



Irene's Kitchen

CORNER We are very busy in the Central Kitchen during this holiday season preparing frozen meals. We will be busy well into January and we couldn't do it all without the help of our faithful volunteers who help throughout the year. I'd like to thank all our volunteers including those from San Luis Obispo Coastal Unified School District, PathPoint, Grizzly Youth Academy, and Cal Poly. Here is a reminiscence in pictures of all our volunteers throughout the year of 2011.



We couldn't do such a fine service for all our seniors in San Luis Obispo County without our many volunteers of all ages and different backgrounds. I'd like to wish you all a prosperous, safe and healthy New Year.

Irene

Meals Served to Seniors in 2010/2011 Fiscal Year...173,000!

See more photos on back

Your Monthly Food For Thought!

A publication of the Senior Nutrition Program of San Luis Obispo County

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A Letter from the Director...

Greetings to all. I have been the Executive Director for the Senior Nutrition Program since September, 2006. I have seen the program grow from preparing 135,000 meals in 2006 to 173,000 meals this past fiscal year.

In April, 2010, we opened a new dining room site at the United Church of Christ Congregational (UCC) on Los Osos Valley Road in San Luis Obispo to serve seniors in that part of town. There are about 20 seniors who meet and enjoy lunch in the company of other seniors daily. We are planning to start a new home delivery route from the UCC dining room as soon as funding is secured.

Four years ago, the SNP Central Office relocated from the Goodwill building on Tank Farm Road in SLO to a smaller office next door to our Central Kitchen on Johnson Ave. and Bishop (Old General Hospital.) That move saved us over \$12,000 per year and has allowed us to serve more seniors from our community.

In 2007, a volunteer group called Friends of Senior Nutrition Program started Night of a Million Meals, a fundraising event to help in reducing the deficit due to increased unfunded senior meal deliveries. Today this group of 25 dedicated volunteers, chaired by Patt Fuller, work year round to produce a first-class dinner, silent and live auction, and a holiday mailer. This group is responsible for producing over \$60,000 annually for our organization.

The SNP meal service has been serving more meals in the Home Delivery Program than the program budget, 125%, for the most part because it is difficult to deny a meal to a senior who has no other means of getting food. In July, 2011, SNP started a wait list for Home Delivered Meals to help us get back on track financially until we get more funding to offset the extra meals we are serving. As of November, 2011, we have over 100 seniors on the wait list.

This holiday season I am thankful to have this job that allows me to serve the community in which I live. It also provides me with pride and enthusiasm to continue the hard work of keeping this program strong and well funded, to help extend our seniors' good health, independent living and to keep them safe from harm. Happy Holidays to all.

Elias Nimeh, Executive Director

Here at the Senior Nutrition Program, we are always looking for helpful information to share with our clients. This month we'd like to tell you about the Alliance for Pharmaceutical Access.



The APA helps individuals obtain brand-name medications at no cost or discounted cost in collaboration with their physicians. Any person who requires long-term medications and is unable to pay for these medications can benefit from this program.

If you'd like to take advantage of their free service, you can contact the APA at **805-614-2040**. In addition, your site manager can provide you with more information upon request.



L-R: Sylvia Graham, APA Client Advocate and Hilda Zacarias, Accountant

L-R: Katcho Achadjian, Elias Nimeh, Dave Chambers, and Joe Lazaer



Every year in May at the Night of a Million Meals auction we offer the opportunity to all to bid on a tennis match with our Executive Director, Elias Nimeh and 33rd District State Assemblyman, Katcho Achadjian. For four years Dave Chambers has bid the highest and played the match with tennis partner Joe Lazaer. While the odds are always stacked in favor of the Chambers/Lazaer team winning, the Nimeh/Achadjian team continues to enjoy the match!

Free & Low-cost Health Screening



This month Community Action Partnership of San Luis Obispo County is offering free and low-cost health screening services for seniors at some of our dining room sites including blood pressure, pulse, and weight. Screening for anemia, high cholesterol, and diabetes are also available.

- H Thursday, December 1st, South Bay Community Center in Los Osos from 9:00 am-12:00 pm
- H Tuesday, December 6th, Atascadero Senior Center, 9:00 am-12:00 pm
- H Monday, December 12th, St. Paul's Episcopal Church in Cambria, 9:30 am-12:00 pm
- H Monday, December 19th, Morro Bay Senior Center, 9:00 am-12:00 pm
- H Wednesday, Dec. 21, Paso Robles Senior Center, 9:00 am-12:00 pm

Community Action Partnership also offers ongoing screenings at other times and locations. Please call **805-544-2484**, option 1, with any questions.



Above: CLUB 456 making cards

Time to Give Thanks...

Last month seniors at our Oceano Site received handmade cards from CLUB 456 of Saint John's Lutheran Church.

For the second year in a row, kids ranging in age from 4 years to 10 years old made over 60 cards as part of their Thanksgiving service project. We thank these creative youth for sharing some holiday cheer with our seniors.

DECEMBER'S HOLIDAY SCHEDULE

We will be **CLOSED** on **Monday, December 26**

Home-delivery clients can receive frozen meals for holidays by contacting their Site Manager in advance. See phone #'s on reverse.

Staff Birthdays



Jesse Miller
12/04, Cambria Site Mgr.

Debbie Altamirano
12/08, Oceano Site Mgr.

Liz Dunn
12/10, Atascadero Site Mgr.

Bev Simons
12/28, Cent. Kitchen Driver

Staff Anniversaries

Kris Wolf, 2 years
SLO Anderson Site Mgr.

Lucy Cano, 2 years (re-hired)
Substitute Central Kitchen





Monday	Tuesday	Wednesday	Thursday	Friday
Nov. 28	29	30	Dec. 1	2
Pork Rib Patty Parslied Potatoes & Carrots Peas Mandarins & Pineapple Oatmeal Cookies Milk	Fish Filet Macaroni and Cheese Homemade Cole Slaw Cooked Carrots Pears Milk	Homemade Lasagna with Meat and Cheese Romaine Salad Broccoli Apricot crisp Milk	Oven-Fried Chicken Leg Winter Squash Casserole Brussels Sprouts Peaches Oatmeal Cookies Milk	Sweet & Sour Meatballs Brown Rice Oriental Blend Vegetables Homemade Carrot Salad Orange Quarters Milk
5	6	7	8	9
Chicken Patty Parmesan Whole Wheat Pasta California Blend Vegetables Homemade Three Bean Salad Fruit Cocktail Milk	Cheese Enchilada with Creamy Chicken Sauce Brussels Sprouts Homemade Carrot Salad Baked Apple Slices with Cinnamon Milk	Italian Noodle Casserole made with Whole Wheat Pasta Seasoned Cooked Spinach Lima Beans Banana Milk	Swedish Meatballs Whole Wheat Pasta Mixed Vegetables Romaine Salad with Dressing Orange Quarters Milk	Chili Beans with Beef Corn Homemade Cole Slaw Pineapple Chunks Oatmeal Cookie Milk
12	13	14	15	16
Meatloaf with Low-salt Gravy Mashed Potatoes Green Peas Diced Peaches Oatmeal Cookies Milk	Cheese Ravioli with Beef and Marinara Sauce Seasoned Spinach Homemade Carrot Salad Pineapple Tidbits Milk	Roast Turkey Baked Winter Squash Casserole Cauliflower Applesauce Graham Crackers Milk	Sloppy Joe Whole Wheat Bun Romaine Salad Broccoli Apricot Crisp Milk	Fish Vera Cruz Brown Rice Zucchini Homemade Cole Slaw Fresh Apple Milk
19	20	21	22	23
Meatballs With BBQ Sauce Barley Pilaf Braised Cabbage Corn Salad Pineapple Tidbits Milk	Chicken Sandwich on Whole Wheat Bun Succotash Broccoli Apricot Halves Milk	 Happy Birthday! Cheese Enchilada with Chili Chicken Sauce Cooked Carrots Corn Orange Quarters Birthday Cupcake Or Muffin Milk	Salisbury Steak with Low- salt Gravy Mashed Potatoes Homemade Carrot Salad Banana Graham Crackers Milk	 Baked and Glazed Ham Potatoes Deluxe California Blend Vegetables Apple Pie Dinner Roll Milk
26	27	28	29	30
 CLOSED For Christmas Holiday	Cheese Omelet Bran Muffin Baked Potato Stewed Tomatoes Orange Quarters Milk	Tuna Noodle Casserole made with Whole Wheat Pasta Seasoned Cooked Spinach Homemade Carrot Salad Banana Milk	Baked Chicken Leg with Lemon Pepper Sweet Potatoes Green Beans Mandarin Pineapple Graham Crackers Milk	Black Eyed Peas with Sausage Corn Bread Parslied Carrots Braised Cabbage Fruit Cocktail Ambrosia Milk

U.S. Dietary Guidelines recommend consuming fewer than 1500 mg of sodium a day. The salt shaker shown on December 23rd indicates that our holiday meal contains over 1000 mg of sodium.

Cancellations & Reservations

If possible, please call to **cancel or re-start** your meals **2 BUSINESS DAYS IN ADVANCE**

Site Locations:	Dining Room Serving Time	Site Manager	Phone Number
Atascadero and Templeton	11:30	Liz	466-2317
Cambria	11:45	Jesse	927-1268
Los Osos	11:30	Marlene	528-6923
Morro Bay Dining Room	11:30	Tracey	772-4422
Morro Bay/Cayucos Home-Delivery	Call: 772-3110		
Nipomo	12:00	Sandy	929-1066
Oceano: Arroyo Grande, Grover, Pismo Beach, Oceano	11:30	Debbie	489-5149
Paso Robles	11:30	Reneé	238-4831
Santa Margarita	11:30	JB	438-5854
San Luis Obispo Sites:			
San Luis Obispo Home Delivery	Call: Kris at 543-0469		
Downtown: Anderson Hotel	11:30	Kris	543-0469
Laguna Lake Area: U.C.C. Church	11:30	Paul	541-1168

