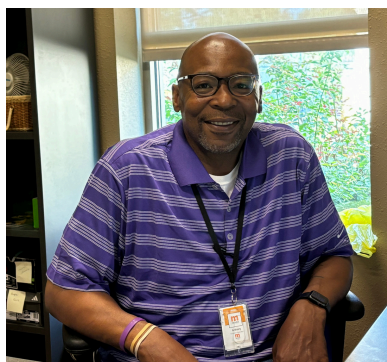


Welcome New Staff!



Anthony Riley **Outreach Specialist**

Anthony has lived in Lincoln since 1974 and comes to Matt Talbot with more than 15 years of human services experience, including 3 years at People's City Mission. He believes everyone should be treated the same, regardless of background, and that respect goes a long way. He loves to fish and he loves his family! "My mom used to say that I never met a stranger because I treat everyone like we already know each other."



Anthony Bailous **Kitchen Manager**

Anthony is originally from Los Angeles. He was on the basketball, football, and track teams in high school and then became a student-athlete at Central Arizona College in track and basketball. He completed his associate's degree and went on to receive a full scholarship from the University of Nebraska for basketball and track. Before completing his degree in Communications in 1997, Anthony played basketball in China for 3 years. He feels his greatest accomplishments are his 3 handsome and smart boys - Anthony is in the Army, Noah works in real estate, and Cameron is a senior in high school.



Paint & Support Matt Talbot on August 14th



We are partnering with the Corky Canvas for a fundraising painting class! Reserve your seat to paint "Burst of Color" and prepare for a fun night!

\$45 Reservation includes:

- Instructed Canvas Paint
- One drink (NA)
- Donation to Matt Talbot

August 14, 2024
3700 S. 9th St., Suite C
Lincoln, NE 68502
6:00 - 8:30 pm

JOIN US!





Reminder: Guests Picking Up Extra To-Go Meals

Guests may pick up extra meals for family members not present in the dining room starting at noon (during lunch) and 6 p.m. (during dinner) if they have a multiple meal card from the outreach team. If a guest does not have a card, please ask them to speak with a member of the outreach team so they can get one.

Weekend Teams: Guests may have a sticker on the back of their Clarity Card stating they can receive more than one meal. If they don't have that sticker or the multiple meal card, please use your discretion with providing extra meals. If possible, include the individual's name and the number of meals requested on the Daily Report so that outreach can follow up with the individual during the week.

We understand this system is not perfect. Staff and volunteers are working to be consistent with this new policy. Thanks for your continued efforts and patience! Please contact Victoria with feedback and questions.

Check Your Holiday Calendars

Please check the calendar for your serving days during the holidays. If your group is unable to volunteer on your assigned day, please let Victoria know as soon as possible so we can fill your spot.

Need a T-Shirt? See Victoria!

If your team did not receive MTKO Volunteer T-shirts, please let us know. We just received a new shipment. Reach out to Victoria at 402-817-0623 or victoria.oneil@mtko.org.



Brain Food

by Emily Gratopp, MS, ACC, ACTC

Assoc Extension Educator, University of Nebraska-Lincoln

Did you know that certain foods can support brain health?

Brain health is critical for wellness and a high quality of life. Many brain-related diseases, such as dementia, Alzheimer's disease, and stroke, can be directly impacted by nutrient-dense diets.

Research shows that brains continue to develop and grow throughout life, which is contradictory to early researchers who thought that brains developed in adolescence and then were mostly set by age 25. This new knowledge can give us the motivation to continue to build our brains throughout the lifespan.

Important nutrients for brain health are choline and Vitamin B12. The top commonly consumed foods that supply these nutrients include eggs and animal-based proteins like salmon, tuna, and beef. Vitamin B12 can also be found in fortified cereals (preferably low-sugar cereals with less than 5 grams of sugar per serving).

There are many ways to prepare eggs, try scrambled and poached for healthy alternatives to fried. Many dishes can be made with eggs from omelets to quiches to egg burritos. Scan the QR Code to see a recipe for a Ham and Egg Frittata (pictured above) that has a healthy mix of eggs and vegetables.



Highlights from July



Matt Talbot Offers Relief During Dangerous Heat

July brought several days that were dangerously hot for people spending time outside. Our dining room was a cool place of respite where individuals were able to escape the heat and enjoy air conditioning, meals, cool water, and good company. Outreach staff also checked in with unsheltered individuals downtown and in other areas of the city to offer assistance and water.



Housing Success

During a recent staff meeting one of our substance use counselors described how he recently sat in this living room at one of our houses with four residents to check in on how they were doing.

During the visit to the house, he had a moment of gratitude as he realized that all four individuals used to be sitting near one another in our dining room - unsheltered and struggling with substance use. Now they are living together working toward a shared goal of sobriety. His comment sums it up: "This is really cool."



**Thank you for your partnership!
Together we are changing lives.**



More Outdoor Seating

Thanks to generous friends at SiteScapes we have a beautiful new picnic table! The table is located next to the new Peace Garden that was planted as part of our expansion project. We are all enjoying the additional outdoor seating!

Thank You



This institution is an equal opportunity employer.



matt talbot
kitchen & outreach

BOLD HOPE

August is National Make-a-Will Month

Planning for the future is an act of love.

Check out our new FREE resource called FreeWill - an online estate planning tool. This is a free and easy way to create your will and help ensure that Matt Talbot stays a consistent source of hope and support to individuals and families in Lincoln for generations to come.

Scan the QR code to learn more!



RECIPE

Grilled Zucchini Foil Packet
Serves 150

It's that time of year when everyone's gardens are producing large quantities of vegetables. One of the most popular donations received at Matt Talbot is zucchini. Here is a simple and delicious recipe we use frequently as a nutritious side dish.

NOTE: We use a common cut, coins. Coins are made by cutting off the ends of the zucchini and then slicing crosswise. We typically measure a 1/2 cup as a serving size.

Ingredients:

- 15-18 medium size zucchinis
- 1 cup of olive oil
- 8-10 garlic cloves, minced

Instructions:

1. Preheat oven to 350°.
2. Cut zucchini and place in bowl.
3. Coat with olive oil, salt, and pepper to taste. Add minced garlic.
4. Cut a large piece of tinfoil, large enough to spread mixture evenly.
5. Fold the sides over the top of the zucchini, then roll up each end to form a packet.
6. Place in preheated oven for approximately 10 minutes (adjust cooking time depending on how you like your zucchini).



August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Lunch Leftover Queens Supper St. Joseph's	2 Lunch IANL Supper Westminster Presbyterian	3 Lunch College View Church Supper Family & Friends
4 Lunch Melinda Stanton & Friends Supper Dynek Friends & Family	5 Lunch SUB TEAM Leftover Queens Supper Super Supper Servers	6 Lunch SUB TEAM KPMG Supper Tuesday Dues	7 Lunch Wednesday Lunch Bunch Supper Praise Temple Church	8 Lunch SUB TEAM: COMPRO Supper Blessed Sacrament #2	9 Lunch SUB TEAM Supper Blessed Sacrament #1	10 Lunch Second Saturday Smilers Supper 1 st Plymouth
11 Lunch St. Mary's Elmwood Supper Molly Brummond	12 Lunch Sacred Heart Beaver Crossing Supper SUB TEAM Pfeifer Family	13 Lunch Community Corrections Supper St. Pat's	14 Lunch Christ United Methodist Supper St. Peter's Godteens	15 Lunch Christ United Methodist- Maggie Bates Supper St. E's Mission Integration Comm.	16 Lunch Second Baptist Supper St. Mary's/NA Martyrs Mix	17 Lunch SUB TEAM: Bethlehem Davey Church Supper SUB TEAM RIB FEST
18 Lunch St. Peter's Supper St. Paul's Methodist Church	19 Lunch SUB TEAM: Capital City Christian Church Supper St. David's Episcopal	20 Lunch First Lutheran Church Supper SUB TEAM: Pork Producers	21 Lunch SUB TEAM: Smithfield Supper St. Teresa's #1	22 Lunch Louann Cao Group Supper St Francis & St Clare	23 Lunch Sister Chicks Supper Sheridan Lutheran	24 Lunch St. John's Lunch Bunch Supper CALL
25 Lunch Light of the World Supper Servants of Saint Joseph & Youth Ministry	26 Lunch SUB TEAM Supper Sysco Lincoln	27 Lunch Women's Welcome Club Supper Southwood Lutheran	28 Lunch Trinity Lutheran-Cordova Supper SUB TEAM	29 Lunch Saint Paulinus Supper St. James Cortland	30 Lunch Christ United Methodist Supper Southwood Lutheran	

MTKO Answering Service: 402-473-2828

Mission Statement:

To relieve hunger, overcome homelessness, address addiction, and provide outreach and advocacy in Lincoln.

USDA Nondiscrimination Statement:

This institution is an equal opportunity provider.