

## Executive Director's Corner – Elias Nimeh

As a non-profit, Meals That Connect relies on donations, grants and external funding to keep our program up and running. I would like to take a moment to thank a few of our recent contributors to our mission.



**Debi and Mike Lemos** have supported MTC for the last 14 years. Their generosity continued earlier this year when they purchased a live auction item for **\$5,500**. This gave 8 of our home delivery clients the opportunity to enjoy a special 5 course dinner at McPhees. What a treat! Thank you Debi and Mike for your continued commitment to what we do at MTC.



The **Cambria Community Council's** mission is to provide transportation services to seniors and the disabled, and to support non-profit organizations in the communities of San Simeon and Cambria. Just recently they provided MTC with **\$7,000** to provide nutritious meals for seniors in those communities.



And last, but certainly not least, the **County of San Luis Obispo** awarded a **\$200,000** grant to MTC to help feed seniors in the county.

**We are grateful for all of our donor support.**

## Spotlight on MTC Volunteers!



**Ruth Nimeh** has been a valuable volunteer for MTC for the past 17 years.

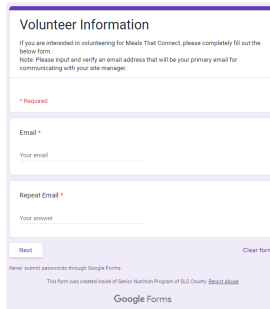
Ruth has been one of the core members of **Friends of Meals That Connect**, a volunteer group responsible for our annual fundraiser, **Night of a Million Meals** for 14 events.

She generously opens her home to the volunteer committee for planning meetings (serving delicious food and wine to boot!) and works hard to prepare for a successful event every year. Ruth's love of design is why she focuses her efforts on the event theme and elaborate decor, creating a wonderful atmosphere for a unique and memorable evening. Ruth's writing and editing skills are also appreciated as we develop our invitations, auction item descriptions, and programs.

**Thank you Ruth for all the years of hard work and the contributions you continue to make to help support our senior clients.**

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

### Paperwork and Other Necessities



The digital revolution continues at Meals That Connect. All ten of our sites are now doing much of their record keeping on computers and sending it to the office electronically. Our volunteer training in April 2022 had a digital option that 179 of our volunteers made use of. It was awesome! No papers

to copy, send, track, or store. We were able to see exactly who completed the training and their quiz scores. The sites can now send volunteer applications to interested persons via email. When completed, the prospective volunteer automatically receives links to the two required trainings to complete on a computer or mobile device. All we need is an email address. Volunteers at Meals That Connect must complete the following, much of it now available digitally:

- **Volunteer Information Sheet:** This is our record of who you are, how to contact you and what you want to do.
- **Client Intake Form:** This is necessary if you want to eat a meal with us and it is updated annually.
- **Volunteer Orientation/Training:** This covers all the policies that are important for safe and secure work in our program. It can be done digitally, or you can review the policy packet and take the quiz on paper.
- **Security Awareness Training:** Protects our clients' privacy. Completed before you start and repeated every July. Watch a video complete the quiz or read a booklet and sign a certificate of completion.
- **Volunteer Sign In:** Please sign in for every shift. We need to keep track of volunteer hours. It supports our funding requirements. Sites vary on how they enter the digital records.
- **Sign the Route Sheet:** If you deliver meals it is important that you sign the route sheet at the end of your delivery. Again, sites vary on how they have volunteers complete this form.
- **Read the Volunteer News:** this column in the monthly newsletter covers important topics for volunteers. When the site manager either sends an electronic copy of the newsletter, or you get paper copy, they will mark on the volunteer sign in sheet that you have received it. We are assuming that you read it.
- **Annual Volunteer Training:** For ALL VOLUNTEERS, new and experienced. It will be offered digitally again, with paper copies available for those who need them.

We truly are cutting down on the paper we use and hope it will streamline your work too.



# October 2022 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
3	4	5	6	7
<b>Chicken Stew w/ Potatoes &amp; Carrots</b> Crackers Corn 3 Bean Salad Orange Milk	<b>WW Spaghetti in a Marinara Sauce w/ Meat</b> Cauliflower Romaine Salad Diced Pears Milk	<b>Chicken Enchilada w/ Verde Sauce</b> Pinto Beans Broccoli Apricot Halves Milk	<b>Pork Rib Patty</b> Barley Pilaf CA Blend Veggies Tomato Wedges Diced Peaches Milk	<b>Hawaiian Chicken Salad</b> Slice of Bread Carrot Salad Pickled Beets Mixed Fruit Milk
10	11	12	13	14
<b>Chili Beans w/ Meat</b> Crackers Winter Blend Veggies Capri Blend Veggies Fresh Apple Milk	<b>Albondigas w/ Potatoes &amp; Carrots</b> Corn Tortilla Succotash Zucchini Orange Milk	<b>Chicken Ravioli Alfredo</b> Cooked Seasoned Spinach Green Beans Tropical Fruit Blend Milk	<b>Breaded Fish Filet</b> Brown Rice Brussels Sprouts Carrot Salad Banana Milk	<b>Southwest Chicken Salad w/ Tostada, Black Beans &amp; Corn</b> Romaine Lettuce & Tomato Wedges Pineapple Tidbits Milk
17	18	19	20	21
<b>Garbanzo Bean, Meat &amp; Rice Casserole</b> Broccoli Pickled Beets Apricot Halves Milk	<b>Chicken Enchiladas w/ Red Sauce</b> CA Blend Veggies Romaine Salad Diced Pears Milk	<i>Celebrating October Birthdays!</i> <b>Omelet w/ Cheese</b> Cauliflower Fresh Tomato Wedges Diced Peaches Birthday Muffin Milk	<b>Swedish Meatballs</b> Whole Wheat Pasta Carrot Salad Scandinavian Veggies Mixed Fruit Milk	<b>Chinese Chicken Salad</b> Cole Slaw 3 Bean Salad Orange Milk
24	25	26	27	28
<b>Chicken à la King</b> Biscuit Green Beans Pea Salad Tropical Fruit Blend Milk	<b>Chicken Sandwich</b> WW Hamburger Bun Winter Blend Veggies Cole Slaw Applesauce Milk	<b>Cheese Manicotti in Marinara w/ Meat</b> Parslied Carrots Romaine Salad Pineapple Tidbits Milk	<b>Turkey Pieces in Gravy w/ Stuffing</b> Peas Corn Salad Orange Milk	<b>Tuna Salad</b> Slice of Bread Carrot Salad Tomato Wedges Diced Pears Milk
31				
<b>Italian Noodle Casserole</b> Cauliflower 3 Bean Salad Diced Peaches Milk	<p style="text-align: center;"><b>REHEATING INSTRUCTIONS: DO NOT USE A TOASTER OVEN!</b></p> <ul style="list-style-type: none"> <li>• Peel back or pierce film to vent.</li> <li>• <b>From Frozen/Oven:</b> Preheat oven to 350° Place tray on cookie sheet and heat for 30 minutes.</li> <li>• <b>From Frozen/Microwave:</b> On HIGH for 3-5 minutes.</li> <li>• <b>Thawed/Oven:</b> Preheat oven to 350° Place tray on cookie sheet and heat for 10 minutes.</li> <li>• <b>Thawed/Microwave:</b> On HIGH for 2-3 minutes.</li> </ul>			

## 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	Janine	543-0469
** SLO: Laguna Lake Area: UCC Church (Temporarily closed.)	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>		