

Security Awareness Training

In the month of July the site managers will be asking you to repeat the Security Awareness Training that you did last year or just after starting as a volunteer, if you are new. The State Department of Aging requires that all staff and volunteers complete an online training starting every July. Your site manager will provide you with the information on how to view the training or you can follow the directions below. In today's world, protecting privacy is extremely important. Your site manager will collect a signed certificate of completion for every volunteer.

1. Log onto the CA Department of Aging at www.aging.ca.gov
2. Under the title "Providers and Partners", click on "resources"
3. Click on "Information Security and Privacy"
4. Click on "Privacy and Information Security Awareness Training"
5. Click on "California Department of Aging Privacy and Information Security Awareness Training for Authorized Users"
6. Begin the training module slide show with audio.

My advice is to grab a snack and settle in. To help yourself stay alert, each time you get to the question section, get up and stretch. The training takes about 45 minutes and provides great information for protecting your own privacy as well.

Students Doing Service



We had the pleasure of having two Grizzly Youth Academy students, Vanessa Rosas (left) and Alexis Serratos (right), join our Central Kitchen team for three weeks. They were part of the internship program, worked along side our cooks and volunteers, made and packed frozen food, packed the emergency food boxes for all 10 of our sites. They learned a lot, helped a lot, and did a wonderful job!

Cal Poly Nutrition students utilized our Central Kitchen to do their lab work. Three groups of students tested and standardized one new recipe for each group. They were assigned to make it for 10, 20, and 50 people. Then we asked them to write the recipe and scale it for 500 people, so we could use it to feed our seniors. We featured the healthier sloppy joes and the roasted chicken in wine sauce in May, and plan to use the third recipe for turkey tetrazzini in the future. They made their nutritious recipes and packed them into frozen meals for the weekend. They also helped our kitchen team when they were done with their own work! They learned a lot and had fun being here! We appreciate them so much and they did a fantastic job!



Volunteer builds a new ramp for our deep freezer!



Volunteer Driver Needed

Can you please help us in our mission to provide nutritious meals to homebound seniors? One hour a day, one hour a week, one hour a month—anything helps and is greatly appreciated! 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!



Volunteer Training Tips

Temperature monitoring

Keeping cold food cold and hot food hot is one of the top two things we do to prevent food borne illness. (The other is using good personal hygiene). We monitor temperatures of many of the "Critical Control Points" of the food from the farmer to our clients' dining room table. These critical control points include receiving food from vendors, preparing, cooking, chilling, packing, delivering to sites, packing for home delivery, delivering to the homebound and serving in the dining rooms.

Food must be kept out of the "Danger Zone". The danger zone is between 41 degrees and 135 degrees Fahrenheit. This is the temperature at which bacteria grows rapidly.

A critical part of this process is having good refrigeration equipment and monitoring that it is working properly. At the central kitchen, we monitor refrigerator temperatures twice daily. Site managers check their refrigerators every morning. We delivery the cold food to the lunch sites in refrigerated trucks which have a continuous monitoring temperature gauge. With daily records, hopefully we can see a gradual equipment problem before a catastrophic failure. A big expense of the program is keeping all our refrigerators running properly.

As volunteers, if you deliver meals to the homebound you can remind clients to eat the meal while it is hot or to immediately put the meal in the refrigerator so that it does not sit out in the danger zone. This is most important on Friday's when we have all cold foods and the weather is warm.

Wendy Fertschneider, R.D.

Staff Updates

Anniversaries:

Kat Cater, Morro Bay Site Manager, 3 years on July 7
Sandy Ornelas, Nipomo Site Manager, 8 years on July 12
Linda Lehman, Manager Sub, 7 years on July 15

Birthdays:

Janine Lloyd, Anderson Site Manager, July 11
Tina Radovich, Resource Manager, July 24

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.





July 2018



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Sweet & Sour Meatballs Brown Rice Mixed Vegetables Pickled Beets Orange Milk	Breaded Haddock Macaroni & Cheese Peas Homemade Cole Slaw Banana Milk	July 4, 2018 Closed for Independence Day! If you need a frozen meal, please speak to your Site Manager	Omelet w/ Cheese Muffin Winter Mix Vegetables Stewed Tomatoes Peaches Milk	Hawaiian Chicken Salad Crackers Three Bean Salad Homemade Carrot Salad Local Strawberries Milk
9	10	11	12	13
Chili Beans w/ Meat Crackers Summer Squash Homemade Cole Slaw Applesauce Milk	Beef Patty w/ Stroganoff Sauce Slice of Wheat Bread Mashed Potatoes Green Beans Pears Milk	Meat & Cheese Lasagna Parslied Carrots Brussels Sprouts Fruit Cocktail Milk	Cheese Enchiladas in Blanca Sauce w/ Chicken Broccoli Romaine Salad Apricot Halves Milk	Black Eyed Pea Salad Hard Cooked Egg Crackers Potato Salad Spinach Salad Cantaloupe Milk
16	17	18	19	20
Spaghetti w/ Meatballs Cooked Seasoned Spinach Romaine Salad Pineapple Tidbits Milk	Chicken a la King Pasta CA Blend Vegetables Pickled Beets Watermelon Milk	 Beef Hamburger on a Whole Wheat Bun Succotash Homemade Cole Slaw Peaches Birthday Muffin Milk	Lemon Pepper Baked Chicken Leg Slice of Wheat Bread Sweet Potatoes Zucchini Strawberries Milk	Tuna Macaroni Salad Carrot Salad Fresh Tomato Quarters Fresh Apple Milk
23	24	25	26	27
Hungarian Goulash Mixed Vegetables Cauliflower Pear Halves Milk	Oriental Chicken Casserole Peas Green Salad Honeydew Melon Milk	Italian Noodle Casserole Broccoli Three Bean Salad Apricot Halves Milk	Cheese Enchiladas in Red Sauce w/ Chicken Parslied Carrots Homemade Cole Slaw Banana Milk	Chicken Ranch Salad w/ Romaine Crackers Corn Salad Pickled Beets Orange Milk
30	31	August 1	August 2	August 3
Pork Rib Patty w/ BBQ Sauce Graham Crackers Parslied Potatoes & Carrots Brussels Sprouts Fruit Cocktail Milk	Meatballs w/ Gravy Brown Rice Winter Mix Vegetables Romaine Salad Sliced Peaches Milk	Cheese Ravioli in White Sauce w/ Chicken Cooked Seasoned Spinach Italian Blended Vegetables Cantaloupe Milk	Breaded Haddock Oatmeal Cookie Baked Potato Homemade Cole Slaw Applesauce Milk	Beef Taco Salad, Romaine Tostada Homemade Carrot salad Fresh Tomato Quarters Mandarins & Pineapple 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		

Holiday Closure

Please keep in mind that we will be closed Wednesday, July 4th, for Independence Day. If you want a frozen meal for that day, please speak to your site manager in advance.



A Dose of Humor:

A man in his 70's was driving down the highway when his cell phone started to ring. When he answered it, his wife sternly warned, 'It just said on the news that there's a man driving the wrong way down your section of the highway.' 'One of them?' he replied. 'There's hundreds of them!'