

Fun Day at J Lohr Winery

J Lohr Winery held a fundraiser in November benefitting Meals That Connect. The outcome was \$900 from the generous donors that were present at the fundraiser. This gift will provide one senior hot lunches for an entire year. Many thanks to Laura Noble and all the staff at J Lohr Winery for this partnership!



Volunteer Training Tips

Choking

With the start of the holidays and the ongoing football season, it is the prime season for accidental choking. Your risk of choking goes up with: 1. Alcohol: the first sip starts to numb the tongue, which can cause you to misjudge how well something is chewed before swallowing. 2. Eating meat and bread which can get lodged in the throat. 3. Eating, drinking and cheering for your favorite sports team. Food can accidentally be inhaled as you cheer for the winning touchdown. Of course, choking can happen to anyone at any time, including in our dining room lunch program.

To help someone who is choking follow these steps:

1. Ask, "Are you choking?" If they can speak to you, they are not choking. The universal sign for choking is to put your two hands to your throat. If a person is coughing, encourage them to continue coughing.
2. Ask their permission, "Can I help you?" If they nod "no", you may not help them, but you can call 911. If they pass out, you may help them. An unconscious victim has given you implied consent.
3. Give 5 back blows with the heel of your hand, between their shoulder blades. Stand perpendicular to the victim with them leaning over slightly onto your extended arm while you hit between their shoulder blades with your other hand.
4. If still choking, do five abdominal thrusts. (formerly referred to as the Heimlich) Standing behind the victim, lock hands above their navel and pull up and in sharply.
5. Alternate with back blows and abdominal thrusts until
 - a. the object is dislodged
 - b. the victim passes out
 - c. Emergency responders arrive.

If a person is unconscious, be sure someone has called 911. If the victim is lying on the floor you can do chest compressions like CPR to try to dislodge the object. Even if the victim appears unharmed after the object is removed, children and older people should be checked by their doctor for damage to the throat that could cause further problems.

Wendy Fertschneider, R.D.

Message from Director

Greetings to all,

My name is Elias Nimeh, Executive Director for Meals That Connect since September 2006. I have seen the program grow from preparing 130,000 meals in 2006 to 153,000 meals this past fiscal year.

In 2007, MTC moved the Central Office from the Goodwill building on Tank Farm Rd in SLO to a smaller office next door to the Central Kitchen on Johnson Ave. (Old General Hospital). That move has saved us over \$12,000 per year, which allows us to serve more seniors from our community.

Also in 2007, a volunteer group called The Friends of Meals That Connect began our wonderful Night of a Million Meals fundraising event to help in reducing the chronic deficit for most nonprofit organizations. Today this group of 25 dedicated volunteers chaired by Tina Radovich, work all year to produce a first class dinner, a silent and live auction at the event and a holiday mailer that is sent to our many supporters. *Last year's fundraiser, 2017/18, brought in close to \$250,000!*

In April 2010, we opened our newest new dining room at the United Church of Christ Congregational (UCC) in San Luis Obispo, on Los Osos Valley Rd. to include even more seniors in that part of town.

This past year, between our 10 dining rooms, MTC served 708 seniors a balanced hot lunch and provided the opportunity for socialization Monday-Friday. We also served 761 homebound seniors the same hot lunches, delivered by gracious volunteers who become a friend or more like a family to those seniors.

I am thankful to have this opportunity that allows me to serve the senior community through Meals That Connect. Our program strives to help extend seniors' good health, support independent living and helping to keep them safe from harm.

Holiday blessings to our volunteers, senior community and staff.

Elias Nimeh, Executive Director

 Please smile on MTC

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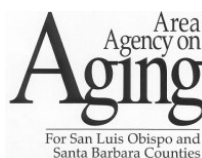
Staff Birthdays

Jesse Miller, Cambria Site Manager, December 4
 Debbie Altamirano, Oceano Site Manager, December 8
 Liz Dunn, Atascadero Site Manager, December 10
 Marilee Zazueta, Morro Bay Site Manager, December 13
 Les Winger, UCC Site Manager, December 21

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!





December 2018



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Cheese Enchilada, Chicken in Red Sauce Pinto Beans Mixed Vegetables Orange Milk	Beef Patty With Gravy Graham Crackers Mashed Potatoes Summer Squash Peaches Milk	Meat & Cheese Lasagna Cooked Seasoned Spinach Romaine Salad Pineapple Tidbits Milk	Ground Meat Stroganoff Noodles Cauliflower Homemade Carrot Salad Banana Milk	Chicken Fiesta Casserole w/ Rice Brussel Sprouts Homemade Cole Slaw Fresh Apple Milk
10	11	12	13	14
Meatballs in Gravy w/ Noodles 3 Bean Salad Parslied Carrots Mandarins & Pineapple Milk	Chicken Stew Slice of Whole Wheat Bread Broccoli Romaine Salad Apricots Milk	Fish Filet Sandwich Whole Wheat Bun Green Beans Homemade Cole Slaw Pears Milk	Cheese Ravioli Meat & Marinara Sauce California Blend Vegetables Italian Blend Vegetables Fruit Cocktail Milk	Chicken Ranch Salad/ Romaine Crackers Corn Salad Pickled Beets Orange Milk
17	18	19	20	21
Penne w/ Turkey & Broccoli Peas Summer Squash Mandarins & Pineapples Milk	Cheese Enchilada, White Sauce w/ Chicken Winter Mix Vegetables Homemade Carrot Salad Peaches Milk	 Tamale Pie Grits Cauliflower Lima Beans Applesauce Birthday Muffin Milk	Chicken Patty in Wine Sauce Oatmeal Cookie Mashed Potatoes Mixed Vegetables Pears Milk	Baked Ham Dinner Rolls Sweet Potatoes & Apples Brussel Sprouts w/ Bacon Tangerine Apple Pie Milk
24	25	26	27	28
Closed For Christmas Holiday Home Delivery Clients, If You Need A Meal Please Speak To Your Site Manager	Closed For Christmas Holiday Home Delivery Clients, If You Need A Meal Please Speak To Your Site Manager	Pork Rib Patty Graham Crackers Parslied Potatoes & Carrots Pickled Beets Orange Milk	Sweet & Sour Meatballs Brown Rice Broccoli 3 Bean Salad Apricots Milk	Tuna Salad Slice of Bread Pea Salad Homemade Cole Slaw Fruit Cocktail Milk
31 NEW YEAR'S EVE	January 1	January 2	January 3	January 4
Black Eyed Peas & Turkey Sausage Dinner Roll Zucchini Winter Blend Vegetables Peaches Milk	Closed For New Year's Day Home Delivery Clients, If You Need A Meal Please Speak To Your Site Manager	Omelet w/ Cheese Muffin Stewed Tomatoes Parslied Carrots Mandarins & Pineapples Milk	Oriental Chicken Casserole Green Beans Homemade Cole Slaw Orange Milk	Sloppy Joe Whole Wheat Bun Brussel Sprouts Homemade Carrot Salad Banana 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		