.azsos.gov/public_services/titl_09/0-10.htm

IF there are any articles that you wish to have published in this newsletter please contact

Kiz.Cox@usfood.com or call Kiz at 623-680-7997

From our house to yours We at Arizona Dietary Managers Board Members Wish you all a Very Merry Christmas and a Happy New Year !!! Let next year be bigger and brighter as we grow and learn from one another...