



April 2022

Food For Thought!

Volume 18, Issue 4

Executive Director's Corner – Elias Nimeh



CenCal Health's mission "To improve the health and well-being of the communities [they] serve by providing access to high quality health services..." and our mission to "Nourish SLO

County seniors with more than just meals." creates a synergetic partnership between us. **We appreciate their continued support and recent \$100,000 contribution to our program!** Donations like this are critical to our ability maintain the high level of meal services we offer.



Congratulations to MTC's Irene (Kitchen Director), Marlene (Site Mgr., Paso Robles) and Sandy (Site Mgr., Nipomo) for **scoring 100% on their SLO County Health Agency kitchen facility inspections!** You make us proud!

Our annual fundraiser, **Night of a Million Meals, Passport to Adventure: The Galaxy**, is coming May 7th at The Cliff's Resort in Pismo Beach. Visit our website mealsthatconnect.org or call 805 541-3312 ext. 103 for more information and to purchase tickets!



Spotlight on MTC Employees!



Janine Lloyd, Site Manager for our San Luis Obispo dining room, is celebrating 5 years as part of the MTC family. "The five years that I have been here have flown by. I look forward to coming to work. I hesitate to call what I do work. What I do is fun! I get to hang out with friends."

MTC is fortunate to have Janine because she exemplifies what MTC is all about: **"Nourishing SLO County seniors with more than just meals."** Janine has cultivated an amazing team of volunteers, Food Angels, if you will, who help in the dining room and delivering meals to nearly 200 seniors in the SLO area every week. She credits what she calls "an incredible army of people (volunteers, kitchen and office staff) for helping her "pull off miracles every day."

She shared, "Every day, I get to see the best that humanity has to offer. From clients to volunteers, I get to meet the most amazing people. The world today is a little scary. It's nice to know that we are surrounded by so many people that care, people that are willing to drop everything and help each other out."

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is a monthly publication of **Meals That Connect.**

Volunteer News – Wendy Fertschneider, R.D.

Annual Volunteer Training

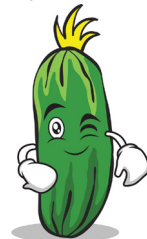


For the third year in a row, we are canceling the in-person volunteer training due to COVID concerns and uncertainties. Although the in-person trainings were fun and informative, we only averaged 25 attendees each year. **Last year, using a "do it yourself" training we had 200 people**

participate! Due to that rousing success, we are going follow a similar strategy this year.

All volunteers are required to complete the training once a year. While we cover some of the basics in this monthly newsletter column, the annual training provides more details of how best to perform your volunteer tasks. For seasoned volunteers it should be a snap. For new volunteers, it will help you understand the guidelines and expectations of the program.

Each person will complete a quiz that asks one question from each of 16 policies. When you turn in your quiz, you will receive a gift of appreciation!



And yes, the quiz will be different from last year.

Exciting news: this year, we will help the site managers to offer the policies and quiz online, in case you would prefer to complete the quiz on a computer or phone! Training is rolling out this month and your site manager will provide you with the information you need to complete it.

Thank you for your support of Meals that Connect. We could not serve our clients without YOU!

April is National Health Decisions Month



Do you have an advanced care directive? Who will speak for you when you can't speak for yourself? **Over the next month, MTC will be participating with other agencies in informational events about advance health planning.**

Please visit our Facebook page for more information: www.facebook.com/MealsThatConnect



Sunday April 17th!

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

2180 Johnson Avenue, San Luis Obispo, CA 93401
Main Office Phone: 805 541-3312
(Individual site phone numbers are located on the back page.)
Email: info@mealsthatconnect.org
Website: mealsthatconnect.org
Like us on Facebook! facebook.com/MealsThatConnect





April 2022 Menu

Nourishing SLO County seniors with more than just meals.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
	REHEATING INSTRUCTIONS: DO NOT USE A TOASTER OVEN! <ul style="list-style-type: none"> Peel back or pierce film to vent. From Frozen/Oven: Preheat oven to 350° Place tray on cookie sheet and heat for 30 minutes. From Frozen/Microwave: On HIGH for 3-5 minutes. Thawed/Oven: Preheat oven to 350° Place tray on cookie sheet and heat for 10 minutes. Thawed/Microwave: On HIGH for 2-3 minutes. 			Tuna Macaroni Salad Carrot Salad Green Pea Salad Orange Milk
4	5	6	7	8
Chicken Enchilada w/ Red Sauce Herbed Zucchini Cole Slaw Fresh Apple Milk	Italian Noodle Casserole Winter Blend (WB) Vegetables Romaine Salad Diced Peaches Milk	Meatballs w/ Gravy Baked Potatoes Mixed Vegetables Oatmeal Cookie Orange Milk	Turkey Pieces in Gravy Stuffing Broccoli Green Pea Salad Apricot Halves Milk	Black Eyed Peas Salad Hard Cooked Egg Wheat Crackers Carrot Salad Pickled Beets Local Strawberries Milk
11	12	13	14	15
Chicken a la King WW Noodles Brussels Sprouts Bean Salad Fruit Cup Milk	Chicken Patty Parmesan WW Spaghetti Green Beans Cole Slaw Tropical Fruit Cup Milk	Swedish Meatballs Brown Rice CA Blend Vegetables Carrot Salad Pineapple Milk	Cheese Manicotti in White Sauce Cooked Seasoned Spinach Corn Salad Banana Milk	Tuna Salad Wheat Bread Romaine Salad Pickled Beets Local Strawberries Milk
18	19	20	21	22
WW Spaghetti w/ Meat & Marinara Sauce Capri Blend Vegetables Cole Slaw Mixed Fruit Cup Milk	Hamburger w/ Fixin's WW Hamburger Bun Baked Beans Winter Blend Vegetables Applesauce Milk	<i>Celebrating April Birthdays!</i> Chicken Enchilada w/ White Sauce WB Vegetables Carrot Salad Birthday Muffin Diced Peaches Cup Milk	Chickpea, Rice & Meat Casserole Broccoli Zucchini Apricot Halves Milk	Chicken Ranch Salad Wheat Crackers Romaine Salad Green Pea Salad Local Strawberries Milk
25	26	27	28	29
Pork Rib Patty Sweet Potatoes Corn Graham Crackers Orange Milk	Sweet & Sour Meatballs Brown Rice Brussels Sprouts Carrot Salad Diced Pears Cup Milk	Cheese Ravioli w/ Marinara Sauce Cooked Seasoned Spinach Summer Squash Banana Milk	Breaded Haddock Filet Roasted Potatoes Mixed Vegetables Cole Slaw Tropical Fruit Cup Milk	Chinese Chicken Salad w/ Noodles Bean Salad Corn Salad Local Strawberries 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	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	