

Executive Director's Corner – Elias Nimeh



Spring is upon us and it comes with good news! **Masks are no longer required in our dining rooms for those seniors who are vaccinated.** (Seniors who are NOT vaccinated must continue to wear masks.)

I am also happy to share that the Atascadero Senior Center kitchen remodel is complete! **Members of the Kiwanis Club of Atascadero, Calif. worked very hard to bring this \$30,000 project to fruition!** Please visit our Facebook page for more of the details.



And lastly, as I am sure you are aware, high inflation, shortages of products, and rising prices are causing unprecedented increases in costs for nonprofits, including Meals That Connect. **Your generosity and donations have been most appreciated this time of year easing the financial stress on our program.** Thank you!

Spotlight on MTC Volunteers!



Not all heroes wear capes, some wear collars! Introducing one of cutest hero volunteers out there: **Blondie!** This girl is a rescued 8 year old terrier/poodle who just loves to visit her senior friends. We recently caught up with her for a quick interview before she had to return to her delivery route. A big thank you to her

human **Co-PAWlot, Laura Kirschner** for driving her around and interpreting for us! **MTC:** How long have you been volunteering for us? **B:** I have been a regular volunteer at Chumash Village for almost 2 years. Sometimes, I substitute on a new route.

MTC: What do you do for MTC's seniors? **B:** Woof! I brighten their day when I prance up their steps to receive a pat on my blonde locks! **MTC:** Why do you volunteer for MTC? **B:** Definitely for the hugs and belly scratches. **MTC:** What is your favorite thing about being a volunteer? **B:** Seeing my friends' faces light up with a smile! My second favorite thing are the pets and cuddles from my lovely friends. My Fridays are tail-wagging delightful and I hope I get to do this FUR-ever!

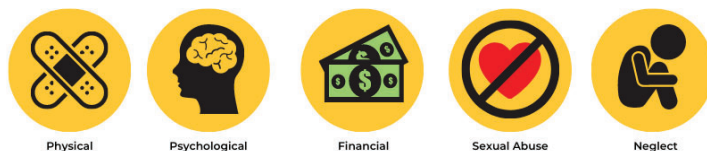
Blondie has already inspired other pups to join the **Food Angel Pup Patrol!** Coming soon: Visit our Facebook page to meet Sunny and her human Gail Gordon. Many of our clients cannot have a pet and these weekly visits are a true joy and a boost to their day that they look forward to all week! **BONE Appétit!**

Volunteer News – Wendy Fertschneider, R.D.

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.**



Multiple forms of abuse can occur at once.

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 likely have the most frequent contact with our clients. **In your capacity of providing service to clients, you are a "mandated reporter of elder abuse."**

How To Make A Report to APS

- Make a phone report immediately to the County of San Luis Obispo, Department of Social Services, Adult Protective Services (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 searching "SLO County APS" on Google. Or going to <https://www.slocounty.ca.gov/Departments/Social-Services/Forms-Documents/Adult-Services/APS-Forms.aspx> for Form SOC 341
 - 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 to make the necessary calls and reports. Site managers may call the office for guidance and 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.** A report can be an important step in getting vital help for our clients. **You are the eyes, ears and lifeline to the outside world for our clients.**

Daylight Savings Time
Sunday March 13th!
Time to Spring Ahead!





March 2022 Menu

Nourishing SLO County seniors with more than just meals.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
Sunday March 13 th Time to Spring Ahead! 	Spaghetti w/ Meat & Marinara Cooked Spinach Romaine Salad Pineapple Tidbits Milk	Meatless Ravioli w/ Marinara Capri Blend Veggies Homemade Carrot Salad Orange Milk	Hamburger/WW Bun Baked Beans Winter Blend Veggies Diced Pears Milk	Tuna Salad Sliced Bread Corn Salad Homemade Cole Slaw Fresh Apple Milk
7	8	9	10	11
Meatloaf w/ Gravy Graham Crackers Baked Potatoes Peas Orange Milk	Italian Noodle Casserole Brussels Spouts Romaine Salad Mixed Fruit Cup Milk	Sweet & Sour Chicken Brown Rice Green Beans Homemade Cole Slaw Tropical Fruit Blend Milk	Chicken Enchiladas w/ Red Sauce Pinto Beans Broccoli Apricots Milk	Manicotti w/ Alfredo Sauce Carrot Salad Winter Blend Veggies Diced Peaches Milk
14	15	16	17	18
Swedish Meatballs Parslied Carrots Pickled Beets Pineapple Tidbits Milk	Chicken Stew Crackers CA Blend Veggies Romaine Salad Diced Pears Milk	<i>Celebrating March Birthdays!</i> Spaghetti w/ Meat Sauce Cooked Spinach Carrot Salad Banana Birthday Muffin Milk	Pork Rib Patty w/ BBQ Sauce Graham Crackers Roasted Cubed Potatoes Homemade Cole Slaw Applesauce Milk	Breaded Haddock Brown Rice Cauliflower Spinach Salad Mixed Fruit Cup Milk
21	22	23	24	25
Beef Patty w/ Gravy Sliced WW Bread Baked Potato Cubes Capri Blend Veggies Orange Milk	Chicken Patty w/ Gravy Roasted Sweet Potatoes Brussels Sprouts Romaine Salad Tropical Fruit Blend Milk	Chicken Enchiladas w/ Red Sauce Winter Blend Veggies Carrot Salad Diced Peaches Milk	Turkey Pieces in Gravy Stuffing Broccoli Three Bean Salad Apricots Milk	Chili Beans w/out Meat Crackers Corn Salad Homemade Cole Slaw Diced Pears Milk
28	29	30	31	
Garbanzo Beef & Rice Casserole Scandinavian Blend Veggies Pickled Beets Tropical Fruit Blend Milk	Cheese Ravioli w/ Meat & Marinara Cooked Spinach Italian Blend Veggies Pineapple Tidbits Milk	Chicken Sandwich on a WW Bun Roasted Sweet Potatoes Succotash Mixed Fruit Cup Milk	Sweet & Sour Meatballs Brown Rice Oriental Blend Veggies Homemade Cole Slaw Banana Milk	



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	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	