



Staff Celebrations

Happy Birthday to...

Executive Director, **Elias Nimeh** who celebrates his birthday on January 4th
Assessor/Site Substitute, **Bob DeMarco** who celebrates his birthday on January 31st



Staff Milestones

Wendy Fertschneider, Registered Dietitian, has been with Meals that Connect for 30 years!

Sonja Garcia, Central Kitchen Cook, for 16 years

Marlene Whitten, Paso Robles Site Manager, on staff for 13 years

Norma Alexander, Los Osos Site Manager for 3 years

Have you ever wondered...how we do it?

It is pretty amazing when you stop to think about the fact that Meals that Connect provided over 150,000 meals in our last fiscal year free of charge to seniors countywide. To achieve this feat Meals that Connect operates primarily from a volunteer base, all those wonderful drivers, kitchen and dining room helpers! For funds, we get about 50% from state and federal grants. The remaining 50% comes our major annual fundraiser Night of a Million Meals, local grants, and private donations. Once a week with meal deliveries, we provide an envelope for suggested donations of \$2.75 per meal. That is a suggestion only and Meals that Connect delivers meals regardless of a person's ability to donate. If you are in a position to donate more, please consider doing so. The more funding we receive, the more seniors we can help! Here is how:

- Donate an amount greater than the suggested amount in your meal contribution envelope.
- Cash Donations-A \$100 donation will provide on whole month of meals for a senior, however we appreciate whatever donation you can make and feel comfortable giving.
- Memorial Donations-When a loved one passes away, you can designate Meals that Connect as the recipient of memorial donations in lieu of flowers.
- Wills & Living Trusts-Something as simple as naming Meals that Connect as a beneficiary of your estate can make a big impact.
- Stocks & Bonds-Gifts of stocks, bonds and mutual funds are an easy way to give to Meals that Connect because of its simplicity and tax savings to you. This excellent tax advantage allows donors to avoid capital gains and get a full write-off on the fair market value of their investment.
- Leaving a Legacy-Leaving a legacy here on the Central Coast through a bequest to Meals that Connect will help us provide meals to seniors in our community for years to come. The easiest way to give a gift is through a bequest. A bequest is simply a gift of cash or property made in a will designated to a person or organization. If you would like to name Senior Nutrition in your will please contact our Main Office at 541-3312

We sincerely thank you for your support-even small contributions make a big difference!



Volunteer Corner

Answer the following questions...

- 1) Are you a volunteer for Meals that Connect, Senior Nutrition Program? (Volunteers help in the kitchen, pack meals, deliver meals, serve and clean up in the dining room, come to PAC meetings and many other helpful things)
- 2) Have you ever been to a Volunteer Training Meeting?
- 3) Has it been more than a year since you have been to a Volunteer Training Meeting?
- 4) Do you know the latest on Client Confidentiality?
- 5) Are you a pro on Food Safety?
- 6) Do you know how to help a choking victim?
- 7) Would you like a tour of the Central Kitchen where we prepare over 500 meals a day?
- 8) Would you like a free meal supplied from a local restaurant?

If you answered YES to at least one of these questions, the **10th Annual Volunteer Training Extravaganza** is for You! Mark your calendars for **Tuesday, March 20, 2018**. The training is from 1:00-5:00 in San Luis Obispo. It will be after Daylight Savings so it will still be light out for the drive home.

There will be guest speakers, activities, games, information and will finish with a *delicious dinner*. You will learn more about the program, food safety, helping a choking victim, what to do in emergencies and much more. In February and March we will ask you let us know if you are coming so we can plan accordingly. We look forward to seeing you!

January Holiday Closures

Monday, January 1st for New Year's Day
Monday, January 15th for Martin Luther King, Jr. Day
If you need a meal for that day please speak to your Site Manager

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



Food For Thought!

A monthly publication of Senior Nutrition Program

Executive Director: Elias Nimeh

Editor: Jeniffer Dienhart-Mitchell

Dietitian: Wendy Fertschneider

January 2018



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<p><i>Happy New Year</i> Closed For New Year's Holiday If You Need A Meal, Speak To Your Site Manager</p>	Pork Rib Patty Parslied Potatoes & Carrots Corn Fresh Orange Oatmeal Cookies Milk	Cheese Enchilada in Blanca Sauce w/Chicken Brussels Sprouts Summer Squash Fruit Cocktail Milk	Meatballs in Gravy Brown Rice California Blend Vegetables Homemade Carrot Salad Diced Peaches Milk	Meat & Cheese Lasagna Cooked & Seasoned Spinach Italian Blend Vegetables Banana Milk
8	9	10	11	12
Garbanzo Beef & Rice Casserole Carrots w/Dill Green Beans Mandarins & Pineapple Milk	Whole Wheat Spaghetti in Meaty Marinara Sauce Cauliflower Romaine Salad w/Dressing Diced Pears Milk	White Bean Chili w/Chicken Broccoli Homemade Carrot Salad Apricot Halves Whole Wheat Crackers Milk	Breaded Haddock w/Tartar Sauce Brown Rice Mixed Vegetables Homemade Cole Slaw Strawberry Applesauce Milk	Chicken Ranch Salad Three Bean Salad Pea Salad Fresh Orange Slice of Whole Wheat Bread Milk
15	16	17	18	19
<p>Closed for Martin Luther King, Jr. Day If You Need A Meal Speak To Your Site Manager</p>	Sweet & Sour Meatballs Brown Rice California Blend Vegetables Pickled Beets Fruit Cocktail Milk	<p>HAPPY BIRTHDAY</p> Cheese Ravioli in Meaty Marinara Sauce Winter Blend Vegetables Italian Blend Vegetables Diced Peaches Birthday Muffin Milk	Cheese Enchilada in Red Sauce w/Chicken Corn Homemade Carrot Salad Fresh Orange Milk	Chicken Patty Sandwich on Whole Wheat Bun & Fixins Mixed Vegetables Homemade Cole Slaw Banana Milk
22	23	24	25	26
Omelet w/Cheese Baked Potato Stewed Tomatoes Mandarins & Pineapple Blueberry Muffin Milk	Italian Noodle Casserole Cauliflower Lima Beans Diced Pears Milk	Pork Rib Patty Sweet Potatoes Brussels Sprouts Fresh Apple Graham Crackers Milk	Oven Baked Chicken Leg Whole Wheat Stuffing Broccoli Romaine Salad w/Dresing Apricot Halves Milk	Tuna Salad Pasta Salad Corn Salad Homemade Carrot Salad Fresh Orange Milk
29	30	31	Feb. 1	Feb. 2
Cheese Enchilada in Blanca Sauce w/Chicken Pinto Beans Homemade Cole Slaw Fruit Cocktail Milk	Chicken a la King Whole Wheat Pasta Zucchini Three Bean Salad Fresh Orange Milk	Swedish Meatballs Brown Rice Winter Blend Vegetables Homemade Carrot Salad Diced Peaches Milk	Beef Patty w/Gravy Mashed Potatoes Mixed Vegetables Banana Whole Wheat Dinner Roll Milk	Chicken Patty Parmesan Whole Wheat Spaghetti Cooked & Seasoned Spinach Romaine Salad w/Dressing Pineapple Tidbits Milk

Cancellations & Reservations

Please call your Site Manager to CANCEL or RESUME your meals
2 BUSINESS DAYS IN ADVANCE

Site Locations:

	Dining Room Serving Time	Site Manager	Phone Number
Atascadero and Templeton	11:30	Liz	466-2317
Cambria	11:45	Jesse/Mike	927-1268
Los Osos	11:30	Norma	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
Oceano: Arroyo Grande, Grover, Pismo, Oceano	11:30	Debbie	489-5149
Paso Robles	11:30	Marlene	238-4831
Santa Margarita	11:30	Eva/Emelie	438-5854
San Luis Obispo Sites:			
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
Main Office: 541-3312	Central Kitchen: 541-2063		