

Maryland, Delaware and D.C.
Association of Nutrition and Foodservice Professionals
24th Annual “Workshop by the Sea”
October 6, 7, and 8, 2019
Grand Hotel and Spa
2100 N. Baltimore Street
Ocean City, Maryland 21842
1 – 800 – 447 - 6779

Sunday Oct. 6, 2019

Come early for Workshop registration and relax at pool or beach. Changing rooms are available.

Note: **Hotel Check In is after 4 pm.**

1pm - 3 pm or 5 pm. -5:15pm. Workshop Registration – **Grand II**

Pick up registration packet, meal tickets for Phillips. First 100 pre-registered attendees will Receive 50th Anniversary Clock and other surprises. Registration desk will be closed 3pm – 5pm. Just enter hall and enjoy the Presentations then register after 5. You must sign in and out of Workshops each day for credit

Bring your donations for “THE MEAL AND MORE” Gift bags; Hats, Gloves, Scarves, Individual Toiletries etc. and “OPERATION CHRISTMAS CHILD SHOEBOX GIFT See attached flyer

3pm – 4pm NEEDING A BIGGER BOAT IS A GOOD PROBLEM TO HAVE If you are currently engaging with clients only after they’ve walked through your door, then you’re missing huge opportunities to move beyond standard marketing, including specific strategies to build relationships, engage clients strategically in signature events, leverage their networks and drive cultivation using unique stewardship strategies. This session will build off specific examples from the environmental non-profit sector, so you’ll walk away with ideas for your own organizations- no matter what industry you serve, that can contribute to a client engagement plan, Gain ideas on how to proactively tailor client stewardship to effectively retain the clients you have and in the process, gain new ones! Learn how to Identify elements **Grand II** –Anne Marie Halsey, Director Donor, Stewardship, and Gift Administration, Environmental Defense Fund

4pm - Hotel Check in

4pm – 5pm LATEST FOOD CODE UPDATES Be up to date with the latest Model Food Code information, be proactive on making changes within your foodservice operation, Have the information to train your staff to be in compliance. **Grand II** – Chef Robert McKeon, CEC, CDM, CFPP, www.FoodSafetyChef.com (1 sanitation hour)

5pm – 5:15pm Session Sign out / Late Registration

6 pm - OPTIONAL EVENT - Join us at PHILLIPS just a few steps from your hotel for their famous Seafood Festival Buffet - \$38.00 includes unlimited buffet, non-alcoholic beverages, taxes and gratuity. Buffet features Steamed Crabs, Snow Crab Legs, Phillip's Crab cakes, Steamed & Fried Shrimp and many other Seafoods, Soups, Raw Bar, Salad Bar, Pasta Bar, Fried Chicken, Carved Prime Rib, Ham, Pork Loin, & Turkey, Corn on the Cob and numerous sides and large selection of Desserts .An Ocean City Tradition. Join us for an evening of fellowship, guests welcomed.

Monday October 7, 2019

6:30am - 7:45am REGISTRATION DESK OPEN

6:30am - 7:45am – Optional Buffet Breakfast **Grand II** Full buffet Breakfast includes Eggs, Pancakes, Sausage, Home Fries, Fresh Fruit, Oatmeal, Juice, Coffee, and Beverages. **Attendees \$18 (Guest breakfasts available for \$20.00)**

7:45 – 8:00----- WELCOME, PLEDGE OF ALLIGENCE, INTRODUCTIONS and OVERVIEW OF THE DAY Grand II Douglas Cowl, CDM, CFPP - MD, DE, DC, ANFP State President.

8:00 - 9:00 EFFECTIVE COMMUNICATION Recognize Types of Communication, Identify/Overcome Barriers to Communication, Apply Techniques for Effective Communication. **GRAND II** – Paula Shatzer, CEO of Cedar Ridge Children’s Home& School Inc.

**9:00 - 9:15 PRESENTATIONS – ADMINISTRATOR OF THE YEAR
-CDM OF THE YEAR
COFFEE & BEVERAGE BREAK**

9:15 - 10:15 INTERNATIONAL DYSPHAGIA DIET STANDARDIZATION INITIATIVE
Learn how the International Dysphagia Diet Standardization Initiative was developed and how it will improve the lives of people worldwide living with Dysphagia, Be able to describe the 8 levels of viscosity and texture modifications of the IDDSI framework, Understand why it is important that diet orders are aligned with IDDSI terminology, be able to demonstrate how to test the viscosity levels of beverages and food texture modification. **Grand II**-Cindy Cysewski, MS.RD.LDN, Director of Healthcare, Lyons-Magnus

10:15 – 11:30. FUNDRAISING AUCTION Grand II
Help support our chapter by bidding on items donated by members, vendors and Ocean City businesses. Look for Wine Baskets, Homemade Fudge, Gift Baskets, Polish Pottery, Longaberger, Princess House, Quilt, Gift Cards, and 2 nights stay at the **GRAND.SPECIAL OFFERING SERV SAFE CLASS TAUGHT AT YOUR FACILITY** (If anyone wishes to donate an item for auction or door prize it would be appreciated)

**11:30 – INTRODUCTION AND PRESENTATIONS BY VENDORS
PRESENTATION OF VENDOR OF THE YEAR AWARD
EXPO, VENDOR SHOW, LUNCH BUFFET - Grand I**

Visit with our exhibitors and see and sample the newest products and equipment out there. Visit each table and “Play BINGO” to be entered for door prize drawings at the end of the show. Pizza and Salad Buffet will be available at the EXPO for lunch. (Guest lunch tickets \$20.00) **1:30 DOOR PRIZE DRAWINGS**, must be present in EXPO Hall to win

1:45 -2:45 THE HEALTH BENEFITS OF TEA Be able to identify the compounds in Tea that provide health benefits, describe the potential nutrition and health benefits of tea for a variety of diseases and conditions, Learn how to apply scientific evidence about tea’s nutrition and health benefits in dietetics practice **GRAND II** – Rebecca McKinnon, Bigelow Tea

2:45 – 3:45 KNIFE CARE AND KNIFE SKILLS, Learn how to choose the proper knife for the task you are performing, Learn how to care for and protect knives including storage, cleaning and sanitation, Learn basic knife skills including safe handling, and use. **Grand II** Daniel J. Mccloud. Dexter Knives (1 Sanitation Hour)

3:45- 4:15 PRESENTATION 50th ANNIVERSARY MARYLAND, ANFP- , Omar Humes, CDM, CFPP, Treasurer ANPF Board Of Directors Sparkling Toast, Cutting of Cake, served with ice cream, **BREAK Grand II**

4:15 – 5:15 ARE YOU PREPARED? HOW TO CREATE A REGULATORY COMPLIANT DISASTER MEALS PROGRAM - Examine all Hazards Approaches to Disaster Planning, Examine Dietary Trends & Best Practices for Disaster Feeding, Review Regulations & the New CMS Ruler for Disaster Planning, Share Resources for Disaster Planning, Review Emergency Meal & Water Options .. **Grand II** – Renee Kowal RDN, Meals for All.

6:30 FREE OPTIONAL EVENT- OCEAN DOWNS CASINO

Join us at OCEAN DOWNS CASINO, Participants get \$ in free slot play. Meet at Casino Entrance to get your voucher for free Slot Play. Please make reservation at time of registration. Guests 21 and over are also welcomed **FREE**

TUESDAY OCTOBER 8, 2019

6:30 – 7:30 Optional Buffet Breakfast **Grand II**

Full buffet Breakfast includes Eggs, French toast, Bacon, Home Fries, Fresh Fruit, Yogurt Bar, Juice, Coffee, and Beverages. **Attendees \$16 Guest breakfasts available for \$20.00**

7:30 – 8:30 ETHICS FOR THE CDM Learn how to correctly utilize the ANFP Code of Ethics, Review the difference between Laws and Ethics, learn how are decisions affect the care provided as well as management of our staff. **Grand II-** Dr. Rev. Marty Kuchma, St. Paul's UCC, Lancaster Theological Seminary (1 Ethics CEU)

8:30 – 9:30 BECOMING WISE - WELCOMING INCLUDE, SUPPORTIVE AND ENGAGED with Mental Health/Mental Illness, Substance Abuse, and Brain Disorders– Learn through sharing that 1 in 5 have had a Mental Health issue in their lifetime, Learn basic “first aid” to deal with a colleague staff. or resident suffering a mental health event, - **Grand II-** Dr. Rev. Marty Kuchma, St. Paul's UCC, Lancaster Theological Seminary

9:30 - 10:30 KNOWING YOUR BRAND Understand how your brand not only makes you shine but more importantly how it helps you lead and serve those in your charge. The organizational brand starts with each individual on your team. **Grand II-**Omar Humes, CDM, CFPP, Treasurer ANFP Board of Directors

10:30 - 11:00 - HOTEL CHECKOUT & COFFEE, BEVERAGE BREAK **Grand II**

11:00 – 12:00 ALTERNATE CAREERS FOR THE CDM. - FOOD TRUCK OPERATORS Learn how we used our skills learned as a CDM in catering, food prep, and management to open our own businesses as food truck operators, Learn about HACCP plans and SOP's, Menu Development and Budget Compliance required in planning a new business, Learn how developing a brand and brand recognition has led to our successes. **Grand II-**Chef Daniel Smith CDM, CFPP, owner/operator D.J. Enterprises which owns IT'S ALL GOOD food truck and catering and Christopher Coil CDM, CFPP, owner/operator of KC Elite Hospitality which owns BEBOS MAC SHACK food truck.

12:00 – 1:00 SERVING ALCOHOL IN FOODSERVICE OPERATIONS Learn the basics in this introduction to the TIPS certification class, required in Maryland and recommended in surrounding states if your facility serves alcohol(including wine & beer), Learn about the behavioral cues of alcohol, BAC, and indication rate factors, Understand about alcohol with medication. prescriptions and drugs **Grand II** – Chef Robert McKeon, CEC, CDM, CFPP, www.FoodSafetyChef.com Alcohol for Seniors (TIPS; Certification Class)

1:00 EVALUATION, SELF REPORTING & CERTIFICATE DISTRIBUTION

PROGRAM SUBJECT TO CHANGE

1:30 – 3:30 OPTIONAL CONTINUATION OF TIPS ALCOHOL CERTIFICATION

CLASS Grand II – Chef Robert McKeon, CEC, CDM, CFPP, www.FoodSafetyChef.com
Alcohol for Seniors (TIPS; Certification Class) \$55.00 fee includes a box lunch, 2 additional CEU;s
and Certification Test.

3:30 – 4:00 TESTING FOR TIPS CERTIFICATION

**4:30 – 6:30 Board, Volunteer, and Committee Chairs Dinner meeting – Everyone is
welcome to audit meeting, Learn how YOU can volunteer to make a difference in
YOUR ANFP Chapter. Location to be determined**

**14 CEU's applied for: 9 General
2 Sanitation
1 Ethics (new requirement this year)
2 Food show
14 Total**

**2 additional CEU's are available if you register for TIPS
class and certification.**

**THANKS TO EVERYONE FOR YOUR SUPPORT OF MARYLAND, DELAWARE, DC
ANFP'S 24TH ANNUAL WORKSHOP BY THE SEA, HOPE TO SEE YOU NEXT YEAR,
SAFE TRAVEL'S HOME**

**SAVE THE DATE: MD, DE, DC. ANFP 2020 25th ANNUAL
WORKSHOP BY THE SEA OCT. 5, 6, & 7, 2020 –OCEAN CITY
MD,
SPRING WORKSHOP MAY 2020 – COASTAL SUNBELT
PRODUCE – JESSUP MD.**

**60th ANNIVERSARY ANFP ANNUAL CONFERENCE AND EXPO
LAS VEGAS, NEVADA / SUMMER 2020**

SAMARITAN's Purse– Service Project

Operation Christmas Child is directed to children all over the world. An ordinary shoe box wrapped (lid separate) and fill with items for children age 2-14, girls and boys, becomes the most precious thing they have ever received. They are then shipped to children who might never receive anything just for them. Some have never seen a stuffed animal, coloring book and crayons, toothbrush or other items our children would never choose as a gift. Anything would be greatly appreciated.

For those not attending the Workshop, Donations can be sent to: MD ANFP c/o Bonna Brown, 15507 National Pike, Hagerstown, MD 21740. A donation of \$9.00 will mail 1 shoebox.