

PRAIRIE BREEZES

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2005 NDDMA Administrator of the Year -

Kurt Stoner - Williston, ND

Bethel Lutheran Home Administrator, Kurt Stoner was recently named Administrator of the Year by the Dietary Manager's Association of North Dakota at the North Dakota Long Term Care Conference held in Bismarck, May 3-6, 2005.

This award is based on the following criteria: The Administrator: 1) demonstrates an interest in and support for the Dietary Manager's Association; 2) encourages his/her dietary manager to attend state and district DMA meetings; 3) promotes professional development and continuing education for his/her dietary manager; 4) supports the dietary manager in his/her efforts to be active

in the association and 5) recognizes and values the dietary manger as a valued member of the facility team and is supportive of the dietary department within the facility.

2005 NDDMA Dietary Manager of the Year -

Claudia Rolph - Alice, ND

Claudia was recognized as Dietary Manager of the 2005 year at the Spring Longf Term Care Conference held in Bismarck May 3-6, 2005. Claudia has been a NDDMA member for 13 years and the Prairie Breezes-NDDMA Newsletter Editor for 11 years.

From The President...

Thank you to board members, committee members, and the membership who help make NNDMA have a very successful year. We met our national goals and also won the State Achievement Platinum Level, Newsletter Award, Membership Award and Governor's Affairs Award. We also had another great fall convention with excellent topics and speakers.

At the fall convention we planned the following association goals for, 2005-2006.

1. Increase membership by 5%
2. Create a new membership/welcome committee
3. Expand volunteer involvement, from the membership helping with the spring convention and the NDDMA organization
4. Develop a new format for the dietary manager of the year award.

A new budget was also determined based on the past year's income and expenses that occurred. There are nomination forms in this issue of the Prairie Breezes for

the Administrator and Dietary Manager of the Year. The executive board has decided to also send out the nomination form to facilities so the administrators, co-workers, residents or anyone could nominate a dietary manager for this award. The deadline for this award will be March 24th, 2006.

The Nomination/Awards committee will be working on finding new candidates for President-Elect and Secretary. If you would like to volunteer or know someone you would like to nominate, please contact Barb McFarland.

The NDLTCA's Spring Convention will be held in Bismarck May 2nd-May 5th, 2006. We have some great convention topics this year. Most Dangerous Herbal Products, Culturing Change, Food Code Changes. Look for more information on the upcoming convention in your next Prairie Breezes.

Vicki Dulmage, NDDMA President



Wondering what's new and happening with NDDMA?

Here is the latest...

From President-Elect - Heather Weber, CDM-CFPP

Speakers / Topics Needed for Spring Convention

The Education Committee is looking for suggestions for who we want to bring in for the Spring Convention. If you would like to suggest a person/speaker or suggest a topic, please contact Ellen Schafer, Bev Kennelly, or Cheri Schroeder with your information or suggestions.

Volunteers Needed

As we are starting the second term of committee's it is now time to start recruiting for the next offices that will be open. At the NDLTCA Fall Convention during the membership meeting a sign-up sheet was passed around. Individuals were asked to volunteer for a position or asked to nominate someone to run for a position. The nominating committee is looking for someone to run for President-Elect and also for Secretary/Treasurer. If you are interested in volunteering please speak to Cheri Schroeder, Nominating Committee.

Dietary Manager of the Year Award to change

At the Membership Meeting held during the Fall LTCA Convention we discussed changing the way ballots are sent out for nominations for Dietary Manager of the Year. Currently it is left to members to nominate another Dietary Manager for Dietary Manager of the Year. We are now going to try and work with the NDLTCA and have ballots also sent to the Administrator's of the facilities along with allowing members to nominate each other. The Administrators will be encouraged to share this information with the staff, residents, and families at the facilities. Anyone will then be able to submit a nomination.

Fundraiser for Hurricane Katrina

Last year when the hurricanes hit Florida, several DMA Chapters donated money to help the victims

there. The DMA Foundation office is going to match any funds raised by DMA members or chapters for Hurricane Relief efforts. An individual member or chapter can donate to any charitable program that is providing hurricane relief, but in order to receive the matching funds, they must provide the Foundation with a receipt or documentation that the donation was made. The point person for this is Debra Dawson, CDM, CFPP. The ND Chapter of Dietary Managers is going to be donating \$250 so with matching funds will raise \$500 for the victims of Hurricane Katrina. Send receipts to: Debra Dawson, CDM, CFPP 6686 NW 53rd St. Johnston, IA 50131 d3cdm@hotmail.com

DMA Dollars Program

At our Fall Meeting, the DMA Dollars Program was discussed. There are still several people that are not aware of what this is. There have been many articles published in the DM Magazine and also information available on the website. Please refer to these. When you purchase products from certain manufacturers you can earn dollars that can be used to pay for meetings. This had been a way to help earn money to go to the National Conventions but the program has now expanded. You can use

this to now pay for State Chapter Meetings (NDLTCA Spring and Fall Conventions)!! Sysco Corporate and US Foodservice have agreed to become distributor members. They will be publishing lists of what products they carry in stock, coded with product codes and will offer to provide tracking reports to all DMA members who request them. There was also 2 new sponsors added: Proctor and Gambles Folger's coffee and ientree.com. Enrollment in the Program is easy. Fill out the attached form and submit or fill out on the website. (www.dmaonline.org)

New Member Mentors Wanted

Last year a program was started to help volunteers by giving them a mentor. This year they are expanding the program and offering new volunteers and all new members to join. If you are new and would like to have someone that you can call on for help, questions, or just someone to network with, sign up. All you have to do is email or call with the following info: Name, Address, Work Phone, Home Phone, and email address. You can contact Marilyn Engler at mengler@dmaonline.org and she can assist you with getting signed up for this.

Important Dates To Remember...

1. Pride in Food Service Week - February 6-10th, 2006
2. National Nutrition Month - March, 2006
3. Deadline for Nomination Form for Administrator and Dietary Manager of the Year - March 24, 2006
4. DMA Hunger Week - April 3-7, 2006
5. Easter Sunday - April 16th, 2006
6. NDLTCA's Spring Convention Bismarck May 2-5, 2006
7. Mother's Day - May 14th, 2006
8. National DMA 46th Annual Meeting and Expo at the Hilton Milwaukee City Center, Milwaukee, Wisconsin - July 16-20, 2006
9. NDLTCA's Fall Professional Development Conference Bismarck - September 20-22, 2006
10. CDM Credentialing Exam - April 2006 & October 2006

Dietary Managers share ideas with Congressional Leaders

During the 45th Annual DMA Meeting and Expo held in Washington, DC from July 24 - 28 more than 70 dietary manager professionals converged on the Capitol on July 25th to bring their legislative priorities to lawmakers and discuss the important contributions dietary managers make to institutional food service.

Nancy Retterath, Past President of ND DMA, and Yvonne Foyt, National DMA Board of Directors, had the privilege of meeting with the Legislative Assistants for Representative Pomeroy, Senator Conrad and Senator Dorgan. During these meetings we discussed our facilities situations and the need for uniform regulations regarding long-term care dietary services.

Food service is a huge part of what makes a nursing home a great place to live and you need someone in the supervisory role that has the education and credentialing to run it professionally. While meeting with the Legislative Assistance, we asked if they would support legislation changing the current Federal language to require long-term care facilities to have a Certified Dietary Manager as the full-time director of dietary services when a qualified dietitian is not on staff fulltime. The response was very positive from all the meetings.

We did receive some exciting news when we returned home for the Annual Meeting. Congressman Harold Ford of Tennessee has agreed to take the lead in this issue for DMA. He has invited any Legislators that are interested in this cause to work with him in getting the CMS wording changed to recognize CDMs, in long-term care.

We have made great progress in this in such a short time and will continue to pursue it while we have their attention!



Nancy Retterath & Heather Weber in Banner Parade



Nancy Retterath, Yvonne Foyt, Lindsey Henguim - Legislative Aide to Senator Conrad



Yvonne Foyt, Nancy Retterath, Clare Jenkins - Legislative Aide to Rep. Pomeroy.



Nancy Retterath, Senator Byron Dorgan, Yvonne Foyt

EXTRA, EXTRA - READ ALL ABOUT IT!!

DMA DOLLARS SCHOLARSHIP FUNDING!!

Through the DMA Dollars Program, you earn credits by purchasing eligible products from participating suppliers. The steps are easy:

- Enroll online at www.dmaonline.org
- Purchase eligible products from sponsor companies whenever possible
- Report your purchases with a simple form
- Track credits quickly and easily online
- Attend the Annual Meeting !!
- Submit the reimbursement form to receive payment

**Check it out on the web today
and sign up for those DMA Dollars.**

New Food Pyramid Unveiled

To begin using MyPyramid, log onto MyPyramid.gov, where you can enter personal data such as your age, gender, and activity level, and receive personalized nutrition and lifestyle advice to help you meet your goals. You will receive an estimate of what and how much food you should eat from the food groups, including discretionary calories (otherwise known as sugars, fats and alcohol). The website provides a wealth of information and tools to help you track your progress, with regular updates and enhancements planned.

MyPyramid emphasizes: Personalized nutrition and lifestyle recommendations; Gradual improvement; Physical activity; Variety; Moderation; & Balance

Check it out today! www.Mypyramid.gov



Vote For...

BETSY B. PHILLIPS CDM, CFPP

Hello DMA Friends, "Every day with the DMA" is my motto. I'm a candidate for a Director-at-Large position (2006 - 2008



term) in the spring Dietary Managers election. I would greatly appreciate the opportunity to serve the DMA on the national level and to give back to the organization that has given so much to me.

I would greatly appreciate your vote and remember that your vote counts.

Thank you, Betsy



I Will Volunteer & Serve

The North Dakota Dietary Managers Association is looking for creative and exciting people to run for the offices of NDDMA.

We need your support and help to manage our state organization.

We need YOU to volunteer in your professional organization.

Check below what you are interested in:

(Remember there is training available to help in each position.)

____ Vice-President

____ Legislative

____ Secretary

____ Other (please specify)

____ Membership

____ Program Committee

____ Treasurer

____ Newsletter Editor

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Work #: _____ Home # _____

Cell #: _____

Please contact Claudia Rolpha, 4572 139th Ave. SE, Alice, ND 58031, or phone: 701-371-1240

Minutes of NDDMA Executive/Membership Meeting, Sept. 2005

NDDMA Executive Board Meeting

September 20, 2005

Ramkota Inn - Bismarck, North Dakota

The fall executive board meeting was called to order at 7:00 pm by President Vicki Dulmage.

Members present were Vicki Dulmage, Sheri Schroeder, Nancy Retterath, Ellen Schafer, Barb McFarlane, Yvonne Foyt, Heather Weber, Lana Nelson, Lana Charvat

Vicki asked that the minutes from the last executive board meeting be read. Lana Charvat; Secretary/Treasurer read the minutes. The minutes were then approved as read by the members of the executive board. Vicki asked for reports to be given.

Secretary/Treasurers Report: Lana Charvat read the treasurers report. A motion was made by Ellen Schafer to approve the report and seconded by Heather Weber. The Treasurer's report was approved. A motion was made by Lana Charvat for the Executive Board to approve a policy for reimbursement of mileage expenses to members requesting it and that the amount of mileage currently being reimbursed is updated due to the rising cost of gas prices. The current rate is .30 cents per mile. The Board approved an increase to .38 cents per mile. The Board decided that mileage would be paid to the Spokesperson/Travel Chairperson and to the current chairperson for LTC, Ellen Schafer when she travels to Long-Term Care Association meetings. A motion was made to approve these motions by Heather Weber and seconded by Lana Nelson.

The new budget for 2006 was discussed, revised and approved. The suggestion was made by Vicki to add a line in the budget for donations in light of the recent Hurricane Katrina disaster. She mentioned that DMA is willing to match dollar for dollar any donations that state chapters are willing to give. The Board decided to bring this issue to the membership meeting for their approval and add this to the 2006 budget accordingly. A motion was made by Ellen Schafer to do so and seconded by Heather Weber.

Lana Charvat suggested that a new expense report be made for all members to have access to and that it be used by all members so that the same form is used at all times. Heather reported that DMA has a master copy of an expense report that could be used and is available to all members. She will e-mail a copy of the report to the Secretary/Treasurer and any other members who would like a copy. The Board approved the use of this new expense report.

President-Elect Report: Heather Weber passed out new and updated membership listings to the Board members and will have them available at the membership meeting to all members who would like a copy.

Heather talked about the revisions and updates to the DMA website and encouraged all Board members to visit the site. Heather also reminded the Board members about the availability and benefits of the DMA Dollars for Scholars. She reported that this program was available on the DMA website and encouraged members to log on and view the information provided and take advantage of the program if interested. Vicki reminded the members that the more interest and usage that this program gets the more likelihood that other vendors would be join and contribute to the program.

Historian Report: Melissa Mohl was not present.

Newsletter Report: Claudia Rolph was not present.

ent.

Long-Term Care Committee Report: Ellen Schafer reported that the association is considering moving the awards banquet to the civic center next year instead of having it at the Ramkota because of the size of the event.

The committee is working on speakers for the Spring convention. They are currently waiting on a call back for a speaker to present on sanitation criteria and a speaker from the Mayo clinic to present on taking vitamins and herbs and the possible side effects and precautions to be aware of when taking them with other medications.

Vicki announced that Sheri Schroeder will be joining the Long Term Care committee as an active member. The Board discussed the possibility and importance of rotating NDDMA members in and out of this committee to give other members incentive and an opportunity to become more involved in NDDMA.

Nominations/Awards Report: Barb McFarlane is the new chairperson for this committee and will be joined by two other NDDMA members to serve with her. Any members interested in volunteering to serve as Secretary/Treasurer, President and President-Elect should contact Barb.

It was suggested that the Board look at the procedure for nominating members for the Dietary Manager of the Year Award and the Administrator of the Year Award for the Spring Banquet. Members feel that the nomination should be open to more than just members of NDDMA. Administrators, co-workers, residents or anyone should be able to nominate for this award. It was suggested that a notice be sent to all facilities so that they can pass the information on to anyone else. The nominations will also still be posted in the NDDMA Newsletter. A suggestion was made to post it in the LTC packet at the fall convention. It was also suggested that the Dietary Manager of the Year Award be eliminated. The group agreed to keep it and broaden the scope of availability of nomination forms to others interested in nominating a NDDMA member for Member of the Year. A motion was made by Sheri Schroeder and seconded by Lana Charvat. Barb and the other members of the Nomination Committee will be monitoring these issues and report on them at the next Executive Board Meeting.

Spokesperson/Travel Report: It is reported the Nancy Ragan has officially resigned as the Spokesperson/Travel member for NDDMA. Yvonne Foyt is now the chairperson and Claudia Rolph will be a member of the Impact Team that will take over the Spokesperson/Travel committee. This revised committee will also take over the trade show booths. The committee will meet independently and review upcoming goals and responsibilities of the team.

The committee will be working with nationals on changing the CMS regulations for Long-Term Care facilities.

During the national convention this past July Nancy Retterath and Yvonne Foyt visited with Legislative Aides for Pomeroy, Conrad and Dorgan in regards to passing legislation to demand that CDM credentials be required for dietary managers in all long-term care facilities in North Dakota. They felt the visit was very informative and beneficial to our organization.

Hospitality Report: Lana Nelson created a form to be used as a sign-up sheet to work the hospitality room

at the Spring convention in 2006. She asked that any members willing to donate their time please sign up at a designated timeframe. This form will be passed around at the membership meeting to all members.

After the LTC committee decides on a theme for the convention she will begin working on the details and start the planning for the room for the NDDMA. Last year's room was a great success and a lot of fun although the members that worked in the room felt that more participation and help from other members is needed so that they could also find time to participate in hospitality night's other rooms.

Fundraising/Past-President Report: Nancy Retterath reported that the Avon packets for this years fundraiser will be handed out at the membership meeting. Patty Morris will be the Avon representative that we will be working with again this year.

Nancy also reported that the trip to the national convention was a wonderful experience and thoroughly enjoyed by the members of our organization that participated this year. There were four members from the NDDMA there.

Vicki asked if there was any more new or old business to be discussed. Lana Charvat reported that a digital camera was purchased for the organization. Heather Weber currently has the camera. Ellen Schafer made a motion to adjourn the meeting and Sheri Schroeder seconded the motion. The meeting was adjourned at 9:10 pm.

NDDMA Membership Meeting

September 21, 2005

Ramkota Inn - Bismarck, North Dakota

The Fall membership meeting was called to Order at 1:00 pm by President Vicki Dulmage. Vicki asked that we all introduce ourselves. Vicki asked that the minutes from the last meeting be read. Lana Charvat Secretary/Treasurer read the minutes. A motion was made by Ellen Schafer to approve the minutes and seconded by Heather Weber.

Old Business: Vicki reported that a digital camera was purchased for the organization. Vicki reported that four members of NDDMA attended the national convention in Washington last July.

New Business: Vicki informed the group that there are new chairs for two of our committees. Barb McFarlane is now the chair for the Nomination/Awards committee and Lana Nelson is the chair for the Convention Set-Up/Hospitality committee.

Next year's national convention will be in Milwaukee. The Minnesota chapter of DMA is looking into contracting a bus to transport members interested in attending to the convention to cut down on expenses. Anyone interested in joining them to fill the seats on the bus should contact Vicki.

Vicki notified all members of the awards and achievements that the NDDMA received during the national convention. We won the state achievement award at the platinum level, the government affairs award, the red ribbon award for increased membership, membership award, and the Newsletter award. Vicki would like to thank all members for their participation and dedication to NDDMA and for making these achievements possible.

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Minutes of NDDMA Membership Meeting, Sept. 2005

DM Correspondence Course Advisory Committee Meeting, 4/05

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Secretary/Treasurer Report: Lana Charvat reported that the Executive Board prepared the budget for 2006. The new budget proposal was read and approved by the members. Lana reported that the Executive Board made a motion to add a line to the budget that would allow for donations. The suggestion was made because of the recent Hurricane Katrina disaster and the fact that Nationals will match any state chapter donation dollar for dollar. The members discussed the issue and a motion was made by Pat Heit and seconded by Ellen Schafer to approve the addition of a donation allowance to our budget and the donation of \$250.00 to the Hurricane Katrina fund and \$500.00 will be allocated on the 2006 budget for any future donations.

President-Elect Report: Heather Weber reported that there is a mentorship program available and if any member is interested in becoming a mentor or is in need of one to contact her. Yvonne Foyt and Nancy Ragan are currently listed as mentor.

Chapter Chats is an online chat session that is available to all DMA members. The chat takes place the 2nd Thursday of every month. Heather will mass e-mail members with more information or visit the DMA website for further inquire about the program.

National would like to remind all members to change and update their own personal information on the national website as things change to keep the information up to date and accurate.

Heather reported that the NDDMA was accepted as one of the states that nationals would update and support their webpage. Heather submitted an application on behalf of NDDMA and it was accepted. They will update and monitor our website free of charge.

Heather reported that membership currently stands at 122 members. Heather also asked for ideas on how to increase membership. An updated membership list was passed out to all members present. Heather added the facilities that each member currently works at to the listing.

Heather reminded members that the next national certification exam will be October 29, 2005.

Historian Report: Melissa Mohl was not present. Nancy Retterath asked that if any members have photos that they would like to put in the scrapbook to send them to Melissa. It was suggested by Lana Charvat that the scrapbook be exhibited at the trade shows and be brought to the annual meetings for others to view.

Newsletter Report: Claudia Rolph was not present. Vicki asked that anyone with information that they would like to see in the newsletter send it to Claudia. There are two newsletters printed annually but we are budgeted for up to four.

Long-Term Care Committee Report: Ellen Schafer reported that they are currently working on gathering speakers for the Spring convention in 2006. She also reminded all members that the committee is always looking for ideas and topics for speakers so be sure to let her know if you have any ideas.

Nominations Report: Barb McFarlane asked the members to start thinking about nominations for

Dietary Manager of the Year and Administrator of the Year awards for the Spring convention in 2006. The Spring newsletter will have a ballot. The executive board is looking at ways to expand on the nominations by sending ballots to facilities to be posted in the facility or given to co-workers.

Barb also asked for volunteers to run for the following offices: President-Elect, President, Secretary/Treasurer. A form was passed out for any volunteers or nominations to be given at this time.

Spokesperson/Travel Report: Yvonne Foyt reported on her experiences at the national convention. Yvonne and Nancy Ragan meet with legislative aides for Kent Conrad, Earl Pomeroy and Byron Dorgan while they were in Washington for nationals. They discussed the issue of having CDM's in long-term care facilities as a requirement and the pros and cons of this issue. They will keep us informed on any updates to this issue. Nancy and Yvonne will work together on our Impact Team to promote and support DMA now and in the future. Some of their goals are to have state representatives speak at meetings, to establish and maintain state contact with the Health Department, to promote NDDMA through the Long-Term Care Association and to participate in career days at schools to promote DMA. The group will also be mailing information to facility administrators to explain the benefits of having their dietary managers become certified if they are not already.

Hospitality Report: Lana Nelson reported that Darlene Brown and Geraldine Zoller will be helping her on the hospitality committee. They will be working on fellowship and mingling for the Spring Convention in 2006. They will also be preparing for the hospitality room once the theme has been decided upon by the Long-Term Care Committee. Lana thanked last year's participants who helped make the theme room a great success. A sign up sheet was passed around for volunteers to donate their time in the hospitality room in half hour increments.

Past-President Report: Nancy Retterath encouraged all members to participate in this year's fund raising event. The packets for the Avon fundraiser were distributed. Patty Morris is the Avon representative who will be working with us again this year. Information on how to contact her is available in the packet.

The suggestion was made on looking for new ways to raise money for the organization. All members are asked to give any ideas they may have to Nancy.

A motion was made to adjourn the meeting by Lana Charvat and seconded by Heather Weber.

DIETARY MANAGERS CORRESPONDENCE COURSE ADVISORY COMMITTEE MEETING APRIL 26, 2005

Present: Lorraine Brune, Mary Russell, Chris Haugen, Julie Zikmund, Doris Wang, Melanie Metz, Mary Anna Medrud, Becky Rude

Welcome: Becky Rude welcomed everyone and thanked them for attending. Melanie Metz and Lorraine Brune were introduced to everyone as our new committee members. Melanie works for DCE in Workforce Development as a Project Planner. Lorraine, CDM, works at the Larimore Good Samaritan Center.

Introductions were done around the table.

Minutes: Minutes of the October 6, 2004 meeting were reviewed and approved as mailed.

Old Business: We received 5 year approval from the DMA for the new DM 7 course, written by Sue Grossbauer. The new course was launched on January 1, 2005 and is now also available online.

Enrollments in the new DM7 online course have been increasing. It seems to be a popular format among our students. We are excited to be adding more online instructors after the Blackboard server is switched.

The DMA released the 2004 Credentialing Exam pass rates for the Dietary Managers Course. When comparing UND to other correspondence schools, UND is way ahead in the rankings than two of our three main competitors. We fell behind Penn State, who only had 3 examinees, compared to UND's 202. UND had a pass rate of 86% on Part I of the exam, where the national passing rate was 72%. Part II of the exam had a national pass rate of 63%, where UND's pass rate was 68%. Becky is hoping to see better results on Part II of this year's exam.

It has been almost 10 months since we changed the timeline for CEU courses from 1 year to 9 months. We so far, have not seen a downside to this change. It will be interesting to see the completion rate since the 9 month timeline was introduced.

New Business: Beginning in 2006, the CDM exam will be offered twice a year, in October and in April. There will no longer be a Part I and Part II of the exam; it will be all in one.

Becky was involved in a conference call with the DMA on March 11. The focus of the meeting was to suggest recommendations to help increase student enrollment numbers in DMT programs. The DMA discussed the possibility of decreasing the required hours for the Registered Dietitian.

They recommend the RD could supervise 25 hours and the CDM/DTR trainer, supervise 25 hours; therefore making the supervision less demanding for the RD and more attainable in areas of the country where RDs are scarce. Incorporating the CDM/DTR trainer may help the student more efficiently in some areas where the RD may not.

Arkansas's state legislature has now decided to recognize the Dietary Managers Course as a certification requirement for school foodservice workers. Becky does not see this as an all-around good course for them. School foodservice workers are involved with children; therefore a course dealing more with foodservice rather than medical nutrition is a necessity.

Kentucky's legislature has set new nutrition and exercise standards for schools aimed at the growing child obesity crisis. Therefore, each school district will be required to have a Credentialed Nutrition Specialist plan lunches. It also calls for eight hours of annual continuing education hours for school food service directors.

DM programs at the University of Alaska and Penn State have closed. Becky has spoke to Carrie King (University of Alaska), and she has offered to recommend our program to students. Our program has

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• DM Correspondence Course Advisory Committee Meeting, 4/05

• Impact Team Meeting Minutes, 9/05

DIETARY MANAGERS CORRESPONDENCE COURSE ADVISORY COMMITTEE MEETING APRIL 26, 2005

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received phone calls from prospective students due to these closings.

Becky attended the DMA Board of Directors Meetings in Tucson (Nov. 04) and in San Antonio (Feb. 05). She will be attending the National Meeting in Washington D.C. on July 24-28, 2005. Becky will be a program presenter on "Interviewing" and she will also have an exhibitor booth for our program at the National Meeting.

DMA is the umbrella organization over Healthcare Caterers International (HCI), which is a global alliance of membership associations representing caterers and foodservice managers in healthcare industries.

Certificate Programs is now offering a Foodservice Managers Correspondence Course. This course is for people working in healthcare, restaurants, or senior meal programs (not in clinical settings). The course consists of four lessons and one final exam. Doris Wang has agreed to be the instructor for this course.

Our program has a new potential market for our Foodservice Managers Course in Shanghai, China. Shanghai has hopes of improving their city before they host the Olympics in 2008. We would only sell them the course materials for a packaged price rather than enroll their students. Becky asked for ideas from committee members about pricing. It was suggested that we start our price higher due to their country negotiating for a lower price. It will also show how much we truly value our course.

We have some new updates on our instructors:

- Judy Norvell (DM) - retired
 - Fariba Roughead (Nutrition Therapy) - resigned due to relocation
 - Jill Shafer (Alzheimers) - resigned due to new position at UND
 - Kathy Plante (DM) - resigned due to location
 - Kim Dietrich (DM) - resigned due to other commitments
 - Glorianne Hiltner (DM) - not accepting new students
 - Leah Walters (DM) - not accepting new students
 - Suzy Thorson (DM) - not accepting new students
 - Julie Zikmund - accepted instructor for Nutrition Therapy Course
 - Julie Helbling (DM) - accepting online students
 - Mary Russell (DM) - accepting online students
- Becky is now located in a new office in Gustafson Hall. She is now with Jennifer and Mary Anna on second floor in Room 207.
- Laura Driscoll, Director of New Markets and Partnerships, will be resigning the end of May

2005.

Other: Pam Himrod from the DMA would be willing to do a pilot study to test the effectiveness of an online preceptor. Julie Zikmund believes it could work for portions of the course. Mary Russell had a preceptor who moved from Oregon to Illinois while her students were taking the course. She was able to finish up the course by working with her students online and by phone.

Becky will be attending the MDA Convention May 5-6 in Minneapolis. They are giving us a free booth rental.

Garth Rydland has resigned from our Advisory Committee. We are searching for an administrator to replace him.

Adjourn: Becky adjourned the meeting at 4:10 pm.

Respectfully Submitted,

Mary Anna Medrud

Program Assistant

Impact Team Meeting Minutes

September 20, 2005

Heart Room, Ramkota Inn

Bismarck, ND

Present: Yvonne Foyt, Vicki Dulmage, Lana Charvat, Heather Weber, Cheri Schroeder, Barb McFarlane, Lana Nelson, Ellen Schafer.

Absent: Claudia Rolph, Melissa Mohl, Pat Heit

Old Business: The goals and activities from the past year were discussed. ND DMA did host a "day at the capital" in February. This was a success and we had a good response from legislators. The next legislative session will be in 2007. We have not been able to get a legislator to come and speak at our meetings, but will keep trying. We continue to maintain our contact with Allied Associations, LTC, State Health, etc. Several members have been at local schools for Career Days which continues to keep our name out there. It was brought up that many members are doing this and we don't know about it. Yvonne will bring up at Membership Meeting that if anyone is visiting local schools to please let her know. Yvonne attended the Volunteer Training Session at Nationals held before the trip to Capitol Hill. Lots of information given and was helpful.

New Business: Yvonne reviewed her goals for 2005 - 2006.

- Monitor regulations involving Dietary Managers
 - Keep members informed through articles in Newsletter
 - Invite a State Legislative Representative or Senator to speak at a state meeting
 - Maintain Allied Association contact
 - Promote ND DMA through Career Days at local schools, our continued relationship with LTC
 - Send out letters to Administrators on the importance of employing a CDM
 - Encourage new graduates to become certified
- Meeting adjourned

The Rising Cost of Food and Beverages

At the same time dietitians and food service managers are being asked to improve patient satisfaction, they are under a great deal of pressure today to contain and even decrease food and beverage expenses. In order to meet this challenge, it is important for us to have a thorough understanding of how the money entrusted to us is spent and how market trends affect our bottom line. Such an understanding can help us in a variety of ways, and specific market information enables us to do the following:

- analyze costs and explain to administrators and financial officers why our bottom line may be varying from expectations;
- have the data we need to modify menus in a timely manner so they can be more cost-effective;
- decide which ingredients and products to use in recipes;
- determine price structure for commercial food services; and
- prepare realistic budgets for the future.

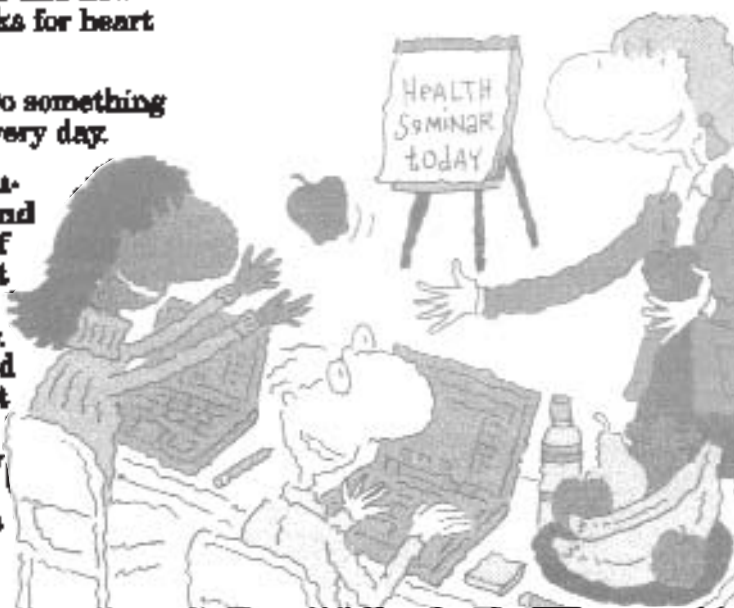
Consumer Price Index

The consumer price index (CPI) is perhaps the most valuable source of data pertaining to food and beverage commodities in the nation. Specific urban price data is provided for numerous expense categories for the entire country as well as separately for many metropolitan areas and four regions (Northeast, South, West, and Midwest). The CPI contains not only data for food and beverages but also most other commodities and services such as energy, medical care, education, transportation, housing, and a standard market basket of goods and services. The Bureau of Labor Statistics (BLS) publishes monthly CPI data that measures the average change in prices over time of goods and services purchased by households - not retail establishments or institutions. Therefore, it may not reflect the exact food and beverage prices for health care organizations. However, for lack of such data, it is still commonly used to identify market trends.

Prices are collected monthly in 87 urban areas, and they are usually published by the end of the following month. You can find the data on the BLS Web site (www.bls.gov). Be sure to select the prices found in your city or region along with the index for all urban consumers (CPI-U) which covers approximately 87% of the total population.

ABCs of a healthy heart

- A** — **Aspirin.** If you're over 50, talk to your doctor about taking daily aspirin. For some people, it can help make blood less sticky and reduce the risk of clotting.
- B** — **Blood pressure.** Aim for a blood pressure less than 120/80.
- C** — **Cholesterol.** Total under 200; HDL greater than 40; LDL under 130 and even lower if you have heart disease risk factors; triglycerides under 150.
- D** — **Diabetes.** One of the leading causes of heart disease. Diet, regular exercise, and staying at a healthy weight can help prevent it.
- E** — **Exercise briskly** for 30 to 60 minutes every day.
- F** — **Folic acid.** Get 400 to 800 mcg every day to lower homocysteine, a substance that can damage blood vessels. Folic acid also helps keep blood pressure at a healthy level.
- G** — **Gums.** Floss your teeth every day and brush at least twice a day to prevent gum disease, which is linked to heart disease.
- H** — **H₂O.** Drink at least eight glasses of water every day.
- I** — **Inflammation.** Ask your doctor about a test for C-reactive protein (CRP), which measures painless inflammation in the body and may be as important as cholesterol in predicting your risk for heart disease.
- J** — **Join your family and friends** for a daily walk or other physical activity.
- K** — **Know your family history.** If you have close relatives with heart disease, your risk is higher.
- L** — **Loss weight** if you need to. Even just a few pounds can help.
- M** — **Meditate, or find other ways** to relieve stress.
- N** — **Nine to 10 servings** of fruits and vegetables every day is the optimal amount for good health. Eat at least five.
- O** — **Omega-3 fats.** Eat salmon, tuna, mackerel, or other fatty fish high in omega-3 fats twice a week. Walnuts are also a good source.
- P** — **Potassium.** Found in fresh fruits and vegetables. Helps keep blood pressure at healthy levels.
- Q** — **Questions.** Ask your doctor questions about your heart health and how to lower your risks for heart disease.
- R** — **Relax.** Do something you enjoy every day.
- S** — **Salt, saturated fat, and sugar.** Eat less of all of these. Limit salt to about 1,500 mg per day. Restrict saturated fats like red meat and butter to 10% of your daily calories and eat sugar and sweets sparingly.
- T** — **Trans fats.** Eat as little of these as possible. They are found in chips, snack foods, packaged cookies and crackers, deep-fried foods, and any food made with partially hydrogenated oils.
- U** — **Unsaturated fats.** Olive oil and canola oil are among these heart-healthy fats. They can lower "bad" LDL cholesterol.
- V** — **A multivitamin pill every day** is good health insurance.
- W** — **Whole grains** like oats, barley, brown rice, and whole wheat can reduce the risk for diabetes and are an important source of fiber.
- X** — **Syndromes X** (also known as metabolic syndrome) increases your risk for heart disease.
- Y** — **You.** You are the only one who can take care of your heart.
- Z** — **Zero tolerance** for smoking.



North Dakota DMA Budget for 2004-2006

Income:	Last Year's Actual	This Year's Budget 2004-2005	Next Year's Budget 2005-2006
Spring Meeting	2000.00	2000.00	2000.00
Fall Meeting	1000.00	1000.00	1000.00
National Rebate	1200.00	1200.00	1200.00
Interest from Checking Acct	13.39	10.00	10.00
Vendor Advertising	0	0	0
Fundraisers Total Receipts	4443.67	4000.00	3500.00
Others	0	0	0
TOTAL INCOME:	8657.06	8210.00	8210.00

Expenses:	Last Year's Actual	This year's Budget 2004-2005	Next Year's Budget 2005-2006
Impact Team Expenses	16.48	250.00	250.00
Newspaper Expenses	429.58	800.00	800.00
Ballots, Postage, Printing, Phone, Copies	13.16	400.00	200.00
Gifts/Door Prizes	103.29	100.00	200.00
National Convention Expenses	4822.09	5000.00	5000.00
Mileage Expenses	476.40	500.00	500.00
Bonding	0	0	200.00
State Awards, Plaques, Promo, Floral, Pena, Etc.	476.74	100.00	200.00
Retired and Student Membership Fees	296.00	250.00	300.00
Fundraiser Expenses	3253.23	3000.00	3500.00
NDLTCA and LTC Convention Expenses	1196.27	1000.00	1000.00
Miscellaneous	364.41	700.00	700.00
Legislative Donations	367.50 0	800.00 0	0 500.00
TOTAL EXPENSES	11,815.12	12,900.00	13,350.00

BUDGET 5/04

The expenses are budgeted higher than income. This takes into account a treasury balance of \$9,255.86. Historically, our income is greater than expenses due to conservatism of the board in spending.

North Dakota



North Dakota
Dietary Managers Association

Nomination Form To Recognize Certified Dietary Managers Association Member of the Year

This form can be done anonymously or have nominee complete form.
Standing President can not be nominated.

Date _____

Submitted By: _____

Name of Nominee: _____

Work Address: _____

Home Address: _____

Work Experience:

Title	Organization	Dates
_____	_____	_____
_____	_____	_____

Please complete the nomination form and return by March 24, 2006 to Vicki Dulmage, PO Box 374, Leeds, ND 58346

Administrator of the Year

Criteria used to select candidates should be:

- A) Candidates who demonstrate an interest in and support of the association.
- B) Candidates who encourage the member to attend all state meetings.
- C) Candidates who support the member in her/his endeavor to be active in the association.

Upon receipt of the applications, the State Committee shall select the Administrator of the Year and the DMA who nominated him/her will be notified and asked to send a brief resume of that administrator.

APPLICATION FOR ADMINISTRATOR OF THE YEAR AWARD

1. How does your administrator support you?
 - A. _____
 - B. _____
 - C. _____
2. How does your administrator demonstrate awareness of DMA educational programs?
 - A. _____
 - B. _____
 - C. _____
3. How is your administrator receptive to new ideas?
 - A. _____
 - B. _____
 - C. _____

Administrator: _____ Dietary Manager _____
Facility/Address _____

Please fill in the blanks above and return this form by March 24, 2006 to: Vicki Dulmage, PO Box 374, Leeds, ND 58346

Welcome to our New Members...

NEW MEMBERS

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Home (701) 437-2760

Welcome - We are excited to have you be a part of the NDDMA.

Also, a congratulations goes out to Cindy Walhood of Minot who was married this summer. Her new last name is now Bannatta.

North Dakota DMA membership count as of 1-1-06 is 133 members.

Thank you to all NDDMA members for continuing your credentials and membership with the association.

DMA TOLL FREE

NUMBER:

1-800-323-1908

**Visit DMA'S
WEBSITE:**

<http://www.dmaonline.org>

DMA MISSION STATEMENT

The Dietary Managers
Association is an
organization of
Professionals dedicated to
achieving excellence in the
food service industry.

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