



## Breast Cancer Pink Week 2025!

October 7-9, 2025  
A series of free virtual webinars!

HOPE

Tues  
Oct 7th

**10:00 AM** Message of Hope  
**12:00 PM** What to Expect: Breast Biopsy and Localization Procedures  
**2:00 PM** Understanding Endocrine Therapy in Breast Cancer: Managing Side Effects & Improving Quality of Life  
**4:00 PM** Triple Negative Breast Cancer  
**6:00 PM** Tuesday Sessions Repeated

**10:00 AM** Cáncer de Mama Triple Negativo  
**12:00 PM** Parte 1, Tu empoderamiento al encontrar tu propia voz, la perspectiva de un médico  
**2:00 PM** Parte 2, Tu empoderamiento al encontrar tu propia voz, la perspectiva de un médico  
**6:00 PM** Wednesday Sessions Repeated

Weds  
Oct 8th

**10:00 AM** Feeling Whole by Understanding Our Nervous System  
**12:00 PM** Yoga with Intention  
**2:00 PM** Lifestyle Medicine and Breast Cancer  
**4:00 PM** Message of Hope 2025  
**6:00 PM** Thursday Sessions Repeated

Thurs  
Oct 9th

Breast Cancer Resource Center: [BCRCB.ORG/PINKWEEK](http://BCRCB.ORG/PINKWEEK)

## We are recruiting PAC members!

**Needed for:**  
 -Paso Robles  
 -Morro Bay  
 -Santa Margarita

### What is the PAC?

- Essentially the House of Representatives of Meals that Connect. It includes 2 voting members from each lunch site.



### Why do we have the PAC?

- PAC members have the official power to guide policy and make decisions regarding the program.
- Vote on dollar amount for the suggested domain.
- Have direct input regarding the menu.
- Help the director with long range planning.

**Tell your site manager, or contact us at (805) 541-3312 if you are interested!**

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

### Paperwork Reminder!

**When working in a program that receives federal and state funding, there are a number of tracking and training requirements.**

All of the paperwork, “computer work”, for our site management and volunteer management can be done on the computer or smart phone.



These include:

- Signing up to volunteer: Go to [Mealsthatconnect.org](http://Mealsthatconnect.org). Under the “Get Involved” tab you can sign up to become a volunteer.
- Training: either a site manager or office staff will send a digital link to complete:
  - Volunteer information sheet which lets us know where, when and how you plan to volunteer.
  - A client intake form is needed if you plan to have a meal with the program.
  - Training on program policies with a digital quiz: should be completed before volunteering.
  - Security Awareness: about keeping client information secure and private.
- Many site managers communicate with volunteers by text and can send out requests for help and provide route information via text or email. The site managers track your hours in their site management software.



**Paper options are still available for volunteers that need them.**

## General Announcements:

**Help Wanted: Seeking volunteers in Oceano**

**Help Wanted: Seeking two-day per week volunteer in Cambria**

Contact us at (805) 541-3312 if you are interested!



**Reopening Congregate Dining in New Location in Cambria!**

# 1 GA TICKET = 11 MEALS TO SENIORS

[SLOPICKLEFESTIVAL.ORG](http://SLOPICKLEFESTIVAL.ORG)

# SLO PICKLE FESTIVAL

UNLIMITED BITES, SIPS, & LIVE MUSIC  
 ALL PROCEEDS BENEFIT MEALS THAT CONNECT  
 LAGUNA LAKE PARK - SLO  
 21+ EVENT

OCTOBER  
4TH  
1-4PM

OR 12-4PM  
WITH VIP  
EARLY ACCESS!



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

