

# Food For Thought!

## Meals That Connect

2180 Johnson Avenue, San Luis Obispo, CA 93401

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### Why America is Failing to Feed it Aging

Kaiser Health News, Ungar & Leiberman Aug 28, 2019

Millions of seniors across the country quietly go hungry as the safety net designed to catch them frays. Close to 8% of Americans 60 and older were "food insecure" in 2017, according to a recent study released by the anti-hunger group Feeding America. That's 5.5 million seniors who don't have consistent access to enough food for a healthy life, a number that has more than doubled since 2001 and is only expected to grow as America grays. Government relief falls short. One of the main federal programs helping seniors is starved for money. Funding senior meals has lagged far behind senior population growth, as well as economic inflation.

The biggest chunk of the act's budget, nutrition services, dropped by 8% over the past 18 years when adjusted for inflation., according to AARP. Home-delivered and group meals have decreased by nearly 21 million since 2005, only a fraction of those facing food insecurity get any meal services under the Older American's Act.

A host of issues combined set those seniors on a downward spiral. Going to the grocery store gets a lot harder if they can't drive. Expensive medications leave less money for food. Chronic physical and mental health problems sap stamina and make it tough to cook. Inch by inch, hungry seniors health declines.

Since malnutrition exacerbates diseases and prevents healing, seniors without steady, nutritious food can wind up in hospitals, which drive up Medicare and Medicaid costs, hitting taxpayers with an even bigger bill. For now, millions of seniors, especially low income, go without. It's sad because a meal is not an expensive things. This shouldn't be the way things are in 2019!

Elias Nimeh,  
Executive Director

### Staff Updates

We have added a new member to our team with the hiring of Nora Peterson as Assistant site manager at the Atascadero Meals That Connect dining room. She will be helping the site manager, Liz Dunn with clients and volunteers. Welcome aboard, Nora! Photo Right: Nora Peterson



We were saddened to hear of the recent passing of Renee Clark. She retired as site manager at our Paso Robles dining room after 14 years with MTC and remained a friend and supporter. We will miss her dearly and although she has passed she will remain in our hearts. Our thoughts and prayers to all who knew and loved her. Photo Right: Pictured in the center is Renee with Elias Nimeh, Executive Director to her right



### Staff Celebrations

#### ANNIVERSARIES:

- 9/16- Nancy Kelly, Bookkeeper, 8 years
- 9/24-Tina Lavrouhin, Driver, 1 year
- 9/25- Elias Nimeh, Executive Director, 13 years

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

#### Happy Birthday to the following Staff:

- 8/28- Juliane McAdam
- 9/19- Betti Carsey,
- 9/23 Oscar Flores-Gatica

### Food For Thought!

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**Meals That Connect**

Executive Director: Elias Nimeh  
Editor: Laurie Skaar



### Volunteer News

#### Handwashing Tips

Handwashing!!! It is impossible to over estimate the importance of personal hygiene in preventing food borne illness. Along with temperature control, it is the most important thing in keeping food safe.

When teaching about the importance of handwashing, I have discussed hand washing techniques, policies and statistics to make the point. Here is a testimonial that illustrates the catastrophic consequences of poor handwashing practices. It is first-hand experience from a site manager, Janine and her husband Brian.

Janine cooked dinner and Brian played with and cleaned up after their new puppy. After playing with the pup and before eating dinner, he did a speedy job of washing his hands. 48 hours later, he fell sick. After lying in bed for 2 days, doctors ordered lab work that determined that his kidneys were failing and immediately admitted to the hospital and in ICU. His life was in the balance. After 3 days in ICU, doctors finally diagnosed him with an infection of **campylobacter, a food borne illness**. Once properly diagnosed he received appropriate treatment with medicine and was able to go home and has since recovered.

The crux of the story is the importance of thorough handwashing. The previous owner had fed raw chicken to the puppy. Brian contaminated his hands when cleaning up after the sick dog, then ate dinner with his unclean hands and unknowingly ingested the bacteria.

This story illustrates two of the things regarding hand washing and food borne illness. First: Brian DID wash his hands, but he did it haphazardly. It is important to follow the guide using warm soapy water and scrubbing around fingernails and between fingers. It should take at least 20 seconds to do a thorough job. Second: Brian did not fall ill immediately. When one becomes ill and exhibit symptoms of food borne illness, it is common to think that the last food we ate was the contaminant or carrier. There are many types of food borne illness with varying incubation times from 30 minutes to 3 weeks. It is tricky to track down the culprit!

This event had a positive outcome and trust that it inspires you to WASH, WASH, WASH your HANDS!

Wendy Fertschneider, R.D.

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






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





# September 2019



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<b>Closed for Labor Day</b> <i>If you need a meal</i> <b>Please speak to your site manager</b>	Pork Rib Patty Sweet Potatoes Brussel Sprouts Fresh Apple Oatmeal Cookie Milk	Albonidgas w/ Potatoes & Carrots Tortilla Green Beans Corn Mandarin & Pineapple Milk	Meat & Cheese Lasagna Cauliflower Tuscan Veggie Blend Diced Peaches Milk	Tuna Macaroni Salad Tomato Quarters Homemade Carrot Salad Pineapple Tidbits Milk
9	10	11	12	13
Chicken Stew Graham Crackers Summer Squash Homemade Cole Slaw Sliced Pears Milk	Italian Noodle Casserole Broccoli Romaine Salad Apricot Halves Milk	Chicken Enchilada w/ White Sauce w/ Chicken Pinto Beans Winter Mix Veggies Watermelon Milk	Chicken Leg in Wine Sauce Wheat Bread Mashed Potatoes Mixed Veggies Fruit Cocktail Milk	Chef's Salad (Turkey, Cheese & Egg) Wheat Crackers Tomato Wedges Pea Salad Applesauce Milk 
16	17	18	19	20
Swedish Meatballs Whole Wheat Pasta Cooked Seasoned Spinach Pickled Beets Pineapple Tidbits Milk	Fish Sandwich Whole Wheat Bun Parslied Carrots Baked Potato Fresh Orange Milk	 Sweet & Sour Chicken Patty Brown Rice Asian Blend Veggies Asian Style Cole Slaw Sliced Peaches Milk	Lentil, Rice & Sausage Casserole Scandinavian Blend Veggies Brussel Sprouts Cantaloupe Milk	Beefy Taco Salad Tostada Tomato Wedges & Romaine Lettuce Corn Salad Mandarins & Pineapple Milk
23	24	25	26	27
Cheese Ravioli w/ Meat & Marinara Sauce CA Blend Veggies 3 Bean Salad Sliced Pears Milk	Omelet w/ Cheese Stewed Tomatoes Homemade Cole Slaw Fruit Cocktail Muffin Milk	Chicken Enchilada Red Sauce w/ Chicken Succotash Tomato Wedges Fresh Apple Milk	Turkey Pieces in Gravy Stuffing Broccoli Romaine Salad Apricot Halves Milk	Black-Eyed Pea Salad Hard Boiled Egg Homemade Carrot Sa Pickled Beets Honeydew Melon Milk 
30	October 1	October 2	October 3	October 4
Whole Wheat Spaghetti Pasta w/ Meat Sauce Cauliflower Spinach Salad Sliced Peaches Milk	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

## 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		