

## Executive Director's Corner – Elias Nimeh

### 'TIS THE Season OF Giving

Like you, we at Meals That Connect are looking forward to celebrating the holidays with family and friends! But first, as the year draws to a close, we are doing a bit of "financial housekeeping"

and would like to remind everyone that if you have Required Minimum Distributions (RMD) coming up, choosing to donate some of those funds will reduce your federal taxes to the extent the IRS allows. More information can be found on the IRS website: [www.irs.gov/retirement-plans/retirement-plans-faqs-regarding-required-minimum-distributions](http://www.irs.gov/retirement-plans/retirement-plans-faqs-regarding-required-minimum-distributions)

MTC would be grateful for your consideration when making your end of year donations! We wish you and yours a wonderful holiday season!

## Spotlight on MTC Employees!



Picking up where we left off in our October issue, we would like to introduce you to our other 30+ year staff member of Meals That Connect: Wendy Fertschneider, R.D. Program Nutritionist. As you saw in October, Wendy and Irene meet every month to collaborate on creating our nutritionally balanced menu.

Wendy started with the program in the 1980's and has been with us for 30+ years. She has worked as Program Nutritionist, Program Manager, Executive Director and Nutrition Consultant for the MTC program. For the past 20 years, she has also worked for San Luis Obispo County as a Nutritionist for the Women, Infants and Children (WIC) program, working with both English and Spanish speaking pregnant women and families with young children. When she retires from the county in June 2022, she will dedicate more time to MTC, taking on additional duties.

As the Program Nutritionist, Wendy is responsible for ensuring the monthly menus comply with state and federal nutritional guidelines. She also conducts our annual client survey to evaluate where we shine and what we can improve upon. The results of the survey also help us determine what topics our clients are interested in for our quarterly Nutrition Education handout, which Wendy writes and distributes. In addition, Wendy leads our Project Advisory Council (PAC), a group made up of clients who represent each dining site. The PAC meets quarterly to share information and ideas with MTC management and vice versa. Wendy is responsible for training our staff and volunteers on food safety, occupational safety, and the rules that keep our program in compliance with state and federal requirements.

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

- There is something especially frightening about the feeling that you might be choking. It is easy to panic. As in all emergencies, it is important to try to remain calm to remember what to do. "Gagging" is the stage when you are still able to cough and make sound. "Choking" is when your airway is completely blocked and you cannot breathe or make a sound. If you are coughing, keep coughing as hard as you can, in an attempt to dislodge the item you are choking on. Lean forward so gravity is on your side. Resist the urge to drink water. This could push the food further down. If you are alone, dial 911 and unlock your front door. Even if you cannot speak, stay on the line, and the dispatcher will send help.



In the meantime, you must do the abdominal thrust (also known as the Heimlich maneuver) on yourself. "Make a fist with one hand and place your thumb of that fist below your rib cage and above your belly button. Wrap your other hand around your fist and push against the pit of your stomach in a hard, quick upward and inward motion. You can also use

- the back of a chair or corner of a table, dropping your body onto the fixed object quickly to try to dislodge the object." After a choking incident, you should get a medical check-up to see if you damaged your airway. If you did the abdominal thrust, you should check that no other damage was done (to your ribs, not your furniture).

Ways to decrease your risk of choking:

- Focus on the food without a lot of distractions.
- Excited conversation and laughing while eating can lead to choking.
- Take small bites and chew well.
- Limit alcohol: it decreases sensation of the size of the food you are swallowing.
- Don't eat in a reclining position.

1 Self.com, Here's Exactly what to do if you choke while eating alone. By Korin Miller with input from Sanford Vieder D.O

## Join Us In Our Dining Rooms!

- We currently have 9 open dining rooms throughout the county! All sites serve lunch Monday - Friday starting at 11:30 a.m. **We encourage our clients to join us in person for your lunchtime meal!** All you need to do is look at our menu and let your site manager know you are coming at least 2 days in advance. *(Sorry, we cannot guarantee a meal for you if you have not made a reservation.) Hope to see you soon!*





# December 2021 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
<b>REHEATING INSTRUCTIONS:</b> <b>DO NOT USE A TOASTER OVEN!</b> <ul style="list-style-type: none"> <li>Peel back or pierce film to vent.</li> <li>Oven 350° <u>OR</u> Microwave on HIGH.               <ul style="list-style-type: none"> <li>Frozen in Oven = 30 minutes</li> <li>Frozen in Microwave = 3-5 minutes.</li> <li>Thawed in Oven = 10 minutes</li> <li>Thawed in Microwave = 2-3 minutes.</li> </ul> </li> </ul>		<b>Chicken Patty Parmesan</b> Whole Wheat Pasta Cooked Spinach 3 Bean Salad Banana Milk	<b>Chicken Fajitas</b> Corn Tortilla Black Beans Homemade Cole Slaw Sliced Peaches Milk	<b>Chef Salad w/ Turkey &amp; Cheese</b> Wheat Crackers Corn Salad Carrot Salad Orange Milk
6	7	8	9	10
<b>Italian Noodle Casserole</b> Brussels Sprouts Summer Squash Diced Pears Milk	<b>Sweet &amp; Sour Meatballs</b> Brown Rice Cauliflower Green Salad Fresh Apple Milk	<b>Chicken Stew</b> Wheat Crackers Scandinavian Blend Vegetables Homemade Cole Slaw Pineapple Tidbits Milk	<b>Beef Patty w/ Gravy</b> Graham Crackers Mashed Potatoes Green Beans Mixed Fruit Cup Milk	<b>Tuna &amp; Macaroni Salad</b> Homemade Carrot Salad Pea Salad Orange Milk
13	14	15	16	17
<b>Chicken Enchilada w/ Red Sauce</b> Black Beans CA Blend Vegetables Diced Peaches Milk	<b>Garbanzo Beef</b> Broccoli Zucchini Apricots Milk	<i>Celebrating December Birthdays!</i> <b>Omelet w/ Cheese</b> Parslied Potatoes Stewed Tomatoes Tropical Fruit Cup Birthday Muffin Milk	<b>Chicken Sandwich</b> Whole Wheat Bun Baked Beans Homemade Carrot Salad Fresh Orange Milk	<b>Chinese Chicken Salad w/ Noodles</b> Corn Salad Cole Slaw Mixed Fruit Cup Milk
20	21	22	23	24
<b>Whole Wheat Spaghetti w/ Meat &amp; Marinara Sauce</b> Cooked Seasoned Spinach 3 Bean Salad Pineapple Tidbits Milk	<b>Breaded Haddock</b> Brown Rice Capri Blend Vegetables Homemade Cole Slaw Diced Pears Milk	<b>Albondigas</b> Corn Tortilla Winter Blend Vegetables Succotash Applesauce Milk	<b>Glazed Ham</b> WW Dinner Roll Scalloped Potatoes Glazed Carrots Apple Pie Orange Milk	<b>Merry Christmas!</b> (Closed)
27	28	29	30	31
<b>Pork Rib Patty w/ Bbq Sauce</b> Graham Crackers Sweet Potatoes Brussel Sprouts Tropical Fruit Blend Milk	<b>Cheese Stuffed Manicotti</b> Meat & Marinara Sauce Tuscan Blend Vegetables Homemade Cole Slaw Diced Peaches Milk	<b>Chicken Enchiladas w/ White Sauce</b> Broccoli Romaine Salad Apricot Halves Milk	<b>Black Eyed Peas w/ Sausage</b> Corn Muffin Homemade Carrot Salad Zucchini Orange Milk	<b>Happy New Year!</b> (Closed)



### 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 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	Mon-Fri @ 11:30	Jesse/Kat	927-1268
** Los Osos	Mon-Fri @ 11:30	Malia	528-6923
** Morro Bay/ ** Cayucos	Mon-Fri @ 11:30	Marilee/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	David/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 Main Office: 541-3312</b>		<b>Central Kitchen: 541-2063</b>	