



# April 2025 Menu

[www.mealsthatconnect.org](http://www.mealsthatconnect.org)

\*Indicates Whole Grain Product

All meals 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
<b>REHEATING INSTRUCTIONS: DO NOT USE A TOASTER OVEN</b> -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	1	2	3	4
	<b>Goulash*</b> (Turkey) Seasoned Spinach Green Beans Fresh apple	<b>BBQ Pork Sandwich*</b> Tuscany blend veggies Roasted Sweet potato Mandarin Oranges	<b>Spaghetti &amp; Meatballs*</b> (Chicken, Turkey, Beef, soy) Carrot Salad Cauliflower Peaches	<b>Tuna Salad</b> WW Bread* Coleslaw Three Bean Salad Fresh Orange
7	8	9	10	11
<b>Albondigas</b> (Chicken, Turkey, Beef, soy) Corn Tortilla* Winter Blend Veggies California Blend Veggies Mandarin Oranges	<b>Jambalaya</b> (Turkey) Brown Rice* Chuckwagon Corn Her bed Zucchini Fresh Apple	<b>Chicken Stew</b> WW Biscuit* Seasoned Carrots Coleslaw Fresh Orange	<b>Hamburger Stroganoff</b> WW Pasta* Broccoli Tuscany Blend Veggies Pineapple	<b>Curry Chicken Salad</b> Romaine Salad Broccoli Slaw Wheat Crackers* Tropical Fruit
14	15	16	17	18
<b>Tamale Verde</b> (Beef) Corn Tortilla* Corn Seasoned Squash Pineapple	<b>Chicken Ravioli Alfredo</b> Cheese Its* Italian Blend Veggies Broccoli Fresh Apple	<b>Meatball Sub</b> (Chicken, Turkey, Beef, soy) <b>WW Bun*</b> Corn Green Beans Mandarin Oranges	<b>Enchilada Blanca*</b> Seasoned carrots Pinto Beans Fresh Orange	<i>Celebrating</i> <b>Chickpea Salad</b> Romaine Salad Broccoli Slaw Pineapple Birthday Muffin* <i>April Birthdays!</i>
21	22	23	24	25
<b>Sloppy Joes</b> (Beef) <b>WW Bun*</b> Carrot Salad Cauliflower Banana	<b>Chili with Beans</b> (Turkey) WW Biscuit* Brussels Sprouts Yellow Squash Tropical Fruit Cup	<b>BBQ Pork</b> Roasted Potatoes California Blend Veggies Graham Crackers* Pineapple	<b>Manicotti</b> (Turkey) Scandinavian Veggies Seasoned Zucchini Fresh Apple	<b>Hawaiian Chicken Salad</b> Romaine Salad Broccoli Slaw WW Crackers* Fresh Watermelon
28	29	30	1	2
<b>Seasoned White Beans</b> WW Biscuit* Sweet Potatoes Stewed Tomatoes Banana	<b>Italian Noodle Casserole*</b> (Turkey) Seasoned Spinach Broccoli Mixed Fruit	<b>Tamale Roja</b> (Beef) Chuckwagon Corn Sicilian Blend Veggies Corn Tortilla* Fresh Apple	<b>Hamburger with Fixins</b> (WW Bun*) Roasted Potatoes Green Beans Mandarin Oranges	<b>Southwest Chicken Salad</b> WW Dinner Roll* Carrot Salad Coleslaw Applesauce

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



April 2025



# Food For Thought!

## April is Volunteer Appreciation Month!

### Executive Director's Corner

#### Welcome Tammy Paster!

As our new Development Director, Tammy Paster brings over 25 years of expertise in nonprofit development, community engagement, and strategic fundraising. A results-driven fundraiser, she has successfully led impactful campaigns, major giving programs, and capital initiatives across various sectors. Her strengths include donor stewardship, event planning, strategic communications, and digital fundraising. Most recently, Tammy served as the Director of Development at PCPA-Pacific Conservatory Theatre. When she's not building relationships or driving philanthropic success, she's a dedicated basketball mom and an avid baker, always perfecting her sourdough bread recipe—because for her, food is love.



### Spreading Smiles: 1,380 Cards of Kindness for Seniors

We aimed for 1,000 handmade cards for seniors and reached an incredible 1,380 thanks to YOU!

This campaign spread love and joy to seniors across San Luis Obispo County, and it wouldn't have been possible without the support from schools, businesses, organizations, and individuals.

Special thanks to our amazing contributors and to KSBY's Karson Wells for helping share this heartwarming project.

Your kindness made a difference! 📧



- Cuesta College Nursing Program
- Templeton Library
- Girl Scout Troop 45333
- Solarponics
- Mechanics Bank

### Tax Resources

The AARP, Cal Poly and the IRS has provided FREE tax help to seniors!

For AARP Times and Locations



For Cal Poly Times and Locations



For VITA/IRS Times and Locations



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



### Volunteer News – Barbara Horne, R.D.,CSG Fall Prevention

Each year, millions of older adults fall, about one out of four. Research has shown that one out of five falls result in serious injury such as a broken bone, a head injury or even death. However, data shows that many falls are preventable.

#### Our local agency with fall prevention services: Central Coast Commission for Senior Citizens

Phone (805) 925-9554

Website <http://centralcoastseniors.org>

#### TIPS: For fall prevention

- Install **handrails** in key spots (specially bathrooms and stairs).
- Install **proper lighting** in all home areas.
- Wear **eyeglasses** as prescribed.
- Keep areas where you walk tidy (no clutter or **extension cords**).
- Check that all carpets are fixed firmly to the floor, so they won't slip. Put **no-slip strips** on tile and wooden floors.
- Place a **landline** or well-charged phone near your bed.
- Keep a **flashlight by the bed** in case the power goes out and you need to get up.
- Keep frequently used pots, pans, and kitchen utensils in a place where they are **easy to reach**.
- Make sure steps leading to the door are not uneven.
- Use a **"Reach stick"** to grab high items or ask for help.
- Conveniently place **furniture for support**.
- Eat properly balanced **foods for energy**.
- Wear **anti slip footwear**.

Please scan to learn your fall risk score and find resources to prevent a fall:



### May is Older American's Month

Every year the Administration for Community Living (ACL) chooses a theme for Older Americans Month. This year the theme is **"Flip the Script"**. The month will focus on **changing how society approaches and perceives aging**, by challenging stereotypes and dismissing stereotypes.

The goals for this month is to **honor senior accomplishments**, provide and participate in **opportunities to be active and engaged**, and emphasize the opportunities for **purpose, exploration, and connection that come with aging**.



FLIP THE SCRIPT ON AGING: MAY 2025