



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 or drkyrese@gmail.com

The editor reserves the right to edit, condense or postpone articles sub-

Inside this issue:

Message from Patrick	1
Message from Chef Robert	2
Registration for workshop	5
Workshop Agenda	8
Debi has retired	16
Award for Sherri Conde	17
New Members	20

Crab Chatter



Late Summer Edition

Hello ANFP members!

First of all I would like to welcome our new members to the chapter. We have been busy getting ready for our annual Workshop by the Sea on October 6th, 7th and 8th. Please check this newsletter for registration and hotel information. We are always looking for volunteers to help not only with the workshops but to help out the chapter as a whole. We have some great speakers lined up and other fun things to do! We still have some space available so register soon! I would love to see you there!

As summer comes to a close and school is starting soon, I would like to wish all of you a great year as we continue to provide the best service to our patients, clients, customers.

Regards,

Patrick

Chapter President



THANK YOU

A special thank you to Chef Robert for the years he served as our chapter president. He brought lots of fun, love and laughter. Thankfully, he will still be active in the chapter as a mentor to future officers. His work has not gone unnoticed.



Past-President's Message Spring 2024

Well it is official, I am now your "Past" President. Please congratulate Patrick Dellinger our new MD/DE/DC ANFP President, as of June 1, 2024!

It was a pleasure to serve you as president these past 6 years, and how does time fly. It is now time to pass the touch to Patrick, please give him your support and love as you did to me.

ANFP Nationals gave our chapter a special award for being a state chapter for 55 Years.

I hope everyone had a Happy Mother's Day. Mother's day in senior living is probably the most important day and I know each of you made it special and memorable to your residents.

Save the date for our next upcoming event in October, 2024: Our 28 th Workshop by the sea, in Ocean City will be Sunday, Monday and Tuesday, October 6, 7 th and 8th. Mark you calendars and come: network, education and fun! I have many great speakers attending and planning on having at least 6 sanitation credits in the program to account for the increased sanitation credits required.

I would lastly like to give a special shout out to our volunteers who make all of this possible, it would never all happen without you.

Top 4 to keep you from not "Going Crazy" at your job....

1. Stick to Your Schedule: Though unexpected events or information are often at the heart of a bad day, having a schedule in place can keep you focused on your goals and direction.
2. Be Resilient (and Don't Take it Personally): Some days simply require a thicker skin. You might get turned away, turned down, told no—maybe even repeatedly. Refusing to quit isn't easy, but doing it can make a huge difference in reaching your goals.
3. Find Perspective: Bad days have a way of making it feel like the world is crashing down—in fact, it's been proven that troubling experiences affect us much more strongly than positive ones do.
4. Surround Yourself With Positivity: Positive work cultures are more productive. So if you're not getting good vibes from your team on a super challenging day, take a moment to remind yourself that setting the tone is your job too.

To End: Thank you for all you do, everyday, day-in and day-out making a difference in the lives for so many.

Robert McKeon, Past-President of the MD/DE/DC ANFP Chapter



Save the date

October 6th, 7th, 8th, 2024

Work Shop

By the Sea

The Grand Hotel

Ocean City, MD

**Have you registered yet?? See the next
page for registration information**





REGISTRATION FORM

MD/DE/DC ANFP 28TH ANNUAL WORKSHOP BY THE SEA
 OCTOBER 6-8, 2024
 The Grand Hotel and Spa, Ocean City, Md

Name: _____ **Cert #:** _____

Circle: First timer to this workshop: YES NO

Home Address: _____ **City:** _____

State: _____ **Zip:** _____

Facility of Employment: _____

Work Address: _____ **City:** _____

State: _____ **Zip:** _____

Home Email: _____ **Work Email:** _____

Work Phone Number: _____ **Cell Phone Number:** _____

Workshop Costs:

Cost for 3-day workshop, October 6, 7 and 8: \$275

Cost for Sunday Only: October 6: \$70

Cost for Monday Only: October 7: \$170

Cost for Tuesday Only: October 8: \$100

Non-Members/Guest/Students for 3-day conference: \$175.00 (no CEU's will be given)

Not staying the entire day? Cost is \$25.00 per CEU

Optional Items:

Join us for Dinner BLU Crab Shack, 3 blocks from Hotel: Yes: how many: _____ You pay for yourself at the restaurant, we just need a head-count to let the restaurant know how many to set the room for.

Breakfast you are on your own, there are many options on site at the hotel including the Boardwalk Café and the Terrace Restaurant 6th Floor.

Monday Pizza Lunch is included in registration: \$25.00 per Guest

ServSafe Exam: \$115 by cash/credit, \$120 by credit card Pay Instructor (receipt will be given)

Please put information below:

Breakfast you are on your own, there are many options on site at the hotel including the Boardwalk Café and the Terrace Restaurant 6th Floor.

Monday Pizza Lunch is included in registration: \$25.00 per Guest

ServSafe Exam: \$115 by cash/credit, \$120 by credit card Pay Instructor (receipt will be given)

Please put information below:

	Total amount:
Attending: Member _____	\$ _____
Guest Name _____	\$ _____
One Day Rate (\$25 Pay per CE's) _____	\$ _____
*Lunch Guest 10/2 (\$25) _____	\$ _____
GRAND TOTAL:	\$ _____

* No charge to members

Please consider to donate a door prize/auction item: Yes

Please consider to help to volunteer during the workshop: Yes

Credit card accepted by phone. There will be a **5% surcharge** for covering credit card fees.

Call Bonnie Hollingsworth at 443-789-4461 to pay by credit card

You may pay by check payable to: MD/DE/DC ANFP. **Mail check and registration form to:**

Bonnie Hollingsworth
54 Carroll Street
Westminster, Maryland 21157

You may e-mail the registration form to Bonnie at bhollingsworth55@icloud.com or send by mail at the above address.

Any questions call Bonnie at 443-789-4461

PLEASE NO REFUNDS AFTER September 28, 2024

Hotel rooms have been blocked at the following savings so register for rooms before September 15, 2024. A limited number of rooms are blocked at these discounted prices:

City View	\$85.00
Partial Ocean View	\$95.00
Ocean View	\$105.00

Call hotel at 410-289-6191 and tell front desk, use the code **FOOD 24** to get the discounted group rate.

Compare Hotel Prices: There are many hotels in walking distance of the Grand Hotel: www.Booking.com

Mark calendars for next year's fall workshop, 29th

Workshop by the Sea:

October 5 - 7, 2025





28th Workshop by the Sea

October 6, 7 and 8, 2024

Grand Hotel and Spa, 2100 N. Baltimore Street

Ocean City, Maryland 21842

(800) 447-6779

Sunday, October 6, 2024

10:00 am - 2:00 pm Workshop set-up. Any and all assistance is greatly appreciated!

We will start set-up Sunday starting at 10:00 am and will have lunch for all volunteers who assist 😊! We are a fun group; we always would love to see you!

Auction: SOLD! Please donate an auction item or bring items for a door prize. It can be something from your home or extra stuff laying around at work you don't know what to do with and is taking up space! All auction items will have a "Buy-IT-NOW" option where if like the price, bring it to the front to purchase it and its yours!

Rita's Closet (See attached info at the end of this program. Bonnie Hollingsworth, our Treasurer and Program Chair will speak about this special charity. Make a donation or any purchase at her booth and you will be eligible for a special drawing)

"Operation Christmas Child/Samaritan's Purse" (See attached info at the end of this program. Bonna Brown, our Past Treasurer is our representative on the Mid-Atlantic Region for this charity. \$10 donation will secure a shoe-box to 1 needy child and get a free Maryland Crab Sticker: eligible for a prize)

"Homeless Shelter" Please bring your donations for winter items: Coats, Hats, Gloves, Scarves, Socks, Individual Toiletries etc., to help the less-fortunate have a warm winter. Last year with our help, the organization received over 4,000 winter jackets, yes, you do make a difference!

"Free Food Pantry" Please see if you have any food items to donate, expired or slightly dented cans are okay for those in need. A little goes a long way to someone that is hungry....

1:00 pm - 6:15 pm: Workshop Registration

Grand II- Please come over to the registration table and say hello to Bonnie and Debi, our **"Directors of First Impressions"** to check you in! Come get your registration packets, say hello and look over our auction items (Buy-it-Now option!)

2:00 pm - 3:00 pm: Importance of Security with Your Department and Community

Grand II- Matt Sherrif, Sheriff of Worcester County, MD (1 General hour)

2:00 pm - 3:00 pm: Importance of Security with Your Department and Community

Grand II- Matt Sherrif, Sheriff of Worcester County, MD (1 General hour)

3:00 pm - 4:00 pm: Cleaning Beyond Clean

Grand II- Sheri Conde, Corporate Director of Healthcare, Performance Food Group (1 Sanitation hour)

5:00 pm - 6:00 pm: CDM, Being the Best You Can Be

Grand II- John Herzog, Principal DM&A (1 General hour)

6:00 pm - 7:00 pm: Importance of Music

Grand II- Robert McKeon CDM, CFPP, Food Safety Chef (1 General hour)

Evaluations, Self-Reporting and Certificate Distribution: Please see Patrick, Debi, Kyrese or Bonnie for Days Certificate

6:30 pm - 9:00 pm: (OPTIONAL SOCIAL EVENT) Dinner at BLU Crab House Restaurant, 2305 Philadelphia Ave, Ocean City, MD 21842. 3 blocks short walk away from the hotel. Please let us know if you would like to attend so we can give the restaurant an accurate customer count. This is a great time to meet and greet everyone, make new connections and reacquaint past friendships. Each person will pay on-their-own.

Monday, October 7, 2024

6:30 am - 5:30 pm: Check-In and Workshop Registration

7:15 am - 7:30 am: Welcome, Pledge of Allegiance by our Honor Guard and Master Sargent Everett Reed, USMC, Retired (Sorry, no sleeping in!)

Grand II- Patrick Dellinger CDM, CFPP MD/DE/DC ANFP Chapter President

7:30 am - 8:00 am: 50+ Years as an Administrator

Grand II- Denny Dennis, Health Care Administrator (.5 General hour)

8:00 am Recognitions and Awards

CDM and Administrator of the Year along with other recognition awards will be announced including First Timers to the workshop.

Coffee and Beverage Break (Coffee donated by Smucker's Coffee, Muffins donated by Bake'n Joy Bakeries)

8:00 am - 8:30 am: Moving-On from Senior Care

Grand II- Ezra Countiss CDM, CFPP, AKA Santa Claus (.5 General hour)

8:30 am - 9:30 am: Modified Diets, Dining with Dignity: Training and Controlling Costs

Grand II- Timothy Davis, Chef and Key Contributor: Hormel Health Labs (1 General hour)

9:30 am - 11:00 am: Centering Yourself: Meditation and Stretching

Grand Hotel Boardwalk- Lora O'Neill, Yoga Instructor (1.5 General hour)

11:00 am - 12:00 noon: Why Our Vendors Make a Difference

J&J Snack Food: Mimi Ford, **EMR:** Emily Martin, **Sani Professionals:** Mark Witts, **Performance Food Group (PFG):** Sheri Conde: **Core Food Service:** DJ Bowman: **DM&A,** John Herzog.

Grand II- (1 General hour)

12:00 noon - 1:30 pm: Introductions and Presentations by our Vendors; Vendor of the Year Award, Expo, Vendor Show and Pizza Lunch Buffet.

Visit with our Exhibitors/Partners and see and sample the newest products, services and equipment available. Visit each Vendor Table at the Expo to be entered for the BINGO door prize drawings at the end of the show. Luncheon will be available during the Expo. (Guest lunch tickets \$25.00)

Grand I- (1 Food-Show Hour)

Grand II- Lunch: Group A Lunch: 12:00 noon - 12:30 pm, Group B: 12:30 pm - 1:00 pm

1:20 pm - 1:30 pm: Door Prize Drawings, you must have your “BINGO” card completely filled out to get a prize, you must be present in EXPO Hall, Grand II to collect!

Grand II

1:30 pm - 2:30 pm: The Changing Dynamic of Ethics in Health Care Management

Grand II- Antoine Perez CDM, CFPP (1 Ethics hour)

2:30 pm - 4:00 pm: Optimize Your Purchasing Program

Grand II- Paul Schick and Sherri Conde (1.5 General hour)

Celebration Cake: 55 Years as a Chapter!

Learn about your chapters accomplishments and the awards we have received from our education and outreach for the CDM, CFPP brand.

Grand II

4:00 pm – 5:00 pm: How to Manage Diabetes in Senior Living

Grand II- Julia Thorsen, RD (1 General hour)

5:00 pm - 6:00 pm: DE&I

Grand II- Dani Holland, Montgomery College Continued Education (1 General hour)

6:00 pm - 6:10 pm: Introduction to the Board and Committee Members

Evaluations, Self-Reporting and Certificate Distribution: Please see Patrick, Debi, Kyrese or Bonnie for Days Certificate

6:00 pm - 7:00 pm: Meet the Board and Committee Members, be part of our Mentor/Mentee program, Meet and Greet: Connect and Network

Use this opportunity to meet your fellow CDM's, network, and to get to know one another.

Epic Bar and Grill, The Grand Hotel, Lobby Level (Please Hang out a Bit and Say Hello!)

TUESDAY, OCTOBER 8, 2024

7:00 am – Check In and Workshop Registration

Complete ServSafe Food Protection Manager's Class presented by Author and Exam Committee Member/Writer (6 Sanitation CE's)

7:30 am - 9:00 am: Sanitation: The 5-Key Risk Factors

Grand II- [Robert McKeon CDM, CFPP](#) (1.5 Sanitation Hours)

9:00 am - 10:30 am: Sanitation: The 9-Steps in the Flow of Food

Grand II- Robert McKeon CDM, CFPP (1.5 Sanitation Hours)

10:30 am - 10:45 am: Coffee Break and Hotel Check Out

Hotel Check Out, you may put all luggage in the back of the ballroom if you like

Grand II

10:45 am – 12:15 pm: Sanitation: Your Food Safety Management System

Grand II- Robert McKeon CDM, CFPP (1.5 Sanitation Hours)

12:15 pm - 1:45 pm: Sanitation: All About Cleaning and Sanitizing

Evaluations, Self-Reporting and Certificate Distribution: Please see Patrick, Debi, Kyrese or Bonnie for Days Certificate

1:45 pm- 3:45 pm: ServSafe Exam (Optional) **(Cost for Exam: \$115** Cash, **\$120** Credit Card)

Grand II- Chef Robert McKeon CDM, CFPP (Optional, no CE given for 2-hour exam time)

4:00 pm: MD/DE/DC ANFP Board Supper Get Together (Optional: Open for all to attend. Come and meet our board and committee members. Curious how all this is put together? Come and see, tell us your thoughts, both pro/cons, we want to hear from you and Get Involved! 😊)

Location- Waterman's Seafood House: 12505 Ocean Gateway, Ocean City, MD 21842

20 CEU's applied for: Program is subject to change.

12 General

7 Sanitation

1 Ethics

1 Food show

21 Total Credits (~\$13 a CE !)

Hotel Room Block Until September 15, 2024. Please call the Hotel: Grand Hotel & Spa: Front Desk **(410) 289-6191**. You **MUST** mention **"FOOD-24"** AND Ask for the **ANFP Group Rate**. Rate is available for Oct 5-10 and must be reserved before September 15, 2024 to get the group rate discount. If you are unsure you come to the workshop, reserve before the date to get the special discount. Refund: if you make a reservation and find out you have to cancel, you are able to get a FULL refund if you cancel 72 hours in advance.

Guest Room Group Rate:

City View	\$85 per night
Partial Ocean View	\$95 per night
Direct Ocean View	\$105 per night

If you would like to “shop around” and get a better rate on hotel at other nearby hotels? Try the website: www.Booking.com or another similar hotel/ comparison site. There are many other hotel options in the immediate area: walking distance or a short drive from The Grand Hotel.

2025: Save the Dates:**2025 Spring Workshop:**

To Be Announced: Look out for our email and check the Facebook page for information.

2025 Fall Workshop:

Our 29th Workshop by the Sea: October 5, 6 & 7, 2025 – Ocean City, MD

Rita's Closet

Rita's Closet, located in Westminster, Maryland is a non-profit organization for formal clothing, shoes and accessories. Please bring any of these items to donate: any saleable dresses and clothing, shoes, jewelry (earrings, pendants, rings, watches, etc.) If you donate and/or purchase, your name may be selected for a special prize.

Operation Christmas Child/Samaritan's Purse

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. \$10 sends a shoe box

Not Attending or did not have the opportunity to donate at the Workshop? You may still donate; donations can be sent to: Bonna Brown, Operation Christmas Child, 15507 National Pike, Hagerstown, MD 21740

Free Food Pantry

You know there are people who are having a hard time to sustain even the basic needs: food for themselves and their family. Please go through your pantry and donate anything you have not used. Ask your neighbor to go through their pantry. Your dry-storage room at work: go through and donate anything in there that is in “dead” stock or slightly damaged and give to a family in need. Everything accepted.

Homeless Shelter

Casa Maryland, We are CASA: always in need of winter jackets, coats (especially if you have children’s sizes) gloves, hat, scarves and anything to keep warm during the winter months. Many live in shelters or in sub-living conditions. Your new and gently used items greatly appreciated so those can stay warm in the winter months.

Toiletries: Every time you go to a hotel, please collect and bring your extra soaps, lotions and other toiletries items. Hygiene is very important to those in temporary housing and shelters.

GUESS WHO RETIRED?????!!!!!!

Debi Canfield, our secretary!!!



My name is Debi Canfield, I worked at Cedar Ridge children's home for almost 26 years. Due to a shoulder injury, I am unable to return to work. I have decided to take an early retirement, it was a bittersweet choice that had to be made. I will miss the students and residence with my whole heart, and my Work family as well. Working in a school and residential population for at risk boys has been so rewarding, many students as well as residence declared the dining room as they are safe place, with permission from the teachers, they are allowed to come and talk to us when they needed a time out, or just needing to vent. The relationship that has been established is very rewarding. Working with his population has taught me how much food matters in the lives of these boys, some only come to school for lunch, we learn to trust each other, respect each other, and most importantly, make each student or resident know that they matter, I learn to not always talk, but to listen. Even though this is the food service department never underestimate, but what you mean in the lives of others.

2024 Distinguished Service Award - Sherri Conde

The Distinguished Service award is given to a corporate partners for exhibiting an unwavering commitment to the credential.

This year's recipient, Sherri Conde, has been a dedicated Corporate Partner of ANFP for many years. She has served ANFP in several ways including Industry Advisory Council Chair, and as a Director at Large – Corporate Partner, on the ANFP Board. She continually strives to support ANFP's vision and mission by providing education by way of speaking engagements at ACE and Regional Meetings, as well as through her position at Performance Foodservice by supporting the Foundation. Performance Foodservice's Visionary Level support of NFEF provides funding for up to 12 CDM Exam Preparation grants with additional funds directed towards other NFEF initiatives. Performance Foodservice has supported NFEF via this grant funding for the last 6 years.

Congratulations to this year's Distinguished Service Award recipient, Sherri Conde!



Sherri was a speaker at our October 23 Workshop by the Sea and she will be here in October.

THANKS TO OUR VENDORS from the
Spring Workshop!!!!



THANK YOU VENDORS
We can't do it without you!



Dear Partners, Vendor and Friends of the MD/DC/DE ANFP Chapter;

Attached to this email is the information for our Vendor Expo, Monday, October 7, 2024, from 11:30am - 1:30pm.

Thank you for your support and partnership of our Fall Conference in Ocean City, Maryland. Our partner/vendor will be held on Monday, October 7, 2024: 11:30 am to 1:30 pm.

The cost of an 8-foot table is \$250. If you need 2, 8-foot tables, the cost is \$375.

Prior to the Vendor Expo we will be having a 1 hour vendor "Infomercial" 10-11:30 am. You have the opportunity to speak about your product and services for 7-10 minutes in front of our group of 90+ directors. We will allow 8 vendors to take advantage of this at a cost of just \$29 for approximately 8-10 minutes in front of a captivated audience of decision makers. Use this time to explain and demonstrate what you will be showing at the Vendor Expo. Use this time to fully educate our members what you and what your company are all about!

We encourage our vendors to consider sponsoring any of the following. You will be advertised and spoke of throughout the workshop.

- Continental breakfast or our Monday Pizza Lunch
- Coffee and Beverage Break or our Ice Cream Social
- Registration gifts, give aways, advertisement items from your company

- Door Prizes and Auction Items are a huge hit! 

By doing so you will get extra acknowledgement and advertisement throughout the workshop.

Vendors wanting to provide a speaker will receive a complimentary table at the Expo, please contact Robert McKeon: chefrobert1966@hotmail.com or (301) 648-7119.

There are limited space for speakers currently available, so please contact me as soon as possible if you would like this opportunity.

All partner/vendors participating will receive valuable time with approximately 90+ projected directors and decision makers. There is a lot of interest in this meeting from our members since last years was such a success.

You will receive advertisement in our Chapter newsletter "Crab Chatter" reaching our over 450 members and attendees with their professional contact information.

Any questions about being a Vendor Partner at the conference please contact:
Chef Robert McKeon at: 301-648-7119 or email: chefrobert1966@hotmail.com



Welcome New Members!

Jennifer Burgett

Crystal Cunningham, CDM, CFPP

Matthew G. Hundermark

Mrs. Keira Jarrett, CDM, CFPP

Mr. Rishi Kapoor, CDM, CFPP

Denise LeBlanc

Mr. Kenneth McMaster CDM, CFPP



ServSafe Manager's Class

I can teach your next ServSafe Manager's class to your staff

Special Discount for ANFP Members

Training / Kitchen Inspection / Certification

ServSafe Books Available at Cost

Chef Robert McKeon CDM, CFPP

Email: ChefRobert@FoodSafetyChef.com

Website: www.FoodSafetyChef.com





Do you have talents to share with your ANFP chapter? As the new Board gets uninstalled in June we have openings for several chair positions. Training will be provided as the current chairs move into new positions.

Membership - Train with Patrick - keeps track of new members, sends out welcome packets, and provides information for newsletter quarterly

Communication and Website - sends copies of newsletters, meetings and other chapter updates to national to keep our chapter website up to date, anyone with a social media presence would be great to help us get the chapter on social media

Newsletter Editor - Train with Kyrese over the next 2 years to produce THE CRAB CHATTER, our quarterly newsletter.

State Spokesperson - Join Wayne to keep chapter members updated on any legislation affecting ANFP

BENEFITS TO BECOMING A CHAIR AND JOINING THE BOARD

Learn Leadership Skills that can help in your job

Network with Board members and chairs at bi monthly meetings most with a nice dinner

Receive reimbursement and discounts for attending ACE, Regional meetings and Workshops

Advance to Leadership positions on the board, and step stone into national board positions.

If any of these opportunities are of interest to you contact any of the board officers for more information..



Board and Committee Members Contact Information

Board of Directors			
Patrick Dellinger	717-353-0916	Patwd37@centurylink.net	President
Bonnie Hollingsworth	443-789-4461	bhollingsworth55@icloud.com	Treasurer
Debi Canfield	240-291-2360	dacanfield@myactv.net	Secretary
Committee Chairs			
Kyrese Johnson	301-332-2020	Kyrese38@aol.com	Publisher: Crab Chatter Newsletter Editor
Robert McKeon	301-648-7119	ChefRobert1966@hotmail.com	Immediate Past President
Wayne Kuhn	410-857-5469	wwarfy1@gmail.com	State Representative
Gregory Vink	717-729-0224	gvink@chambersburgpa.gov	Director at Large
John Dankulich	240-818-2495	Jadankulich@hagerstowncc.edu	Director of New Membership
Jeff Whary	443-812-8675	chefcubmd@yahoo.com	Director of Education
Steve Plaster	301-223-1414	slplasterer@hmwd.org	Director at Large
Dawn Chisholm	717-451-3911	Dmc3951@gmail.com	Director of Hospitality

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.

Like us on Facebook

MD-DE-DC ANFP

