

Executive Director's Corner – Elias Nimeh

Come back and join us in our dining rooms!



It certainly has been an interesting two years. In March of 2020, due to Covid-19 restrictions and to preserve the safety of everyone, we closed our dining rooms and moved all of our in-person (non-homebound) clients to home delivery. **We consider ourselves very fortunate to have been**

able to make the temporary adjustments needed to be able to continue to serve our seniors.

Now that Covid-19 restrictions have been lifted, we are thrilled to announce that our dining rooms are open and we are ready and excited to welcome our in-person diners back to the table! Of course, our seniors who qualify for meal delivery due to being homebound will continue to receive their regular deliveries. But we are encouraging those of you who are not homebound to come visit us again.

Our site managers miss you! **Please join your friends once again and enjoy food, stories, and community!**

Spotlight on MTC Volunteers!



When **Diane Ludin** retired in 2009, she reached out to friends for ideas on where she could volunteer. They mentioned the Meals That Connect program, and she has been delivering meals in Morro Bay for us ever since!

Diane tells us, "It's a pleasant job. Everyone is friendly from the kitchen staff to the clients. Everyone likes to get food." And Diane is not alone on her deliveries. **Her dog, Janni, a 10-year-old smooth-coated Collie, joins her on her route as a member of our Pup Patrol!** "She loves people, especially meeting new people. She expects to be loved back with petting and kind words."

She started bringing Janni a couple years ago when one of our clients had to put his beloved pet to sleep. Diane's friend, also a volunteer, suggested that he might like to meet Janni. "We brought her on our next delivery date and she was perfect. He commented that petting her was a real joy. To our delighted surprise several of the other people on our route were happy we had her with us too. **So Janni found her mission, adding love to food.**"



Janni says hello to her friend Gil while dropping off his meal.

Volunteer News – Wendy Fertschneider, R.D.



Our topic this month is Fall Prevention. This is important for all of us in our daily lives and in the course of volunteering for Meals that Connect. Those of you who deliver meals can also be a resource to clients if you feel that their home presents a high risk for falling.

One in four older adults will report a fall in any given year. 20% of falls for older adults lead to serious injuries. **Falls are the leading cause of injury related deaths in seniors.** Depending on which statistics you read, falling increases the likelihood of dying sooner than those who have not fallen.

You can reduce the risk of falling by improving your environment. **The County of San Luis Obispo Public Health, Health Promotion Department has a robust Fall Prevention Program.** Home Assessments are FREE and designed for individualized education and personal recommendations to make your home safer to prevent falls. 42% of older adults could benefit from simple home equipment like grab bars and shower chairs. Call Michelle at 805-781-1561 to schedule a visit.

The other way to help prevent falls is to do the kinds of exercises that help you maintain your balance and keep your bones and muscles strong. The County of San Luis Obispo Health Agency website has a page dedicated to Fall Prevention (easily accessed through a google search). At the bottom of the page, there is a link to their newsletter which is full of helpful resources on fall prevention and many other topics. **It includes a link to 21 videos on strength and balance exercises you can do to prevent falls.**

As a volunteer, if you feel like one of your clients could benefit from a home assessment, please encourage them to contact Michelle at the County of SLO. And, wondering about your own home? Check out this safety checklist from the CDC, Stopping Elderly Accidents, Deaths & Injuries (STEADI): [chrome-extension://efaidnbmninnbpcapjpcgclclefindmkaj/https://www.cdc.gov/steadi/pdf/STEADI-Brochure-CheckForSafety-508.pdf](https://www.cdc.gov/steadi/pdf/STEADI-Brochure-CheckForSafety-508.pdf)

Last month, all volunteers were asked to complete our annual volunteer training. The training involves a short quiz on the policies that guide our program. It is available in paper or online formats. If you are one of the 80 folks who have already completed it, thank you! If you have not yet done so, there are treats and gifts waiting for you when you do.

Food For Thought!

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

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



May 2022 Menu

Nourishing SLO County seniors with more than just meals.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|
| 2 | 3 | 4 | 5 | 6 |
| Meatloaf w/ Gravy Brown Rice Summer Squash Pickled Beets Orange Milk | Italian Noodle Casserole Broccoli Italian Blend Veg. Apricots Milk | Chicken Stew Wheat Crackers Green Beans Homemade Cole Slaw Mixed Fruit Cup Milk | Chicken Enchilada w/ Red Sauce Cauliflower Succotash Fresh Apple Milk | Beefy Taco Salad Carrot Salad Corn Salad Local Strawberries Milk |
| 9 | 10 | 11 | 12 | 13 |
| Meatballs w/ Gravy Cubed Potatoes Winter Blend Veg. Graham Crackers Diced Peaches Cup Milk | Chili Beans w/ Meat Wheat Crackers Carrot Salad Cooked Seasoned Spinach Pineapple Tidbits Cup Milk | Turkey Pieces in Gravy Stuffing Brussels Sprouts Romaine Salad Diced Pears Cup Milk | Cheese Manicotti w/ Marinara Parslied Carrots Italian Blend Veg. Orange Milk | Tuna Salad Slice of WW Bread Homemade Cole Slaw Pea Salad Local Strawberries Milk |
| 16 | 17 | 18 | 19 | 20 |
| Chicken Enchilada w/ White Sauce Mixed Vegetables CA Blend Vegetables Tropical Fruit Cup Milk | Hamburger w/ Fixin's WW Bun Baked Beans Homemade Cole Slaw Mixed Fruit Cup Milk | Celebrating May Albondigas w/ Potatoes & Carrots Corn Tortilla Broccoli & Zucchini Apricot Halves Birthday Muffin & Milk Birthdays! | WW Spaghetti w/ Meat & Marinara Cooked Spinach Bean Salad Banana Milk | Chef Salad w/ Turkey, Cheese, Egg, Romaine Wheat Crackers Carrot Salad Pickled Beets Local Strawberries Milk |
| 23 | 24 | 25 | 26 | 27 |
| Cheese Ravioli, Marinara w/ Meat Sauce Cooked Spinach Pea Salad Pineapple Tidbits Cup Milk | Garbanzo Sausage Casserole Tuscan Blend Veg. Carrot Salad Orange Milk | Beef Patty w/ Gravy Baked Potato CA Blend Vegetables Applesauce Oatmeal Cookie Milk | Breaded Haddock Brown Rice Summer Squash Homemade Coleslaw Banana Milk | Honey Mustard Chicken Salad Wheat Crackers Romaine Salad Bean Salad Local Strawberries Milk |
| 30 | 31 | REHEATING INSTRUCTIONS: DO NOT USE A TOASTER OVEN! | | |
| CLOSED FOR  MEMORIAL DAY REMEMBER & HONOR | Pork Rib Patty Roasted Swt. Potatoes Cauliflower Graham Crackers Diced Peaches Cup Milk | <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. | | |



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/Barb | 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 | | |