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Hackensack Meridian—JFK Medical Center  
65 James Street  
Edison, NJ 08818



# Conquering The Work Day

## AHF-NJ ANNUAL FALL CONFERENCE



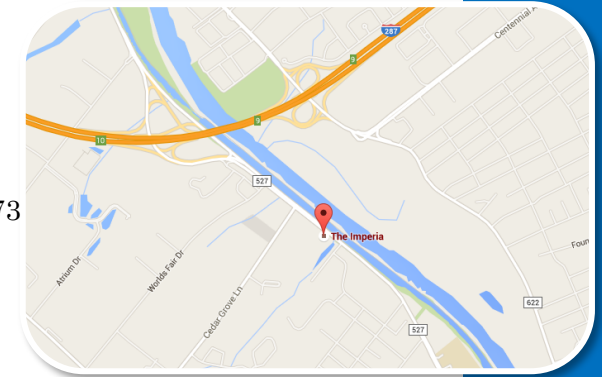
November 15, 2018  
The Imperia

7:30 am - 4:15 pm  
1714 Easton Avenue  
Somerset, New Jersey 08873

## PROGRAM

- 7:30 am—8:15 am **Continental Breakfast / Registration**
- 8:15 am—8:30 am **Welcome & Introductions**  
- *Angela O'Neill, AHF-NJ President*
- 8:30 am—9:30 am **“Food Allergies”**  
- *Catherine A. Monteleone, M.D.*
- 9:30 am—10:30 am **“An Exploration of Our Multifaceted Relationship with Food”**  
- *Rachel Millner, Psy.D., CEDS-S*
- 10:30 am—10:45 am **Networking Break**
- 10:45 am—11:00 am **AHF-NJ and National AHF Updates**
- 11:00 am—12:00 pm **“Managing a Multi-Generation Team”**  
- *Patrick L. Fennell, Empowerment Solutions, LLC*
- 12:00 pm—1:30 pm **Vendor Show and Exhibits**
- 1:30 pm—2:45 pm **Cooking Demonstration:  
“Solving Everyday Challenges”**  
- *Mike Kasperek, Executive Chef*  
& *Nicholas A. Mercogliano, CEC, CPC, WCMC*
- 2:45 pm—3:00 pm **Networking Break**
- 3:00 pm—4:00 pm **“Horizontal Bullying”**  
- *Joel Weintraub, M.Ed., B.S.*
- 4:00 pm—4:15 pm **Raffle and Closing Prizes**

## DIRECTIONS



### The Imperia

1714 Easton Avenue  
Somerset, New Jersey 08873  
732.469.2522

#### RT. 287 (North or South)

Exit 10 Rt. 527 South Easton Avenue. Imperia will be 1/4 mile on your right.

#### New Jersey Turnpike (North or South)

Exit 10 to Rt. 287 North. Exit 10 Rt. 527 South Easton Avenue. Imperia will be 1/4 mile on your right.

#### Garden State Parkway (South)

Exit 129 for 287 North. Exit 10 Rt. 527 South Easton Avenue. Imperia will be 1/4 mile on your right.

#### Garden State Parkway (North)

Exit 127 for 287 North. Exit 10 Rt. 527 South Easton Avenue. Imperia will be 1/4 mile on your right.

#### RT. 22 or RT. 78 (East or West)

To Rt. 287 South. Exit 10 Rt. 527 South Easton Avenue. Imperia will be 1/4 mile on your right.

*The*  
**Imperia**  
SIMPLY EXTRAORDINARY

## OUR PARTNERS

### Educational Credits

Academy of Nutrition and Dietetics  
7 Credits

Association of Nutrition & Food Service Professions  
7 Credits

American Culinary Federation  
7 Credits

**Registration is open to all  
Food & Nutrition Professionals**

**A Portion of our proceeds will be  
donated to:**



**Interfaith Food Pantry**  
Serving Morris County

The Interfaith Food Pantry fights hunger and poverty by distributing food and groceries, providing education and training, and making new programs to help people with low incomes meet their basic needs.

**We will also have a collection  
of canned and dry goods!**

## REGISTRATION

### Member Of:

AHF-NJ  AND  ANFP  ACF

*(PLEASE PRINT)*

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Facility: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

**Registration is Due By: November 9, 2018**

Registration Fee: \$25 per AHF-NJ Member Attendee  
\$35 per Non-Member Attendee

Payments can be made via PAYPAL on our Website  
<https://ahfnj.com/>

OR

By check payable to **GNJSHFSA**  
and mail with completed form to:

Heather S. Duffy, RD, CPHQ

Director, Food & Nutrition Services

Hackensack Meridian—JFK Medical Center

65 James Street, Edison, NJ 08818

Email: [heather.duffy@hackensackmeridian.org](mailto:heather.duffy@hackensackmeridian.org)

## FEATURED SPEAKERS

**Catherine A. Monteleone, M.D.**, is an allergist-immunologist in New Brunswick, New Jersey and is affiliated with Robert Wood Johnson University Hospital. She received her medical degree from Albert Einstein College of Medicine of Yeshiva University and has been in practice for more than 20 years. Dr. Monteleone is certified by the American Board of Internal Medicine and the American Board of Allergy and Immunology. Dr. Monteleone serves as the Professor of Medicine, Division of Allergy, Immunology and Infectious Diseases at Rutgers – Robert Wood Johnson Medical School. Dr. Monteleone is the recipient of numerous awards and honors including a Fellowship in the American Academy of Allergy, Asthma and Immunology – 1996; selected as Best Doctors in America 2007-2008, 2009-2010, 2014; selected as – New Jersey Monthly Top Doctors 2008, 2009, 2011, 2012, 2014, 2015, 2016, 2017 and selected as NJ Top Doctor by NJTopDocs.com / Healthy Living Magazine 2013, 2014, 2015, 2016, 2017.

**Rachel Millner, Psy.D., CEDS-S**, is a licensed psychologist and certified eating disorder specialist and supervisor in Pennsylvania and New Jersey. She is a psychologist at the Children’s Hospital of Philadelphia in the Eating Disorder Assessment and Treatment Program as well as in private practice. Dr. Millner works with people struggling with all forms of eating disorders and disordered eating as well as those wanting to heal from diet culture. Dr. Millner practices from a Health at Every Size(r), Fat positive, perspective. In addition to her clinical work she is the founding president of the Greater Philadelphia IAEDP chapter and continues to serve on the board and is co-chair of the Weight Stigma and Social Justice SIG within the Academy of Eating Disorders. Dr. Millner speaks nationally on topics related to eating disorders, weight bias, and HAES and has appeared on several podcasts. Additionally, she is a Certified Body Trust(r) provider through Be Nourished in Portland, Oregon.

**Patrick L. Fennell**, Empowerment Solutions, LLC, is a master-level facilitator, presenter and coach who is consistently called upon because of his interactive and holistic approach to training, engaging stories and experiential activities. Patrick has served in the banking, restaurant, education and non-profit industries, making him a well-rounded trainer with a wide-array of experience. He began his career in the banking industry and was a fast-track achiever promoted six times in six years. He then transitioned into the restaurant industry as a Director of Operations and Regional Training Liaison for six franchise groups. Empowerment Solutions, LLC, focuses on training and coaching both for-profit and non-profit individuals and organizations in the areas of leadership, team building, cultural awareness and competence, diversity, emotional intelligence, mentoring and effective communication across the United States.

**Mike Kasperek**, is the Executive Chef at Robert Wood Johnson Hospital, a 610 bed Academic Medical Center in New Brunswick, New Jersey. Chef Mike has been instrumental in increasing patient Press Ganey scores and reducing overall food cost in his short tenure in healthcare foodservice. Chef Mike was part of the culinary team that won the Silver Medal in the AHF Culinary Competition in Dallas 2016. Prior to RWJ, Chef Mike was Executive Chef at Forsgate Country Club and Executive Sous Chef at Upper Montclair Country Club, both exclusive private golf clubs in New Jersey where he was featured in Club and Resort Magazine. Chef Mike graduated from Pennsylvania Culinary Institute, Le Cordon Bleu in 2001.

**Nicholas A. Mercogliano, CEC, CPC, WCMC**, is the Corporate Chef at Pecinka Ferri Associates, a manufacturers' agent representing internationally recognized brands of quality food service equipment in the greater New York Metro area. Chef Nick received his Bachelor’s degree in culinary management from Le Cordon Bleu College of Culinary Arts and his Associate’s degree in culinary arts from The Culinary Institute of America. Chef Nick is designated a Certified Executive Chef (CEC) and Certified Pastry Culinarian (CPC) from The American Culinary Federation. Additionally, he is recognized as a World Certified Master Chef (WCMC) from The World Association of Chefs’ Societies. Chef Nick was named 2013 Chef of the Year by the ACF’s Jersey Shore Chef’s Association and recognized among the 2014 “Under 30” emerging leaders in the food service industry by Food Service Director magazine. Chef Nick currently serves as the President of the American Culinary Federation’s (ACF) Jersey Shore Chef’s Association Chapter and as Chair Member for the ACF National Certification Commission.

**Joel Weintraub, M.Ed., B.S.**, is a “humorous educator” who has managed to merge the formerly disparate worlds of comedy and education. By combining his professional comedy experience with his Master’s degree in Physiology and Bachelor’s degree in Health Education from Temple University, Joel has entertained and educated diverse audiences such as accountants, attorneys, church groups, higher education faculty and staff, physicians, synagogues and even burglar alarm installers. From the “World Bank,” to Dangerfield’s Comedy Club, to major radio stations, the local news, and the Food Channel...they have all laughed and learned with “Humor for the Health.”