



Food For Thought!

Meals That Connect

2180 Johnson Avenue, San Luis Obispo, CA 93401

November 2020, Volume 15 Issue 11



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www.mealsthatconnect.org



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Executive Directors Corner — Elias Nimeh

We are always honored and pleased to serve our community and rejoice to be able to share in their celebrations. One of our Santa Margarita clients, Henry Barba, just celebrated his 107th birthday! He's pictured here with fellow Santa Margaritan, veteran, friend and centenarian, Harold Lowe, who recently turned 101!

Happy 100s to Henry and Harold from all of us at Meals That Connect!

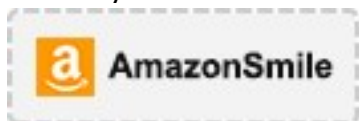


Henry (holding the flag) and Harold (front right)

This Holiday Season

Help Support MTC while you shop online.

Amazon donates 5% of the price of your eligible AmazonSmile purchase to the charitable organization of your choice



Support Senior Nutrition Program/Meals That Connect by shopping at smile.amazon.com and designating **Senior Nutrition Program** as your non-profit charity of choice

Staff Celebrations

Anniversaries:

Debbi Stevens, 2 years

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

Birthdays:

Rachel Rodriguez, 11/2

Irene Palacios, 11/2

Linda Lehman, 11/10

Sonia Flores-Garcia, 11/19



Volunteer News — Wendy Fertschneider, R. D.

Volunteer Training Tips



November brings thoughts of Thanksgiving gatherings and watching sports on TV. Activities that involve talking and laughing while eating in groups, and/or alcohol consumption, increase the odds of choking. Pay attention if someone gets up and leaves the room without saying anything. People who are choking often leave so they won't cause a scene. Check on them.

To help someone whom you think is choking:

Ask, "Are you choking?" If they can speak to you, they are not choking. If a person is coughing, encourage them to keep coughing.

Ask permission, "May I help you?" If they nod "no", you **may not** help them, but you can call 911. If they pass out, you may help them. An unconscious victim has given you implied consent. If they agree to help, do the following:

Give 5 back blows with the heel of your hand, between their shoulder blades. Stand perpendicular to the victim with them leaning over slightly onto your extended arm while you hit between their shoulder blades with your other hand.

If still choking, do five abdominal thrusts (formerly referred to as the Heimlich). Standing behind the victim, lock hands above their navel and pull up and in sharply.

Alternate with back blows and abdominal thrusts until:

- The object is dislodged
- The victim passes out
- Emergency Responders arrive

If a person is unconscious, be sure someone has called 911. If the victim is lying on the floor you can do chest compressions like CPR to try to dislodge the object. Even if the person appears unharmed after the object is removed, they should be checked by their doctor for damage to the throat that could cause further problems.

Be prepared this holiday season and know the right steps to take.

Holiday Reminder

We are closed November 11th for Veteran's Day and November 26th & 27th for the Thanksgiving Holiday.

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



CenCal HEALTH
Local. Quality. Healthcare.



Food For Thought!
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Meals That Connect

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



November 2020



Volunteers—Remember to take meal temperatures daily



Monday	Tuesday	Wednesday	Thursday	Friday
November 2 Italian Noodle Casserole (Pasta) Brussel Sprouts Green Beans Fresh Apple Milk	November 3 Chicken a la King Whole Wheat Pasta Broccoli Romaine Salad Apricot Halves Milk	November 4 Chili Beans with Beef Crackers Cauliflower Zucchini Fruit Cocktail Milk	November 5 Albondigas with Carrots & Potatoes Corn Tortilla Succotash Homemade Cole Slaw Banana Milk	November 6 Chef's Salad with Turkey, Cheese, Egg CROUTONS Homemade Carrot Salad Corn Salad Orange Milk
November 9 Breaded Haddock Filet Brown Rice Mixed Vegetables Pickled Beets Mandarins & Pineapple Milk	November 10 Hamburger with Fixin's Whole Wheat Bun Homemade Carrot Salad CA Blend Vegetables Sliced Pears Milk	November 11 Closed for Veteran's Day. If you need a meal, please speak to your Site Manager.	November 12 Omelet with Cheese Bran Muffin Baked Potato Wedges Stewed Tomatoes Orange Milk	November 13 Chicken Enchilada with White Sauce (Tortilla) Parslied Carrots Homemade Cole Slaw Sliced Peaches Milk
November 16 Chicken Patty Parmesan Whole Wheat Pasta Cooked Seasoned Spinach Three Bean Salad Pineapple Tidbits Milk	November 17 Mediterranean Chickpea Casserole (Rice) Summer Squash Homemade Cole Slaw Applesauce Milk	November 18 BIRTHDAY Birthday Muffin Cheese Ravioli with White Sauce Broccoli Italian Blend Vegetables Apricot Halves, Milk	November 19 Meatballs with BBQ Sauce Barley Pilaf CA Blend Vegetables Spinach Salad Fruit Cocktail Milk	November 20 Oriental Chicken Salad with Noodles (Noodles) Pickled Beets Homemade Carrot Salad Orange Milk
November 23 Beef Patty with Gravy Brown Rice Winter Blend Vegetables Pea Salad Sliced Pears Milk	November 24 Chicken Enchiladas with Red Sauce (Tortilla) Pinto Beans Parslied Carrots Mandarins & Pineapple Milk	November 25 Turkey w/ Gravy, Cranberry Sauce, Stuffing, Mashed Potatoes Green Bean Casserole Tangerines Dinner Roll & Butter Pumpkin Pie, Milk	November 26 Closed for Thanksgiving. If you need a meal, please speak to your Site Manager	November 27 Closed for the Thanksgiving Holiday. If you need a meal, please speak to your Site Manager.
November 30 Pork Rib Patty W/BBQ Sauce Graham Crackers Sweet Potatoes Brussel Sprouts Sliced Peaches Milk	December 1 Sweet & Sour Meatballs Brown Rice Cauliflower Romaine Salad Fresh Apple Milk	December 2 Tuna Noodle Casserole (Pasta) Scandi Blend Vegetables Homemade Cole Slaw Fruit Cocktail Milk	December 3 Spaghetti w/ Meat & Marinara (Whole Wheat Spaghetti) Cooked Seasoned Spinach Three Bean Salad Banana, Milk	December 4 Chicken Sandwich with Fixin's Whole Wheat Bun Broccoli Mixed Vegetables Apricot Halves Milk

= High Sodium Meal

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