



## SNP EXECUTIVE DIRECTOR WALKS THE WALK

Our very own Elias Nimeh just returned last month after completing a 500 mile journey on foot through the famous Camino de Santiago trail also known as the Way of St. James. He began the journey in Saint-Jean-Pied-de-Port, France and ended in Santiago de Compostela, Spain. Some of Elias' favorite memories of the journey include meeting so many interesting people from all around the world, even serving as the best man at the outdoor wedding of a Canadian couple he had just met the same day! And it seems Elias is always known by someone, somewhere as he was recognized by a former Cal Poly student who was walking the trail.



In photo: Elias at far right as best man with the happy couple at center



In photo: Elias and Michel

Elias is also so pleased for the opportunity to have his youngest brother, Michel, as his travelling companion throughout the entire trip. This gave them both a chance to bond that they missed out on growing up because of an eight year age difference between them. And finally with his ever-present focus on fitness, Elias will boast and tell you that despite how much delicious pasta he ate, he lost weight from all that walking. He is now the same weight he was in college! What is the one thing Elias won't miss from the trip?

The rocky terrain! Constant rocks and uneven walking paths with inclines gave him some sore feet and he is glad to be back home walking on pavement.

Thanks to pledges made by supporters of Elias' walk, over \$4,000 was raised. These funds will feed 4 seniors for an entire year! Elias would like to thank all those who pledged and supported him in this memorable, once-in-a-lifetime experience. More pictures and video highlights can be viewed by going to our website at [snpslo.org](http://snpslo.org) and clicking on *Walk With Elias Updates*.



As we observe Veterans Day this month, Senior Nutrition extends our gratitude to all who have served!

## Staff Birthdays & Anniversaries



*We wish a Happy Birthday to...*  
**Sonya Garcia**, Central Kitchen Cook  
November 3rd

**Irene Palacios**, Kitchen Director  
November 6th



*And we'd like to congratulate...*  
**Greg Lomeli**, Central Kitchen Driver  
with SNP for 3 Years

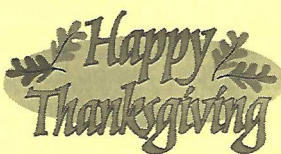
## Holiday Closures

The Senior Nutrition Program will be closed on the following days. If you need a frozen meal for these holidays, please speak to your Site Manager in advance.



Wednesday, **November 11th**, in observance of **Veterans Day**

Thursday & Friday, **November 26th-27th**, in observance of **Thanksgiving**



## Volunteer Training Tips A Few Surprising Facts about Helping a Choking Victim

What most people refer to as "the Heimlich maneuver" is now called "the abdominal thrust" by the Red Cross, to avoid paying royalties to Mr. Heimlich.

The very first thing you do if someone appears to be choking is to ask, "Are you choking?" If they can speak to you, they are not choking. The universal sign for choking is to put your two hands to your throat. If a person is coughing, encourage them to continue coughing.

Next, if they acknowledge that they are choking, ask their permission, "Can I help you?" If they nod "no," you may not help them, but you can call 911. If they pass out, you may help them. An unconscious victim has given you implied consent.

To help a choking victim give 5 back blows with the heel of your hand, between their shoulder blades. Stand perpendicular to the victim with them leaning over slightly onto your extended arm while you hit between their shoulder blades with your other hand.

If still choking, then try five abdominal thrusts. Alternate with back blows and abdominal thrusts until 1. The object is dislodged, 2. the victim passes out or 3. emergency responders arrive. If a person is unconscious, be sure someone has called 911. You can do chest compressions like CPR to try to dislodge the object.


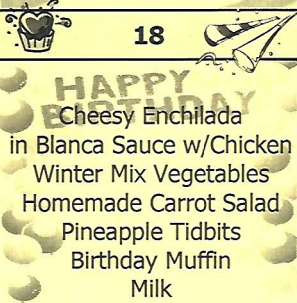


Even if the victim appears unharmed after the object is removed, children and older people should be checked by their doctor for damage to the throat that could cause further problems.

-Wendy Fertschneider, R.D.

Senior Nutrition would like to thank the following organizations for their continued support of our program!





Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6 
Whole Wheat Spaghetti in Meaty Marinara Sauce Bean Salad Zucchini Whole Orange Milk	Chili Beans w/Meat Romaine Salad w/Dressing Cauliflower Fruit Crisp Wheat Crackers Milk	Chicken Patty Sandwich on W.W. Hamburger Bun Parslied Carrots Homemade Cole Slaw Pineapple Tidbits Milk	Beef Patty w/Gravy Mashed Potatoes Mixed Vegetables Fruit Cocktail Slice of W.W. Bread Milk	Cheesy Enchilada in Red Sauce w/Chicken Brussels Sprouts Homemade Carrot Salad Peaches Milk
9	10	11	12	13
Albondigas Tortilla Corn Peas Mandarins & Pineapple Milk	Asian Chicken & Vegetables Brown Rice Peas & Carrots Homemade Cole Slaw Applesauce Milk	Closed in Observance of Veterans Day If You Need a Meal Speak to Your Site Manager	Cheese Ravioli in Meaty Marinara Sauce Broccoli Summer Squash Apricots Milk	Tuna Salad Pasta Salad Homemade Carrot Salad Romaine Salad w/Dressing Whole Orange Milk
16	17	18 	19	20 
Omelet w/Cheese Stewed Tomatoes Baked Potato Halves Pears Bran Muffin Milk	Meat & Cheese Lasagna Cooked & Seasoned Spinach Romaine Salad w/Dressing Whole Banana Milk	Cheesy Enchilada in Blanca Sauce w/Chicken Winter Mix Vegetables Homemade Carrot Salad Pineapple Tidbits Birthday Muffin Milk	BBQ Baked Chicken Leg Sweet Potatoes Cooked & Seasoned Cabbage Fruit Cocktail Oatmeal Cookie Milk	Sweet & Sour Meatballs Brown Rice Oriental Blend Vegetables Pickled Beets Whole Orange Milk
23	24	25 	26	27
Chili Beans w/Chicken Broccoli Summer Squash Apricots Wheat Crackers Milk	Haddock Filet Brown Rice Succotash Homemade Cole Slaw Peaches Milk	Roast Turkey w/Cranberry Sauce Mashed Potatoes & Stuffing w/Low-Salt Gravy California Blend Vegetables Whole Tangerine Dinner Roll/Pumpkin Pie Milk	Happy Thanksgiving Closed In Observance of Thanksgiving If You Need a Meal Speak to Your Site Manager	
30	Dec. 1	2	3	4
Pork Rib Patty Sweet Potatoes Green Beans Whole Orange Graham Crackers Milk	Cheesy Enchilada in Red Sauce w/Chicken Cauliflower Homemade Carrot Salad Whole Banana Milk	Italian Noodle Casserole Cooked & Seasoned Spinach Romaine Salad w/Dressing Pineapple Tidbits Milk	Hamburger on W.W. Bun w/Fixins Brussels Sprouts Corn Fresh Whole Apple Milk	Hawaiian Chicken Salad Homemade Cole Slaw Pea Salad Pears Wheat Crackers Milk

U.S. Dietary Guidelines recommend consuming fewer than 1500 mg of sodium a day. The salt shakers shown on menu indicate that the meal for that day contains over 1000 mg of sodium.



### Food For Thought!

A monthly publication of the Senior Nutrition Program of San Luis Obispo County  
**Executive Director:** Elias Nimeh  
**Dietitian:** Wendy Fertschneider  
**Editor:** Jeniffer Dienhart-Mitchell

### A Dose of Thanksgiving Humor...



A man in Phoenix calls his son in New York the day before Thanksgiving and says, "I hate to ruin your day, but I have to tell you that your mother and I are divorcing; forty-five years of misery is enough."

"Pop, what are you talking about?" the son asks. We can't stand the sight of each other any longer," the father says. "We're sick of each other, and I'm sick of talking about this, so you call your sister in Chicago and tell her." Frantic, the son calls his sister, who explodes on the phone. "Like heck they're getting divorced," she says, "I'll take care of this,"

She calls Phoenix immediately, and yells at her father, "You are NOT getting divorced. Don't do a single thing until I get there. I'm calling my brother back, and we'll both be there tomorrow. Until then, don't do a thing, DO YOU HEAR ME?" and hangs up. The old man hangs up his phone and turns to his wife. "Okay," he says, "they're coming for Thanksgiving and paying their own way."

Cancellations & Reservations			
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	Norma	528-6923
Morro Bay Dining Room	11:45	Marilee/Kat	772-4422
Morro Bay/Cayucos Home-Delivery	Call: 772-3110		
Nipomo	12:00	Sandy	929-1066
Oceano: Arroyo Grande, Grover, Pismo, Oceano	11:30	Debbie	489-5149
Paso Robles	11:30	Marlene	238-4831
Santa Margarita	11:30	Eva/Fred	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	Les	541-1168
Main Office: 541-3312	Central Kitchen: 541-2063		