



## Executive Director's Corner – Elias Nimeh

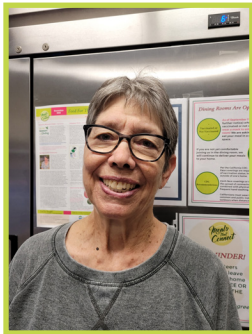


These local ladies spent many days and lots of effort collecting donations and assembling 100 gift bags to give to 100 seniors across the county who are homebound, without family or friends during this holiday season. I know the seniors were surprised and delighted

with all the gift items. Pictured left to right: Barbara Howard, Missy Bullaro, Jean Steel, and Erin Stitch.

**Looking ahead to 2022: May the New Year bring you all happiness, peace, good health and prosperity. Wishing you a joyous 2022!**

## Spotlight on MTC Volunteers!



Juliane McAdam retired to Los Osos from Los Angeles in August 2011, and joined Newcomers Club in January. At her first Newcomers Club luncheon, she turned to the woman next to her and asked about volunteer opportunities. The woman immediately responded "Senior Nutrition Program!" and by February 2012 Juliane had signed up! She started volunteering as

a driver in Los Osos; she has been delivering meals on Fridays ever since, frequently filling in on other days for absent drivers. By March of 2012 she was also helping with our annual fundraiser, Night of a Million Meals (NMM). She has helped out with the event ever since. Soon after, Elias Nimeh hired her to work on grant-writing and public relations for the program. For almost ten years she has been both a part-time employee and a valued volunteer. She loves all of the wonderful people she has met, both senior clients and fellow volunteers. Perhaps her favorite thing about being a volunteer is hearing from clients how much the program means to them.

## Medication Disposal



Proper disposal of medications (whether expired or simply no longer needed) is extremely important! It can help protect the environment and prevent misuse and abuse by others.

**MED-Project is an online resource to find locations to safely dispose of your prescriptions.** Simply enter your zip code and they list locations near you for drop off. You can also request a mail back envelope if you are unable to drop off. Visit their web page [med-project.org](http://med-project.org) or call 844-MED-PROJECT (844-633-7765) for information.

## Volunteer News – Wendy Fertschneider, R.D.



Do you want to get the inside scoop at Meals That Connect-Senior Nutrition Program? If you have any role in our organization, participant, volunteer, board member, donor, or if you are part of an organization that we interact with regularly, you can be a member of our **Project**

**Advisory Council, or PAC.** We strive to have at least two representatives from each of our ten lunch sites. We meet 4 times a year (January, May, July and September, on the third Tuesday afternoon). Members vote to renew the contract each year, vote on questions of opening, closing or moving a site, and to give input on Nutrition Education topics. Meetings also include reports from the Executive Director about the financial workings of the program.

The most important role of the PAC member is to have direct input on menu preferences. Irene (Kitchen Director) and myself (Program Nutritionist) write the menu each month, and we take comments and suggestions on the menu seriously. We ask the PAC members to "survey" folks at their lunch site before the meetings. Sometimes we do taste testing to compare products. Anyone wanting to make comments on the menu is encouraged to speak to your site's PAC representative.

Anyone is welcome to attend the meetings, even if there is already a PAC rep from your site. We currently need one or a second rep for Cambria, Los Osos, Morro Bay, Nipomo, Paso Robles and UCC (in SLO). After doing "meetings by mail" during the first year of the Pandemic, we resumed in person meetings last July. We follow public health guidelines to protect our health. We never know what may come down the road, but we will adapt! Let your site manager know if you are interested in participating. The next meeting will be January 18<sup>th</sup>.

## Save The Date

Once a year, we have a four-hour meeting in SLO for ALL VOLUNTEERS to train on various aspects of their jobs. The meeting involves guest speakers, activities and culminates with dinner! We are hoping to have our training on **March 15<sup>th</sup> 2022.** **More info to come!**

## Menu Switcheroo! Ingredients Update

If you noticed changes in the variety of our menu, we are having supply chain issues! Some of your favorites are missing but we hope to have them back again soon!





# January 2022 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
<b>Albondigas w/ Potato &amp; Carrot</b> Corn Tortilla Summer Squash Homemade Cole Slaw Diced Pears Cups Milk	<b>Chicken a la King</b> WW Pasta Cauliflower Romaine Salad Fresh Apple Milk	<b>Cheese Ravioli w/ Meat &amp; Marinara</b> Cooked Seasoned Spinach 3 Bean Salad Banana Milk	<b>Beef Patty, Gravy</b> Slice of WW Bread Mashed Potatoes Peas Orange Milk	<b>Tuna Salad</b> Crackers Homemade Carrot Salad Corn Salad Pineapple Tidbits Cups Milk
10	11	12	13	14
<b>Chicken Patty Parmesan</b> WW Pasta CA Blend Vegetables Pickled Beets Tropical Fruit Mix Cups Milk	<b>Chili Beans w/ Meat</b> Crackers Homemade Cole Slaw Zucchini Diced Peaches Cups Milk	<b>Chicken Enchilada w/ Red Sauce</b> Succotash Homemade Carrot Salad Mixed Fruit Cups Milk	<b>Sweet &amp; Sour Chicken</b> Brown Rice Broccoli Romaine Salad Apricots Milk	<b>Italian Noodle Casserole</b> Winter Blend Vegetables Pea Salad Applesauce Milk
17	18	19	20	21
<b>CLOSED</b> <i>Martin Luther King Jr. Day</i>	<b>Pork Rib Patty w/ BBQ Sauce</b> Graham Crackers Sweet Potatoes Brussel's Sprouts Diced Pears Cups Milk	<i>Celebrating January Birthdays!</i> <b>Swedish Meatballs</b> Green Beans Homemade Cole Slaw Fresh Apple Birthday Muffin Milk	<b>Cheese Manicotti Meat &amp; Marinara</b> Cooked Seasoned Spinach 3 Bean Salad Pineapple Tidbits Cups Milk	<b>Southwest Chicken</b> Salad w/ Romaine Tostada Pickled Beets Homemade Carrot Salad Orange Milk
24	25	26	27	28
<b>Hungarian Goulash</b> Winter Blend Vegetables Scandinavian Blend Vegetables Mixed Fruit Cups Milk	<b>WW Spaghetti w/ Meat Sauce</b> Mixed Vegetables Romaine Salad Tropical Fruit Mix Cups Milk	<b>Beef Hamburger</b> WW Bun Broccoli Roasted Potato Cubes Apricot Halves Milk	<b>Breaded Haddock</b> Brown Rice Peas Homemade Cole Slaw Banana Milk	<b>Chicken Enchilada w/ White Sauce</b> Pinto Beans Homemade Carrot Salad Orange Milk
31				
To be included in the February Menu!	<b>Dining Room/Pick Up Meals:</b> <b>If you are not on a regular schedule, please reserve your meals 2 days in advance!</b> <b>Sorry! We cannot guarantee a meal without a reservation.</b>		<b>REHEATING INSTRUCTIONS:</b> <b>DO NOT USE A TOASTER OVEN!</b> <ul style="list-style-type: none"> <li>• Peel back or pierce film to vent.</li> <li>• Oven 350° <u>OR</u> Microwave on HIGH. <ul style="list-style-type: none"> <li>• Frozen in Oven = 30 minutes</li> <li>• Frozen in Microwave = 3-5 minutes.</li> <li>• Thawed in Oven = 10 minutes</li> <li>• Thawed in Microwave = 2-3 minutes.</li> </ul> </li> </ul>	



### DO YOU NEED TO CANCEL A MEAL?



Please call your Site Manager to **CANCEL, SUSPEND** or **RESUME** meals **2** business days in advance.

CONTACT US			
<b>**Dining Rooms &amp; Service Areas</b> <i>Open for in person dining Monday - Friday. Call your site manager to reserve your meal!</i>	<b>Serving Days/Time</b>	<b>Site Manager</b>	<b>Phone Number</b>
**Atascadero, Templeton	Mon-Fri @ 11:30	Liz	466-2317
** Cambria	Mon-Fri @ 11:30	Jesse/Kat	927-1268
** Los Osos	Mon-Fri @ 11:30	Malia	528-6923
** Morro Bay/ ** Cayucos	Mon-Fri @ 11:30	Marilee/Kat	772-4422
** Nipomo	Mon-Fri @ 11:30	Sandy	929-1066
** Oceano, Arroyo Grande, Grover Beach, Pismo Beach, Shell Beach	Mon-Fri @ 11:30	Debbie	489-5149
** Paso Robles	Mon-Fri @ 11:30	Marlene	238-4831
** Santa Margarita	Mon-Fri @ 11:30	David/Jill	438-5854
** San Luis Obispo	Mon-Fri @ 11:30	Janine	543-0469
** SLO: Laguna Lake Area: UCC Church (Temporarily closed.)	Mon-Fri @ 11:30	Milda	541-1168
<b>San Luis Obispo Main Office: 541-3312</b>		<b>Central Kitchen: 541-2063</b>	