



June
2022

Food For Thought!

Volume 18, Issue 6

Executive Director's Corner – Elias Nimeh

We had a wonderful time at our 14th annual fundraiser, Night of a Million Meals: The Galaxy!



This remarkable event literally would not have happened without the Friends of Meals That Connect VOLUNTEER Team! My gratitude to them is immeasurable! (Pictured from L to R) **Thank you Susan George, Tina Radovich, Ruth Nimeh, Alissa Maddren, Patt Fuller!**



Between the gaming tables, silent auction, and live auction we had a night of big winners! The clients of MTC won the most of all as we were successful in securing a large portion of our budget for the upcoming fiscal year.



I would also like to give special recognition to our Double Platinum Partner and Sponsor **CenCal Health**. Our program thrives due to their unwavering support and commitment.



Elias Nimeh & Anita Shower, MTC Board President.



Thank you to all who attended in support of this very worthy cause and to those who contributed to our successful event!

More photos are posted on our Facebook page!

Volunteer News – Wendy Fertschneider, R.D.

- **Nutrition Note** – Supply chain problems are REAL, and they are affecting our ability to purchase foods that we have served for years. We continue to do our best to serve a complete meal that meets our nutritional guidelines but realize that some things are currently beyond our control. All this to say, you will see some “odd” things on the menu and likely more substitutions than usual. We appreciate your patience!
- **Annual Security Awareness Training (SAT)** – Our program's funding requires that all staff and volunteers complete SAT every July. SAT ensures we all know how to protect the privacy of our clients. We take it very seriously and even if you have completed it before, the refresher is always helpful. Like the Volunteer Training, we will provide both an electronic and a paper version of the training. More information will be shared by your Site Manager in July.
- **Volunteering is a WIN! WIN! WIN! Situation** – **MTC WINS** because we could not operate without the hundreds of volunteers who donate tens of thousands of hours each year at our sites and delivering meals. Those hours represent hundreds of thousands of dollars' worth of In-kind Services that we do not have to pay for but that we are required to obtain to match our grant funding.
- **OUR CLIENTS WIN** because they see a smiling face delivering meals and serving them in the dining room. We hear constantly that seeing the friendly volunteers each day is as important as the meals.
- **VOLUNTEERS WIN too!** According to an article on Happiness.com “the benefits of volunteering are vast for the volunteer – not just the community, individual or organization receiving their assistance.”



- **Here are just 5 of the benefits to volunteering.** The full article can be found here: <https://www.happiness.com/magazine/personal-growth/why-volunteering-is-important-benefits/>
- **1** – Connects you with others: If you're feeling lonely, isolated, or simply want to widen your social circle, volunteering in your local community is an important – and often fun – way to meet new people.
- **2** – Builds self-confidence and self-esteem: Doing good for others and the community helps to create a natural sense of accomplishment.
- **3** – Is important for physical health: a growing body of evidence suggests that people who give their time to others might benefit from lower blood pressure and a longer lifespan.
- **4** – Is important for mental health: It can help counteract the effects of stress, depression and anxiety.
- **5** – Is important for a sense of purpose: helps address a social problem that is meaningful to you and in turn helps to build a sense of purpose, which furthermore boosts your own happiness.

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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!

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





June 2022 Menu

Nourishing SLO County seniors with more than just meals.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
REHEATING INSTRUCTIONS: DO NOT USE A TOASTER OVEN! <ul style="list-style-type: none"> • Peel back or pierce film to vent. • Oven 350° <u>OR</u> Microwave on HIGH. • Frozen in Oven = 30 minutes • Frozen in Microwave = 3-5 minutes. • Thawed in Oven = 10 minutes • Thawed in Microwave = 2-3 minutes. 		Swedish Meatballs Whole Wheat Pasta Parslied Carrots Pickled Beets Orange Milk	Chicken Enchilada w/ Red Sauce Broccoli Lima Beans Apricot Halves Milk	Southwest Chicken Salad w/ Romaine Tostada Cole Slaw Corn Salad Local Strawberries Milk
6	7	8	9	10
Turkey Pieces in Gravy Stuffing Winter Blend Veg. Bean Salad Diced Pears Milk	Asian Chicken Casserole w/ Noodles Carrot Salad French Cut Green Beans Orange Milk	Chicken Patty Parmesan Whole Wheat Pasta Romaine Salad Seasoned Spinach Pineapple Tidbits Milk	Garbanzo, Rice & Sausage Casserole Mixed Veg. Cole Slaw Banana Milk	Tuna Macaroni Salad Pickled Beets Pea Salad Local Strawberries Milk
13	14	18	16	17
Meatballs in Gravy Graham Crackers Baked Potatoes CA Blend Veg. Tropical Fruit Blend Milk	Chicken a la King Brussels Sprouts Romaine Salad Mixed Fruit Milk	<i>Celebrating June Birthdays!</i> Chicken Enchilada w/ White Sauce Summer Squash Carrot Salad Orange/Birthday Muffin Milk	Italian Noodle Casserole Broccoli Spinach Salad Apricots Halves Milk	Black Eyed Pea Salad & HB Egg Crackers Corn Salad Cole Slaw Local Strawberries Milk
20	21	22	23	24
Beef Patty w/ Gravy Slice of WW Bread Herbed Potato Wedges Parslied Carrots Orange Milk	Cheese Manicotti w/ Marinara Cauliflower Seasoned Spinach Fresh Apple Milk	Chicken Sandwich WW Hamburger Bun Capri Blend Veg. Baked Beans Pineapple Tidbits Milk	Breaded Haddock Brown Rice Winter Blend Veg. Cole Slaw Banana Milk	Chicken Ranch Salad, Romaine Lettuce Croutons & Crackers Carrot Salad Pickled Beets Local Strawberries Milk
27	28	29	30	
Cheese Ravioli w/ Marinara Meat Sauce Brussels Sprouts Bean Salad Diced Peaches Milk	Chicken Enchilada w/ Meat Sauce CA Blend Veg. Carrot Salad Diced Pears Milk	Albondigas w/ Potatoes & Carrots Tortilla Corn Green Beans Orange Milk	Pork Rib Patty Barley Pilaf Broccoli Romaine Salad Apricot Halves Milk	JUNE 21st <i>Hello</i>



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	