



CenCal HEALTH is proud to sponsor **Meals That Connect**. The 2018 **MONOPOLY**-themed fundraising event raised over \$250,000. CenCal Health matched every dollar raised up to \$100,000.



Meals don't just provide necessary nutrition to the seniors in our county. They provide a community. Meals That Connect serves free nutritious noontime meals every weekday to 1,800 seniors throughout San Luis Obispo. Seniors gather together at dining rooms throughout the county to eat together, share stories and build friendships. For those who are unable to leave their homes, volunteers personally deliver meals, using those visits as opportunities to check in on the seniors.



### Volunteer Training Tips

## Appreciation

After working with this program for over 30 years, and now officially being a senior myself (even though I don't feel like it), I am beginning to experience the benefits of programs like ours. It is wonderful that they are here for people that need them. Most of these programs would not exist without volunteers like you.

A family member has been receiving some home health services and the staff are all quite familiar with Meals that Connect, Senior Nutrition Program. Many of their clients receive our services and they have expressed appreciation for how important it is for so many of their clients. It makes me feel good and I know you all feel good about what you do.

I also had the opportunity to work with HICAP (counselors to guide you through Medicare). This program is also run by volunteers. What a fabulous program! Thank you to the volunteers and the Area Agency on Aging that funds and runs the program.

So many seniors volunteer and receive services. Our program could not function without over 200 volunteers that help prepare, serve and deliver meals to over 500 seniors a day. Volunteers also participate in our Project Advisory Council (ask your site manager if you would like to come) our board of directors and our Friends of Senior Nutrition Fund raising committee. All are essential to do what we do. Thank you for your dedication to our seniors and our program. You make a huge positive impact on people's lives.

Wendy Fertschneider, R.D.



### Volunteer Driver Needed

Can you help us in our mission to provide nutritious meals to homebound seniors. We have a need for several volunteer drivers in San Luis Obispo. Volunteer drivers must be over 18, licensed and insured, and use their own vehicle. If interested please call Janine at our Anderson site in San Luis Obispo at 805-543-0469. You can make a difference in the lives of seniors in our community!



### Staff Birthdays



Kat Cater  
Morro Bay Site Manager  
June 7

We would also like to wish Esther Salzman in Atascadero a belated birthday on May 18

### 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

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



**CenCalHEALTH**  
Local. Quality. Healthcare.





# June 2018

# HAPPY FATHERS DAY!

Monday	Tuesday	Wednesday	Thursday	Friday
May 28	May 29	May 30	May 31	1
<b>May 28, 2018</b> <b>Closed for Memorial Day holiday</b> <b>If you need a frozen meal speak to your Site Manager</b>	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
4	5	6	7	8
Omelet w/ Cheese Baked Potato Stewed Tomatoes Orange Muffin Milk	Breaded Haddock Filet Brown Rice Homemade Coleslaw Green Beans Fresh Apple Milk	Beef Patty w/ Stroganoff Sauce Whole Wheat Pasta Mixed Vegetables Romaine Salad w/ Dressing Local Strawberries Milk	Meat & Cheese Lasagna Cooked & Seasoned Spinach Italian Blend Vegetables Banana Milk	Honey Mustard Chicken Salad w/ Romaine Lettuce Pea Salad Homemade Carrot Salad Mandarins & Pineapple Crackers Milk
11	12	13	14	15
Italian Noodle Casserole Parslied Carrots Three Bean Salad Orange Milk	Cheese Enchilada in Blanca Sauce w/ Chicken Broccoli Black Beans Apricots Milk	Chicken Sandwich on Whole Wheat Bun Peas Homemade Coleslaw Pears Milk	Swedish Meatballs Whole Wheat Pasta Brussels Sprouts Homemade Carrot Salad Fruit Cocktail Milk	Beefy Taco Salad w/ Romaine Lettuce Tostada Shell Pickled Beets Corn Salad Local Strawberries Milk
18	19	20	21	22
Chicken Jambalaya Brown Rice Cauliflower Romaine Salad w/ Dressing Peaches Milk	Cheese Ravioli in Marinara Sauce w/ Chicken Winter Blend Vegetables Zucchini Pineapple Tidbits Milk	 Hungarian Goulash Whole Wheat Pasta Corn Pickled Beets Local Strawberries Birthday Muffin Milk	Baked Chicken Leg w/ BBQ Sauce Parslied Potatoes & Carrots Homemade Coleslaw Banana Oatmeal Cookie Milk	Tuna Salad Slice of W.W. Bread Pea Salad Homemade Carrot Salad Orange Milk
25	26	27	28	29
Pork Rib Patty Baked Potato California Blend Vegetables Applesauce Graham Crackers Milk	Cheese Enchilada in Red Sauce w/ Chicken Cauliflower Green Beans Pears Milk	Beef Hamburger w/ Fixins on Whole Wheat Bun Broccoli Summer Squash Apricots Milk	Chicken & Stuffing Casserole Brussels Sprouts Homemade Carrot Salad Fruit Cocktail Milk	Oriental Chicken Salad Asian Cabbage Slaw Bean Salad w/ Red Wine Dressing Local Strawberries 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		