



Food For Thought!

Meals That Connect

2180 Johnson Avenue, San Luis Obispo, CA 93401

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Info@mealsthatconnect.org



www.mealsthatconnect.org



805-541-3312



Executive Directors Corner - Elias Nimeh

MTC Response to Covid-19

As you might imagine it has been a busy season for all of us at Meals That Connect. Our **response to the Covid-19** shelter-at-home order has been to replace our congregate dining rooms with meal pick up and delivery services, assisted by a host of new and returning volunteers.

In addition, we continue to distribute our home delivery program meals to **over 50 routes throughout the county** for our homebound clients.

We are thankful to have the resources to prepare over 5,000 meals / week for our pick-up and home delivery services.

In response to the shelter-at-home order, the State of California has identified seniors as a priority service group and has freed up additional funds to assist with the Covid-19 meal response.

We will continue to follow recommended guidelines and precautions as we provide continuous, high-quality service to those in need.

Stay Safe



Pacific Gas & Electric has graciously awarded MTC a **\$7,500 grant**. We are especially grateful, during this time of extreme need, to have additional funds to help meet our increasing meal services totals.

We are currently serving **5,000+ meals each week** and growing, an almost 30% increase from 3,600 meals in January 2020

Staff Celebrations



Birthdays:

David Herrod — Site Manager, Santa Margarita — May 4th
Marlene Whitten — Site Manager, Paso Robles — May 7th
Wendy Fertschneider — Dietitian — May 15th
Brian McAdam — Cook — May 24th
Greg Lomeli — Driver — May 30th

Anniversaries:

Ellen Morrow — Client Assessor
May 16th - 3 years



Thank you for your dedication

Volunteer News — Wendy Fertschneider, R. D.

May 2020

Reporting Elder Abuse

You can be a lifeline for our Clients

There is one exception to client confidentiality. In the course of your work for the MTC program, if you observe, suspect or have knowledge of an incident that reasonably appears to be: physical abuse, abandonment, isolation, financial abuse, neglect, (including self-neglect) or are told by a client that they have experienced these circumstances, **you must report the known or suspected abuse**.

As volunteers that deliver meals to the homebound and who serve meals in the dining room, you are the front line of Meals that Connect. You often have the most frequent contact with our clients. In your capacity of providing service to clients, **you are a "mandated reporter of elder abuse"**.

Make a phone report immediately to the Department of Social Services Adult and Aging Services at (805) 781-1790. They will start the report and answer your questions. Next, complete a written report within 2 business days. Site managers have forms available or if you google "APS SLO county", you can complete form SOC 341 "Report of Suspected Dependent Adult Elder Abuse". It can be faxed to 805-788-2834 or mailed to: Attn: APS, PO BOX 8119, San Luis Obispo, Ca 93403

Volunteers may make their own report or ask for help from the site managers. Site managers should assist volunteers in making the necessary calls and reports. Site managers may call the office for guidance, assistance or to mail or fax the reports.

May 2020

Volunteer Training

This monthly column is part of our ongoing volunteer training required by our grantors. The second option for learning about our program and your job as a volunteer is our Annual Volunteer Extraganza. It was scheduled for March 17th and sadly had to be cancelled! It includes guest speakers, activities and dinner! Mark your calendars for March 16th 2021

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

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

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Meals That Connect

Executive Director: Elias Nimeh

Editor: Cathyann Paape

Dietitian: Wendy Fertschneider, R.D.



CenCal HEALTH
Local. Quality. Healthcare.





May 2020



Volunteers—Remember to take meal temperatures daily



Monday	Tuesday	Wednesday	Thursday	Friday
May 4, 2020 CHICKEN ENCHILADA W/ WHITE SAUCE (TORTILLA) PARSLIED CARROTS WINTER MIX VEGETABLES SLICED PEACHES MILK	May 5, 2020 HAMBURGER W/ FIXINS WHOLE WHEAT BUN BEANS HOMEMADE COLE SLAW APPLESAUCE MILK	May 6, 2020 SWEET & SOUR MEATBALLS BROWN RICE ASIAN BLEND VEGETABLES ROMAINE SALAD MANDARINS AND PINEAPPLE MILK	May 7, 2020 ITALIAN NOODLE CASSEROLE (PASTA) BROCCOLI TUSCANY BLEND VEGETABLES APRICOT HALVES MILK	May 8, 2020 CHICKEN RANCH SALAD W/ ROMAINE BREAD HOMEMADE CARROT SALAD PICKLED BEETS LOCAL STRAWBERRIES MILK
May 11, 2020 OMELET W/ CHEESE BRAN MUFFIN BAKED POTATOES STEWED TOMATOES ORANGE MILK	May 12, 2020 CHICKEN STEW SLICE OF WHEAT BREAD GREEN BEANS HOMEMADE COLE SLAW FRUIT COCKTAIL MILK	May 13, 2020 BEEF PATTY W/ GRAVY GRAHAM CRACKERS MASHED POTATOES MIXED VEGETABLES SLICED PEARS MILK	May 14, 2020 CHICKEN PATTY PARMESAN WHOLE WHEAT PASTA THREE BEAN SALAD COOKED SEASONED SPINACH BANANA MILK	May 15, 2020 TUNA & MACARONI SALAD (PASTA) HOMEMADE CARROT SALAD PEA SALAD LOCAL STRAWBERRIES MILK
May 18, 2020 CHEESE RAVIOLI W/ MEAT & MARINARA SAUCE SUMMER SQUASH CA BLEND VEGETABLES PINEAPPLE TIDBITS MILK	May 19, 2020 MEATBALLS W/ GRAVY WHOLE WHEAT PASTA CAULIFLOWER HOMEMADE CARROT SALAD SLICED PEACHES MILK	May 20, 2020 CHICKEN ENCHILADA W/ RED SAUCE & CHICKEN BROCCOLI SUCCOTASH APRICOT HALVES, BIRTHDAY MUFFIN MILK	May 21, 2020 CHICKEN SANDWICH WHOLE WHEAT HAMBURGER BUN SCANDI VEGETABLE BLEND HOMEMADE COLE SLAW BAKED APPLE SLICES MILK	May 21, 2020 HAWAIIAN CHICKEN SALAD CRACKERS PICKLED BEETS BROCCOLI SLAW LOCAL STRAWBERRIES MILK
May 25, 2020 Closed for Memorial Day IF YOU NEED A MEAL SPEAK TO YOUR SITE MANAGER	May 26, 2020 PORK RIB PATTY W/ BBQ SAUCE OATMEAL COOKIE SWEET POTATOES BRUSSEL SPROUTS FRUIT COCKTAIL MILK	May 27, 2020 WHOLE WHEAT SPAGHETTI W/ MEAT & MARINARA SAUCE COOKED SEASONED SPINACH THREE BEAN SALAD PINEAPPLE TIDBITS MILK	May 28, 2020 BREADED HADDOCK BROWN RICE PEAS AND CARROTS COLE SLAW SLICED PEARS MILK	May 29, 2020 SOUTHWEST CHICKEN SALAD W/ROMAINE TOSTADA HOMEMADE CARROT SALAD CORN SALAD LOCAL STRAWBERRIES MILK

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/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		