



# Food For Thought!

## Meals That Connect

2180 Johnson Avenue, San Luis Obispo, CA 93401

October Volume 15 Issue 10



Info@mealsthatconnect.org



www.mealsthatconnect.org



805-541-3312



### Executive Directors Corner — Elias Nimeh

#### Covid-19 and The Future



As we navigate through the ever-changing restrictions of Covid-19, while many businesses are struggling to maintain their existence to survive, our program continues to grow to unprecedented levels.

We expect that the potential number of meals to be served this fiscal year will exceed 210,000 and include almost 2,000 seniors throughout San Luis Obispo County. The caliber of our staff and volunteers who are able to handle this kind of increase is astounding. I am so proud of every single member of our team, staff and volunteers, to be able continue through the hard work ahead while maintaining the quality of our current service levels and keeping our valuable seniors healthy and safe in their homes.

thank you!

We would not have been able to surmount the rapid and significant increases in meal production and maintain our present services without significant help from one of our most valuable partners, CenCal Health. Without this partnership, I dare say that many seniors would be not have been able to receive some vital benefits that they are currently enjoying.



**CenCalHEALTH®**  
Local. Quality. Healthcare.

*We are so grateful for our local community's involvement with Meals That Connect.  
It is the key to our ability to continuously serve the growing needs of our seniors.*

**Thank you again for all you do!**

### Staff Celebrations

#### Anniversaries:

Jesse Miller, 31 years



**Thank you for your dedicated years of service to Meals That Connect!**

#### Birthdays:

Cathyann Paape, 10/11  
Nancy Kelley, 10/18  
Jamaica Rich 10/22  
Kevin Doberer 10/26



**Food For Thought!**  
A monthly publication of  
**Meals That Connect**

Executive Director: Elias Nimeh  
Editor: Cathyann Paape  
Dietitian: Wendy Fertschneider, R.D.

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

#### Paperwork and Other Necessities

To butcher a phrase, "with the great power to do good work comes a great responsibility of completing the paperwork." The joy of packing & delivering meals cannot take place without completing the appropriate forms to comply with our federal funding requirements.

#### **Volunteers at Meals that Connect must complete the following:**

1. Volunteer information sheet: We need to know who you are and how to contact you.
2. Client intake form: Required if you want to eat a meal with us. Updated annually.
3. Volunteer orientation/training: You must review the Policy Booklet & complete a short quiz. Your Site Manager should go over it with you when you start & review it with you annually. There are many important policies and procedures to ensure your safety & the safety of our seniors.
4. Security Awareness Training to protect our clients' privacy. Completed every July. Watch a video or read a booklet & sign a certificate of completion.
5. Sign in each day that you volunteer: to support our funding requirements, we track our volunteer hours.
6. If you deliver meals, sign the route sheet: This is our record that meals have been delivered.
7. On the volunteer sign in sheet, check off monthly that you have read the Volunteer News Column in the MTC newsletter. This is part of the ongoing information we provide to volunteers to keep you informed.
8. You will be invited to an annual volunteer training meeting and meal in March 2021. Watch this newsletter for updates.

Thank you for the commitment you make to our seniors and our program

### Volunteer Highlight

Meet Joe from PathPoint, our newest volunteer at the Anderson Hotel. He is excited to help hand out meals to our clients!

Fun fact:  
Joe loves burritos the size of his head!



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



**CenCalHEALTH®**  
Local. Quality. Healthcare.



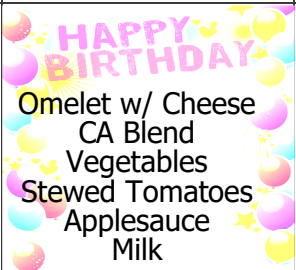


# October 2020



Volunteers—Remember to take meal temperatures daily



Monday	Tuesday	Wednesday	Thursday	Friday
<i>October 5</i>	<i>October 6</i>	<i>October 7</i>	<i>October 8</i>	<i>October 9</i>
Chili Beans w/Meat Crackers Winter Blend Vegetables Corn Mandarins & Pineapple Milk	Chicken Alfredo (pasta) CA blend Vegetables Spinach Salad Sliced Pears Milk	Hamburger w/Fixins WW Bun BBQ Beans Homemade Cole Slaw Sliced Peaches Milk	Chicken Enchilada w/White Sauce (tortilla) Mixed Vegetables Zucchini Orange Milk	Black Eyed Pea Salad w/HB Egg Slice of Bread Homemade Carrot Salad Tomato Wedges Pineapple Tidbits Milk
<i>October 12</i>	<i>October 13</i>	<i>October 14</i>	<i>October 15</i>	<i>October 16</i>
Fish Filet Sandwich WW Bun Parslied Carrots Brussel Sprouts Fresh Apple Milk	Sweet & Sour Meatballs Brown Rice Oriental Blend Veg Homemade Cole Slaw Fruit Cocktail Milk	Italian Noodle Casserole (WW Pasta) Cooked Seasoned Spinach Italian Blend Veg Banana Milk	Garbanzo & Beef Casserole (Rice) Broccoli Scandi Blend Vegetables Apricot Halves Milk	Honey Mustard Chicken Salad w/Romaine Crackers Pickled Beets Tomato Wedges Sliced Pears Milk
<i>October 19</i>	<i>October 20</i>	<i>October 21</i>	<i>October 22</i>	<i>October 23</i>
Cheese Ravioli w/ Meat Sauce (Pasta) Cooked Seasoned Spinach Three Bean Salad Pineapple Tidbits Milk	Chicken Enchiladas w/Red Sauce (Tortilla) Cauliflower Homemade Carrot Salad Sliced Peaches Milk	 Omelet w/ Cheese CA Blend Vegetables Stewed Tomatoes Applesauce Milk	Chicken Sandwich WW Bun Baked Potatoes Homemade Cole Slaw Fruit Cocktail Milk	Beefy Taco Salad w/Romaine Tostada Corn Salad Tomato Wedges Orange Milk
<i>October 26</i>	<i>October 27</i>	<i>October 28</i>	<i>October 29</i>	<i>October 30</i>
Turkey Pieces in Gravy Stuffing Mixed Vegetables Pickled Beets Mandarins & Pineapple Milk	Swedish Meatballs WW Pasta Broccoli Homemade Carrot Salad Apricot Halves Milk	Chicken Stew Crackers Green Beans Homemade Cole Slaw Sliced Pears Milk	Spaghetti w/Meat Sauce (WW Pasta) Winter Blend Vegetables Romaine Salad Banana Milk	Tuna Salad Slice of Bread Pea Salad Tomato Wedges Sliced Peaches Milk

*Menu item substitutions based on product availability*

## Cancellations & Reservations

Please call **your Site Manager** to **CANCEL** or **RESUME** your meals  
**2 BUSINESS DAYS IN ADVANCE**

Site Locations:	Serving Time	Site Manager & Assessor	Phone Number
Atascadero and Templeton	11:30	Liz	<b>466-2317</b>
Cambria	11:45	Jesse/Kat	<b>927-1268</b>
Los Osos	11:30	Rachel	<b>528-6923</b>
Morro Bay Dining Room	11:30	Marilee/Kat	<b>772-4422</b>
Morro Bay/Cayucos Home-Delivery	Call: 772-4422		
Nipomo	12:00	Sandy	<b>929-1066</b>
Arroyo Grande, Grover Beach, Pismo Beach, Oceano	11:30	Debbie	<b>489-5149</b>
Paso Robles	11:30	Marlene	<b>238-4831</b>
Santa Margarita	11:15	David	<b>438-5854</b>
San Luis Obispo Home Delivery	Call: Janine at 543-0469		
Downtown: Anderson Hotel	11:30	Janine	<b>543-0469</b>
Laguna Lake Area: U.C.C. Church	11:30	Les	<b>541-1168</b>
San Luis Obispo Main Office: 541-3312	Central Kitchen: 541-2063		