

Spring Edition 2021

Volume 3 Issue 3

## Crab Chatter

# SPRING IS HERE!!!



**The Maryland Crab Chatter is published 4 times a year.**

**Article contributions are welcomed!**

**Please send submissions to Kyrese Johnson, CDM, CFPP, RDN to [kyrese38@aol.com](mailto:kyrese38@aol.com) or [drkyrese@gmail.com](mailto:drkyrese@gmail.com)**

### Inside this issue:

Note from Chef Robert	1
Board Minutes	2
Spotlight	3
Psychological PPE	4
Virtual Workshop	8
New Members	9
Ace/Regional Workshops	10-11

### From the Chef's Table:

Thank you for all you do: your love and passion for the food that you prepare for your residents. Everyone is currently in the process of re-opening our communities and increasing the percentage of how many residents can be in the dining room at one time. We all see the positive social impact at our communities after being "locked up" for so long. Most of us have had our COVID vaccine by now as we watch things go back to somewhat normal, or as close to how they used to be. We will be having another virtual Zoom Workshop on May 18 and 20, from 5:30-8pm. One of the reasons why we will be doing this is from not being able to get the necessary CEU's for our CDM credential. You spoke, and we listened. We are extending these CEU's for our chapter at no-charge, and for members that are from another state, a nominal charge of \$10 to help cover the cost of a yearly Zoom account. We have a good line of speakers who are experts in their field of expertise focusing on what life will be like, and what to expect in the months to come, after COVID tones down a bit. Life will not go back to the way we remember it, pre 2020, but none the less we have to adapt to the changes to come. Stay tuned for more information on our Live, in person "Workshop By The Sea" in Ocean City this fall. Mark your calendars now, save the date: October 3, 4 and 5. We are starting to get a great line up of speakers and vendors for this program. If you have any special vendors that work well with you, or know of someone who can speak at our conference with a topic that we all want the information for as CDM's, please let us know and will be happy to have them be a part of our education. I will be conducting a ServSafe Food Protection Manager refresher class on October 5 for a reduced cost to our members and those who attend the conference. More to come.

Chef Robert



## MARYLAND, DE, &amp; DC ANFP CHAPTER BOARD MEETING MINUTES

Maryland, DE,DC Board Meeting Minutes

April 5, 2021

5pm

Duchess Daughter

Bonna Wayne Kyrese Guest, Jim

Patrick Bonnie Dawn

Debi Doug Greg

Robert John

-Treasurers report read, approved, handed out to officers

Approved, Doug, 2<sup>nd</sup>, Robert

-Robert was presented with a gift of appreciation for all his hard work putting together the Fall workshop, via Zoom

- Minutes reviewed, approved, Doug, 2<sup>nd</sup>, Patrick

-Bonnie did a wonderful job organizing and evaluating the Fall zoom workshop, Thank you, Bonnie

- good comments and feedback from out of state members, all speakers had good evaluations

-Spring workshop will be virtual, have some speakers lined up, expecting a very successful workshop

-a lot of good topics will be presented, such as, reopening buffets, salad bars, panel discussion about covid experiences, etc.

-Dates for Spring workshop( virtual) are May 18 @5:30-8pm and May 20 @ 5:30-8pm

-this will be open for all states to attend, Md De, Dc will be free registration and all other states will be a \$ 10.00 registration fee

-Fall workshop in OC will be in person, the hotel can provide enough space to properly social distance, although a different approach to some things due to covid, such as meal will be prepackaged or boxed, but we can do this!!!

-Looks like dates will be October 3,4,5

-Dinner at Philips is still unsure, Doug will contact them

-Doug still needs speaker and we need vendors

-Potential speakers, -Kyrese's supervisor is a dietician with military background, Marty will also present

-Wayne sent a letter to Senator of Carroll County explaining who we are and discussed getting CFPP some recognition, low and behold, he responded to his call, some others got involved that actually understands CFPP and maybe... progress can be made!!

-We need to start looking for a recruit to take membership chair, when Patrick moves to President

-Seminars in Orlando, (Sea world) June, 28-30, chapter will cover up to \$1000.00 for board members who attend

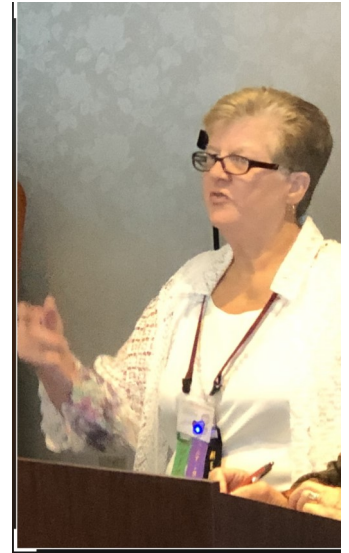
- Meeting adjourned.. 8:15 pm

-

# SPOTLIGHT



Bonnie Hollingsworth



**I started my food service career in December 1975 at Carroll County General Hospital as a dietary aide. I quickly moved up to assistant cook. Approximately 4 years later I took the dietary manager certification class to become a certified dietary manager. In the meantime a dietary manager's position became available at Long View Nursing Home in Manchester. I was hired on July 4, 1981. I completed my certification course. I took the exam and passed on the first try.**

**A few years later the Baltimore City Community College was offering the dietetic technician course. I decided to take that since I was interested in doing nutritional assessment, care plans and anything else that went along with that. I graduated with an AA degree in Dietetics and became registered as a DTR.**

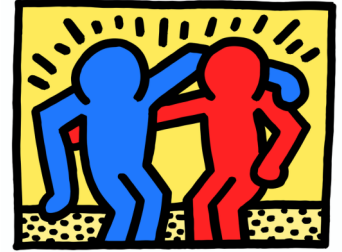
**After 36 years at Long View I was ready to retire. So I did retire in the fall of 2017. Since my retirement I volunteer at Westminster Town Mall at Rita's Closet where people can bring in their gently worn prom and wedding dresses and resell them for a very reasonable price. The money then goes to scholarships for Carroll County High School Students. I have been doing this for 4 years.**

**I became involved in ANFP (which was HEIFFS when I joined) after I received my certification for Dietary Managers. I have held several positions in the last 40 plus years. I was State and District President several times receiving the State Achievement award each time. I was President-Elect, Secretary, programs chairperson, public relations and newsletter editor and have served on many committees. I currently hold the public relation position. I help with the registration of the workshops. I do enjoy having this position.**

**I encourage everyone to get involved in ANFP at a state level.**

blessed  
thankful  
grateful

# National News



## YOUR PSYCHOLOGICAL PPE

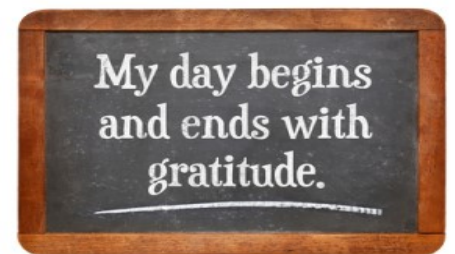
To Promote Mental Health and Well-Being

### Individual

- Take a day off and create space between work and home
- Avoid publicity and media coverage about COVID-19
- Receive mental health support during and after the crisis
- Facilitate opportunities to show gratitude
- Reframe negative experiences as positive and reclaim agency

### Team leader

- Limit staff time on site/shift
- Design clear roles and leadership
- Train managers to be aware of key risk factors and monitor for any signs of distress
- Make peer support services available to staff
- Pair workers together to serve as peer support in a buddy system



Institute of HealthCare Improvement

Maryland, Delaware, and D.C.

Association of Nutrition and Foodservice Professionals

COVID VIRTUAL WORKSHOP

May 18, and 20, 2021

5:30 to 8 EST each evening Live via ZOOM

Register via email to receive ZOOM link

[bhollingsworth55@icloud.com](mailto:bhollingsworth55@icloud.com)

## Tuesday May 18, 2021

**5:30pm – 5:45pm Gathering Time:** Sign on to the ZOOM link you will be provided at registration. As host lets you in begin to Chat with fellow participants as we gather for the Workshop to begin.  
[Enter your name and State in chat for attendance purposes](#)

**5:45pm – 6:00pm Welcome and Introductions:** [Robert McKeon CEC, CDM, CFPP, President Maryland, Delaware, DC ANFP](#) will explain the format of our meeting and introduce tonight's presenters.

**6:00pm – 7:00pm: CHECKING ALL THE BOXES? WHAT YOU FORGOT IN YOUR DISASTER PLAN MENU** Don't let your disaster plan be your next disaster! It is important to maintain patient health and safety 100% of the time. If 20% of planning prepares for 80% of possible emergencies, what happens when the other 20% occurs? Healthcare facilities depend on Food and Nutrition Services for uninterrupted nutritionally adequate meals. During this session, Renee Kowal, RDN, will review the CMS Disaster Rule, discuss the food service-related Emergency Preparedness tags, low and high probability events, practical disaster preparedness plans and resources. **Renee Kowal RDN, Regional Sales Director MEALS FOR ALL (1 sanitation hour)**

**7:00pm – 8:00pm BUSINESS AFTER COVID:** Learn what is important from a Health Inspector Surveyors perspective at the current stage of COVID-19, You will have an edge to be current and be ahead of the curve when being inspected, Learn what now takes priority from a food safety and food preparedness point of view

– Chef Robert McKeon, CEC, CDM, CFPP, [www.FoodSafetyChef.com](http://www.FoodSafetyChef.com) **(1 sanitation hour)**

## **Thursday May 20, 2021**

**5:30pm – 5:45pm Gathering Time:** Sign on to the ZOOM link you will be provided at registration. As host lets you in begin to Chat with fellow participants as we gather for the Workshop to begin Enter your name and State in chat for attendance purposes

**5:45pm – 6:00pm Welcome and Introductions:** Robert McKeon CEC, CDM, CFPP, President Maryland, Delaware, DC ANFP will explain the format of our meeting and introduce tonight's presenters.

**6:00pm - 7:00pm - THE DOMINO EFFECT COMING OUT OF A GLOBAL PANDEMIC ON FOODSERVICE PROVIDERS** This session will examine Supply Chain's (manufacturing and distribution) concerns at the beginning of the pandemic, Actions taken to mitigate the negative impact of the pandemic on the supply chain (how did manufacturing and distribution change which impacts us today). Supply chain; s struggle with reopening (Market Recovery) and the impact on foodservice providers both short and long term. . -. **Lisa Jones, Sales Consultant, Sysco Capital Region (1 General hour)**

**7:00pm - 8:00pm THE FUTURE OF FOOD & SERVICE IN SENIOR COMMUNITIES** - Learn how Employee Engagement improves Foodservice through training, how to create a revenue center for your community, and Understanding the importance of a hospitality based foodservice program. -. **GREGORY P. GORGONE, CDM, CFPP, FMP, Co-Founder, Pineapple Academy (1 General hour)**

**8:00 EVALUATION, SELF REPORTING & CERTIFICATES will be emailed.**

**YOU MUST RETURN AN EVALUATION FORM TO RECEIVE YOUR CERTIFICATE**

**ALL PROGRAMS ARE EST**

**Due to space on our Zoom link registration is limited to the first 100 So register early**

Program SUBJECT TO CHANGE

Registration for ZOOM event is complementary (free) for Maryland, Delaware, DC, ANFP

\$10.00 for all other chapters (mail check payable to MD ANFP to Bonnie Hollingsworth, 54 Carroll Street, Westminster MD, 21157 ) or Call Bonnie with credit card 443-789 - 4461

Send to Bonnie Hollingsworth at bhollingsworth55@icloud.com

Name, \_\_\_\_\_ Membership Number \_\_\_\_\_

Facility \_\_\_\_\_ State Chapter \_\_\_\_\_

your phone number \_\_\_\_\_

Email address you will be using to attend event \_\_\_\_\_

This address will be used to send you ZOOM link, evaluation form, and attendance certificates.

Registering for (check all that apply)

Tue 5/18 \_\_\_\_\_ Thru 5/20 \_\_\_\_\_

**4 CEU's provided : 2 General**  
**2 Sanitation**  
**4 Total**

**Anyone wishing may still donate for this years' service projects. Just send a check made payable to MARYLAND ANFP**

### 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.

GIFT BAG DONATIONS – Funds donated will be used to purchase toiletries and cold weather items (socks, scarves, hats, gloves) that we normally donate to those needing shelter this time of year.

Donations can be sent to: MD ANFP c/o Bonna Brown, 15507 National Pike, Hagerstown, MD 21740.

Please indicate which project you wish to support.

A donation of \$9.00 will mail 1 shoebox.



# MD, DC and Delaware



## Welcomes Its New Members

Tiffany Brown	Keedysville, MD
Tammy Click	Frederick, MD
Richard labrake	Dover, DE
Kevin McKinnon	Timonium, MD
Emeric Olah	Columbia, MD
Joshua Swift	Newark, DE
Manouchca Elie	Silver Spring, MD

Christie Baysinger	Middletown, DE
Sean Jones	Hyattsville, MD
Ashley Wertman	Maugansville, MD
Johnny Castillo	Rockville, MD
Kyrstin Lovegren	Taneytown, MD
Amanda Palmer	Parkville, MD
David Ramsey	Hagerstown, MD
Theresa Shinn	San Antonio, T
Heather Wilde	Edgewater, MD



## ANFP 2021 Annual Conference & Expo June 28-June 30, 2021



We invite you to join us June 28-30, 2021 at our Annual Conference & Expo at the Renaissance Orlando at SeaWorld® in Orlando, FL, for our 2021 Annual Conference & Expo.

**ANFP is aware of and following CDC guidelines and resources for live event gatherings and will implement state and local health department recommendations. ANFP and the Renaissance Orlando hotel are committed to following all CDC and local health department guidelines to provide a safe and engaging meeting experience for attendees.**

## 2021 Regional Meeting Toledo, OH



**The safety of our members and attendees always comes first — we are continuing to closely monitor the COVID-19 situation, but we are hopeful that we will be able to meet again in person in 2021.**

Our upcoming Regional Meeting in Toledo, OH will provide top-notch education at an affordable and convenient location. At this meeting, you will have the opportunity to discover new techniques to face foodservice challenges, strengthen your leadership skills, and nurture your credential.

The smaller size of ANFP Regional Meetings will allow you to have a more personalized learning experience along with special networking opportunities and interaction with vendors. This Regional Meeting will take place over two days and offer up to 13 CE hours, making it the perfect option for those looking to earn CE quickly and conveniently.

*Schedules and speakers may change without notice.*

Check back soon for additional information!

Renaissance Toledo Downtown Hotel

444 N. Summit Street

Toledo, OH 43604

(419) 244.2444

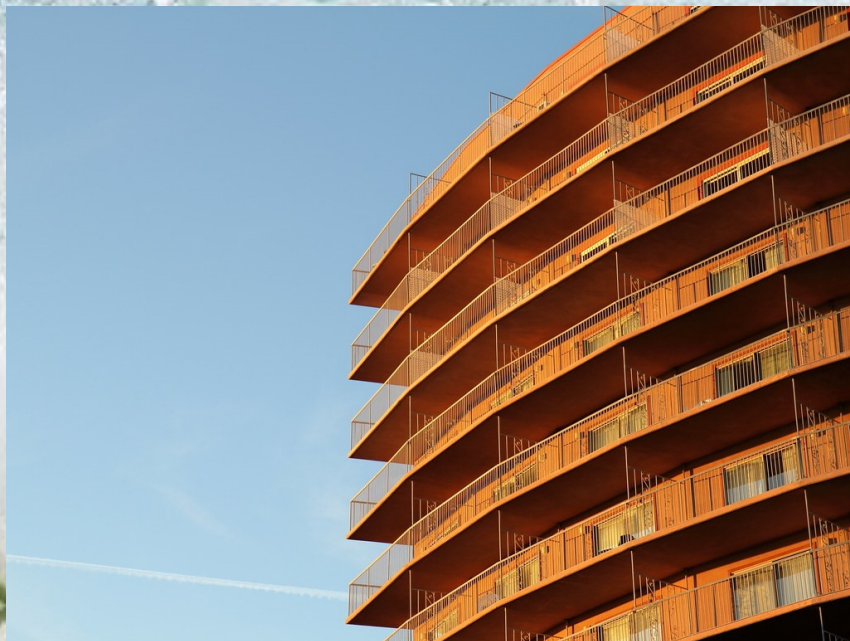
# HAS YOUR EMAIL ADDRESS CHANGED?



**We don't want anyone to miss out on all of the wonderful information provided about our great ANFP organization both locally and nationally. Please contact ANFP at headquarters to update your contact information.**



**Save the Dates!!!!**  
**October 3rd, 4th, 5th**  
**25th Work Shop**  
**By the Sea**  
**in**  
**Ocean City, MD**



**Looking for  
Volunteers!!!!!!**

**Follow us on  
Facebook!  
Anfp Mddedc**

The **Maryland, Delaware, & DC Chapter of ANFP** is an affiliate of the national not-for-profit association. ANFP was established in 1960 that today has over 14,000 professionals dedicated to the mission of providing optimum nutritional care through foodservice management.

**Vision** -The Certified Dietary Manager is the cornerstone of the collaborative Dietetics profession.

**Mission** - Position the Certified Dietary Manager as the expert in foodservice management and food safety.

We are on the web!  
[www.anfpmdcc.org](http://www.anfpmdcc.org)

## **Do You Know Our Officers?**

**Chef Robert – President -**  
[chefrobert1966@hotmail.com](mailto:chefrobert1966@hotmail.com)

**Patrick Dellinger–President Elect**  
[pdellinger@hmwd.org](mailto:pdellinger@hmwd.org)

**Debi Canfield– Secretary**  
[dcanfield@cedarridge.org](mailto:dcanfield@cedarridge.org)

**Bonna Brown - Treasurer** [bjbrown4762@gmail.com](mailto:bjbrown4762@gmail.com)

**Doug Crowl– Immediate Past President-**[dougC5256@gmail.com](mailto:dougC5256@gmail.com)

