



Food For Thought!

Meals That Connect

2180 Johnson Avenue, San Luis Obispo, CA 93401

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Executive Directors Corner — Elias Nimeh

Highlighting our Volunteers

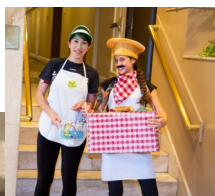
*I have been remiss recently in updating you all on the contribution & value of our volunteers at **Meals That Connect***

Since the inception of our organization in 1991, volunteers have played a vital role in the success of **MTC**. At present, volunteers contribute **25,000 hours** annually to the program, by delivering meals to homebound seniors, assisting the Site Managers with delivery preparation, cleaning the dining sites or helping at the Central Kitchen with the daily meal production.

The in-kind dollar amount contributed by volunteers' hours totals **\$325,000 annually**, exceeded only by our Federal Government grant. Our program would not survive financially without our volunteers' diligent commitment.

The importance of visiting a senior every day who might not see another human that day, or confirming that the senior is safe in their home cannot be overstated. Volunteers are also mandated reporters for any kind of abuse or neglect. Especially during this season of Covid-19, we work to ensure the safety of our seniors and volunteers.

I want to thank all 350 of our valuable volunteers for your dedicated service to our seniors and want to wish everyone in our community a very happy holiday season. You are treasured in many hearts of so many seniors forever.



From Everyone at Meals That Connect

Staff Celebrations

Anniversaries:

Laurie Skaar, - Office Manager -2 years
Greg Lomeli—Driver— 7 years



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

Birthdays:

Jessie Miller — Cambria Site Mgr - 12/4
Debbie Altamirano — Oceano Site Mgr - 12/8
Liz Dunn — Atascadero Site Mgr - 12/10
Marilee Zazueta — Paso Robles Site Mgr - 12/13
Les Winger — UCC Site Mgr - 12/21



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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.

Volunteer Training Tips

Safe Lifting

With the busyness of the holiday season upon us it is particularly important to be safe when lifting items.

Proper lifting is easier with strong back and core muscles. Good posture and good breathing are key. Good posture strengthens your core.

You can practice good posture by pressing your feet into the ground. Think tall, by pretending a rope, hanging from the ceiling, is attached to the crown of your head pulling you up. The crown is the back top of your head where balding sometimes starts.

You can also imagine that you have a grapefruit tucked under your chin. Lift the bone that connects your collarbones. Try to keep your body symmetrical from side to side as well as back to front.

Abdominal breathing (or belly breathing) uses the diaphragm. This causes the rib muscles to pull on and strengthen the ribs. The diaphragm is an important muscle for stabilizing the core when you move your arms and legs.

Keys to Proper Lifting

1. Plan before lifting
2. Stand close to the object
3. Create a stable base with your foot width
4. Squat, bending your knees and hips
5. Keep your back straight
6. Contract the stomach muscles
7. Lift using your leg muscles
8. Do not twist as you lift
9. Ask for help and give clear directions

Have a safe and healthy holiday season and remember to practice proper lifting techniques.

Holiday Reminder

*We are closed
December 25th for Christmas Day &
January 1st for New Year's Day*

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



CenCal HEALTH
Local. Quality. Healthcare.





December 2020



Volunteers—Remember to take meal temperatures daily



Monday	Tuesday	Wednesday	Thursday	Friday
December 7	December 8	December 9	December 10	December 11
Omelet with Cheese Muffin Baked Potato Stewed Tomatoes Mandarins w/Pineapple Milk	Italian Noodle Casserole (Whole Wheat Pasta) CA Blend Vegetables Zucchini Sliced Pears Milk	Chicken Enchilada in White Sauce (Tortilla) Brussel Sprouts Homemd Carrot Salad Sliced Peaches Milk	Chili Beans with Meat Crackers Herbed Carrots Homemade Cole Slaw Applesauce Milk	Curried Chicken Salad Slice of Wheat Bread Green Pea Salad Pickled Beets Orange Milk
December 14	December 15	December 16	December 17	December 18
Breaded Fish Filet Brown Rice Cooked Seasoned Spinach Homemd 3 Bean Salad Pineapple Tidbits Milk	Hamburger & Bun with Fixin's (Whole Wheat Bun) Baked Beans Cauliflower Fruit Cocktail Milk	 Meatballs in Gravy Birthday Muffin Mashed Potatoes Green Beans Banana Milk	Chicken Patty Parmesan Whole Wheat Pasta Broccoli Spinach Salad Apricot Halves Milk	Beefy Taco Salad w/ Romaine Lettuce Tostada Cilantro Cole Slaw Corn Salad Sliced Pears Milk
December 21	December 22	December 23	December 24	December 25
Chicken Enchilada with Red Sauce (Tortilla) Pinto Beans CA Blend Vegetables Sliced Peaches Milk	Beef Patty with Gravy Whole Wheat Pasta Summer Squash Homemd Carrot Salad Mandarins & Pineapple Milk	Cheese Ravioli Meat & Marinara Sauce Winter Blend Vegetables Tuscany Blend vegetables Fresh Apple Milk	 Glazed Ham Wh. Wheat Dinner Roll Scalloped Potatoes Glazed Carrots Apple Pie Orange Milk	Closed for the Christmas Holiday. If you need a meal, please speak to your Site Manager 
December 28	December 29	December 30	December 31	January 1
Pork Rib Patty w/ BBQ Sauce Oatmeal Cookie Sweet Potatoes Brussel Sprouts Fruit Cocktail Milk	Tuna & Noodle Casserole (Pasta) Broccoli Homemd 3-Bean Salad Apricot Halves Milk	Spaghetti w/ Meat & Marinara (Pasta) Cooked Seasoned Spinach Romaine Salad Banana Milk	Black Eyed Peas & Sausage Corn Muffin Homemade Carrot Salad Zucchini Orange Milk	Closed for New Year's Day. If you need a meal, please speak to your Site Manager 

 = 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	Andrew	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		