

Mid-Columbia



Meals on Wheels

# Wheels in Motion

www.seniorliferesources.org

Senior Life Resources  
NORTHWEST

Mid-Columbia Meals on Wheels (509) 735-1911  
1824 Fowler St, Richland WA 99352



June 2017

## Marcee's Corner



June 9<sup>th</sup> is the first annual George & Pat Jones Community Service Day, and we have a couple great groups who are coming to help with some projects:

- Gesa Credit Union's Financial Education Team will give a workshop on scams and keeping yourself safe when it comes to identity theft, phone scams, and even online dating sites.
- Another community group will build additional raised garden boxes for us and help with some landscaping.

We appreciate all the help, and we thank our community for their on-going support.

In addition to the service day, we're looking forward to June 20<sup>th</sup>, when we host our annual Volunteer Recognition Event. If you're a volunteer for Meals on Wheels, please mark your calendar for 4-6 pm, and watch for your invitation in the mail. We couldn't provide meals without all your help and support!

*Marcee Woffinden*  
Nutrition Services Director

### Meals Donations:

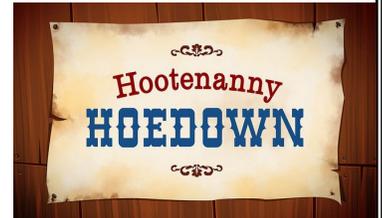
*Dining Center Meals vs.  
Home Delivered Meals*

I am sometimes asked if the Home Delivered Meals cost more than the Senior Dining Center Meals. The answer is not really. Seniors are asked to donate what they can afford to help pay for their meal, whether they receive the meal at home or at one of our 8 dining centers.

Thank you for your generous contributions for your meal. Please know that 100% of your donation stays right here in Benton and Franklin counties to help provide meals.

*Marcee*

## Volunteers—It's a HoeDown!



### Volunteer Recognition Dinner

Who? Meals on Wheels Volunteers  
Where? 1824 Fowler St  
When? Tuesday, June 20, 2017, 4-6 pm  
Why? To celebrate all our great Volunteers!  
Games, Entertainment, Great Food, Prizes!  
We hope to see you all there!!

### Gesa Credit Union Presents:

Gesa Credit Union's Compliance Supervisor will provide a class on what has recently been going on with common ID Theft practices, what to do in case of ID Theft, Romance Scams, Elderly Abuse, and the road to recovery if you become a victim.

**Gesa** June 9, 2017  
CREDIT UNION 9:00 to 10:00 am  
1834 Fowler Street, Richland  
(Meals on Wheels Café)

Call 735-1911 to reserve your spot today!

## 2017 SENIOR FARMER'S MARKET ANNOUNCEMENT

The Senior Farmers Market program is almost full. You may still submit an application. The vouchers will be mailed the first week of July. We will have a waiting list in case more funding becomes available. Please call 735-1911 for information.



A United Way

Participating Agency



**Volunteer Spotlight**  
**Volunteer Coordinator**  
**Penni Richter**



Meet Sally Allwine, a cheerful volunteer at the Kennewick site for almost two years. After retiring from the retail/restaurant industry, she found herself sitting at home for a year, contemplating her new life away from the busy hustle of work.

Sally missed her contact with people and needed something to do. She saw a Facebook post about Meals on Wheels, and having known about our program for many years, she thought volunteering for us was a perfect idea. And she was right! Sally started with a Wednesday route and now has two routes for the Kennewick site. She's always popping in with a bright smile on her face and is willing to jump in whenever needed. She is the best cheerleader for MOW! She loves the people in the kitchen, the other volunteer drivers, and especially the clients she delivers meals to.

Sally and her husband have lived in the Tri-Cities for about 22 years. They have raised 4 children and have 9 grandchildren. She has been present for every birth and birthday of her grandchildren, and delights in special trips together with each grandchild. They have three dogs at home: two long haired Dachshunds and a rescue dog that thinks it's a Dachshund! The dogs enjoy lots of spoiled family time and a camping trip or two!

When she is not volunteering for MOW, Sally enjoys traveling with her winemaker husband, cooking, working with Soroptimist International, and spending time with her family, both two- and four-legged.

She is very happy now in her busy, active retirement life. Sally, we so are happy you picked Meals on Wheels!

*Penni*

**What Happens To My Donation?**  
 Did you ever wonder what we do with that \$2.75 meal donation? All of it - 100% - goes right back into the nutrition service in our community. It actually pays for meat, potatoes, fruits, and vegetables. It helps pay the electric bill to keep the freezers going and helps pay for gas to get the food to you. Without your contributions, we would serve fewer meals to fewer people. Thank you for contributing what you can afford. It really helps!

**Pet Policy**  
 Please remember to restrain your pet during meal deliveries. One of our drivers was recently bitten while delivering meals. Our drivers donate their time and energy, and we want to make their experience as pleasant as possible. Thank you!

**Professional personal care,**  
 to support independent living at home.

From meal preparation, to transportation, errands, homemaking, medication reminders or respite for family caregivers, these and other personal care services are available to secure the support you need in your own home.

*Our local professional staff will welcome your call at:*

Clarkston/Lewiston	<b>758-1458</b>
Walla Walla	<b>529-9541</b>
Tri-Cities	<b>735-7840</b>

**homecareservices.us.com**

A Program of Senior Life Resources, an ALTC and Yakama Nation Contractor.

**Happy Father's Day!**

**Welcome New Volunteers!**

*Thank You for Your Service!*

- Kennewick:** Shirley Lynch
- Richland:** Gary Trump
- Cafe:** Jon Richter, Carol Volkman

Meals on Wheels, a program of Senior Life Resources Northwest, is funded by Aging and Long Term Care of Southeastern Washington, United Way, Prosser UGN, Kennewick CDBG and your donations. This community meals program does not discriminate in providing services on the grounds of race, creed, color, religion, national origin, gender, age, marital status, or the presence of any sensory, mental or physical handicap.

Cyndi Balk, Registered Dietitian

Summer is quickly approaching, and you know what that means...CHERRIES!!! I came across an article about cherries written by our previous Dietitian. It was so good that I had to share it with you all again!

## ***Taste of Eating Right: Cherries***

By: Jill Berg, Registered Dietitian

Cherry season is almost upon us in the Northwest. One of the first fruits to ripen, cherries will be in the markets soon. Cultivated cherries fall into two categories: Sour (tart) and Sweet. Tart cherries are rarely available fresh, as they do not keep well once they're picked, so they are processed quickly. However, a variety of sweet cherries like Bing or Rainier are delicious for eating fresh.



Cherries are a stone fruit in the same family as plums, peaches and apricots. They are native to Eastern Europe and Asia Minor and were brought to America in 1629. The United States is second to Turkey in cherry production. Within the U.S., cherries are grown here in the Northwest, Michigan, and Wisconsin.

### **What a Waste!**

Did you know that we only prepare the amount of food we expect to serve each day? And did you know that we have to throw away meals if we're unable to deliver them because clients aren't home?

Please help us keep costs down by remembering to call your site manager 24 business hours in advance if you wish to cancel a meal, whenever possible. Meal preparations actually begin a day ahead as we bake desserts, cut vegetables, and plan our food needs.

Meals cancelled late and meals that are undeliverable when clients aren't home are very costly for Meals on Wheels. The total cost for each meal is calculated at \$7.15 per meal, so wasted meals really add up quickly.

In addition to the meal cost, we waste mileage reimbursement and staff time spent calling clients and their emergency contacts when clients aren't home for their scheduled deliveries.

Thank you for helping us be good stewards of our funding by cancelling meals one business day ahead!

### **Nutrition Facts:**

Cherries are very low in calories. A 3.5 ounce serving provides only 60 calories. Cherries are a good source of Vitamin C, fiber, and Vitamin A. Raw sour cherries are higher in Vitamin C and A compared to sweet cherries. Cherries also contain high amounts of anthocyanin. This phytochemical red pigment has powerful antioxidant properties and is found in other fruits like blueberries, Cranberries, and grapes.

### **Choosing Cherries:**

Look for cherries that are shiny, plump, and firm to the touch with a fresh-looking stem still attached. Storing cherries in the refrigerator is the key to keeping them fresh. Cherries lose more quality in one hour at room temperature than in a whole day in the fridge, so get cherries into the fridge as soon as possible. It is best to wash cherries just before eating; washing before storage may increase splitting and spoilage. Cherries fresh or dried can easily be added to breakfast cereals, yogurt, or baked goods, or can be easily enjoyed alone as a snack. Enjoy the taste of eating right this season with fresh cherries!

*Meals on Wheels strives to provide practical information to help you make healthy lifestyle choices. If you have any questions about your diet, please feel free to call our dietitian, Cyndi Balk, at (509)735-1911 or email [cbalk@seniorliferesources.org](mailto:cbalk@seniorliferesources.org).*

### **TIPS to Get Moving ...**

*from Fitness over Fifty*

#### **ANKLES**

1. Sit toward the front edge of a chair and lean back.
2. Stretch legs out in front of you.
3. With your heels still on the floor, bend ankles to point feet toward you.
4. Bend ankles to point feet away from you.
5. If you don't feel the stretch, repeat with your feet slightly off the floor.
6. Hold the position for one second.
7. Repeat three to five times.

