



# Food For Thought!

## Meals That Connect

2180 Johnson Avenue, San Luis Obispo, CA 93401

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# Spring



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www.mealsthatconnect.org



805-541-3312

### Executive Director's Corner — *Elias Nimeh*



Pat Fuller at Night of a Million Meals

Back in 2007, the Senior Nutrition Program/Meals That Connect (MTC) organization was in dire need of financial support. A group of friends who believed in our program and mission to provide free meals to seniors in need in our community, helped us launch the inaugural **Night of A Million Meals** fundraiser.

Patt Fuller Chaired the first event. She dedicated countless hours and immeasurable amounts of detail to the event, which has since become instrumental to the financial stability of Senior Nutrition Program / Meals That Connect. Thank you Patt for your love and dedication to our seniors. We have missed holding NOMM due to COVID-19 restrictions. We look forward to having you on the fundraising team once again when it is safe to gather together and raise money for our senior community!

### Team Updates

#### Anniversaries

Thank you to these staff members for their years of dedicated service to MTC:

- ◆ Les Winger, Kitchen Staff, 7 years
- ◆ Rachel Rodriguez, Los Osos Site Manager, 2 years
- ◆ Julian Penafior, Oceano Site Assistant, 1 year



#### Happy Birthday!

- ◆ Laurie Skaar, Mar. 15
- ◆ Paulino Martinez, Mar. 31



#### Happy Retirement!

**Nancy Kelley**, MTC's Bookkeeper of ten years, recently retired, and will be packing up her bags, and headed to AZ for warmer weather and lots of golfing! We wish her well and will miss her!

#### Welcome!



You likely saw this one coming...We would like to introduce MTC's new Bookkeeper, **Diane Stevens**! Diane has a B.S. in Math/Economics from UCLA and her MBA from Cal State Northridge. She is also a CPA. Her experience includes being a College accounting instructor, finance director, accountant, controller, and financial analyst. Diane is married

with three children and enjoys quilting, walking her Chocolate Lab (Levi), and watching sports. Welcome Diane!

#### Condolences



We are saddened to share the sudden passing of our team member, **Kevin Dorbarer**. Kevin was a reliable and valued employee, but more importantly, he was a delightful person with a big heart who always took the time to say hi and ask how you were. His life and friendship were important to many people and he will be missed and remembered fondly.

Photo credit: Jean St. James, friend of Kevin's since 2013.

### Volunteer News — *Wendy Fertschneider, R.D.*

The annual in-person volunteer training, typically held in March, is cancelled due to COVID restrictions. Additional written materials from site manager's will be distributed in the coming months. All volunteers will be requested to do a quick review of policies and take a quiz. If you read this column regularly, you should know all the answers.

#### Reporting Elder Abuse: You can be a lifeline for our Clients

There is one exception to client confidentiality. In the course of your work for the MTC program, if you observe, suspect, or have knowledge of an incident that reasonably appears to be: physical abuse, abandonment, isolation, financial abuse, neglect (including self-neglect), or are told by a client that they have experienced these circumstances, **you must report the known or suspected abuse.**

As volunteers that deliver meals to the homebound, and who serve meals in the dining room, you are the front line of Meals That Connect. You may have the most frequent contact with our clients. In your capacity of providing service to clients, **you are a "mandated reporter of elder abuse."**

Make a phone report immediately to the Department of Social Services Adult and Aging Services at (805) 781-1790. They will start the report and answer your questions. Next, complete a written report within 2 business days. Site managers have forms available. You can also get the form by googling "APS SLO County." You can complete form SOC 341 "Report of Suspected Dependent Adult Elder Abuse." It can be faxed to (805) 788-2834 or mailed to Attn: APS, PO Box 8119, San Luis Obispo, Ca 93403

Volunteers may make their own report or ask for help from the site managers. Site managers should assist volunteers in making the necessary calls and reports. Site managers may call the office for guidance, assistance, or to mail or fax the reports.

**Reporters are anonymous and shall not incur any liability for any report they make. It is not your job to determine if abuse is taking place. You are required by law to report anything you suspect might be abuse.**

You are the eyes, ears, and lifeline with the outside world for our clients. A report can be an important step in getting vital help for our clients.



**Reminder!**  
Set your clocks 1 hour ahead on **Sunday March 14th** to Spring forward into Daylight Savings.

### Food For Thought!

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Executive Director: Elias Nimeh  
Editors: Laurie Skaar, Susan K. Lee  
Dietitian: Wendy Fertschneider, R.D.

Meals That Connect would like to thank the following organizations for their continued support of our program!



**CenCal HEALTH**  
Local. Quality. Healthcare.






# March 2021



Volunteers—Remember to take meal temperatures daily



<b>Monday</b> <i>March 1</i>	<b>Tuesday</b> <i>March 2</i>	<b>Wednesday</b> <i>March 3</i>	<b>Thursday</b> <i>March 4</i>	<b>Friday</b> <i>March 5</i>
Whole Wheat Spaghetti w/ Marinara Meat Sauce Winter Blend Veggies Homemade 3 Bean Salad Sliced Peaches Milk	Beef Patty w/Peppers & Tomatoes Whole Wheat Bread Baked Potato Homemade Cold Slaw Baked Apple Slices Milk	Chicken Stew Crackers Cooked Seasoned Spinach Romaine Salad Banana Milk	Garbanzo, Rice & Turkey Casserole (Brown Rice) Mixed Veggies Zucchini Orange Milk	Tuna & Macaroni Salad (Whole Wheat Pasta) Homemade Carrot Salad Green Pea Salad Mandarins & Pineapple Milk
<i>March 8</i>	<i>March 9</i>	<i>March 10</i>	<i>March 11</i>	<i>March 12</i>
Beef Patty w/ Brown Gravy Oatmeal Cookie Roasted Potato Cubes & Carrots CA Blend Veggies Fruit Cocktail Milk	Chicken Enchiladas Blanca (Tortilla) Black Beans Cilantro Cole Slaw Pears Milk	Sweet & Sour Meatballs Brown Rice Brussel Sprouts Homemade Carrot Salad Pineapple Tidbits Milk	Chicken Patty Parmesan Whole Wheat Pasta Cauliflower Romaine Salad Apple Milk	Breaded Haddock Barley Pilaf Broccoli Corn Salad Apricot Halves Milk
<i>March 15</i>	<i>March 16</i>	<i>March 17</i>	<i>March 18</i>	<i>March 19</i>
Chicken a la King Whole Wheat Pasta Seasoned Spinach Pickled Beets Pineapple Tidbits Milk	Cheese Ravioli/Meat Marinara Sauce (Pasta) Winter Blend Veggies Summer Squash Sliced Peaches Milk	 Chili Beans w/ Meat Birthday Muffin Tuscany Blend Veggies Homemade Carrot Salad Orange Milk	Turkey in Gravy Stuffing CA Blend Veggies Pea Salad Banana Milk	Black Eyed Pea Salad & HB Egg Crackers Romaine Salad Homemade Cole Slaw Applesauce Milk
<i>March 22</i>	<i>March 23</i>	<i>March 24</i>	<i>March 25</i>	<i>March 26</i>
Chicken Enchiladas w/ Red Sauce (Tortilla) CA Blend Veggies Succotash Fruit Cocktail Milk	Meatballs in Gravy Whole Wheat Bread Mashed Potatoes Green Beans Sliced Pears Milk	Chicken Sandwich w/ Fixins Whole Wheat Bun Baked Beans Homemade Carrot Salad Orange Milk	Italian Noodle Casserole (Pasta) Broccoli Italian Blend Veggies Apricot Halves Milk	Omelet w/ Cheese Muffin Stewed Tomatoes Homemade Cole Slaw Sliced Peaches Milk
<i>March 29</i>	<i>March 30</i>	<i>March 31</i>	<i>April 1</i>	<i>April 2</i>
Albondigas w/ Potatoes & Carrots Corn Tortilla Corn Hot Seasoned Beets Mandarins & Pineapple Milk	Spaghetti w/ Meat & Marinara (Whole Wheat Pasta) Seasoned Spinach Homemade 3 Bean Salad Banana Milk	Pork Rib Patty w/ BBQ Sauce Whole Wheat Bread Sweet Potatoes Brussel Sprouts Applesauce Milk	Chicken Alfredo (Pasta) Scandinavian Blend Veggies Homemade Cole Slaw Fruit Cocktail Milk	Tuna Salad w/ Slice of Whole Wheat Bread Homemade Carrot Salad Pickled Beets Orange Milk

*Menu item substitutions based on product availability.*

## Cancellations & Reservations

Please call the Site Manager to **CANCEL**, **Suspend** or **RESUME** your meals  
**2 BUSINESS DAYS IN ADVANCE**

<b>Site Locations:</b>	<b>Serving Time</b>	<b>Site Manager &amp; Assessor</b>	<b>Phone Number</b>
Atascadero and Templeton	11:30	Liz	<b>466-2317</b>
Cambria	11:45	Jesse/Kat	<b>927-1268</b>
Los Osos	11:30	Rachel	<b>528-6923</b>
Morro Bay Dining Room	11:30	Marilee/Kat	<b>772-4422</b>
Morro Bay/Cayucos Home-Delivery	Call: 772-4422		
Nipomo	12:00	Sandy	<b>929-1066</b>
Arroyo Grande, Grover Beach, Pismo Beach, Oceano	11:30	Debbie	<b>489-5149</b>
Paso Robles	11:30	Marlene	<b>238-4831</b>
Santa Margarita	11:15	Andrew	<b>438-5854</b>
San Luis Obispo Home Delivery	Call: Janine at 543-0469		
Downtown: Anderson Hotel	11:30	Janine	<b>543-0469</b>
Laguna Lake Area: U.C.C. Church	11:30	Les	<b>541-1168</b>
San Luis Obispo Main Office: 541-3312	Central Kitchen: 541-2063		