

## Executive Director's Corner

Welcome Laura Edwards, our new Executive Director!



Laura was ushered into her new role in April 2023, after serving as Resource Manager for seven months. She has an extensive nonprofit leadership background on the west coast and locally.

### Here are a few words from Laura...

This role is 100% aligned with my values – I am both thrilled and honored as I received the torch from Elias Nimeh, whom I respect greatly. As more and more baby boomers reach the golden age of retirement, our services are needed more than ever. My aim is to continue providing support for our existing clients and make sure we are strong for those who will soon need us.

With growth comes ambitious fundraising goals, and we will rise to the challenge. We are blessed with the most generous volunteers in San Luis Obispo County. There is so much light and love shining on this organization – a light and lifeline we pass straight through to our clients. I was fortunate to increase revenues by 200% for the Upper Salinas – Las Tablas Resource Conservation District to do essential conservation work in the North County during the recession. I garnered the same support for the Tacoma Farmers Market Alliance in Tacoma, WA, in my prior E.D. role. We are in a generous community that prioritizes seniors and truly wants to help. I believe we are a humble conduit for that connection to happen. Outfitted with a remarkable crew, I am delighted to usher in a new era with Meals That Connect. I look forward to meeting our many partners, clients, and volunteers over the coming months.

## Volunteer News – Wendy Fertschneider, R.D.

### Preventing Falls



In the April article we promised the annual volunteer training. It finally went out on April 19th. **I hope you can complete it by mid-May. We will be sending small token gifts of appreciation for volunteers to the sites by the end of April.**

This month we are sharing information on preventing falls. Volunteers who deliver meals can pass on information to clients who would benefit from a Home Assessment from The SLO County Fall Prevention Program. It's **FREE** and designed for individualized education and personal recommendations to make your home safer to prevent falls. **Call Michelle at 805-781-1561 to schedule a visit.**

Falls are the leading cause of injury related deaths in seniors. **One of four older adults will report a fall in any given year.** 20% of falls for older adults lead to series injuries. When seniors fall, it increases the likelihood of dying sooner than those who have not fallen.

In addition to "fall proofing" your environment, there are many exercises and activities you can do to help you keep your balance and keep your bones and muscles strong. **If you Google "SLO County Public Health Promotion" you should arrive at the Health Promotion Page and find the Fall Prevention section.** At the bottom of the Fall Prevention website is a link to their newsletter. The newsletter 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.**

My favorite way to do some balance exercises is when I would otherwise be wasting time by waiting for something to heat in the microwave or while on a ridiculous phone hold with an insurance company. **I hold onto the counter or back of the chair and lift one knee and hold it as long as I can. Or I lean forward and extend one leg backwards and try to stay balanced.** Many of the exercises in the videos referenced above can be done to fill this dead time and strengthen your core and balance.

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



# May 2023 Menu

Nourishing SLO County seniors with more than just meals.

**DO YOU NEED TO CANCEL A MEAL?**  
**WE ASK FOR TWO DAYS NOTICE TO CANCEL, SUSPEND and/or RESUME MEALS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Turkey Pieces and Gravy Stuffing Peas 3 Bean Salad Tropical Fruit Cup Milk	Cheese Stuffed Manicotti Marinara Sauce Cauliflower Homemade Carrot Salad Applesauce Milk	Tuna Noodle Casserole Brussel Sprouts Summer squash Banana Milk	Hamburger W/ Fixins Whole Wheat Bun Roasted Potatoes & Carrots Homemade Cole Slaw Pineapple Tidbits Milk	Chicken Enchilada w/ Red Sauce Pinto Beans Corn Local Strawberries Milk
8	9	10	11	12
Sweet & Sour Meatballs Brown Rice Winter Blend Veggies Pickled Beets Diced Peaches Milk	Beef Patty w/ Gravy Whole Wheat Bread Baked Potatoes CA Blend Veggies Diced Pears Milk	Italian Noodle Casserole Broccoli Italian Blend Veggies Apricots Milk	Chicken Ala King Biscuit Capri Blend Veggies Succotash Local Strawberries Milk	Chef Salad (Romaine, Egg, Turkey, Cheese) Crackers Pea Salad Homemade Carrot Salad Orange Milk
15	16	17	18	19
Whole Wheat Spaghetti Marinara Sauce w/ Meat Spinach 3 Bean Salad Pineapple Tidbits Milk	Chicken Enchilada w/ Verde Sauce Black Beans Cauliflower Fresh Apple Milk	<i>Celebrating</i> Egg Patties w/ Cheese Birthday Muffin Baked Potato Stewed Tomato Local Strawberries Milk <i>May Birthdays!</i>	Breaded Haddock Brown Rice Mixed Veggies Homemade Cole Slaw Orange Milk	Oriental Chicken Salad Pickled Beets Broccoli Slaw Tropical Fruit Cup Milk
22	23	24	25	26
Cheese Manicotti w/ Marinara Sauce CA Blend Veggies Zucchini Diced Peaches Milk	Chicken Patty w/ BBQ Sauce Graham Crackers Roasted Cubed Potatoes Scandinavian Blend Veggies Mixed Fruit Cup Milk	Hungarian Goulash Broccoli Tuscan Blend Veggies Apricot Halves Milk	Meatballs w/ Gravy Whole Wheat Bread Scalloped Potatoes Winter Blend Veggies Banana Milk	Chicken Ranch Salad w/ Romaine Crackers Corn Salad Homemade Carrot Salad Local Strawberries Milk
29	30	31		
<i>Closed in Observance of Memorial Day If You Need A Meal Talk To Your Site Manager</i>	Pork Rib Patty w/ BBQ Sauce Graham Crackers Sweet Potatoes Brussel Sprouts Diced Pear Milk	Chicken Enchilada w/ White Sauce Succotash Parslied Carrots Tropical Fruit Blend Milk	 <b>OLDER AMERICANS MONTH</b> AGING UNBOUND: MAY 2023	

## CONTACT US

**Dining Rooms & Service Areas Open for in person dining Monday - Friday. Call your site manager to reserve your meal!	Serving Days/Time	Site Manager	Phone Number
** Atascadero, Templeton	Mon-Fri @ 11:30	Liz	466-2317
** Cambria, San Simeon	Mon-Fri @ 11:30	Jesse	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	Dallas	543-0469
** SLO: Laguna Lake Area: UCC Church	Mon-Fri @ 11:30	Milda	541-1168
<b>San Luis Obispo Administrative Office: 541-3312</b>	<b>Central Kitchen: 541-2063 or 541-3312 ext. 104</b>		