



Executive Director's Corner – Elias Nimeh

All of us at Meals That Connect wish you a very Happy Thanksgiving!



Elias Nimeh, MTC Executive Director receiving a donation from Cheryl Franke, President, Vaqueras del Camino

We are thankful for all of the amazing members of the San Luis Obispo Community that support our program. This month, the Vaqueras del Camino, a ladies trail riding club, was kind enough to donate a turkey dinner to our Atascadero dining room! The club was established in 1974 and promotes healthy relationships with like minded horse loving women, with an emphasis on safety and fun. They also hold several camping trips, family friendly events, and do fundraising all year round. We appreciate them choosing our seniors this year!

November Holidays!

Meals That Connect will be closed:

- Thursday November 11th for Veteran's Day.
Thursday and Friday, November 25th & 26th for Thanksgiving!



Spotlight on MTC Volunteers!



Linda and Bud Zeuschner have been volunteering for MTC for about 1 1/2 years. As members of our home delivery team, they take meals to our homebound seniors three times a week! When we asked them why they volunteer, they told us, "We

started volunteering when the pandemic was raging partly because our other volunteer activities involved in-person work and were put on hold. Since we are fully vaccinated, and had time available, we felt we could help provide needed food to people in our town who otherwise might go without." Their favorite thing about being volunteers? "We especially like 'connecting' with and meeting new people in SLO through Meals That Connect while getting to know our town better. A real bonus has been discovering all the different streets and areas we weren't familiar with, so we are expanding our appreciation for the SLO community." Linda & Bud, thank you for your dedication to our program! We are incredibly grateful for your service!

Volunteer News – Wendy Fertschneider, R.D.

Paperwork and Other Necessities



Because MTC receives grants and government funding, we make sure we are in compliance with various rules and training requirements. Rules equal paperwork! And there is no shortage of required paperwork at MTC. So this month, as a reminder, volunteers for our program must complete the following:

- Volunteer Orientation/Training: Before you start working as a volunteer, you must review the Policies Folder, complete a short easy quiz, as well as Security Awareness Training (see below). Your site manager should go over it with you when you start and review it with you annually. There are many important policies and procedures to ensure your safety and the safety of our seniors.
Volunteer Information Sheet: We need to know who you are and how to contact you.
Client Intake Form: This is necessary if you want to eat a meal with us. It is also updated annually.
Security Awareness Training: This training helps us protect our clients' privacy and it is completed every July by watching a video and then signing a certificate of completion.
Route Sheets: If you deliver meals, sign the route sheet, this is our record that meals have been delivered.
Volunteer Sign-in Sheet: We need to keep track of volunteer hours because it supports our funding requirements. Please sign in each day that you volunteer.
Also on the Volunteer Sign-in Sheet: Check off monthly that you have read the Volunteer News Column in this MTC newsletter. This is part of the ongoing information we provide to volunteers to keep you informed.
Annual Volunteer Training: You will be invited to an annual volunteer training meeting and meal in March 2022. Watch this newsletter for updates!

Happy 108th Birthday Henry!



Last month, our client and friend, Henry Barba, celebrated his 108th birthday! Henry is a beloved son of Santa Margarita. His weekly ritual of mowing the lawn became quite the social gathering! His birthday party was held at the Santa Margarita Catholic Church and he was surrounded by people that love him.

Judging by the videos and pictures on the party's Facebook page, he had a great time!
https://www.facebook.com/HenryBarba100birthdayparty.org/photos/a.1060190120680155/1425818077450689





# November 2021 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Italian Noodle Casserole</b> Cauliflower Zucchini Sliced Peaches Milk	<b>Sweet &amp; Sour Meatballs</b> Brown Rice Oriental Blend Vegetables Pea Salad Mandarins & Pineapple Milk	<b>Chicken Sandwich w/ Fixins</b> Whole Wheat Bun BBQ Beans Homemade Cole Slaw Sliced Pears Milk	<b>Beef Patty w/ Gravy</b> Graham Crackers Broccoli Roasted Potatoes & Carrots Sliced Apricots Milk	<b>Black Eyed Pea Salad</b> HC Egg Wheat Crackers Homemade Carrot Salad Romaine Salad Orange
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>Hungarian Goulash</b> Brussels Sprouts Pickled Beets Fresh Apple Milk	<b>Tuna Noodle Casserole</b> Homemade Cole Slaw Succotash Fruit Cocktail Milk	<b>Chicken Enchilada w/ Red Sauce</b> Winter Blend Vegetables Homemade Carrot Salad Banana Milk	<i>CLOSED for Veteran's Day</i>	<b>Omelet w/ Cheese</b> Muffin Parslied Carrots Stewed Tomatoes Mandarins & Pineapple Milk
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>Whole Wheat Spaghetti w/Meat &amp; Marinara</b> Cooked Seasoned Spinach Three Bean Salad Pineapple Tidbits Milk	<b>Garbanzo Bean Casserole</b> Brown Rice Cauliflower Summer Squash Sliced Peaches Milk	<i>Celebrating November Birthdays!</i> <b>Chicken Alfredo</b> Broccoli Italian Blend Vegetables Sliced Apricots Birthday Muffin Milk	<b>Meatballs In Gravy</b> Slice of Wheat Bread Roasted Potatoes & Carrots Homemade Cole Slaw Sliced Pears Milk	<b>Chicken Ranch Salad</b> Romaine Lettuce Wheat Crackers Pea Salad Pickled Beets Orange Milk
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>Cheese Stuffed Manicotti</b> Marinara w/ Sausage Winter Blend Vegetables Capri Blend Vegetables Applesauce Milk	<b>Breaded Haddock</b> Brown Rice CA Blend Vegetables Homemade Cole Slaw Pineapple Tidbits Milk	<b>Sliced Turkey, Gravy, Cranberry Sauce Stuffing &amp; Mashed Potatoes</b> Green Bean Casserole Tangerines, Dinner Roll Pumpkin Pie Milk	<i>Happy Thanksgiving! We will be CLOSED for the holiday.</i>	
<b>29</b>	<b>30</b>			
<b>Pork Rib Patty</b> Oatmeal Cookies Sweet Potatoes Brussels Sprouts Fruit Cocktail Milk	<b>Chicken Enchiladas w/ White Sauce</b> Broccoli Succotash Sliced Apricots Milk	<b>REHEATING INSTRUCTIONS: DO NOT USE A TOASTER OVEN!</b> <ul style="list-style-type: none"> <li>• Peel back or pierce film to vent.</li> <li>• From Frozen/Oven: Preheat oven to 350° Place tray on cookie sheet and heat for 30 minutes.</li> <li>• From Frozen/Microwave: On HIGH for 3-5 minutes.</li> <li>• Thawed/Oven: Preheat oven to 350° Place tray on cookie sheet and heat for 10 minutes.</li> <li>• Thawed/Microwave: On HIGH for 2-3 minutes.</li> </ul>		



### 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

Site Locations	Serving Time	Site Manager	Phone
Atascadero and Templeton	11:30	Liz	466-2317
Cambria	11:30	Jesse/Kat	927-1268
Los Osos	11:30	Malia	528-6923
Morro Bay/Cayucos	11:30	Marilee/Kat	772-4422
Nipomo	11:30	Sandy	929-1066
Arroyo Grande, Grover Beach, Pismo Beach, Shell Beach, Oceano	11:30	Debbie	489-5149
Paso Robles	11:30	Marlene	238-4831
Santa Margarita	11:30	David/Jill	438-5854
San Luis Obispo	11:30	Janine	543-0469
SLO: Laguna Lake Area: UCC Church	11:30	Milda	541-1168
<b>San Luis Obispo Main Office: 541-3312</b>		<b>Central Kitchen: 541-2063</b>	