



# Food For Thought!

Meals That Connect

2180 Johnson Avenue, San Luis Obispo, CA 93401



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www.mealsthatconnect.org



805-541-3312



The team at Villaggio SLO continue to support Meals That Connect by volunteering their time delivering meals to homebound seniors. Top executive leadership volunteer as well as these lovely ladies. One hour a day, one day a week is all it takes to make a difference!

Photo Left: Ally Padau, Marketing Manager, Center, Traci DeVor, Executive Coordinator, right, Julie Howard, Director of Residency & Communication and MTC Board Member.

## Volunteer News

Panic sets in the minute you feel like you might be choking. It happens without warning. If you are alone the panic would be especially acute.

What should you do if you are alone and may be choking?

"Gagging" is the stage when you are still able to cough and make sound"

"Choking" is when your airway is completely blocked and you cannot breathe or make a sound.

If you are coughing, keep coughing as hard as you can, in an attempt to dislodge the item you are choking on. Lean forward so gravity works with you. Resist the urge to drink water. This could push the food further down your windpipe making it more difficult to dislodge the obstruction.

If you are alone, call 911 and unlock your front door.

If you can still talk a little, tell them to send help ASAP. If you can no longer talk, call 911, stay on the line, and the dispatcher will send help.

## Four Generations

Photo Below Standing left: Paso Robles Site Manager, Marlene Whitten and four generations of her family including her daughter, standing right, as well as her mother holding her great-grandbaby and Marlene's



In the meantime, you must do the abdominal thrust (also known as the Heimlich maneuver) on yourself.

"Make a fist with one hand and place your thumb of that fist below your rib cage and above your belly button. Wrap your other hand around your fist and push against the pit of your stomach in a hard, quick upward and inward motion. You can also use the back of a chair or corner of a table, dropping your body onto the fixed object quickly to try to dislodge the object,"<sup>1</sup> Be careful of sharp edges.

After a choking incident, seek medical attention to see if you damaged your airway which could swell later and obstruct your breathing. If you did the abdominal thrust by dropping onto the back of a chair or table you should check that no other damage was done.

You can decrease your risk of choking with the following habits:

- Focus on the food without a lot of distractions like TV. Conversation that gets too animated with laughing can lead to choking.
- Take small bites and cut meats into small pieces.
- Chew well
- Limit alcohol: it can numb your tongue and the sensation of size of the food you are swallowing.
- Don't eat in a reclining position



## Staff Celebrations



### ANNIVERSARIES:

Greg Lomeli, Driver, 11/02- 7 years!

***Thank you for your years of dedicated service to Meals That Connect!***

### Happy Birthday to the Following Staff:

Rachel Rodriguez, 11/02  
Antonia Flores-Garcia-11/03  
Irene Palacios-11/06  
Linda Lehman-11/10

**Food For Thought!**  
A monthly publication of  
**Meals That Connect**  
Executive Director: Elias Nimeh



Meals That



**CenCal HEALTH**  
Local. Quality. Healthcare.

Connect would like to thank the following organizations for their continued support

program!





# November 2019



Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
Omelet w/Cheese Bran Muffin Baked Potato Stewed tomatoes Mandarins & Pineapple Milk	Meat Goulash Broccoli Homemade Carrot Salad Apricot Halves Milk	Chicken a la King Pasta Noodles Green Beans Homemade Cole Slaw Sliced Peaches Milk	Cheese Enchilada w/ White Sauce & Chicken Black Beans CA Blend Veggies Sliced Pears Milk	Meat & Cheese Lasagna Cooked Seasoned Spinach Tuscany Bend Veggies Pineapple Tidbits Milk
11	12	13	14	15
<b>Closed in Observance of Veteran's Day. Home Delivery clients, if you need a meal, please speak to your site manager</b>	Pork Rib Patty Sweet Potatoes Brussel Sprouts Fresh Apple Graham Crackers Milk	Spaghetti noodles and Meatballs in Marinara Sauce Cauliflower Three Bean Salad Fruit Cocktail Milk	Breaded Haddock Brown Rice Winter Blend Veggies Homemade Cole Slaw Sliced Peaches Milk	Chicken Ranch Salad w/ Romaine Lettuce Homemade Carrot Salad Pickled Beets Mandarins & Pineapple Crackers Milk
18	19	20	21	22
Sweet & Sour Meatballs Brown Rice Asian Vegetable Blend Pea Salad Orange Milk	Beef Burger Whole Wheat Bun Burger Toppings (lettuce, tomato, onion) Corn Homemade Cole Slaw Sliced Pears Milk	<b>HAPPY BIRTHDAY</b> Cheese Enchiladas w/ Chicken in Red Sauce Pinto Beans Broccoli Apricots Birthday Muffin Milk	Chicken Leg w/ BBQ Sauce Dinner Roll Brussel Sprouts Scandinavian Blend Veggies Applesauce Milk	Cheese Ravioli w/Chicken in White Sauce Cooked Seasoned Spinach Summer Squash Banana Milk
25	26	27	28	29
Beef Patty w/Gravy Baked Potato Winter Blend Veggies Fruit Cocktail Oatmeal Cookie Milk	Tuna Macaroni Salad Homemade Carrot Salad Pickled Beets Orange Milk	Turkey in Gravy w/ Stuffing Mashed Potatoes Green Bean Casserole Cranberry Sauce Dinner Roll Tangerines Pumpkin Pie Milk	<b>Closed for Thanksgiving Home Delivery Clients, if you need a meal, please speak with your site manager</b>	<b>Closed for Thanksgiving Home Delivery Clients, if you need a meal, please speak with your site manager</b>
Menu exceeds recommended sodium level due to special holiday food items				

## 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	<b>466-2317</b>
Cambria	11:45	Jesse/Doris	<b>927-1268</b>
Los Osos	11:30	Rachel	<b>528-6923</b>
Morro Bay Dining Room	11:30	Marilee/ Kat	<b>772-4422</b>
Morro Bay/Cayucos Home-Delivery	Call: 772-3110		
Nipomo	12:00	Sandy	<b>929-1066</b>
Arroyo Grande, Grover Beach, Pismo Beach, Oceano	11:30	Debbie	<b>489-5149</b>
Paso Robles	11:30	Marlene	<b>238-4831</b>
Santa Margarita	11:15	David	<b>438-5854</b>
San Luis Obispo Home Delivery	Call: Janine at 543-0469		
Downtown: Anderson Hotel	11:30	Janine	<b>543-0469</b>
Laguna Lake Area: U.C.C. Church	11:30	Les	<b>541-1168</b>
San Luis Obispo Main Office: 541-3312	Central Kitchen: 541-2063		