

**Maryland, Delaware, DC ANFP**  
2024 Spring Workshop  
Tuesday, May 7, 2024, 8:30am - 4:30pm  
**Asbury Methodist Village**  
409 Russel Ave, Gaithersburg, Maryland 20877  
Rosborough Wellness and Art Center

**Program start time: 8:15 am. Please come early to sign in and get settled.**

**Please consider donating to our causes: Rita's Closet and The Samaritan's Purse, Operation Christmas Child, information on the last page of this agenda.**

**Please donate your dented-cans, dead-stock, expired or dry non-perishables items to the Little Food Pantry for the needy. Small steps make a big difference to others.**

**7:45 am – 8:15 am Registration**

Sign in for today's Workshop, Enjoy the Breakfast and Beverages, provided by Sodexo, Smucker's, Bake n'Joy, Fieldstone Bakery, Moon-Pie, General Mills and Asbury Village.

**8:15 am – 8:30 am Welcome**

Pledge of Allegiance by our Honor Guard and Master Sargent Everett Reed, USMC, Retired. Introductions and Workshop Overview and Welcome First Timers.  
Chef Robert McKeon CDM, CFPP, Maryland, Delaware, DC Chapter President

**8:30 am – 9:00 am Life as a Healthcare Administrator**

This session we will learn about how current day Administrators and Executive Directors manage the day-to-day operations in large senior living communities.

***Michele Potter, Executive Director of Asbury Methodist Village***

*(.5 General Credit)*

**9:00 am – 10:00 am Brain Health for Seniors**

As we age our brain requires many unique stimuli to keep us thinking. We will understand aging and brain health and its cognitive decline. We will go into interventions and lifestyle modification to keep our mind healthy.

***Simone Brock MBA, OTA/L, ALM, CDP, Associate Executive Director of Residential Living***

*(1 General Credit)*

**Available All Day - Coffee & Beverage Break** Thank you Smucker's, Bake n'Joy

**10:00 am – 11:00 Noon How Gratitude Re-Wires the Brain**

This session we will learn how a state of the art and pioneer of brain and mental health for seniors are being conducted: their challenges and their milestones in senior health.

***Pru Bushnell, Resident and In-Patient of the Wellness Program at Asbury Village***

*(1 General Credit)*

**11:00 am – 12:00 Noon Sanitizing Your Operation**

You need the correct chemical product for each sanitation task. This session will provide information and training of proper chemical use for foodservice in healthcare facilities.

***Mark Witts, Sales and Territory Manager, Sani-Professional SaniPRO Incorporation***

(1 Sanitation Credit)

**12:00 Noon – 12:15 pm Lunch**

Please enjoy your working lunch provided by our sponsor of today's program, Sodexo Food Service. Please get your lunch and return to your seats while we continue the workshop.

**12:15 pm – 12:45 pm Why We Partner with Reputable Vendors**

This session we will hear from our vendors and why they hold the answers to what we are looking for to make us successful.

***Our Vendors:***

***Brenda Thomas, General Mills***

***Bob Przywieczerski, Smucker's/Folgers Coffee***

***Pete Panagiotatos, McKee Bakery***

***Mark Witts, SaniPRO***

(.5 General Credit)

**12:45 pm – 1:45 pm How to Become a Supplement Free Facility**

This session we will see improvements in pureed foods and how they pertain to IDSSI. Discover new products to make our lives easier for our residents with restricted diets.

***Flora Kessler RD and Jeff Whary CDM, CFPP***

(1 General Credit)

**PM Snack - Snacks & Beverage Break** Thank you Fieldstone and Moon Pie

**1:45 pm – 3:45 pm Dementia Man, An Existential Journey**

Our Keynote Speaker. This is an award-winning autobiographical story of a man who faces his diagnosis of Alzheimer's disease. In this theatrical piece, Simon takes the stage as a man facing his cognitive decline and asks the hard questions of what to do next in the face of what he calls "an existential journey." It is a peek into the head and heart of the struggle with a broken medical system and a personal and family challenge.

***Sam Simon, Esq, Broadway Actor and Attorney***

(2 General Credits)

**3:45 pm Induction of our new Chapter President, Patrick Dellinger**

Please congratulate and welcome Patrick, our new chapter President!

**3:45 pm – 4:45 pm Delegate and Celebrate!**

We will learn the importance of delegating as directors and the importance for not only our sanity, but for the betterment of our staff. Special guest appearance of the Jester.

***Robert McKeon – President of the MD/DE/DC ANFP and operator of FoodSafetyChef.com, for educational and certification needs***

(1 General Credit)

**4:45 pm – 5:00 pm Closing**

Evaluation and Certificate Distribution, Thank You for your support to the chapter and being a part of and supporting our Workshop! You make the difference

**Robert McKeon**, President  
**Bonnie Holligsworth**, Treasurer  
**Jeff Whary**, Director of Education  
**Greg Vink**, Director at Large  
**Steve Plaster**, Director at Large

**Patrick Dellinger**, President Elect, new President 6/2024  
**Debi Canfield**, Secretary  
**John Dankulich**, Director of New Members  
**Dawn Chisholm**, Director of Hospitality  
**Dr. Kyrese Johnson**, Newsletter Editor: The Crab-Chatter

**5 pm – 6 pm (Optional +1 CE) Don't be Bored with our Board?**

Sit in on what we call: Where the Magic Happens! Join in on an actual state chapter board meeting. See what we do to make this and all of our workshops a huge success! See what you can offer and how little parts make a HUGE difference 😊

**Robert McKeon – President of the MD/DE/DC ANFP and operator of FoodSafetyChef.com**

(1+ General Credit, Optional)

**Total CEU's is 8 (+1 Optional) total: 7 (+1 Optional) General, 1 Sanitation**

A big THANK YOU to you all our volunteers to make this workshop a Success!!  
We could not do this program without you! Thank a volunteer Today!

Seats are limited so please register as soon as you can to secure your spot to attend. Last year we did sell out and unfortunately many were not able to attend. You are NOT registered until payment is made. Due to rising costs and finalizing this workshop, please understand there will be no refunds. Cost of the program covers a special chapter gift, all food and beverage and cost for the speakers who provide valuable information to us.

Please see attached registration form to sign up for this workshop.

**SAVE THE DATE! 2024 Fall Workshop in Ocean City: Workshop by the Sea**

MD-DE-DC ANFP, our 28th Workshop by the Sea: October 6, 7 & 8, 2024 at The Grand Hotel, Ocean City, Maryland. This year is planned on being the best so far! We have 28 years of experience to give you a great time for knowledge, networking and relaxing by the ocean!

## **Please consider to donate;**

Below are the charities our chapter supports. Please either donate monetarily or with items to these charitable causes. Your Partnership with these non-profit charities makes a difference to others lives!

### **Rita's Closet**

A non-profit organization providing formal and nice clothing and jewelry at a discounted price, located in Westminster, Maryland. At the age of 16, Rita tragically lost her life in an automobile accident on the way home from purchasing her prom dress. In her reembrace, Rita's parents started this non-profit formal dress store in her honor, giving scholarships to local high schools. Rita's is always selling formal dresses from proms, weddings and all special occasions. Rita's also specializes in shoes, purses, scarves, jewelry, bowties and men's tuxedos. Please fill up an Amazon box with your gently used or new formal clothing and jewelry that you wish to donate and bring to the conference for this very special cause. Tell your friends, co-workers and neighbors to go through their items to donate too!

### **Samaritan's Purse - Service Project**

Operation Christmas Child is directed towards 3<sup>rd</sup> world needy children all over the world. An ordinary shoe box wrapped and fill with items for children age 2-14 both girls and boys, becomes the most precious thing they have ever received. Any gift, weather it is small children's items to put into a shoe box or monitory, no matter the amount would be greatly appreciated. Bonna filled 620 shoe boxes from Evangel Baptist Church and a total of 11.3 million more shoe boxes worldwide were shipped out to the Philippines and Namibia last year! What a difference you can make for this wonderful cause to put a smile on a needy child's face.

A donation of \$10.00 will mail 1 shoebox to a needy child. If you are not able to attend the workshop you can still donate and make a difference: 620 Evangel Baptist Church. Please consider making a donation:

Bonna Brown, Samaritan's Purse, 15507 National Pike, Hagerstown, MD 21740

### **Little Free Pantry**

The pantry provides food to anyone in need. The pantry is always open and works on an anonymous give-and-take system. Anyone needing food may take as much as needed, whenever who is in need. This is a good time to empty your dented and expired cans!

### **Homeless Shelter Winter Supplies**

Maryland Lyons Club and Casa De Maryland. Many are in need of winter coats, jackets, gloves, hats and scarves. Please go through your closets, attic and basement and consider donating your unused and no longer needed winter items. So many are in need, including children for the basic essentials to keep warm during the winter months. A little goes a long way to someone in need.