



At this year's **Night of a Million Meals** Fundraiser that was held in May, **Ian McPhee** of **McPhee's Grill** in Templeton, generously donated a five-course dinner with wine-pairings for eight people, which he has done so generously for the past 11 years. **Mike and Debi Lemos** of **Lemos Feed & Pet Supply**, along with **Chris Fasse**, each purchased the auction item for \$4,000 each and then generously donated it back to Meals That Connect. Recently, four volunteers and four homebound seniors from San Luis Obispo, Los Osos, Morro Bay, and Santa Margarita enjoyed a special evening, dining and sampling wine at McPhee's Grill. One of the seniors that attended the dinner from Santa Margarita was 104 year old Henry Barba.



Angels Deliver

Our hearts are full of gratitude for the new fridge that was so generously donated to the Atascadero site by a couple who are volunteer meal delivery drivers. The site manager, Liz, referred to this couple as her angels! She has voiced her appreciation on multiple occasions! The couple chose to remain anonymous.



Volunteer Training Tips

You can be a lifeline for our Clients

Regularly in this column, I emphasized the importance of keeping information about our clients private. There is one exception to this rule. In the course of your work for the SNP, 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 the Senior Nutrition Program. 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 you need to complete a written report within 2 business days. Site managers have forms available or if you google "APS SLO county", you can 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.

Reporters are anonymous and shall not incur any liability for any report they make. It is not your job to determine if abuse is taking place. You are required by law to report anything you suspect might be abuse.

You are the eyes, ears and lifeline with the outside world for our clients. A report can be an important step in getting vital help for our clients.

Wendy Fertschneider, R.D.

Help Wanted

Meals That Connect promotes senior employment. We are looking for 2 part time seniors to help in our Central Kitchen in San Luis Obispo. If you are capable and interested in working, please call Elias Nimeh at (805) 541-3312 at our main office. Experience is not required, we will train you. We can also use some help in the main office.



Volunteer Drivers Needed

Can you please help us in our mission to provide nutritious meals to homebound seniors? One hour a day, one hour a week, one hour a month—anything helps and is greatly appreciated! We have a need for several volunteer drivers in San Luis Obispo County. Volunteer drivers must be over 18, licensed and insured, and use their own vehicle. If interested please call Elias Nimeh at (805) 541-3312 at our main office. You can make a difference in the lives of seniors in our community!

Staff Updates

Anniversaries:

Tina Radovich, Resource Manager, 5 years on October 1
Mike Miller, Cambria Site Manager, 3 years on October 1
Melissa Conrey, Office Admin/Dietician Aide, 2 yrs on October 3
Jesse Miller, Cambria Site Manager, 29 yrs on October 27

Birthdays:

Rhonda La Bonte, Driver, October 16
Nancy Kelley, Bookkeeper, October 18
Kevin Doberer, Dishwasher, October 26

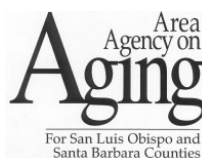
Welcome to our new team members:

Terry Treves, Los Osos/Morro Bay Assessor, in August

Food For Thought!

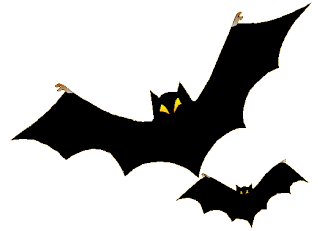
A monthly publication of **Meals That Connect**
Executive Director: Elias Nimeh
Editor: Jill Brewer
Dietitian: Wendy Fertschneider, R.D.

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





October 2018



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Garbanzo Beef Casserole Brussel Sprouts Summer Squash Pineapple Tidbits Milk	Hamburger w/ Fixins Whole Wheat Bun Broccoli Succotash Apricots Milk	Omelet w/ Cheese Muffin Baked Potato Homemade Cole Slaw Pears Milk	Spaghetti w/ Meatballs Seasoned Cooked Spinach Italian Blend Vegetables Banana Milk	Honey Mustard Chicken Salad Crackers Carrot Salad Tomato Wedges Fruit Cocktail Milk
8	9	10	11	12
Cheese Enchilada w/ Chicken in White Sauce Parslied Carrots Cauliflower Peaches Milk	Swedish Meatballs Brown Rice Green Beans Romaine Salad Orange Milk	Italian Noodle Casserole Winter Blend Vegetables 3 Bean Salad Fresh Apple Milk	Chicken Leg w/ Bbq Sauce Slice Of Bread Sweet Potatoes Peas Mandarins & Pineapple Milk	Tuna Macaroni Salad Tomato Wedges Pickled Beets Pears Milk
15	16	17	18	19
Chicken A La King Pasta Ca Blend Vegetables Pea Salad Fruit Cocktail Milk	Beef Patty w/ Gravy Oatmeal Cookie Mashed Potatoes Corn Banana Milk	 Meat & Cheese Lasagna Seasoned Cooked Spinach Italian Blend Vegetables Pineapple Birthday Muffin Milk	Pork Rib Patty w/ Bbq Sauce Barley Pilaf Broccoli Romaine Salad Apricots Milk	Oriental Chicken Salad w/ Noodles Asian Cole Slaw Tomato Wedges Peaches Milk
22	23	24	25	26
Breaded Haddock Rice Cauliflower Pickled Beets Strawberry Applesauce Milk	Chicken Sandwich w/ Fixins Whole Wheat Bun Mixed Vegetables Tomato Wedges Pears Milk	Cheese Ravioli w/ Chicken in White Sauce Brussel Sprouts Green Beans Fruit Cocktail Milk	Cheese Enchilada w/ Chicken in Red Sauce Lima Beans Homemade Carrot Salad Mandarins & Pineapple Milk	Black Eyed Pea Salad Hb Egg Crackers Homemade Cole Slaw Romaine Salad Peaches Milk
29	30	31	November 1	November 2
Meatballs in Gravy Graham Crackers Baked Potato Zucchini Pineapple Tidbits Milk	Chili Beans w/ Meat Wheat Crackers Broccoli Cole Slaw Apricot Milk	 Omelet w/ Cheese Whole Wheat Bread Oven Roasted Potatoes & Carrots Stewed Tomatoes Orange Milk	Hungarian Goulash Winter Blend Vegetables Corn Apple Milk	Spaghetti w/ Meat Sauce Cooked Seasoned Spinach Romaine Salad Banana Milk



A Look Ahead.....
Please remember that we will be closed next month for Veterans Day on Monday November 12 and for Thanksgiving on Thursday & Friday November 22 & 23. Your site managers and drivers will be asking if you need a frozen meal for those days toward the end of October.



Cancellations & Reservations

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

Site Locations:	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/Terry	528-6923
Morro Bay Dining Room	11:30	Marilee/Terry	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		