

Executive Director's Corner – Elias Nimeh



Kiwaniis Club of Atascadero members working in the Atascadero Senior Center.

Upgrades are happening in three of our dining sites! Members of **The Kiwanis Club of Atascadero** donated their time and materials to upgrade the kitchen facility in **Atascadero Senior Center**. The new look is impressive! The **Senior Center in Nipomo** is being remodeled with new kitchen equipment by the **County of San Luis Obispo**. Estimated time of completion is two weeks. We are looking forward to the new look and will share it with you when it is complete. And finally, the dining

room and kitchen at the **United Church of Christ (UCC)** dining site is also being upgraded by the congregation and we are excited to once again see our seniors there when it is complete!



On a sad note, Meals that Connect has lost a long term client and friend. **Henry Barba** passed away recently at the age of 108 years old. Henry was with MTC since 2004! All those that knew him will miss his candor and smiles, as well as his mode of transport; riding his John Deere lawn mower to the senior center for lunch!

Spotlight on MTC Employees!



Introducing Milda Avila, Site Manager for our UCC site on Los Oso Valley Road in San Luis Obispo. Milda worked for several years at SLO County Jail as a chaplain. When the jail closed because of the pandemic, she started looking for a new way to connect with and be of service to the community. A friend working at our local food

bank suggested she check with MTC. We were in need of a Site Manager for our UCC dining room when it reopens in 2022. Milda was hired and trained at our downtown San Luis Obispo site with our Site Manager, Janine Lloyd. Milda now works in our SLO dining room, enjoying the new adventure and its challenges. She likes the diversity of people who come for lunch every day. "I realized they were not coming just for food, but socialization to connect with other and found new friends." Milda says, "One of the highlights of the week is when we have the Cal Poly student volunteers in the dining room. They bring laughter, joy and they are eager to connect and spend time with the people by sharing stories and life experiences. Everyday there is something new to learn. I am very grateful for this opportunity to work with MTC. My life has been enriched with new experiences."

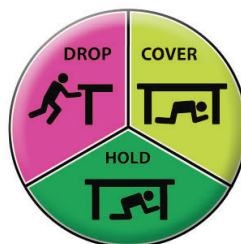
Volunteer News – Wendy Fertschneider, R.D.

Don't Save The Date

Due to continuing concerns regarding COVID-19, we have decided that the March 15th In Person Volunteer training meeting **will not be taking place**. Instead, we will do the training in a similar way to last year: remotely, and at your own pace. Stay tuned for details!

In February, we usually conduct fire drills at our dining sites. Part of the fire drill is a "pre-drill safety check list". You can use this list to see if your home is "fire safe".

- Smoke detectors are tested regularly and batteries changed.
- Fire extinguisher available and know how to use it.
- Electric plugs, switches, cords are safe and in good repair.
- No excessive use of cords in one outlet (octopus).
- Cords do not run across doorways or under mats/ carpets.
- Heaters are well ventilated.
- Electric equipment is turned off when not in use.
- Broken electric equipment is discarded or repaired.
- Develop and practice an evacuation plan!
- Corridors and doorways kept free of clutter.
- Exits are not blocked.
- Trash is removed regularly.
- Materials not stacked in a way that they could fall.
- Flammable liquids stored in approved containers.



During an earthquake:

Drop, Cover, and Hold on!

Drop to the floor, get under a sturdy table, and hold on until the shaking stops. If your entire body does not fit underneath the furniture, position your body so that at least your head and

neck are covered. **If indoors**, stay there; most injuries occur when people inside try to move to a different location or try to leave. Avoid windows, exterior walls, stairwells, elevators, and objects that could fall. Be aware that the electricity may go out and the fire alarm or sprinkler system may turn on. **If outside**, get into an open area. Stay clear of buildings, power lines, streetlights, and anything that can fall on you. If driving, move out of traffic as quickly as possible and shut off the engine. Avoid bridges and overpasses, and anything that could fall onto your car, such as trees, light posts, powerlines, and signs. **If in bed**, stay there. Hold on and protect your head with a pillow. Only move to a nearby safe place if you are under a heavy light fixture or something that may fall on you. **If in a wheelchair**, stay in it. Move to a safe location, lock your wheels, cover your head and neck.



February 2022 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	1	2	3	4
Chicken Stew Crackers Cauliflower Green Beans Diced Peaches Milk	Ravioli w/ Meat Marinara Cooked Seasoned Spinach Three Bean Salad Pineapple Tidbits Milk	Meatballs w/ Gravy Whole Wheat Noodles Green Peas Homemade Cole Slaw Diced Pears Milk	Garbanzo Beef Casserole Parslied Carrots Winter Blend Veg. Apple Milk	Beefy Taco Salad w/ Romaine Homemade Carrot Salad Corn Salad Orange Milk
7	8	9	10	11
Chili Beans w/ Meat Crackers CA Blend Veggies Pickled Beets Mixed Fruit Milk	Chicken Patty Parm. Whole Wheat Pasta Italian Blend Veggies Homemade Carrot Salad Orange Milk	Asian Chicken & Veg. Brown Rice Brussels Sprouts Romaine Salad Banana Milk	Chicken Enchilada w/ Red Sauce Pinto Beans Broccoli Apricots Milk	Beef Patty w/ Gravy Graham Crackers Roasted Potato Cubes Homemade Cole Slaw Tropical Fruit Mix Milk
14	15	16	17	18
Italian Noodle Casserole Cooked Seasoned Spinach Three Bean Salad Pineapple Milk	Chicken Sandwich w/ Fixin's Whole Wheat Bun Baked Potatoes Homemade Cole Slaw Diced Peaches Milk	<i>Celebrating February Birthdays!</i> Breaded Haddock Sweet Potatoes Cauliflower Diced Pears Birthday Muffin Milk	Sweet & Sour Meatballs Brown Rice CA Blend Veggies Pea Salad Applesauce Milk	Honey Mustard Chicken Salad Crackers Pickled Beets Homemade Carrot Salad Orange Milk
21	22	23	24	25
Pork Rib Patty Oatmeal Cookie Baked Potato Winter Mix Veggies Mixed Fruit Milk	Chicken Enchilada w/ Red Sauce Black Beans Homemade Carrot Salad Orange Milk	Chicken a la King Whole Wheat Pasta Green Beans Homemade Cole Slaw Banana Milk	Hungarian Goulash Broccoli Green Salad Apricot Halves Milk	Cheese Manicotti w/ Meat Marinara Brussels Sprouts Spinach Salad Tropical Fruit Mix Milk
28	Dining Room/Pick Up Meals: If you are not on a regular schedule, please reserve your meals 2 days in advance! Sorry! We cannot guarantee a meal without a reservation.		REHEATING INSTRUCTIONS: DO NOT USE A TOASTER OVEN! <ul style="list-style-type: none"> • Peel back or pierce film to vent. • Oven 350° OR Microwave on HIGH. • Frozen in Oven = 30 minutes. • Frozen in Microwave = 3-5 minutes. • Thawed in Oven = 10 minutes • Thawed in Microwave = 2-3 minutes. 	



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			
**Dining Rooms & Service Areas <i>Open for in person dining Monday - Friday. Call your site manager to reserve your meal!</i>	Serving Days/Time	Site Manager	Phone Number
** 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
San Luis Obispo Administrative Office: 541-3312		Central Kitchen: 541-2063 or 541-3312 ext. 104	