

Save The Date

Night of a Million Meals

Passport to Adventure

**Saturday, May 11th
5:30pm**

Please plan to join us for our annual gala at The Cliffs Resort in Pismo Beach. Guests will enjoy silent and live auctions, casino games, raffles and a gourmet four course dinner, all in support of our program for local seniors. Sponsorship opportunities are also available.

Please contact Tina Radovich or Julie Howard at 805-541-3312 for more information.



Volunteer News

FALL PREVENTION

Falls are the leading cause of injury and injury-related death in seniors over the age of 65 in the U.S.

Locally in SLO County in 2014, there were over 1,650 calls to EMS related to falls. 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. The county provides several services that can help make seniors prevent falls in their home. For this service, call 805-781-4944.

In your own home, you can decrease the risk of falling with the following practices:

- Keep pathways clear
- Be aware of uneven surfaces, remove throw rugs
- Keep frequently used items close by
- Keep areas light with switches at both ends of a hallway and use night lights.
- Install handrails at stairways and use them
- Add supports in the bathroom & add skid strips in the shower

Wendy Fertschneider, R.D.

Volunteer meeting Date Change

The date of our **Annual Volunteer Training Extravaganza** that was scheduled for Tuesday, March 19th has been changed to Thursday, May 2, 2019 1pm-5pm. There will be guest speakers and dinner will be provided.



Phillip Clark is a devoted volunteer at our Central kitchen for over two years. We rely on our volunteers' contributions to match our federal grant and to amplify the impact of our senior nutrition program throughout the County. Many thanks to you Phillip for your dedication to our program and your generous contributions,

Staff Updates



Welcome to Meals That Connect

Julie Howard, a Meals That Connect board member, has recently resigned after serving two years on the board. She will be replacing Tina Solomon Radovich as the Resource and Development Manager. Julie's career and passion has been in the field of gerontology and currently works part-time at SLO's newest retirement community Villagio. When she's not working, she enjoys spending time with her husband, four adult children and horses on her ranch

Many thanks to outgoing board member Justin Vanderlinder for his long service and support of our county seniors. Wishing him all the best!



Volunteer Drivers Needed

Meals That Connect is in need of drivers to deliver meals to homebound seniors. Do you have one hour a day, one hour a week, one hour a month? Anything helps and is greatly appreciated. We have an urgent need for drivers in Oceano as well as other areas in the county. Volunteer drivers must be over 18, have a valid drivers license and insured and use their own vehicle. If interested, please call Debbie Altamarano in Oceano at (805) 489-5149 other areas Elias Nimeh at (805) 541-3312

Staff Celebrations

BIRTHDAYS:

Mike Miller,
Site Manager,
February 18



Food For Thought!
A monthly publication of
Meals That Connect
Executive Director: Elias Nimeh
Editor: Laurie Skaar

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





February 2019



Monday	Tuesday	Wednesday	Thursday	Friday
January 28	January 29	January 30	January 31	1
Omelet w/ Cheese Stewed Tomatoes Baked Potato Fresh Orange Bran Muffin Milk	Cheese Enchilada w/ Red Sauce & Chicken Winter Blend Vegetables Fruit Cocktail Milk	Chicken a la King Mashed Potatoes Zucchini Pineapple Graham Crackers Milk	Hungarian Goulash Cooked Seasoned Spinach Homemade Carrot Salad Banana Milk	Cheese Ravioli Marinara Sauce w/ Meat Brussel Sprouts Romaine Salad Fruit Crisp Milk
4	5	6	7	8
Fish Sandwich w/ Tartar Sauce Whole Wheat Bun Mixed Vegetables Baked Potato Wedges Mandarin & Pineapple Milk	Turkey Tetrazzini Broccoli Green Salad Apricots Milk	Pork Rib Patty Oatmeal Cookie Sweet Potatoes Cooked Seasoned Cabbage Sliced Peaches Milk	Meat & Cheese Lasagna Cauliflower Summer Squash Apple Milk	Oriental Chicken Salad Pea Salad Homemade Carrot Salad Sliced Pears Milk
11	12	13	14	15
Sweet & Sour Meatballs Brown Rice Green Beans Homemade Cole Slaw Orange Milk	Cheese Enchilada w/Chicken in White Sauce Brussel's Sprouts Homemade Carrot Salad Banana Milk	 Italian Noodle Casserole Cooked Seasoned Spinach Italian Blend Vegetables Pineapple Tidbits	Baked Chicken Leg w/ BBQ Sauce Slice of WW Bread Winter Mix Vegetables Parslied Potatoes & Carrots Fruit Cocktail Milk	Beef Patty w/ Gravy Graham Crackers Mashed Potatoes Succotash Applesauce Milk
18	19	20	21	22
Chicken A La King Whole Wheat Pasta Zucchini Pickled Beets Mandarin & Pineapple Milk	Jambalaya Rice Broccoli Green Salad Apricots Milk	Omelet w/ Cheese Baked Potatoes Stewed Tomatoes Orange Birthday Muffin Milk	Spaghetti w/ Meat Sauce Cauliflower Parslied Carrots Sliced Peaches Milk	Tuna Macaroni Salad Homemade Cole Slaw Pea Salad Sliced Pears Milk
25	26	27	28	March 1
Tuna Macaroni Salad Homemade Cole Slaw Pea Salad Sliced Pears Milk	Chicken Sandwich w/ Fixins Whole Wheat Bun Corn Niblets Homemade Cole Slaw Fresh Apple Milk	Cheese Ravioli w/ Meat & Marinara Cooked Seasoned Spinach Green Beans Banana Milk	Meatballs in Gravy Brown Rice Lima Beans Homemade Carrot Salad Orange Milk	Cheese Enchilada w/ Chicken in Red Sauce Mixed Vegetables Brussel Sprouts Pineapple Tidbits 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/Mike	927-1268
Los Osos	11:30	Norma/Terry	528-6923
Morro Bay Dining Room	11:30	Marilee/ Kat/Debbi	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/ Ellen	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		