



Food For Thought!

Meals That Connect

2180 Johnson Avenue, San Luis Obispo, CA 93401

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www.mealsthatconnect.org



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Volunteer News

An apt saying in many jobs is that "the work is not done until the paperwork is turned in". While our primary purpose is to improve the lives of seniors by serving nutritious meals in dining rooms and delivered to the home, any program getting government funding has to cross a lot of "T"s and dot a lot of "I"s. Without good record-keeping, we would not be able to secure the funding that helps run the program or ensure the safety and nutritional quality of the food.

Volunteers need to complete the following:

1. Volunteer information sheet: We need to know who you are and how to contact you.
2. Client -Intake form: This is necessary if you want to eat a meal with us. Update intake annually.
3. Volunteer orientation/training: Prior to working as a volunteer, you must review the MTC Policy Booklet and complete a short easy quiz. Your site manager should go over it with you when you start and review annually. There are many important policies and procedures to ensure your safety and the safety of our seniors.
4. Security Awareness Training prior to volunteering to protect our clients' privacy. Renewal SAT completed every July. Watch a video or read a booklet and sign a certificate of completion.
5. Sign in each day that you volunteer: We need to keep track of volunteer hours. It supports our funding requirements.
6. If you deliver meals, sign the route sheet: This is our record that meals have been delivered.
7. On the monthly volunteer sign-in sheet, check the column that you have read the Volunteer News Column in the MTC newsletter. This is part of the ongoing information we provide to volunteers to keep you informed.
8. You will be invited to an annual volunteer training meeting and meal in March. Read the monthly newsletter for updates.

It's not fun or glamorous but like anything important paperwork must be complete.

Wendy Fertschneider, R.D.



Photo: Left, Executive Director Elias Nimeh with four senior volunteers and four senior MTC program clients.

The special evening at **McPhee's** in Templeton included a five course dinner with wine pairings for 8 people and was donated by **Ian McPhee** and auctioned off at this years **Night of a Million Meals** fundraiser Gala. The dinner, won by Mike and Debi Lemos of **Lemos Feed & Pet Supply**, generously donated it back to Meals That Connect. The special dinner guests included 100 years young Harold Lowe of Santa Margarita as well as seniors from San Luis Obispo, and Morro Bay. It was a delightful evening with amazing food and wine and we are so grateful and humbled for the continued generosity of the **McPhee's** and the **Lemoses** in support of our program and feeding our county seniors!



Life's most persistent and urgent question is, "What are you doing for others?"

-Martin Luther King

Kudos to Villagio Executives, Mark De Lotto, CEO and Bob Richmond, Executive Director of Design & Development who lead by example and volunteer weekly delivering meals to San Luis Obispo's home-bound seniors. They are both busy corporate executives who still find time to serve their community. We appreciate their commitment to our area seniors and supporting us at Meals That Connect.

Please consider volunteering with us or better yet, recruiting a team at your workplace or company to deliver meals to home-bound seniors in your area. One day a week for one hour. The need for volunteers is great and the personal reward is even greater!
Inquire at 541-3312

Staff Celebrations

ANNIVERSARIES:

Jessie Miller, Site Manager Cambria- 30 Years on 10/27!

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

Happy Birthday to the Following Staff:

10/11- Cathyann Paape
10/18- Nancy Kelley
10/26-Kevin Doberer & Rachel Rodriguez



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A monthly publication of
Meals That Connect

Executive Director: Elias Nimeh

Editor: Laurie Skaar



New and returning Cal Poly students get to know the community better by volunteering. We were so happy to have these students helping in the kitchen. Pictured above from left: Makayla, Ben, Tessa and Vaniya

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



CenCal HEALTH®
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October 2019



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|---|
| | 1 | 2 | 3 | 4 |
| | Tamale Pie Corn Grits Topping Winter Blend Veggies Brussel Sprouts Sliced Pears Milk | Meatballs in BBQ Sauce Rice Corn Homemade Cole Slaw Applesauce Milk | Tuna Noodle Casserole Green Beans Herbed Carrots Mandarins & Pineapple Milk | Southwest Chicken Salad Romaine Lettuce & Tostada Cilantro Cole Slaw Tomato Quarters Fruit Cocktail Milk |
| 7 | 8 | 9 | 10 | 11 |
| Pork Rib Patty Barley Pilaf Mixed Veggies Pickled Beets Orange Milk | Beef Patty w/ Stroganoff Sauce Whole Wheat Pasta Peas Fresh Tomato Wedges Pineapple Tidbits Milk | Cheese Enchilada Chicken and White Sauce Broccoli Succotash Apricot Halves Milk | Meat and Cheese Lasagna Cooked Seasoned Spinach Italian Blend Veggies Mixed Fresh Berries Milk | Asian Chicken & Noodle Salad Broccoli Slaw Homemade Carrot Salad Banana Milk |
| 14 | 15 |  Omelet w/ Cheese Parslied Carrots Tomato Wedges Applesauce Milk Birthday Muffin | 17 | 18 |
| Breaded Haddock Brown Rice Florentine CA Blend Veggies 3 Bean Salad Sliced Peaches Milk | Chili Beans w/ Meat Crackers Cauliflower Corn Sliced Pears Milk | | Oven Fried Chicken Leg Slice of Wheat Bread Yam and Apple Casserole Scandinavian Blend Veggies Mandarins & Pineapple Milk | Hawaiian Chicken Salad Dinner Roll Homemade Cole Slaw Pickled Beets Fruit Cocktail Milk |
| 21 | 22 | 23 | 24 | 25 |
| Sweet & Sour Meatballs Brown Rice Asian Veggie Blend Asian Cole Slaw Fresh Apple Milk | Whole Wheat Spaghetti w/ Meat & Marinara Sauce Cooked Seasoned Spinach Romaine Salad Banana Milk | Turkey Goulash Pasta Broccoli Summer Squash Apricot Halves Milk | Cheese Enchilada w/ Chicken in Red Sauce Pinto Beans Homemade Carrot Salad Orange Milk | Beefy Taco Salad w/ Romaine lettuce Tostada Tomato Wedges Corn Salad Sliced Peaches Milk |
| 28 | 29 | 30 | 31 | November 1 |
| Cheese Ravioli Meat & Marinara Sauce Winter Blend Veggies Pea Salad Sliced Pears Milk | Turkey Pieces in Gravy Stuffing Parslied Carrots Romaine Salad Mandarins & Pineapple Milk | Beef Burger with Fixins Whole Wheat Bun Green Beans Homemade Cole Slaw Applesauce Milk | Meatballs in Gravy Mashed Potatoes CA Blend Veggies Fruit Cocktail Oatmeal Cookie Milk | Tuna Salad Slice of Bread Tomato Wedges Spinach Salad Orange 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 | 927-1268 |
| Los Osos | 11:30 | Rachel | 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 | 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 | | |