



Food For Thought!

Meals That Connect

2180 Johnson Avenue, San Luis Obispo, CA 93401

April Volume 15 Issue 4



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Executive Directors Corner - Elias Nimeh

In Memoriam: Katcho Achadjian

We have lost a great man, board member, advocate and personal friend, who served his community tirelessly for the past 18 years. First as a SLO County Supervisor, then as our 35th District Assemblyman.



Pictured here: Katcho Achadjian is providing turkeys to Meals That Connect Director Elias Nimeh, to prepare Thanksgiving meals to our county seniors.

RISE TO THE OCCASION.

We are **thankful** to our community for their wonderful response during this challenging season.

We have been able to **increase our deliveries** to seniors in need during SLO County's shelter-at-home request and continue to monitor the situation and adjust our response accordingly. As always, **the welfare and safety of our clients, volunteers and staff** are our first priority.

Staff Celebrations

Birthdays:

Ellen Morrow — Client Assessor — Apr 10th
Nora Peterson — Client Assessor — Apr 27th



Anniversaries:

Debbie Altamirano — Oceano Site Manager
Apr 1st - 11 years



Oscar Flores-Gatica — Assistant Cook
Apr 1st — 1 year



Janine Lloyd — Anderson Site Manager
Apr 26th — 3 years

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Volunteer News — Wendy Fertschneider, R. D.

April 2020 Appreciation

I usually write about how critical our volunteers are in this column in June. It seemed more appropriate right now. Our volunteers have had to STEP UP beyond the call of duty. Under the mandated "Shelter at Home" and "Social Isolation", our program transitioned all of our dining room clients to home delivery with a one-day warning. Not only that, we are getting 10-15 calls a day for meals for folks who are sheltering at home that otherwise would not need meals.

We have also received multiple calls a day for people who would like to help with the program during the crisis. Our volunteer ranks are swelling. We hope some of them stay around when life gets back to "normal".

Now more than ever, our program **DEPENDS** on volunteers. All of our ten lunch sites use volunteers. Before COVID-19 came along, we already had 350 volunteers doing everything from delivering meals, washing dishes, fundraising and helping in endless ways. Those 25,000 hours a year of volunteer help represent \$325,000 of cost savings. The program could not exist for a single day without volunteers.

Even though we are all trying to maintain our social distance, it is still nice that there is a person coming to the door once a day who can wave as they drop off the meal and see if someone is OK.

While we are all stressed, and some are bored as our usual activities disappear, getting out into the fresh air, working from the safety of your car and providing a critical service to others in need is a **great way to feel useful and fulfilled**.

Thank you for volunteering for Senior Nutrition Program/Meals That Connect. Now more than ever.

Night of a Million Meals!

Passport to Adventure: The Galaxy

There will be no Night of a Million Meals for 2020.

See you in 2021!

Consider Helping Support MTC during this season of change

Increased short term clients costs and decreased income from postponing our annual fundraiser will make meeting program needs more of a challenge for our 2020-21 fiscal year

Support Senior Nutrition Program/Meals That Connect by visiting our website,

<https://www.mealsthatconnect.org/donate>

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



CenCal HEALTH
Local. Quality. Healthcare.



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A monthly publication of
Meals That Connect

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Editor: Cathyann Paape

Dietitian: Wendy Fertschneider, R.D.



April 2020



Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
HUNGARIAN GOULASH (PASTA) TUSCANY BLEND VEGETABLES GREEN PEA SALAD MANDARINS AND PINEAPPLE MILK	SWEDISH MEATBALLS WHOLE WHEAT PASTA HERBED CARROTS HOMEMADE COLE SLAW SLICED PEACHES MILK	CHICKEN ENCHILADA WHITE SAUCE (TORTILLA) BROCCOLI GREEN SALAD APRICOT HALVES MILK	CHEESE RAVIOLI MARINARA SAUCE W/ MEAT CAULIFLOWER ITALIAN BLEND VEGETABLES BANANA MILK	TUNA SALAD SLICED BREAD HOMEMADE CARROT SALAD CORN SALAD LOCAL STRAWBERRIES MILK
13	14	15	16	17
OMELET WITH CHEESE MUFFIN CA BLEND VEGETABLES PARSLIED POTATOES APPLESAUCE MILK	BEEF HAMBURGER W/ FIXINS WHOLE WHEAT BUN BAKED POTATOES HOMEMADE CARROT SALAD ORANGE MILK	ITALIAN NOODLE CASSEROLE SPINACH SALAD SUCCOTASH FRUIT COCKTAIL MILK BIRTHDAY MUFFIN	PORK RIB PATTY W/ BBQ SAUCE BARLEY PILAF BRUSSELS SPROUTS PICKLED BEETS SLICED PEARS MILK	ORIENTAL CHICKEN & NOODLE SALAD (NOODLES) ORIENTAL COLE SLAW PEA SALAD LOCAL STRAWBERRIES. MILK
20	21	22	23	24
CHICKEN ENCHILADAS W/ RED SAUCE (TORTILLA) CAULIFLOWER CORN PINEAPPLE TIDBITS MILK	BREADED HADDOCK FILET BROWN RICE BROCCOLI 3 BEAN SALAD APRICOT HALVES MILK	CHEESE RAVIOLI MARINARA MEAT SAUCE COOKED SEASONED SPINACH SCANDINAVIAN VEGETABLES BANANA MILK	CHICKEN PATTY OATMEAL COOKIE SWEET POTATOES COLE SLAW SLICED PEACHES MILK	BEEFY TACO SALAD W/ ROMAINE TOSTADA CARROT SALAD CORN SALAD LOCAL STRAWBERRIES. MILK
27	28	29	30	May 1
CHILI BEANS WITH MEAT WHEAT CRACKERS CA BLEND VEGETABLES PICKLED BEETS ORANGE MILK	GARBANZO AND RICE CASSEROLE (RICE) BRUSSEL'S SPROUTS HOMEMADE CARROT SALAD APPLE MILK	SPAGHETTI WITH MEATBALLS (WHOLE WHEAT PASTA) WINTER MIX VEGETABLES GREEN SALAD FRUIT COCKTAIL MILK	CHICKEN SANDWICH W/ FIXINS WHOLE WHEAT BUN MIXED VEGETABLES COLE SLAW SLICED PEARS MILK	CHEF'S SALAD, TURKEY, CHEESE EGG, ROMAINE WHEAT CRACKERS 3 BEAN SALAD BROCCOLI SLAW LOCAL STRAWBERRIES. MILK

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/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		