



Food For Thought!

Meals That Connect

2180 Johnson Avenue, San Luis Obispo, CA 93401

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Executive Directors Corner

We are so grateful for our local community's involvement with Meals that Connect.

Recently Mike Lemos and his dog Jack stopped by to drop off 5 pallets of dog food from Lemos Pet Supply for our homebound clients' pets.

Elias also visited Hapy Bistro to meet with manager Samer to personally thank him for \$850, raising funds to feed more seniors in our local community.



Nicole Bennett from our partner & major funder, CenCal Health, interviewed Elias for an upcoming feature.

It is your involvement which is the key to our ability to serve the growing needs of our seniors.



The **Atascadero Senior Center** will be participating in the **Atascadero Citywide Yard Sale, Saturday, May 9th 8 a.m.- 2 p.m.** Proceeds from the sale will be used for building maintenance on the kitchen and dining room used by the **Senior Nutrition/Meals that Connect** program. Donation of antiques, collectibles and/or useable items would be appreciated. Please contact 805-466-4674 for drop off.

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

Birthdays:

Laurie Skaar — Office Manager/Event Coordinator
Mar. 15th



Anniversaries:

Les Winger — SLO UCC Site Manager
Mar. 19th - 6 years



Kevin Doberer — Dishwasher
Mar. 26th — 2 years

Food For Thought! A monthly publication of **Meals That Connect**

Executive Director: Elias Nimeh

Editor: Cathyann Paape

Dietitian: Wendy Fertschneider, R.D.

Volunteer News

Falls and Broken Bones

Like many things in life, "an ounce of prevention is worth a pound of cure". True words for keeping your bones strong and preventing falls. As we age, many things make us at high risk for a fractured bone. We lose bone density as we age, making it more likely that a bone will break if we fall. One in two women and one in four men over the age of 50 will have a

fracture related to osteoporosis in their lifetime. We lose muscle mass as we age which leaves the bones less insulated and make our balance less secure. Removing risks in our home can reduce the chance of falling and having a broken bone.

For healthy bones, like all parts of our body, we need to eat healthy, move as much as we can and get seven or more hours of sleep at night. Many nutrients affect bone health. Whole foods are better than highly processed foods. Eat lots of fruits, vegetables, grains and beans and limit your salt intake. Depending on your ability, get regular exercise. Take a walk everyday if you can. Practice good posture. Strengthen your core. Avoid sitting for long periods of time. Our body repairs itself while we sleep. Give your bones the time they need. Eliminate tripping hazards and be aware of your walking path for unevenness and obstacles. Beware of pets that can get underfoot.

While delivering meals, you could come across a senior who has fallen. If the situation is life threatening call 911. If the situation is not life threatening, call the site manager to discuss the best plan and let her or him know you are delayed in delivering meals. You can call 911 for a "Lift and Assist" to help get a client off the floor even if they are not injured. If you observe a client or a household that you feel poses a high risk for falling, let the site manager know. There are county programs that can do a home safety assessment.

Wendy Fertschneider, R. D.

Reminder: Mark your calendars now for the **Annual Volunteer Training Extravaganza** on **Tuesday, March 17th, 2020**. We'll be wearing the green, but not serving green beer, for St. Patrick's Day. The training is from 1:00-5:00 in San Luis Obispo. It will be after Daylight Savings,

Night of a Million Meals!

Passport to Adventure: The Galaxy

Saturday, May 9th, 5:30 p.m.



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



CenCal HEALTH
Local. Quality. Healthcare.





March 2020



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
CHEESE RAVIOLI WITH MARINARA & MEAT SAUCE COOKED SPINACH SUMMER SQUASH PINEAPPLE MILK	CHICKEN A LA KING WHOLE WHEAT PASTA GREEN BEANS HOME MADE COLE SLAW SLICED PEACHES MILK	BEEF PATTY WITH GRAVY WHOLE WHEAT BREAD MASHED POTATOES MIXED VEGETABLES FRESH APPLE MILK	HOT ASIAN CHICKEN, VEGGIES, NOODLES PEAS COOKED CABBAGE FRUIT COCKTAIL MILK	BLACK EYED PEA SALAD, HB EGG CRACKERS PICKLED BEETS HOMEMADE CARROT SALAD ORANGE MILK
9	10	11	12	13
WHOLE WHEAT SPAGHETTI W/ MEATBALLS IN MARINARA SAUCE CAULIFLOWER 3 BEAN SALAD APPLESAUCE MILK	CHICKEN PATTY W/ CURRY SAUCE BROWN RICE BROCCOLI ROMAINE SALAD APRICOT HALVES MILK	CHICKEN ENCHILADA W/ BLANCA SAUCE (TORTILLA) PINTO BEANS CA BLEND VEGETABLES PINEAPPLE TIDBITS MILK	TAMALE PIE (CORN MEAL) BRUSSEL SPROUTS HOMEMADE CARROT SALAD SLICED PEARS MILK	BREADED HADDOCK BARLEY PILAF TUSCANY BLEND VEGETABLES HOMEMADE COLE SLAW SLICED PEACHES MILK
16	17	18	19	20
CHILI BEANS WITH MEAT CRACKERS WINTER VEGETABLES SUMMER SQUASH SLICED PEARS MILK	CHICKEN SANDWICH WHOLE WHEAT HAMBURGER CORN HOMEMADE COLE SLAW FRUIT COCKTAIL MILK	SWEDISH MEATBALLS WHOLE WHEAT NOODLES GR. BEANS ROMAINE SALAD MANDARINS & PINEAPPLE BIRTHDAY MUFFIN MILK	ITALIAN NOODLE CASSEROLE (PASTA) ITALIAN VEGETABLES COOKED SPINACH BANANA MILK	TUNA SALAD SLICED BREAD HOMEMADE CARROT SALAD PEA SALAD ORANGE MILK
23	24	25	26	27
CHICKEN ENCHILADAS WITH RED SAUCE BLACK BEANS CAULIFLOWER SLICED PEACHES MILK	TURKEY PIECES & GRAVY STUFFING PARSLIED CARROTS ROMAINE SALAD MANDARINS & PINEAPPLE MILK	CHEESE RAVIOLI WITH WHITE SAUCE & CHICKEN BROCCOLI 3 BEAN SALAD APRICOT CRISP MILK	BAKED CHICKEN LEG, LEMON PEPPER OATMEAL COOKIE ROAST POTATO & CARROTS HOMEMADE COLE SLAW APPLE MILK	OMELET WITH CHEESE MUFFIN BAKED POTATO STEWED TOMATOES ORANGE MILK
30	31	1	2	3
PORK RIB PATTY, BBQ SAUCE GRAHAM CRACKERS SWEET POTATOES BRUSSEL SPROUTS FRUIT COCKTAIL MILK	CHICKEN ALFREDO WHOLE WHEAT PASTA WINTER MIX VEGETABLES HOMEMADE CARROT SALAD SLICED PEARS MILK	SWEET & SOUR MEATBALLS BROWN RICE ORIENTAL VEGETABLES PEA SALAD ORANGE MILK	WHOLE WHEAT SPAGHETTI W/MEAT - MARINARA SAUCE COOKED SPINACH ROMAINE SALAD PINEAPPLE TIDBITS MILK	BLACK EYED PEA SALAD, HB EGG CRACKERS PICKLED BEETS HOMEMADE COLE SLAW BANANA MILK

Cancellations & Reservations			
<i>Please</i> call <i>your Site Manager</i> 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/Doris	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: 772-3110		
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	David	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		