



# Food For Thought

News from Senior Nutrition Program of San Luis Obispo County  
2180 Johnson Avenue, San Luis Obispo, CA 93401 • 805-541-3312 • mealsthatconnect.org



## Meet Henry Barba...

Henry is 104 years young, and going strong. He is a lifelong resident of Santa Margarita who, until last year, was known to drive his tractor to the local polling booth. The first time he voted, Franklin Delano Roosevelt was on the ballot and he hasn't missed an election since. When his beloved wife, Jessie, passed away in 2006, Henry decided to start going to the local Meals That Connect dining site near his home in downtown Santa Margarita. It wasn't because the meals are free. Mr. Barba generously donates \$2.75 for his hot noon-time meal every day. *"I come because the food is great and you just can't beat it! I get to see my friends. There are always people I know. I love getting up and out the door and sharing a meal with people. It's great!"*



Henry Barba, Elias Nimeh, Katcho Achadjian



Henry Barba and friends in Santa Margarita

**Henry's advice for a long and healthy life:** *"Being with others is good. Just take life one day at a time and try not to worry about everything."*

## Where's the Beef?



Fresh Beef Stew

Meals That Connect recently benefited from a donation of 1.5 cows that were purchased at the Mid State Fair by Wilshire Hospice. The fresh local meat has been cooked by our Central Kitchen for several meals, in order to nourish our seniors. We are thankful and appreciate our partnership with Wilshire Hospice.

## The Grizzlies are coming!

Several cadets from the Grizzly Youth Academy will be returning to work in our Central Kitchen this November. Cadets learn valuable skills working with our Kitchen Director, Irene Palacios. We are sure that Irene and her crew will appreciate the extra help preparing this month's Thanksgiving meal!



## Staff Updates

### Birthdays:

- Sonja Flores-Garcia (11/3)
- Irene Palacios (11/6)
- Linda Lehman (11/10)

### Work Anniversaries:

- Greg Lomeli (5 years)

Nancy Kelley celebrated her birthday last month, and kindly shared her pink champagne birthday cake from Madonna Inn with her coworkers at Meals That Connect.



Nancy Kelley

## Volunteer Corner



You know what they say about government-funded work: "It's not done 'til the paperwork is turned in." Despite doing so much online, it seems like there is more paperwork than ever. Volunteers need to complete the following:



- Volunteer Information Sheet:** We need to know who you are and how to contact you.
- Client Intake Form:** This is necessary if you want to eat a meal with us. Updated annually.
- Volunteer Orientation/Training:** We want you to know what is expected of you to be safe, and provide safe meals to our clients. You should receive a booklet summarizing important policies and complete a short easy quiz. Your site manager should go over it with you when you start and review annually.
- Security Awareness Training** to protect our client's privacy. Completed every July. Watch a 20-minute video and sign a Certificate-of-Completion.
- Sign in each day that you volunteer.** We need to keep track of volunteer hours. It supports our funding requirements.
- Sign the pink Route Sheet:** *If you deliver meals*, this is our "proof" that a meal has been delivered.
- Volunteer Sign-In Sheet:** check off monthly that you have read the Volunteer News Column in this MTC newsletter. This is part of the ongoing information we provide to volunteers to keep you informed.
- You will be invited to an annual **Volunteer Training Meeting/Meal** in March. Watch this newsletter for update.

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



COALITION OF SAN LUIS OBISPO COUNTY







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Senior Nutrition Program of SLO County

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**NOV  
2017**



Monday	Tuesday	Wednesday	Thursday	Friday: Cold Plates
<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>
Cheese Omelette Stewed Tomatoes California Veggies Muffin Peaches Milk	Tuna Noodle Casserole Homemade Carrot Salad Brussel Sprouts Pear Crisp Milk	Albondigas Soup Tortilla Succotash Romaine Salad Orange Milk	Chicken Stew Harvard Beets Homemade Coleslaw Oatmeal Cookie Apple Milk	Beefy Taco Romaine Salad Tostada Shells Tomatoes Corn Salad Mandarins & Pineapple Milk
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Whole Wheat Spaghetti w/ Meat Marinara Sauce Three Bean Salad Cooked Seasoned Spinach Pineapple Milk	Swedish Meatballs Whole Wheat Pasta Green Peas Homemade Carrot Salad Orange Milk	Cheese Enchilada w/ Chicken in Red Sauce Broccoli Green Salad Apricot Crisp Milk	BBQ Chicken Patty Barley Pilaf Green Beans Homemade Coleslaw Banana Milk	CLOSED  VETERAN'S DAY
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Pork Rib Patty Oatmeal Cookie Sweet Potato Brussel Sprouts Fruit Cocktail Milk	Chili Beans with Meat Crackers Cauliflower Green Salad Sliced Peaches Milk	Breaded Haddock Filet Brown Rice Summer Squash Carrot Salad Mandarin & Pineapple Birthday Muffin Milk	Cheese Ravioli w/ Meat & Marinara Sauce Winter Mix Veggies Lima Beans Fresh Apple Milk	Chinese Chicken Salad Noodles Asian Slaw Pea Salad Sliced Pears Milk
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
Sweet & Sour Meatballs Brown Rice California Blend Veggies Pickled Beets Applesauce Milk	Cheese Enchilada w/ Chicken in White Sauce Corn Homemade Coleslaw Pineapple Milk	Turkey & Gravy w/ Mashed Potatoes Stuffing & Dinner Roll Glazed Carrots Apple Pumpkin Pie Milk	CLOSED  THANKSGIVING HOLIDAY	CLOSED  THANKSGIVING HOLIDAY
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>1</b>
Cheese Omelette Bran Muffin Stewed Tomatoes Parslied Potatoes Orange Milk	Tuna & Noodle Casserole Broccoli Zucchini Sliced Apricots Milk	Chicken Sandwich Whole Wheat Bun Green Beans Homemade Coleslaw Fruit Cocktail Milk	Beef Patty & Gravy Wheat Bread Mashed Potatoes Mixed Vegetables Banana Milk	Honey Mustard Chicken Salad Crackers Pickled Beets Homemade Carrot Salad Mandarins & Pineapple Milk

**MEAL DONATIONS:** Meals That Connect is a non-profit organization that receives about half of its revenue from the Federal Older Americans Act and the USDA. Much of the money that supports the program comes from grants and fundraising. A small, but significant part of the income is from the Voluntary, Confidential and Anonymous donations made by seniors who receive our services. The suggested donation is \$2.75 per meal.

The average donation last year was \$0.76 per meal, but it added up to \$115,000 toward program costs. The meals are provided regardless of whether or not someone pays, and nobody tracks the personal donations.

### Cancellations & Reservations

Please call your Site Manager to CANCEL or RESUME your meals.

**2 BUSINESS DAYS IN ADVANCE**

Site Manager	Serving Time	Site Manager	Phone Number
Atascadero and Templeton	11:30 AM	Liz	466-2317
Cambria	11:45 AM	Jesse / Mike	927-1268
Los Osos	11:30 AM	Norma	528-6923
Morro Bay Dining Room	11:30 AM	Marilee / Kat	772-4422
Morro Bay/Cayucos Home Delivery	Call 772-3110		
Nipomo	12:00 PM	Sandy	929-1066
Arroyo Grande, Grover Beach, Pismo Beach, Oceano	11:30 AM	Debbie	489-5149
Paso Robles	11:30 AM	Marlene	238-4831
Santa Margarita	11:30 AM	Eva / Emelie	438-5854
San Luis Obispo Sites			
SLO Home Delivery	Call Janine at 543-0469		
Downtown: Anderson Hotel	11:30 AM	Janine	543-0469
Laguna Lake: UCC Church	11:30 AM	Les	541-1168
SLO Main Office: 541-3312	Central Kitchen: 541-2063		

