



Food For Thought!

Meals That Connect

2180 Johnson Avenue, San Luis Obispo, CA 93401

December Volume 14 Issue 12

Happy Holidays



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www.mealsthatconnect.org



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WW II ended more than 73 years ago, but these two Veteran's, 106 year old Henry Barba and 100 year old Harold Lowe, members of the **Greatest Generation**, are still around to thank. No matter what generation you belong to, feel proud in honoring and remembering our vets. We thank you both for your sacrifice!



Santa Margarita Senior Center on Veteran's Day honored Henry Barba (left) and Harold Lowe (right) Still saluting after all these years!



Photo above left: Los Osos Site Manager, Rachel Rodriguez with MTC client, Helen Whitehurst, who celebrated her 101st birthday, Nov. 3, 2019. Helen dines weekdays at the Los Osos Community Center, where MTC serves lunch to area seniors. We were thrilled to celebrate her birthday with her! Happy Birthday Helen! Photo above center: Helen. Photo above right: Helen with friends at the Los Osos Community Center.



Mike Lemos, above left, owner of **Lemos Feed & Pet Supply** with his employee Saul. Mike and Saul delivered \$4,000 worth of premium pet food to our Mobil Pet Pantry program to be shared with our program clients who have animals. Mike is a generous, longtime supporter of Meals That Connect and we thank him for his enduring commitment to our community, our seniors and their pets! Thank you Mike!



Volunteer News

Volunteer Training Tips Safe Lifting

In December, our volunteers do some extra heavy lifting. Those big holiday meals with extra goodies, larger crowds in the dining rooms and all those frozen holiday meals to deliver. At home, people are lifting boxes of holiday decorations, and putting the big bird or ham in and out of the oven. This is a reminder to be extra careful to protect your back. In May, we shared tips on strengthening your lower back and abdominal muscles to support healthy lifting. This month, the focus is on the upper back muscles that act on the spine to keep it in proper alignment. First exercise, stand or sit tall and pull your elbows back and down and pretend you are squeezing a lemon between your shoulder blades. Slowly squeeze and release 10-15 times. From the same position, sitting or standing, bend at the waist at about a 45 degree angle. With palms down, extend your arms above your head from your shoulders to form a Y. Then bend your elbows to make a goalpost and finally straighten our arms to make a T. Repeat 5-6 times. *

Keys to Proper Lifting

1. Mentally prepare by planning what you are going to do.
2. Stand close to the object you plan to lift
3. Spread your feet wide enough for a stable base, at least shoulder width.
4. Squat, bending at your knees and hips, keeping your back in proper alignment.
5. Contract the stomach muscles.
6. Lift by using the work of your leg muscles, not your back,
7. When lifting with another person, one person should say when to lift, walk, and unload.
8. Do not twist as you lift, instead, pivot with your hips and shoulders in line and shift your weight.

Don't hesitate to ask for help.

*Check with a qualified exercise professional before trying new exercises especially if you have back or shoulder pain.

Wendy Fertschneider, RD

Staff Celebrations

Happy Birthday to the Following Staff:

Jessie Miller- 12/04
Debbie Altamirano- 12/08
Liz Dunn- 12/10
Marilee Zazueta- 12/13



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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

Executive Director: Elias Nimeh
Editor: Laurie Skaar



December 2019

Happy Holidays!

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Rib BBQ Sweet Potatoes Brussel Sprouts Sliced Peaches Graham Crackers Milk	Cheese Enchilada w/ Chicken in Red Sauce Broccoli Succotash Apricot Halves Milk	Tamale Pie (Grits) Homemade Cole Slaw Summer Squash Pear Crisp Milk	Chicken A La King Whole Wheat Pasta Green Beans Romaine Salad Orange Milk	Beefy Taco Salad Tostada Homemade Carrot Salad Pickled Beets Mandarins & Pineapple Milk
9	10	11	12	13
Italian Noodle Casserole Cooked Season Spinach Three Bean Salad Pineapple Tidbits Milk	Swedish Meatballs Whole Wheat Pasta Mixed Vegetables Romaine Salad Orange Milk	Breaded Haddock Brown Rice Cauliflower Homemade Carrot Salad Applesauce Milk	Baked Chicken Leg w/ Lemon Pepper Roasted Rosemary Potatoes CA Blend Vegetables Banana Graham Crackers Milk	Hamburger w/ Fixins Whole Wheat Bun Corn Cooked Cabbage Fruit Cocktail Milk
16	17	18	19	20
Cheese Enchilada w/Chicken in White Sauce Italian Blend Vegetables Homemade Cole Slaw Sliced Peaches Milk	Lentil Rice Casserole Broccoli Romaine Salad Apricot Crisp Milk	 Beef Patty w/Gravy Mashed Potatoes Peas Sliced Pears Birthday Muffin Milk	Meat & Cheese Lasagna Whole Wheat Pasta Tuscan Blend Vegetables Winter Blend Vegetables Apple Milk	Southwest Chicken Salad Tostada Homemade Carrot Salad Broccoli Slaw Orange Milk
23	24	25	26	27
Chicken Patty w/Curry Sauce Brown Rice CA Blend Vegetables Pickled Beets Fruit Cocktail Milk	Roast Beef & Gravy Dinner Roll Scalloped Potatoes Brussel Sprouts w/Bacon Tangerines Apple Pie Milk	<i>Closed for Christmas Home Delivery Clients: If you need a frozen meal speak to your site manager</i>	Omelet w/Cheese Roasted Potatoes & Carrots Stewed Tomatoes Muffin Orange Milk	Tuna Noodle Casserole Scandinavian Vegetables Brussel Sprouts Peaches Milk
30	31	January 1, 2020	January 2, 2020	January 3, 2020
Chicken Alfredo Whole Wheat Pasta Broccoli Green Beans Apricots Milk	Chicken Sandwich Whole Wheat Bun BBQ Beans Homemade Cole Slaw Sliced Pears Milk	<i>Closed for New Years Day Home Delivery Clients If you need a frozen meal speak to your site manager</i>	Black Eyed Peas & Sausage Summer Squash Homemade Carrot Salad Corn Muffin Orange Milk	Cheese Ravioli w/ Meat & Marinara Sauce Cooked Seasoned Spinach Mixed Vegetables Pineapple 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		