



January 2025

Food For Thought!

www.mealsthatconnect.org

Executive Director's Corner

Happy New Year! Join us in celebrating SLO County Caregivers this month.

In 2025, our focus will be on providing meals AND resources to support caregivers of seniors. Caregiving can be both rewarding and challenging, and the well-being of the caregiver is deeply connected to the condition of the person they care for. Caregivers are encouraged to prioritize self-care, seek educational resources, and know when to delegate care when needed. We want you to know that we are here for you, whether you are a volunteer, family member, or friend - Thank you for your dedication!

With Gratitude,
Laura Kelsay-Edwards



Fraud Abuse Prevention for Seniors

It's best to prevent scams by knowing a few of the most common types of scams:

Tech Support Fraud-try to have you send personal information, payments when one of your devices is having an issue.

Grandparent scam-Scammers pose as your grandchild and ask for assistance in dire situations.

Fake Prize scam - Receive a claim that you've won a prize in a contest or lottery.

Caregiver financial elder fraud - Trusted family members or caregivers find ways to financially exploit older individuals. Ex. taking cash or requesting to cover financial expenses.

Common Traits in all scams

- You win a contest you didn't enter
- You're told there's a problem with your account
- You feel pressured to take action immediately
- You're given oddly specific instructions on payment
- You're asked to keep secrets

In order to protect yourself, avoid making quick financial decisions.

For additional information please visit:

<https://www.helpguide.org/aging/healthy-aging/elder-scams-and-senior-fraud-abuse>

To Report Theft: IdentifyTheft.gov ReportFraud.ftc.gov

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



Volunteer News – Barbara Horne, R.D,CSG

Volunteer Resource

Coast Caregiver Resource Center (CCRC)

- A service center for caregivers where all clients receive **free**, confidential and **personalized guidance in caregiving responsibilities** and referrals for helpful resources.
- Services can include guidance in managing caregiving responsibilities, education in diagnosis and **care needs, advocacy for services**, referrals to community resources and short-term respite and/or counseling grants.
- Additionally there are staff-facilitated **support groups for caregivers** for peer support, and mental health counseling. All of these services are free!
- **805-569-8950**
- <https://www.cottagehealth.org>

Community Home Health

- A health care professional or social worker can bring **healthcare services to you**. These services may be assessing needs, preventing rehospitalization, postponing institutionalization, and **reducing the need for urgent care, all in your home**.
- Specific aid includes **assistance with Daily Living Activities, Chronic Disease Management, Fall Injury Prevention, IV Therapy, Pain Management, Post-stroke Care**, Wound Care, and more.
- Accepted payment forms are Cencal, Most Private Insurance, Private Pay (cash/check), and Medicare (no deductible).
- A service **center for caregivers** where all clients receive free, confidential and **personalized guidance** in caregiving responsibilities and referrals for helpful resources.
- Medical staff are available 24 hours a day, seven days a week. Call **(805) 270-4500** or visit the website for more details. There is also a 24/7 Nurse on call number on the website.
- <https://www.805communityhh.com>

County Ombudsman

- This is an organization that **promotes proper care** and ensures **quality of life for residents in long-term care facilities**. They provide access to **advocacy** services, complaint investigation and resolution, facility monitoring visits and witness advance **health care directives**.
- They also help prevent eviction by educating **seniors on eviction regulations**. Ombudsman provides **training to facility staff**, residents and family regarding care issues, Residents' Rights and **elder abuse prevention**. All Ombudsman Services are provided **free of charge**.
- **805-785-0132**
- <https://ombudsmanslo.org/>





January 2025 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
		1	2	3
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		Closed for New Year 	Chicken a la King Green Beans Seasoned Spinach Pineapple Tidbits Oatmeal Cookie*	Tuna Noodle Casserole* Broccoli Italian Blend Veggies Apricots (WW noodles*)
6	7	8	9	10
Enchilada Roja (Chicken) Corn Tortilla* Cauliflower Cannelini Beans Applesauce	Hamburger with Fixins (Beef, Soy) WW Bun* Winter Blend Veggies Coleslaw Pineapple Cup	Turkey with Stuffing & Gravy WW Roll* Mixed vegetables Carrot Salad Mixed Fruit	Meatloaf with Gravy (Beef) WW Dinner Roll* Baked Potato California Blend Vegetables Banana	Asian Chicken Salad with Noodles WW Noodles* Carrot Salad Three Bean Salad Mixed Fruit
13	14	15	16	17
Cheese Ravioli w/Meat Sauce* (Turkey) Seasoned Spinach Capri Blend Vegetables Pineapple Cup	Omelette with Cheese (vegetarian) WW Bread* Roasted Cubed Stewed Potatoes Apricot halves	Albondigas w/Potatoes & Carrots (Chicken, Turkey, Beef) Corn Tortilla* California Blend Vegetables Green Beans Tropical Fruit Cup	Spaghetti w/meat Sauce (Turkey) WW Spaghetti* Cauliflower Pickled Beets Applesauce	Breaded Fish Brown Rice* Broccoli Coleslaw Apricot Halves
20	21	22	23	24
Closed for Martin Luther King Jr 	<i>Celebrating</i> Enchilada Verde (Chicken) Tortilla* Pinto Beans Broccoli Pineapple Cup Birthday Muffin <i>January Birthdays!</i>	Chicken Sandwich (WW bun*) Coleslaw Succotash Banana	Hamburger Stroganoff Brown rice* Three bean salad Seasoned carrots Fresh orange	Tamale with Red Sauce (Beef) Graham Cracker* Broccoli Capri Vegetables Fresh Apple
27	28	29	30	31
Chili Beans (Beef) WW Crackers* Winter Blend Vegetables Corn Diced Peaches	Pork Rib Patty Graham Crackers* Sweet Potatoes Brussels Sprouts Tropical Fruit	Sweet & Sour Meatballs Brown Rice* Broccoli Peas & Carrots Apricot Halves	Cheese Manicotti w/ Meat Sauce (Turkey) California Blend Vegetables Summer Squash Fresh Banana	Tuna Salad WW Bread* Carrot Salad Three Bean Salad Pineapple Cup

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	Robert	(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	(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
265 South Street Suite B, San Luis Obispo, CA 93401 Main Office Phone: 805-541-3312 Website: mealsthatconnect.org		Milda: Congregate Dining	(805) 541-1168