



SADDLE UP FOR MYRTLE BEACH, SC, ON October 20-22-2021!



**SC/NCANFP are ready!
Let's get BACK IN THE SADDLE AGAIN!
GIDDY UP and go to Myrtle Beach, SC, for the Fall Conference, October 20-22-2021. Enjoy an Ultimate Beach Hoedown in all your Western Gear on Thursday night, the 21st.**

The SC ANFP Board has carefully reviewed comments and suggestions from past conferences. We are planning on offering expanded snacks and food options. We have a budget and have tried to keep conference prices affordable for all members. It is our expectation that you will enjoy this experience. We are so looking forward to getting back face-to-face for comradery, networking and re-connecting with each of you!



Why do people constantly return to the refrigerator with hopes that something new to eat will have materialized???

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TARHEEL TATTLER

September, 2021, Wanda M. Dickson, CDM, CFPP, Editor

Conference Date: October 20—22, 2021

DoubleTree Resort by Hilton, Myrtle Beach Oceanfront

3200 South Ocean Boulevard

Myrtle Beach, South Carolina 29577

843-315-7100



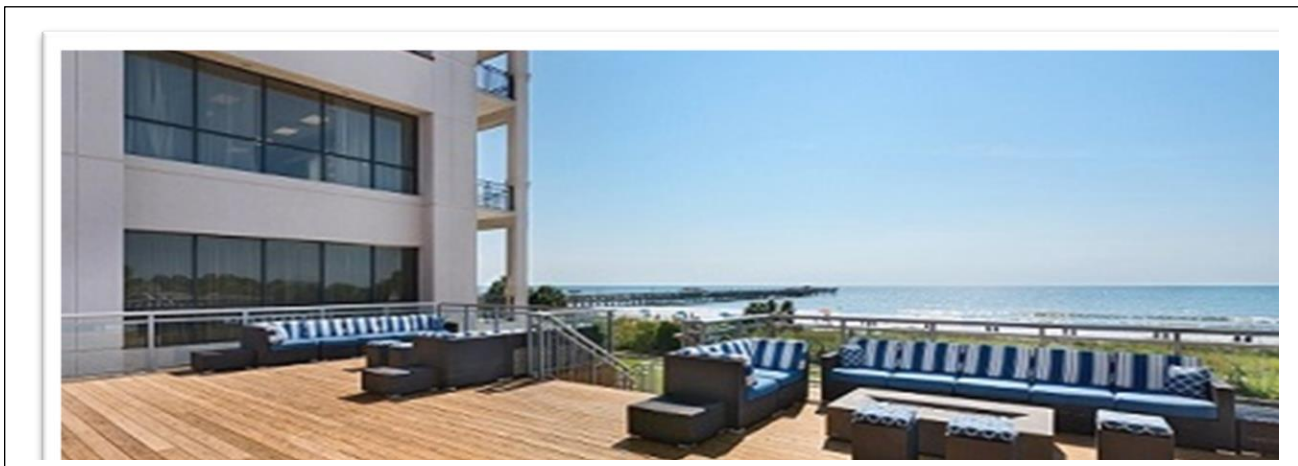
GET BACK IN THE SADDLE

HOWDY! The SC ANFP is proud to produce this fall's learning conference. It is sure to be a great time as we come back together. Learning, networking, visiting and just plain fun are on the menu. We have worked very hard to put together a unique and varied learning experience for everyone. We are all tired from this past year and are ready to get "Back in the Saddle!", aren't you? GIDDY UP!

The cost for attendance for all 3-days is \$150.00 for members and \$125.00 for students and retirees. Please register with Jeri Talon, 2632 Echo Woods Drive, Hartsville, SC 29550, 803-299-5682 or Diana Trout, 1295 Cedar Pine Lake Rd., Lancaster, SC 29720, 803-984-8361, dld625@yahoo.com

Make your hotel reservations by September 24th to get the discounted rate. We have been offered very attractive room rates considering all this resort has to offer. \$134 per night plus a discounted resort fee of \$12 per day & tax. Book early!

<https://tinyurl.com/3exfs4df>_____2CHILTONLINK%2CEN%2CDirectLink



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PROGRAM AGENDA

Wednesday, October 20, 2021

- 11:00am – 12:00pm – Registration
- 12:00pm – 12:15pm – President’s Welcome
- 12:15pm – 1:45pm – Barbara Thomsen- Front of the House, Keeping Food Safe at Entry Level 1.5 San
- 1:45pm – 2:45pm – Dawn Loftin–
Interviewing Techniques 1.0 Gen
- 2:45pm – 3:00pm – Break
- 3:00pm – 4:00pm – Barbara Thomsen- Resident Rights, did you know, I CAN SAY NO! 1.0 Gen
- 4:00pm – 5:00pm – Cindy Cyeswski-Nutrition and Gut Health 1.0 Gen
- 6:00pm – 7:00pm – Welcome Get-together (light hors ‘d oeuvres and cash bar)

Thursday October 21, 2021

- 8:00am – 8:45am – Registration
- 8:45am – 9:00am – President’s Welcome
- 9:00am – 10:00am – Sherri Conde-Customer Service and Working Together 1.0 Gen
- 10:00am – 11:00am – Renee Spence-
Didn’t See That Coming, Ethics, HC and a Global Pandemic 1.0 Ethics
- 11:00am – 12:00pm – Edna Cox Rice- The Best Defense is a Good Documentation Offense 1.0 Gen
- 12:00pm – 1:30pm – Trade Show/Vendor Appreciation 1.5 FS
- 1:30pm – 3:00pm – Katina Roseborough- DHEC Top Survey Citations 2021 1.5 San
- 3:00pm – 3:15pm – Break
- 3:15pm – 4:15pm – Performance Foodservice presents Bionca Lindsey- Diversity, Equity, & Inclusion 1.0 Ethics
- 4:15pm – 5:15pm – State Chapter Meeting
- 6:15pm – 10:00pm – Hoedown-Food, Cash Bar & Music. Western attire encouraged!

Back in the Saddle: The Ultimate Beach Hoedown!



ATTENTION!!!!

During the Hoedown, we will have a very special auction. Please help our causes by bringing your items! Proceeds benefit the Bob Sloan Fund. We will also be doing a 50/50 auction daily. Proceeds will help offset conference costs.

Get out your Western Duds for this Hoedown and bring your “treasures” you don’t want for the auction!



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Friday October 22, 2021

8:00am – 8:45am – Registration

8:45am – 9:00am – Presidents Welcome

9:00am – 10:00am – Travis Johnson-

Harvard University Student, Encouragement and Inspiration 1.0 Gen

10:00am – 12:00am – Rick Schmitt -SC/NC Iron Chef 2.0 Gen

12:00pm – 12:30pm – Wrap up, announcements

HIGHLIGHTS FROM THE SPRING CONFERENCE

ANFP North Carolina entertained the first educational and networking conference since the Covid outbreak in June, 2021. It was held at the beautiful Harrah’s Cherokee Casino Resort in Cherokee, NC. It allowed members from both North and South Carolina to once again meet and greet each other in person!! South Carolina President, Rick Schmitt, CDM, CFPP, was one of several speakers. **He explained providing good customer service** is one of the most important skills that sets our business apart from others. It includes helping customers efficiently and in a friendly manner from purchasing items to serving on a plate.

Chef Rick’s session followed “Ethics in the Workplace” by Omar Humes, CDM, CFPP, NC ANFP Past President, explaining **the importance of best behavior and ethics in the workplace**. These learned traits must go together to produce the best environment for our customers and employees.

A very timely topic discussed at Round Tables was “**Resilience**” led by Ryan Himan, CDM, CFPP. Improving self-awareness, recognizing stress and burn-out in the management of our profession were items covered. Everyone has needed all the **resilience** they could muster to cope with the past year of the Pandemic.

Dawn Loftin, CDM, CFPP, SC ANFP, spoke on **the benefits of yoga relaxation techniques, especially in the workplace**. Dawn is a woman of many talents as she also exhibited at the conference for Ada Valley Meat Company.

Joseph Burdette, NC ANFP President, **welcomed everyone to imbibe in the hot delicious buffet breakfast served by Harrah’s top chef** Friday morning before the start of the final day’s seminar sessions at the **NC/SC Back Together Again** Spring Conference.

Can you believe, SC ANFP President, Chef Rick Schmitt, actually lost the Iron Chef Cake Decorating Contest this time??

He was most unhappy!!
We must give him credit



Oh, woe, he finished last! He is a very good chef though.
for his cooking skills and plate presentation!



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From the Desk of the President



Hello Everyone,

I hope this finds you healthy and in good spirits. It was good to see the ones of you who were at the Spring Conference in Cherokee, NC. We had a wonderful time, and I would like to thank Omar Humes for his continued support in setting up our state meetings for us. We will have a joint fall conference with South Carolina in Myrtle Beach, SC. I hope to see many more of you there Let's have a big attendance from our North Carolina Chapter.

If you have a change of address, email address or phone number, please update your information on the ANFP website at www.anfponline.org. There is a ton of resources and training opportunities on the site as well. This is where you will log your CEU credits also.

Our own Omar Humes was installed at ACE in June as National Chairman of the Board. If you see Omar, congratulate him on this milestone in his ANFP career. You could email or call him as well. National ANFP is holding "Chats with the Chairman" as an opportunity for members to have concerns discussed. Send your questions or concerns to me or another officer of our chapter.

With the cases of covid spiking across the country, it is difficult to see us lose some of the liberties we enjoyed while numbers were down. Please be strong and diligent as increasing the numbers of vaccinated residents and staff continues. We stopped guests from coming into the common areas on the independent side and limit visitors to healthcare. **Thank you, for all of the sacrifices you have made for your residents and staff. You have been the backbone of Dining Services.** Without you, many programs would have been sorely missing the components needed for success.

Thank you to my fellow board members who have aided our chapter through the tough times this year. The board is looking at technology that will help with your CEU needs. As we look toward the end of the year, I would like to ask for help with ideas for our diamond service award project. Some ideas are building gift baskets for a property that has residents with a need for extra help with basic necessities or building bicycles for deserving youth. There are no bad ideas, and I am asking for your feedback on which project we choose.

Thank all of you again for your continued support and all that you do; email or call a board member if you would like to volunteer to help the chapter in the coming year. It's a small investment in time that has an enormous payback in satisfaction. Make a difference in our state! This keeps our chapter vital and thriving. I look forward to seeing you at the fall meeting where wearing masks and keeping our distance is nothing new; we have become proficient at both.

I'll see you soon.

Joseph Burdette, CDM, CFPP, NC ANFP President



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Hello Fellow NC ANFP members.

I know these are troubling times, especially for those providing nutrition and healthcare services. **Some have expressed a desire to jump ship and find another place to work.** I implore you to use your head instead of your emotions if this is something you are thinking about. Weigh carefully the well-known situation you have now against another opportunity where all the facts aren't known. This might not be the right time for drastic change.

I do have one suggestion: Invite your administrator to an afternoon departmental meeting. Let him/ her know who your staff are and how hard they are working. Serve a special dessert for them. Let this occasion be a small reward for your staff. Afterward, you might meet with the Administrator. Due to everyone's hard work, ask for any raises you think are appropriate—specifically for those employees you really can't do without. Don't ask for yourself, ask for them. If raises can't be given, take a reason back to the staff; so they know you tried. If they know you appreciate them, they will work even harder.

When those of us who are retired hear of the daily troubles of our fellow members, it is troubling to us that we cannot lift some of the burdens off of you. With this in mind, I hope you will stop your extremely busy life for a few minutes to read the poem I wrote for you. I hope there is some encouragement in it for someone.

Masked Up, Take Heart

By JoyceAnn Jones BA, CDM, CFPP, ME (retired)

It's well known that times are rough,
But you've proved you are tough.
You are now in round two,
Know well that you will get through.

There will always be things to fight—
Hours too many, salaries too low.
You and I know it's not right,
But now might not be the time to go.

Be thankful you're here for this round,
For we know fewer alive are found.
You have an opportunity to serve.
Do it with love and renewed nerve.

So, learn from what you did before,
Fix and clean it all just so.
You really can't do much more.
Mask up and give it another go.



We are supporting you!





STATE DIRECTORY

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Position unfilled at present

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Webmaster

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Hospitality

Position is unfilled at present

Historian

Position unfilled at present

Newsletter /Awards

Wanda M. Dickson, CDM, CFPP
See nominating/tellers for information)

Membership

Joseph Burdette, CDM, CFPP
See President for information)

Partners Liason/Advisor

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**Need help or have a
Question: call, text or email
an officer or committee
chairman.**