

## Executive Director's Corner – Elias Nimeh

### CenCal Health Has Done it Again!



Elias Nimeh and CenCal Health  
CEO Marina Owen

Our gratitude and thanks to valued partner, **CenCal Health** for giving Meals That Connect \$100,000 to help the program continue to provide meals, socialization and be a safety net to seniors in our County.

### Thank You SLO County BOS!



John Peschong

The San Luis Obispo County Board of Supervisors approved a grant for Meals That Connect in the amount of \$200,000. This grant will enable our program to buy a new, larger van that will make it easier to make daily food deliveries throughout the County. We are also now able to purchase much needed equipment for our Central Kitchen. We are very thankful to our **District 1 County Supervisor John Peschong**, in particular, as well as the rest of the Board for approving this grant.

## Invite Your Friends to the Dining Room!



Festivities, food & friends  
in Santa Margarita

Our dining room clients have a great time joining us for lunch. We would love to see even more smiling faces in all of our dining rooms. If you have friends and family at least 60 years of age, please share our amazing program with them and invite them to join you for lunch.

Last month we had 266 people join us across our 10 dining sites and we served them 3,900 meals! If all of you invited even one more person, imagine how many new people you would connect with. Free lunch, great company, the opportunity to meet with and socialize with new people, it's a win win win.

**Meals That Connect:**  
**Nourishing SLO County seniors**  
**with more than just meals.**

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

### Fire Prevention

We schedule a fire drill at the sites once a year. Dining room clients and volunteers should participate if present that day. You should do a fire drill at home too. **There is no substitute for actually practicing rather than just thinking about it.**



### Things you might discover when practicing a fire drill at home:

- Can I get out of my house without help?
- Where are all the possible exit doors?
- Are there windows at ground level? Could I crawl out a window safely?
- What should I grab if I have time?
- Do I have a "go bag" with some essentials?
- Do I need to evacuate a pet?
- Who could I ask to call 911 if I run out without my phone?
- Do I know phone numbers of family/friends?
- What if phone numbers are stored in my phone and I don't have my cell phone?
- Where should those evacuating meet outside of the house?
- Never re-enter a building on fire, even to save a pet.

### Some tips for fire drills or other evacuations at the lunch site:

- Assist disabled persons.
- Everyone must leave the building.
- Someone check the bathrooms and other rooms.
- Take the dining room sign-in sheet to check off people who have evacuated.
- Gather in the designated meeting spot.
- Check in with a designated person.
- Do not leave without telling the designated person.
- Do not re-enter the building without approval.



### During an earthquake:

Do not leave the building while the shaking is going on. If there is damage to the building, evacuate after the shaking has stopped, following the guide above. If there is a gas leak, do not start your car engine, the spark could ignite a fire.



# February 2023 Menu

Nourishing SLO County seniors with more than just meals.

## DO YOU NEED TO CANCEL A MEAL?

WE ASK FOR **TWO DAYS NOTICE** TO CANCEL, SUSPEND and/or RESUME MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 30	January 31	1	2	3
<b>Cheese Ravioli w/ Meat Marinara</b> Cauliflower Pickled Beets Fresh Apple Milk	<b>Chicken Low Mein</b> Oriental Blend Veggies Parslied Carrots Orange Milk	<b>Chicken Sandwich</b> WW Bun Baked Beans Cole Slaw Diced Pears Milk	<b>Sweet &amp; Sour Meatballs</b> Brown Rice Broccoli Romaine Salad Tropical Fruit Blend Milk	<b>Turkey Pieces w/ Gravy</b> Stuffing Tuscany Blend Veggies Carrot Salad Pineapple Tidbits Milk
6	7	8	9	10
<b>Chicken Enchilada w/ Red Sauce</b> Black Beans Zucchini Orange Milk	<b>Turkey a la King</b> Biscuit Winter Blend Veggies Pickled Beets Diced Peaches Milk	<b>Italian Noodle Casserole</b> Cooked Seasoned Spinach Italian Mixed Veggies Banana Milk	<b>Breaded Haddock</b> Brown Rice Capri Blend Veggies Cole Slaw Applesauce Milk	<b>Taco Salad w/ Meat &amp; Lettuce</b> Tostada Carrot Salad Corn Salad Mixed Fruit Milk
13	14	15	16	17
<b>Chicken Patty w/ Gravy</b> Baked Potato Brussels Sprouts Diced Pears Graham Crackers Milk	<b>WW Spaghetti w/ Meat &amp; Marinara Sauce</b> Summer Squash Carrot Salad Tropical Fruit Mix Milk	<i>Celebrating</i> <b>Egg Patties w/ Cheese</b> Roasted Cubed Potatoes Stewed Tomatoes Orange Birthday Muffin Milk <i>February Birthdays!</i>	<b>Jambalaya w/ Pork</b> Brown Rice Broccoli Cole Slaw Apricot Halves Milk	<b>Albondigas w/ Potatoes &amp; Carrots</b> Corn Tortilla Cauliflower Scandinavian Blend Veggies Fresh Apple Milk
20	21	22	23	24
<b>Cheese Manicotti w/ Meat &amp; Marinara Sauce</b> Mixed Veggies Three Bean Salad Pineapple Tidbits Milk	<b>Hamburger w/ Fixin's</b> WW Bun Baked Beans Cole Slaw Mixed Fruit Milk	<b>Tuna Noodle Casserole</b> Cooked Seasoned Spinach Summer Squash Banana Milk	<b>Chicken Enchilada w/ Verde Sauce</b> Pinto Beans CA Blend Veggies Applesauce Milk	<b>Black Eyed Pea Salad</b> Hard Boiled Egg Crackers Carrot Salad Pickled Beets Tropical Fruit Milk
27	28	<b>REHEATING INSTRUCTIONS: DO NOT USE A TOASTER OVEN!</b>		
<b>Swedish Meatballs</b> WW Pasta Corn Pea Salad Orange Milk	<b>Chili Beans w/ Meat</b> Crackers Parslied Carrots Zucchini Tropical Fruit Mix Milk	<ul style="list-style-type: none"> <li>• Peel back or pierce film to vent.</li> <li>• <b>From Frozen/Oven:</b> Preheat oven to 350° Place tray on cookie sheet and heat for 30 minutes.</li> <li>• <b>From Frozen/Microwave:</b> On HIGH for 3-5 minutes.</li> <li>• <b>Thawed/Oven:</b> Preheat oven to 350° Place tray on cookie sheet and heat for 10 minutes.</li> <li>• <b>Thawed/Microwave:</b> On HIGH for 2-3 minutes.</li> </ul>		

## CONTACT US

**Dining Rooms & Service Areas Open for in person dining Monday - Friday. Call your site manager to reserve your meal!	Serving Days/Time	Site Manager	Phone Number
** Atascadero, Templeton	Mon-Fri @ 11:30	Liz	466-2317
** Cambria, San Simeon	Mon-Fri @ 11:30	Jesse	927-1268
** Los Osos	Mon-Fri @ 11:30	Malia	528-6923
** Morro Bay, Cayucos	Mon-Fri @ 11:30	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	Jill	438-5854
** San Luis Obispo	Mon-Fri @ 11:30	Janine	543-0469
** SLO: Laguna Lake Area: UCC Church	Mon-Fri @ 11:30	Milda	541-1168
<b>San Luis Obispo Administrative Office: 541-3312</b>	<b>Central Kitchen: 541-2063 or 541-3312 ext. 104</b>		