

*ARANFP ANNUAL FALL CONFERENCE*

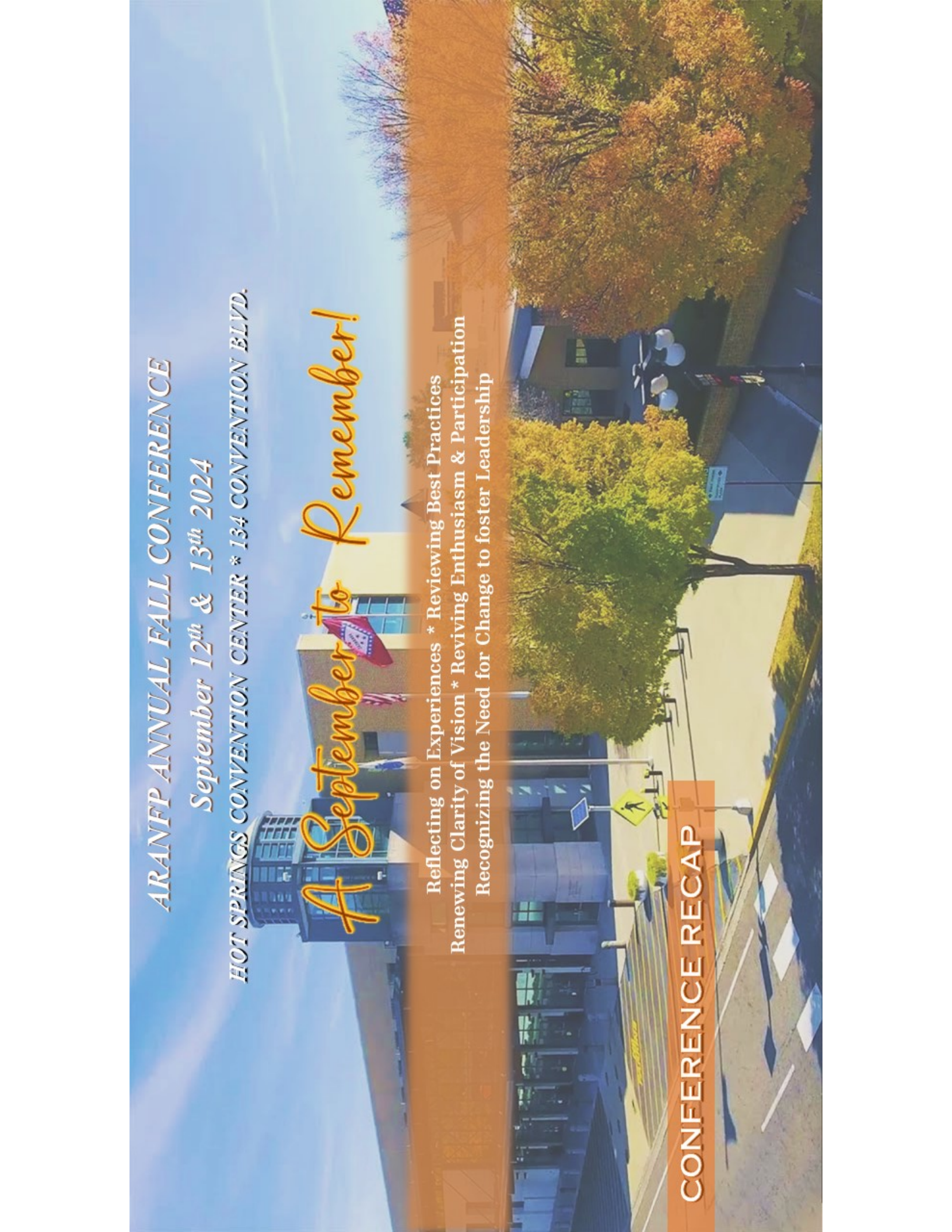
*September 12<sup>th</sup> & 13<sup>th</sup> 2024*

*HOT SPRINGS CONVENTION CENTER \* 134 CONVENTION BLVD.*

*A September to Remember!*

Reflecting on Experiences \* Reviewing Best Practices  
Renewing Clarity of Vision \* Reviving Enthusiasm & Participation  
Recognizing the Need for Change to foster Leadership

**CONFERENCE RECAP**



# Hello Everyone!

This is Dana, Secretary for our ANFP Arkansas Chapter, with a Re-Cap of 2024's Fall Conference. I sincerely Hope and Pray that this brief newsletter find each and every one of you healthy, happy, and well as we celebrate this Holiday season and the new Year to come!

On behalf of Lynn Nail, (*a.k.a El Presidenta*) and 2025's incoming Chapter President Carolyn Straw: **THANK YOU ALL** for your presence and participation in this year's conference! It was truly awesome to see all the familiar faces whom we are glad to see; and to bid a warm welcome to new speakers and CDMs who surely had a great time of it.

It is my sincerest wish that these slides will capture a smidgeon of the great time we shared and amply convey our thanks and gratitude for our attending members, speakers, presenters, and vendors.

Once again let us give a special shout-out to Tracey (Event Liaison) and Marianne (Booking Director) of the Hot Spring's Convention Center who had us well in hand for site coordination and catering.

With that said...Season's Greetings & Happy Holidays to all!



**ARANFP ANNUAL FALL CONFERENCE**  
*A September to Remember!*  
 Reflecting on Experiences • Revisiting Best Practices • Reminding Church of Vision •  
 Increasing Enthusiasm & Participation • Recognizing the Need for Change to Foster Leadership

**Thursday September 12<sup>th</sup> 2024**

**Begin at REGISTRATION**  
 7:30 AM  
 8:00 AM Welcome by Lynn Nail, Chapter President

TIME	9/12/2024	10/9/24	CEUs
8:30AM - 9:15 AM	Jana Gardner, MS, RD, LD Taskforce Foodservice	Mitigating Safety Dangers with Children Sanitation Audits	1 CEU
9:30AM - 10:30 AM	Sharon Weathers, MEd, B.S. Arkansas Department of Health	Emergency Preparedness	1 CEU
10:45 AM - 11:45 AM	Jeff Holts, CEO Thrive Healthcare	Nutrition and its role in treating Diabetes	1 CEU
<b>1:00 PM - 2:00 PM</b>	<b>FOOD EXPO 2024!</b>		<b>2 CEUs</b>
2:15 PM - 3:15 PM	Daniel Hines Midwest Equipment	Innovative Kitchen Equipment	1 CEU
3:30 PM - 4:30 PM	Christine Dukes, BS, RD, LD Black River Technical College	"Mystery in the Kitchen" A Food Safety Class Game	1 CEU

**5:00 PM BINGO!**

**ARANFP ANNUAL FALL CONFERENCE**  
*A September to Remember!*  
 Reflecting on Experiences • Revisiting Best Practices • Reminding Church of Vision •  
 Increasing Enthusiasm & Participation • Recognizing the Need for Change to Foster Leadership

**Friday September 13<sup>th</sup> 2024**

**President's Meeting**  
 7:30 AM - 8:00 AM

TIME	9/13/2024	10/9/24	CEUs
8:15AM - 9:15 AM	Lynn Nail, CDE, CFPF	Nutritional Director Riverside Behavioral Health Services	The Benefits of Physiotherapy in Our Daily Lives 1 CEU
9:30AM - 10:30 AM	Ellie Cobles, RN, BC, BSN, MA	Retired Major USAF Nurses Care	Creating an Engaging Work Environment 1 CEU
10:45 AM - 11:45 AM	Kathy Winkler, MS, RD, LD	Midwest Nutrition Specialties	The New Kid on the Block - How to Recognize the Benefits of this Big & Amazing 1 CEU

*May God bless you and take care of you. May God be kind and gracious to you.  
 May God look on you with favor and give you peace.  
 May God bless you till we meet again.  
 Get Home Safely, all and see you next year!*

**A September to Remember:**  
 Reflecting on Experiences • Revisiting Best Practices  
 Reminding Church of Vision • Revisiting Enthusiasm & Participation  
 Recognizing the Need for Change to Foster Leadership

**ARANFP ANNUAL FALL CONFERENCE**  
 September 12<sup>th</sup> & 13<sup>th</sup> 2024  
 HOT SPRINGS CONVENTION CENTER • 134 CONVENTION BLVD

**Board Meeting**  
 Wednesday September 11<sup>th</sup>  
 6:30 pm

**Speakers/CEUs EXPO & BINGO**  
 Thursday Sept 12<sup>th</sup>  
 Registration @ 7:30 am

**Breakfast with the President**  
 Speakers/CEUs  
 Friday Sept 13<sup>th</sup> 7:30 am

Mail money orders and/or completed form to  
 Lynn Nail  
 1201 Military Rd Ste 2, # 257  
 Benton, AR, 72015  
[lynna.nail@arancf.com](mailto:lynna.nail@arancf.com)

*You may pay at registration, but please mail form with intent to attend*

For this year's theme, Lynn sought to focus our members on the need to reflect upon and review our successes and challenges so that we may find new opportunities to be re-energized as individuals and organizations.

More, it was imperative that we all recognize a time relinquish what was so that we can recognize the need to change and make room for new growth, new directions, new leadership.

We agreed that the rustic backdrops of a harvest time Tuscany would better cultivate a sense of celebration for works well done, of challenges endured, and hard-earned rest after so much labor.

So let us continue to be grateful and rejoice each year that we can come together, catch-up, and delight in each other's company, heartened to see and to know that we each have tales of trial and triumph to share.

May we all, in joy and abundance, be blessed!



# September 17th: Arrival

Tammy and I arrived early that afternoon in Hot Springs so that we could get a little site-seeing and shopping down.

I've always wanted to check out the Flea Market right as we entered the city on Malvern. So, we stopped and grabbed up a few of the fine finds scattered throughout both sides of the indoor market.

Brittany (top left) and Joy (bottom left) were very gracious and generous with their time. We could have talked for hours! This is a must-see-again spot for our next visit!

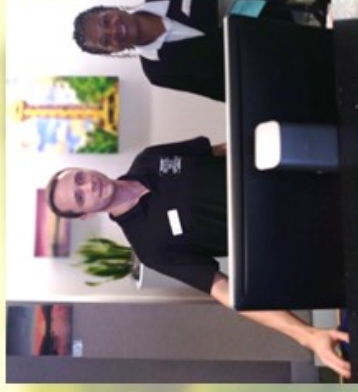
It goes without saying that the staff of the Hotel Hot Springs were on the job in front of and behind the house (great Breakfast!). Special thanks to Angie, Anna, Bridget, and Brandon (right) for their courtesy and friendliness throughout our short stay.

**OVER 75 VENDORS THROUGHOUT BOTH STORES**

**FLEA MARKET**

**1&11**

**3684 Malvern Rd. • Hot Springs • 501-318-8610**  
 The Hot Springs Flea Market Mon-Fri: 10 am - 6 pm • Sat: 10 am - 4 pm  
 Brittany & Joyr Gibson



**A September to Remember:**  
 Reflecting on Experiences • Inspiring Great Practices  
 Inspiring the Next Generation • Recognizing the Need for Change to Junior Leadership

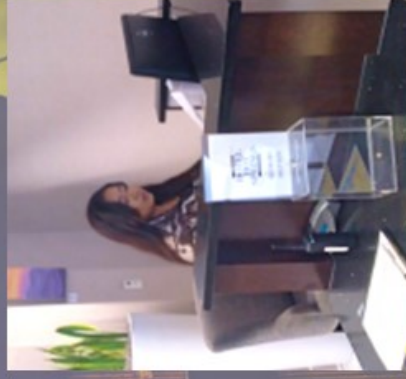
**ARANFP ANNUAL FALL CONFERENCE**  
 September 12<sup>th</sup> & 13<sup>th</sup> 2024  
 HOT SPRINGS CONVENTION CENTER • IH CONVENTION BLVD.

**Your Group Booking Link is:**  
<https://www.hotelhot.com/group-bookings>

Special Thanks to  
 Brittany Gibson, Director of Sales  
 and Tom Burnett, Director of Catering  
 for making this year's stay a welcoming and memorable one!

**HOTEL  
 HOT  
 SPRINGS**

*Details...The Hotel Hot Springs and Spa (findahotel.com)*



# Continental Breakfast!

6:30 AM to 9:30 AM

Thursday September 12<sup>th</sup> & Friday September 13<sup>th</sup>

This Full Continental Breakfast comes complimentary to those conference attendees who have elected to make Hotel Hot Springs their number one choice for the Quality of services and amenities as well the Convenience of location near a variety of Downtown attractions and the Convention Center.

# THANK YOU

for choosing

THE  
**HOTEL  
HOT  
SPRINGS**



# September 17th: Board Meeting

The Brick House Grill has become our de facto Board Meeting destination. We were blessed again to have Haley (top left) as our Server, and she did not disappoint in quality and speed of service!

We had our Usual Suspects -Lynn, Carolyn, Christina, Paige, Kathy, and Tammy- plus anew and welcomed accomplice in festivities, Jana Garner of Tankersley.

It was also nice to make the acquaintance of a few CDMs new to the conference: Cathy Holmes, Laurie Atkins, and Jacque Galley of MRHS (bottom right).

If you have not had the pleasure, I definitely recommend the Brick House Grill for their proximity to Hotel Hot Springs as well as the laid-back atmosphere and great food!



# September 12th: Day 1 - Registration



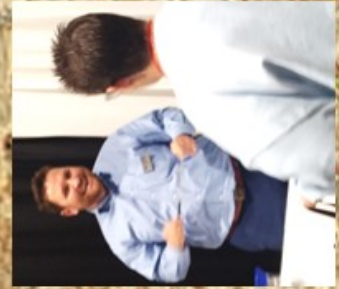
Katisha Banks & Patrick Davis

Thank you, April!

Congrats Tracey!







# September 12th: Day 1 - The Food Expo 2024



# Thank You Vendors!

**THRIVE**  
Great Taste. Real Benefits.

**Jeff Holtz**  
VP of Quality and Innovation

300 Queensway, Suite B, Searcy, AR 72143  
 c. 501-281-0177 e. jholtz@thriveforhealthcare.com  
 o. 855-375-9157  
 f. 501-368-0029 thriveforhealthcare.com

**Terrie Stone**  
Territory Manager

Office: 800-726-6182 Ext. 6510  
 Cell: 870-230-2855  
 Fax: 479-471-8851  
 tstone@tannersleyfoods.com




3003 Industrial Park Road • Van Buren, AR 72556 • Tannersleyfoods.com

**Jana Gardner, MS, RD, LD**  
Healthcare Specialist / Corporate Dietitian

3003 Industrial Park Road  
 Van Buren, AR 72556  
 jgardner@tannersleyfoods.com  
 Call: 479-966-7027  
 Fax: 479-471-8851  
 www.tannersleyfoods.com




**Paul Nichols**  
Regional Manager

Email: pauln@gpaadvantage.com  
 Cell: 918-605-3075  
 Office Fax: 479-965-0346  
 Web: gpaadvantage.com

Group Purchasing Advantage, Inc.  
 415 Rogers Ave.  
 Fort Smith, AR 72901

LEARN MORE AT [WWW.GPAADVANTAGE.COM](http://WWW.GPAADVANTAGE.COM)




**Sherry Cunningham**  
Regional Manager

Email: sherry@gpaadvantage.com  
 Cell: 870-212-1522  
 Office Fax: 479-965-0346  
 Web: gpaadvantage.com

Group Purchasing Advantage, Inc.  
 415 Rogers Ave.  
 Fort Smith, AR 72901




**DAVID MENCHUE**  
CEO

Email: david@gpaadvantage.com  
 Cell: 479-651-7601  
 Fax: 501-325-0666  
 Toll Free: 800-999-6405

Group Purchasing Advantage, Inc.  
 415 Rogers Ave.  
 Fort Smith, AR 72901

LEARN MORE AT [WWW.GPAADVANTAGE.COM](http://WWW.GPAADVANTAGE.COM)




**General Mills**

**April Eagle, Customer Account Specialist**

Arkansas (United States)  
 CELL: 501-528-8327  
 april.eagle@genmills.com  
 website: <http://www.genmills.com>  
 My favorite General Mills product is Pillsbury Cream Baked Goods



**Sam Scott**  
Western Regional Manager

Email: sam@gpaadvantage.com  
 Cell: 870-421-2461  
 Office Fax: 479-965-0346  
 Web: gpaadvantage.com

Group Purchasing Advantage, Inc.  
 415 Rogers Ave.  
 Fort Smith, AR 72901

LEARN MORE AT [WWW.GPAADVANTAGE.COM](http://WWW.GPAADVANTAGE.COM)




**Sysco**  
Food and Service

**Leslie Herpsek, BSN, LD**  
Business Resource Healthcare Specialist  
 Dietitian

Cell: 501-412-7404  
 Intra-hospital system  
 5800 Federal Road  
 Little Rock, AR 72209  
[sysco.com](http://sysco.com)



**JESSE OTT**  
DISTRIBUTION REPRESENTATIVE  
MID-SOUTH DIVISION

BIN J. KEITH COMPANY  
 1400 HARBOUR DISTRIBUTORS

1 BIN J. KEITH WAY  
 NORTH LITTLE ROCK, AR 72117  
 DIRECT: 501-978-5884  
 CELL: 501-304-1430  
 P.O. # BINJKEITH.COM  
 WWW.BINJKEITH.COM



**RONDA SELF**  
HEALTH CARE SPECIALIST  
MID-SOUTH DIVISION

BIN J. KEITH COMPANY  
 1400 HARBOUR DISTRIBUTORS

1 BIN J. KEITH WAY  
 NORTH LITTLE ROCK, AR 72117  
 DIRECT: 501-978-5884  
 CELL: 501-251-7464  
 RWSELF@BINJKEITH.COM  
 WWW.BINJKEITH.COM



**Phillip Deakins**  
TERRITORY SALES MANAGER

Cell: 800-526-3030  
 E. [phillip.deakins@sysco.com](mailto:phillip.deakins@sysco.com)  
[www.sysco.com](http://www.sysco.com)

The J.M. Smucker Co.  
 One J.M. Smucker Drive, Chester, OH 43906-2500  
[www.smuckers.com](http://www.smuckers.com)



# A September to Remember!

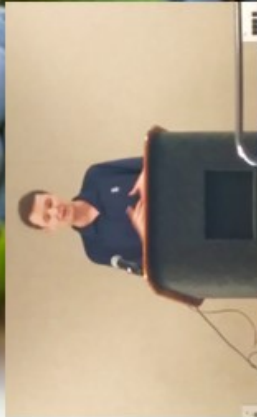
THURSDAY SEPTEMBER 12<sup>TH</sup> 2024 ~ DAY 1: SPEAKERS, BIOS, & TOPICS



**Daniel Hines:**  
Midsouth Equipment

**Innovative Kitchen Equipment:**

Attendees will learn to improve food quality while increasing efficiency in time and labor by using proper equipment and time management. While watching the budget.



**Christina Derbies, BS, RD, LD,**  
Black River Technical College

**"Mystery in the Kitchen"**

Attendees will engage in an interactive food safety clue game. In the game they will step into the role of a food safety detective working as a team to solve a mysterious foodborne illness outbreak at your facility.





A million thanks to David & the GPA gang for making our Bingo Nights once again hilariously fun and memorable!



**GAME DAY BINGO!**

I think we have winner with this theme folks! That's right! This year's Bingo Night Theme will be Game Day again!

So be prepared to have a blast with David, Leslie, and the gang from GPA and Sysco who will be hosting this wild event!

Come ready to represent your favorite NFL or Collegiate Team's Jersey, Cap, or whatever you got!

This will be Thursday Night September 12<sup>th</sup> around 5 PM.

We look forward to seeing you all there!








ARANFP ANNUAL FALL CONFERENCE

# A September to Remember!

FRIDAY SEPTEMBER 13<sup>TH</sup> 2024 ~ DAY 2: SPEAKERS, BIOS, & TOPICS

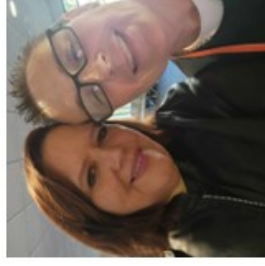


Lynn Nail, CDM, CFPP  
Nutritional Director  
Rivendell Behavioral Hospital

### The Benefits of Phytonutrients

#### in our daily lives:

Attendees will learn what phytonutrients are, the different types will be discussed and the benefits they offer in fighting disease, how they support cardiovascular health and cognitive function and many other benefits.



El Presidente! Tha Batgirl! Queen of Gifts & Hugs!...our dearest Lynn!  
THANK YOU for all the years of superlative service and extraordinary leadership. Most of all, we are grateful for your friendship and many kindnesses that makes this chapter what it is: a family! You are leaving some rather tough H-eels to fill, but you have given us all what we need to do so with grace & honor. So with all our love and blessings, we say thank you for a job well done! XOXOX ~Dana





**The New Kid on the Block:**  
Introducing Sesame: An addition to the Big 8



**ARANFP ANNUAL FALL CONFERENCE**

**A September to Remember!**

**FRIDAY SEPTEMBER 13<sup>TH</sup> 2024 ~ DAY 2: SPEAKERS, BIOS, & TOPICS**



**Kathy Murdock, MS RD LD**  
Black River Technical College

**The New Kid on the Block:**  
Sesame and a Review of the Big 8 Allergens:  
Aims to enhance participants' understanding of food allergies, focusing particularly on sesame as a newly recognized major allergen. Strategies for managing allergies in patients or clients are discussed, with a focus on the importance of accurate labeling and awareness of potential cross-contamination risks.

**Ella M. Colvin**  
Retired Major of the USAF Nurse Corps

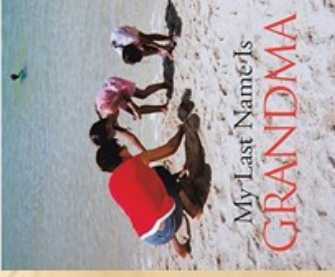
**Creating an Engaging Work Environment:**  
Steps in creating a work environment where employees feel valued and connected to their organization which leads to increased productivity, retention and overall business success.

**The 5 Generation Workplace**

<p><b>Traditionals</b> DOB: 1930-1945</p> <ul style="list-style-type: none"> <li>Loyal to the company</li> <li>Disciplined</li> <li>Job for life</li> <li>Following leader</li> </ul>	<p><b>Baby Boomers</b> DOB: 1946-1964</p> <ul style="list-style-type: none"> <li>Dedicated to work</li> <li>Optimistic</li> <li>Committed</li> <li>Team orientated</li> <li>Experimental</li> </ul>	<p><b>Generation X</b> DOB: 1965-1980</p> <ul style="list-style-type: none"> <li>Open minded</li> <li>Appreciate diversity</li> <li>Work-life balance</li> <li>Competitive</li> <li>Entrepreneurial</li> <li>Independent</li> </ul>	<p><b>Generation Y (Millennials)</b> DOB: 1981-1996</p> <ul style="list-style-type: none"> <li>Career driven by satisfying tasks often</li> <li>Keen on mobility</li> <li>Socially vocal</li> <li>Techn-savvy</li> <li>Innovative</li> </ul>	<p><b>Generation Z (Digital Natives)</b> DOB: 1997-2013</p> <ul style="list-style-type: none"> <li>Critical and selective</li> <li>Career multitalents</li> <li>Technology is intuitive</li> <li>High expectations</li> <li>Coached, not managed</li> </ul>
---	---	---	--	---



**Ella Elliott Colvin**



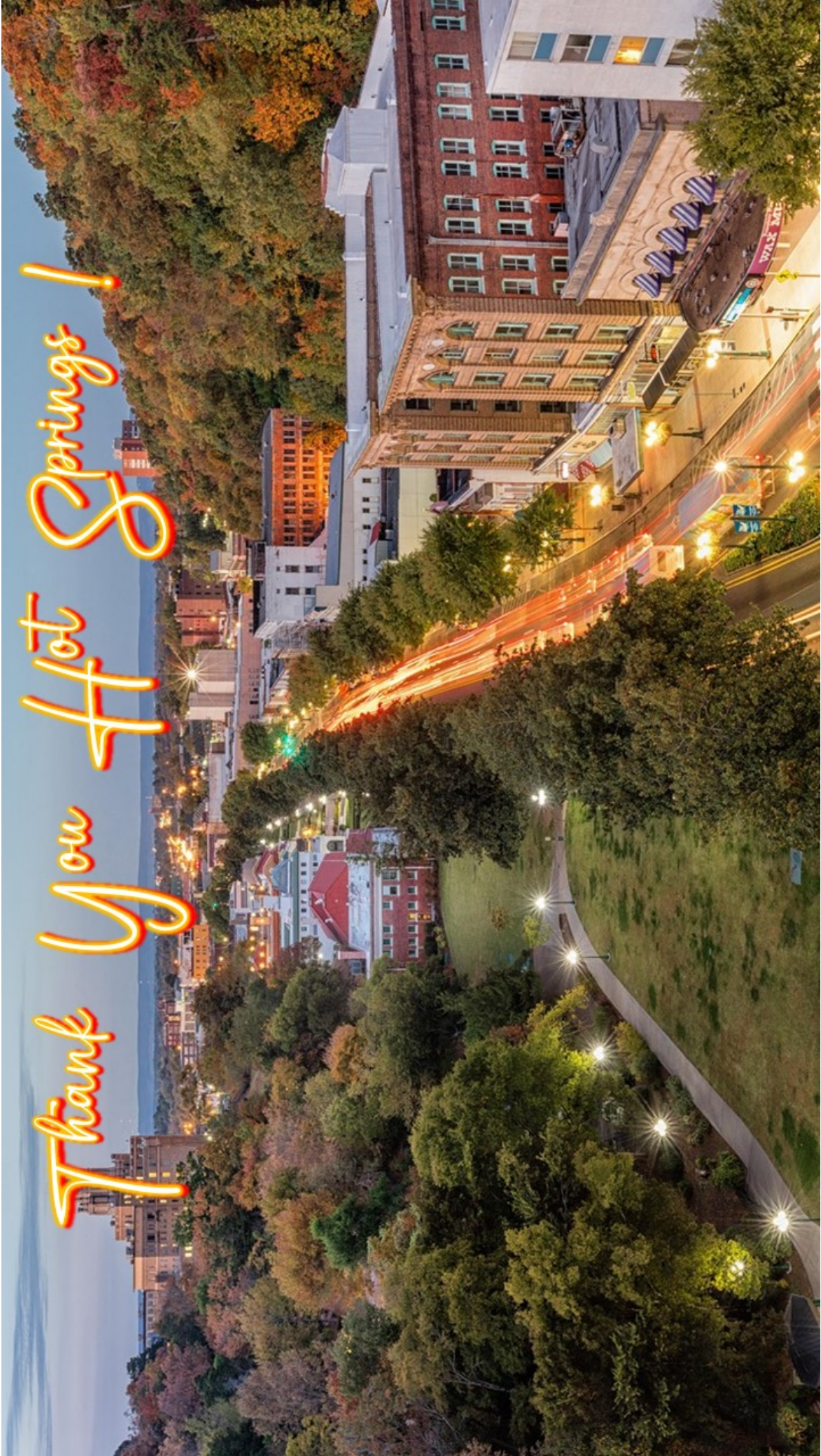
**My Last Name Is GRANDMA**

**Ella Colvin, RN-BC (Ret)**  
**Maj, USAF NC (Ret)**  
**BSN, MA-Leadership**

Written/Published Two books  
Married 51 years  
Three children  
Six Grandchildren

Hobbies: Traveling, TV, Eating Cereal

Thank You Hot Springs!



We pray that for you and yours this Holiday Season of Light & Joy be filled with blessings of loving warmth, of wholeness and health, and happiness of home, heart, and hearth!

Till we meet again....

Merry Christmas  
Happy Holidays Season's Greetings

Beannaichte Yule Feliz Navidad

Happy Hannukah Harambe Kwanzaa

And to all a Happy New Year!