



The Inside Scoop on Our Big Night

Night of a Million Meals is our biggest fundraiser of the year. It isn't magic that makes this event so spectacular--its our phenomenal group of volunteers! Early in the year we put a shout-out to our volunteer driver network and asked for help with our event. We know drivers do SO much already, but decided to just ask and see what the response would be. This idea has been a HUGE success. Meal drivers have volunteered with all aspects of our big fundraiser including data input, donation acquisition, donation pick ups, auction gift basket assembly and last minute event tasks of all variety, others decided to attend the event and support us that way. We sold out in record time this year! (Next year the event is Saturday, May 11 if you want to mark your calendars for next year.) It takes a village to do what we do and Meals That Connect depends on the loving, committed support of our volunteers all week long. We are so grateful for each and every one of you and we are constantly in awe of your generous hearts, talents and boundless energy. Without question, it is impossible to say thank you enough! Thank you!

Stories To Tell

One of our Los Osos home-delivery clients had a real treat last week for the volunteer driver and her almost-eighteen-year-old grandson, who accompanied her on her route. At the house, our client, Paul, took a liking to the grandson and invited them in to see his auto-racing medals and trophies. Then he said, "Do you want to see a really old car?" They said sure! They followed him out to a padlocked trailer, and inside was the most amazing thing either of them had ever seen--the body of an 1890 horseless surrey, fitted with a 1926 Jaeger gas engine (2 1/2 horsepower, 600 rpm) and oversize bicycle wheels. Paul told them that he had found and restored it in 2002.



He had lots of other stories to tell, about racing at Indianapolis five times and participating in auto races all around the world. Our volunteer and her grandson were certainly glad they took the time to listen!

Holiday Closure

Please keep in mind that we will be closed Monday, May 28th, for Memorial Day. If you want a frozen meal for that day, please speak to your site manager in advance.



Volunteer Driver Needed

Can you help us in our mission to provide nutritious meals to homebound seniors. We have a need for a volunteer driver for approximately 23 miles around the Five Cities area. Volunteer drivers must be over 18, licensed and insured and use their own vehicle. If interested please call Debbie at our Oceano site at 805-489-5149. You can make a difference in the lives of seniors in our community!

Staff Birthdays

Marlene Whitten, Paso Robles Site Manager, on May 7
 Wendy Fertschneider, Dietician, on May 15
 Brian McAdam, Central Kitchen Cook, on May 24
 Greg Lomeli, South County Driver, on May 30
 Jill Brewer, Client Data Manager, on May 31



Food For Thought!

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



Volunteer Training Tips

Keeping Safe

As a volunteer at Meals that Connect, Senior Nutrition Program you could run into various first aid situations. In the kitchen, the most likely injury would be a cut or burn. Most injuries occur from unsafe practices. Taking your time and working carefully is the best prevention.

If you should receive a minor burn, putting the affected area under cold running water for TEN MINUTES can work miracles in reducing pain and damage. Ten minutes is a long time and it is hard during times of drought, but it is very effective.

For minor cuts, pressure with a clean cloth and then a bandage should do the trick. If bleeding has soaked through one cloth, add a second cloth on top without removing the first and seek medical help.

In a previous newsletter, we reviewed how to help a choking victim.

While delivering meals, a common scenario is to come across a client who has fallen. If the situation is life threatening call 911. If the situation is not life threatening, call the site manager to discuss the best plan and let her or him know you are delayed. You can call 911 for a "Lift and Assist" to help get a client off the floor even if they are not injured.

If you observe a client or a household that you feel poses a high risk for falling, let the site manager know. We have resources to refer county health educators to the home to do a Fall Prevention Assessment. Preventing falls can prolong a life. This is wonderful resource we can provide.

Wendy Fertschneider, R.D.

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





May 2018



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Pasta Alfredo w/ Chicken Brussels Sprouts Romaine Salad w/Dressing Baked Apple Slices Milk	Cheese Enchilada in Red Sauce w/ Chicken Pinto Beans California Blend Vegetables Pineapple Tidbits Milk	Turkey Stroganoff Broccoli Pickled Beets Apricot Crisp Milk	Beef & Bean Taco Salad Tostada Corn Salad Homemade Carrot Salad Strawberries Milk
7	8	9	10	11
Omelet w/ Cheese Baked Potato Stewed Tomatoes Mandarins & Pineapple Bran Muffin Milk	Breaded Haddock Filet Macaroni & Cheese Parslied Carrots Homemade Cole Slaw Fruit Cocktail Milk	Meat & Cheese Lasagna Cooked & Seasoned Spinach Summer Squash Banana Milk	Sweet & Sour Meatballs Brown Rice Green Beans Homemade Carrot Salad Local Strawberries Milk	Oriental Chicken Salad w/ Noodles & Vegetables Asian Cole Slaw Pea Salad Orange Milk
14	15	16	17	18
Whole Wheat Spaghetti in Meaty Marinara Sauce Cauliflower Spinach Salad Fresh Apple Milk	Cheese Enchilada in Blanca Sauce w/ Chicken Broccoli Pickled Beets Apricots Milk	 Chicken Patty w/ BBQ Sauce Barley Pilaf Mixed Vegetables Homemade Cole Slaw Birthday Muffin Peaches Milk	Sloppy Joe on Whole Wheat Bun Brussels Sprouts Homemade Carrot Salad Pears Milk	Chicken Ranch Salad made w/ Romaine 3 Bean Salad Corn Salad Strawberries Whole Wheat Crackers Milk
21	22	23	24	25
Chili Beans California Blend Vegetables Zucchini Fruit Cocktail Whole Wheat Crackers Milk	Beef Patty w/ Gravy Baked Potato Winter Blend Vegetables Banana Oatmeal Cookie Milk	Cheese Ravioli in Alfredo Sauce w/ Chicken and Vegetables Cooked & Seasoned Spinach Romaine Salad w/ Dressing Pineapple Tidbits Milk	Baked Chicken w/ Sauce Mashed Potatoes Peas Local Strawberries Slice of Whole Wheat Bread Milk	Tuna Macaroni Salad Pickled Beets Homemade Cole Slaw Orange Milk
28	29	30	31	June 1
May 28, 2018 Closed for Memorial Day holiday If you need a frozen meal speak to your Site Manager	Pork Rib Patty w/ BBQ Sauce Roasted Potatoes & Carrots Green Beans Mandarins & Pineapple Graham Crackers Milk	Meatballs w/ Gravy Brown Rice Broccoli Corn Salad Apricot Halves Milk	Cheese Enchilada in Red Sauce w/ Chicken California Blend Vegetables Mexican Cole Slaw Peaches Milk	Black Eyed Pea Salad Hard Boiled Egg Homemade Carrot Salad Romaine Salad w/ Dressing Local Strawberries Whole Wheat Crackers 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	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
Arroyo Grande, Grover Beach, Pismo Beach, Oceano	11:30	Debbie	489-5149
Paso Robles	11:30	Marlene	238-4831
Santa Margarita	11:15	Eva/Emelie	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		