



November 2024

Food For Thought!

www.mealsthatconnect.org

Executive Director's Corner

Serve a Meal, Share a Smile

This holiday season, Meals That Connect invites you to **"Serve a Meal, Share a Smile"** with our seniors. From **November 1st to December 31st**, every \$5 donation provides a nutritious meal and essential companionship, lifting spirits and easing isolation.



Your support transforms lives, like **Salvador's**, who found joy and friendship at our Morro Bay lunches. Now a "Super Connector," he's helped others build community through shared meals. **Salvador**

helped others find community, proving that a shared meal is a bridge to companionship.

Volunteers like **Kyler & Jamie Hamann** also change lives. For two decades, they have delivered meals to homebound seniors in Atascadero. **"It's not just about the meal," Kyler reflects. "It's showing up, connecting, and knowing you've brightened someone's day."**



With our senior population growing, your support is more crucial than ever. Your gift ensures that seniors in our community won't go hungry or feel forgotten. Together, let's make the holidays brighter for those who need it most.

With Gratitude,

Laura Kelsay-Edwards

Scan to Support!



New Board Member



Marla Kraft: A central coast native, Marla began her local professional life in food service.

Her time in the hospitality business connected her to people, which eventually led to her role with

Mechanics Bank: Area Operations Manager for the Five Cities and SLO branches.

She and her husband enjoy their life with 4 great kids. They enjoy hiking, kayaking, camping, and sunset gazing in our beautiful region. She looks forward to becoming a valued contributor to the MTC program, and making the Central Coast a better home for all.

REHEATING INSTRUCTIONS: DO NOT USE A TOASTER OVEN!

- Peel back or pierce film to vent
- Heat in oven at 350 degrees OR Microwave on HIGH
- Frozen in Oven+30 minutes Frozen in Microwave= 3-5 minutes
- Thawed in Oven = 10 minutes, thawed in Microwave = 2-3 minutes



We MOVED!!



Volunteer News – Barbara Horne, R.D,CSG

Choking: How to Give Care

- Activities that involve talking and laughing while eating in groups, and/or alcohol consumption, increases the odds of choking. Pay attention if someone gets up and leaves the room without saying anything. People who are choking often leave so they won't cause a scene. Check on them:

Signs that someone is choking:

- 1) Person **can't talk**
 - 2) Person is **grabbing** at their **throat**
- If they can **cough** - they're breathing. **Encourage** them to keep coughing; this might **dislodge the item**.

What to do if you think someone is choking:

- If you see a person who appears to be choking leave the room, follow them to make sure they are OK
- Ask - "Are you choking?" They may nod, or grab their throat.
- Ask - "May I help you?" Tell them you have been trained to help choking.
 - If they refuse help you cannot touch them.
 - Call 911 to alert them of the situation and that the person is refusing help.
 - The law enforcement officer or EMT who arrives will handle the situation from there.
- If they can cough, encourage them to cough harder & keep coughing - this might dislodge the item.
- When they can't cough - step in:
 - Tell someone to call 911 - loud & clear

How do I give back blows?

- Position yourself to the side and slightly behind the person
- Place one arm diagonally across their chest
- Bend them forward at the waist so their upper body is parallel to the ground
- Firmly strike them between the shoulder blades 5 times with the heel of the hand
- Have each back blow be separate from the others

How do I give abdominal thrusts?

- Have the person stand up straight
- Find their navel with 2 fingers
- Move behind them; place your front foot in between their feet, bending your knees slightly
- Make a fist with one hand
- Place the thumb side against their stomach, above your fingers
- Take your first other and cover your fist with it
- Pull inward and upward 5 times
- Make each abdominal thrust forceful and separate

- If the person becomes unresponsive, lower them to a firm, flat surface and begin CPR (starting with compressions) **according to your level of training.**
- **Only Trained responders perform CPR**

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



CenCalHEALTH
Local. Quality. Healthcare.



Mechanics Bank
Where Relationships Matter

265 South Street Suite B, San Luis Obispo, CA 93401

Main Office Phone: 805-541-3312

Email: info@mealsthatconnect.org

Website: mealsthatconnect.org



November 2024 Menu

www.mealsthatconnect.org



*Indicates Whole Grain Product

All meals contain whole grain and are served with milk.

Nourishing SLO County seniors with more than just meals.

DO YOU NEED TO CANCEL A MEAL?

WE ASK FOR **TWO DAYS NOTICE** TO CANCEL, SUSPEND and/or RESUME MEALS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|---|
| 28 | 29 | 30 | 31 | 1 |
| Cheese Ravioli with Meat Sauce (with Turkey) Seasoned Spinach Italian Vegetables Fresh Orange WW Roll* | BBQ Pork Rib Patty Sweet Potatoes Brussel Sprouts Peaches Brown Rice* | Enchilada Roja (with Chicken) Mixed Vegetables Summer Squash Mixed Fruit (Tortilla*) | Albondigas with Potatoes & Carrots (with Chicken, turkey, beef) Broccoli Capri Vegetables Apricot Halves Tortilla* | Asian Chicken Salad with Whole Wheat Pasta* Corn Salad Coleslaw Fresh Apple |
| 4 | 5 | 6 | 7 | 8 |
| Omelette w/Cheese Roasted Potato Cubes Stewed Tomatoes Pineapple Cup WW Bread* | Enchiladas Blanca (with Chicken) Pinto Beans Corn Mandarin Cup Tortilla* | Manicotti w/Meat & Marinara (with Turkey) Italian Blend Veg Seasoned Spinach Mix Fruit Cup WW Roll* | Beef Stew w/Potatoes & Carrots Zucchini Calif Blend Veg Tropical Fruit WW Biscuit* | Burger (Beef) Coleslaw Roasted Sweet Potatoes Apple WW Bun* |
| 11 | 12 | 13 | 14 | 15 |
| Closed for Veterans Day | Chicken Parmesan Mixed Vegetables Brussels Sprouts Applesauce Cup WW Pasta* | Swedish Meatballs (Chicken, Turkey, Beef) Cauliflower Winter Blend Mixed Fruit Cup Brown Rice* | Enchilada Verde (Chicken) Cannellini Beans Broccoli Diced Peach Cup (Tortilla)* | Southwest Chicken Salad Coleslaw Carrot Salad Orange Tostada* |
| 18 | 19 | 20 | 21 | 22 |
| BBQ Rib Patty (Pork) Sweet Potato Peas Pineapple Cup Graham Crackers* | Chicken Alfredo Brussels Sprouts Italian Veg Pear Cup WW Pasta* | <i>Celebrating</i> Red Chili w/Meat & Beans (Turkey) Corn 4 Way Veg Blend Peach Cup Graham Cracker* Birthday Muffin <i>November Birthdays!</i> | Tuna Noodle Casserole Winter Blend Veg Seasoned Carrots Mandarin Cup WW Pasta* | Chicken Tetrazzini Broccoli Stewed Tomatoes Apricots WW Pasta* |
| 25 | 26 | 27 | 28 | 29 |
| Meatballs Marinara (Chicken, Turkey, Beef) Broccoli Sicilian Veg Orange Spaghetti* | Sloppy Joes in WW Bun (Turkey) Coleslaw Capri Blend Veg Pear Cup WW Bun* | Turkey w/Gravy & Stuffing Mixed Vegetables Pumpkin Pie Mixed Fruit Cup Dinner Roll* | Closed for Thanksgiving | |

CONTACT US

| **Dining Rooms & Service Areas <i>Open for in-person dining Monday - Friday. Call your site manager to reserve your meal!</i> | Serving Days/Time | Site Manager | Phone Number |
|---|-------------------|-----------------------------|----------------|
| ** Atascadero, Templeton | Mon-Fri @ 11:30 | Jill | (805) 466-2317 |
| ** Cambria, San Simeon | Mon-Fri @ 11:30 | Robin | (805) 952-2843 |
| ** Los Osos | Mon-Fri @ 11:30 | Kellie P. | (805) 528-6923 |
| ** Morro Bay, Cayucos | Mon-Fri @ 11:30 | Kat | (805) 772-4422 |
| ** Nipomo | Mon-Fri @ 11:30 | Carmelita (temp.) | (805) 929-1066 |
| ** Oceano, Arroyo Grande, Grover Beach, Pismo Beach, Shell Beach | Mon-Fri @ 11:30 | Debbie | (805) 489-5149 |
| ** Paso Robles | Mon-Fri @ 11:30 | Marlene | (805) 238-4831 |
| ** Santa Margarita | Mon & Wed @ 11:30 | Becky | (805) 952-2845 |
| ** San Luis Obispo | Mon-Fri @ 11:30 | Kelly H. | (805) 543-0469 |
| San Luis Obispo Administrative Office: (805) 541-3312 x100 www.mealsthatconnect.org | | Milda: Congregate Dining | (805) 541-1168 |