

Big Hearted Youths Bake Up \$125 Donation for MTC

Dear Meals That Connect,
 My name is Jenna Lee and I am 13 years old. My neighbors and I wanted to have a bake sale. We decided to donate our money to your organization instead of using the money to buy toys. We wanted to give you guys our donation because, my grandma recently had brain surgery and your charity helped give her meals when she couldn't make them herself. Thanks to you, she is back on her feet and recovering well. On behalf of my family and I, we really appreciate your services. I hope this buys a lot of food for people who need it!

With gratitude,
 Jenna Lee



Volunteer Training Tips

Paperwork

We all remember the promise at the dawn of the computer age, "we are going to have a paperless society." There are many reasons that has not happened yet. With the use of computers, we can track so much more data, therefore we collect so much more data. That has created MORE paper. Secondly, as a non-profit agency, we do not have the funding for the hardware or staffing to convert our paper processes to electronic systems. So, for the time being, we continue with our paperwork.

Volunteers need to complete the following:

1. Volunteer information sheet: We need to know who you are and how to contact you.
2. Client intake form: This is necessary if you want to eat a meal with us. Updated annually.
3. Volunteer orientation/training: Before you start working as a volunteer, you must review the Policy Booklet and complete a short easy quiz. Your site manager should go over it with you when you start and review annually. There are many important policies and procedures to ensure your safety and the safety of our seniors.
4. Security Awareness Training to protect our clients' privacy. Complete every July. Watch a video and sign a certificate of completion.
5. Sign in each day that you volunteer: We need to keep track of volunteer hours. It supports our funding requirements.
6. If you deliver meals, sign the route sheet: This is our record that meals have been delivered.
7. On the volunteer sign in sheet, check off monthly that you have read the Volunteer News Column in the MTC newsletter. This is part of the ongoing information we provide to volunteers to keep you informed.
8. You will be invited to an annual volunteer training meeting and meal in March. Watch this newsletter for updates.

Wendy Fertschneider, R.D.

105th Birthday

Henry Barba of Santa Margarita turned 105 years young this October, and is still driving his John Deer lawnmower for lunch every day. His secret is "don't let things get to you". Pictured with Henry, Elias Nimeh and his caregiver Mariah Allchin.



Valuable Partnership

Wilshire Hospice of SLO County donated beef, pork, and lamb that were purchased at the Mid State Fair this year to feed seniors throughout the county. This donation provided over 3,500 exceptional meals. We are thankful and appreciate our partnership with Wilshire Hospice. Pictured are Cal Poly volunteers: Courtney Ney, Rachel Brickman, and Zach Espiritu (R-L). These Cal Poly Liberal Studies students helped prepare the healthy, delicious meals.



Staff Updates

Anniversaries:

Greg Lomeli, Driver, 6 years on November 1

Birthdays:

Sonja Antonia Flores-Garcia, Central Kitchen Head Cook, Nov. 3
 Irene Palacios, Kitchen Director, November 6
 Linda Lehman, Sub, November 10

Welcome Back:

Tina Lavrouhin, North County Driver, in September
 Janine Lloyd, Anderson Site Manager

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!





November 2018



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Hungarian Goulash Winter Blend Vegetables Corn Apple Milk	Spaghetti w/ Meat Sauce Cooked Seasoned Spinach Romaine Salad Banana Milk
5	6	7	8	9
Cheese Enchilada w/ Chicken in Red Sauce Brussels Sprouts Succotash Pears Milk	Beefy Patty w/ Gravy Oatmeal Cookie Mashed Potatoes Homemade Carrot Salad Fruit Cocktail Milk	Tuna Noodle Casserole Green Beans Homemade Cole Slaw Peaches Milk	Chicken Leg With Lemon Pepper Slice Of Whole Wheat Bread Sweet Potatoes Cauliflower Applesauce Milk	Hawaiian Chicken Salad Crackers Romaine Salad, Pickled Beets Pea Salad Orange Milk
12	13	14	15	16
Closed For Veterans Day Home Delivery Clients, If You Need A Meal Please Speak To Your Site Manager	Chicken Patty w/ BBQ Sauce Graham Crackers Roasted Potatoes & Carrots Winter Blend Vegetables Fresh Apple Milk	 Cheese Ravioli w/ Chicken in White Sauce Broccoli Summer Squash Apricots, Birthday Muffin Milk	Sweet & Sour Meatballs Brown Rice Corn Pickled Beets Orange Milk	Meat & Cheese Lasagna Cooked Seasoned Spinach Italian Blend Vegetables Banana Milk
19	20	21	22	23
Omelet w/ Cheese Blueberry Muffin Baked Potato Stewed Tomato Mandarins & Pineapple Milk	Breaded Haddock Brown Rice Cauliflower Homemade Carrot Salad Pears Milk	Turkey, Mashed Potatoes, Gravy Stuffing Glazed Carrots Tangerines Pumpkin Pie, Dinner Roll Milk	Closed For Thanksgiving Holiday Home Delivery Clients, If You Need A Meal Please Speak To Your Site Manager	Closed For Thanksgiving Holiday Home Delivery Clients, If You Need A Meal Please Speak To Your Site Manager
26	27	28	29	30
Pork Rib Patty Oatmeal Cookie Roasted Potatoes & Carrots Lima Beans Orange Milk	Cheese Enchilada w/ Chicken in White Sauce Broccoli Parslied Carrots Apricots Milk	Spaghetti w/ Meatballs Cooked Seasoned Spinach Homemade Carrot Salad Banana Milk	Chicken Stew Crackers Brussels Sprouts Green Beans Fruit Cocktail Milk	Beefy Taco Salad Tostada Romaine Lettuce, Corn Salad Pickled Beets Mandarins & Pineapple Milk

A Double Dose of Humor:

Q: Why did the police arrest the turkey?
A: They suspected fowl play.

Q: What happened when the turkey got into a fight?
A: He got the stuffing knocked out of him!



December Holiday Closures

We want to let you know that we will be closed next month for Christmas Eve and Christmas Day on Monday and Tuesday December 24 & 25. If you are a home delivery client, near the beginning of December, your site managers and drivers will be asking if you need a frozen meal for those days.

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		