



# Wheels in Motion

Senior Life Resources  
NORTHWEST

www.seniorliferesources.org

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



August 2017

## Marcee's Corner

*This month I want to dedicate my space to an announcement I'd like to share with you. If you know someone who is looking for somewhere to make a charitable donation, now would be a great time to tell them about this challenge.*



### Double the Money Challenge Supporting Meals on Wheels, a Personal Invitation:

My name is Tom. My wife and I value Meals on Wheels and the people who are served. We care enough that we are willing to donate up to \$10,000 to challenge others who also care about seniors having a warm balanced meal along with a friendly well-being check.

My wife and I will match dollar for dollar, up to \$10,000, every **Double the Money** donation through September 30. If \$25 is given, we will match that amount to provide a \$50 total donation to Meals on Wheels. \$500 will become \$1,000 and so on. With enough support, \$10,000 will become \$20,000!

Please share this challenge with anyone you know who values the services that Meals on Wheels provides to our community. Whether you share the message or make a donation, please note that it's for the **Double the Money Challenge**.

Thank you!

*I am constantly amazed at the generosity of our community! Without generous help like this, we would not have the funds needed to provide meals to all the seniors who request our service. Thank you, Tom!*

*Marcee Woffinden*  
Nutrition Services Director



Damon Marcee Bill

## Goodbyes & Hellos

July was a month of transition for us, as our transporters have both moved on to new adventures. We are so grateful for their many years of service!

Bill Mallonee has retired after 10 years spent transporting meals and other items to the Kennewick Dining Center and Adult Day Services. We wish Bill well in his retirement. The cooks already miss his constant jokes and teasing.



Dale Steve

We also said farewell to Damon Johnson after 8 years service as a transporter to Richland and Benton City. Congratulations to him, as he has been hired full-time by the Richland School District. Fortunately, he has already agreed to return as a volunteer.

The good news for us is that we've been able to hire two wonderful new transporters. Both Dale Haven and Steve Meline have experience delivering meals as volunteers and have now stepped into staff positions. If you have the opportunity, please thank and congratulate Damon and Bill and welcome our new employees, Dale and Steve.

A United Way



Participating Agency



## Please Help Recruit!

Penni Richter,  
Volunteer Coordinator



Since you are all such wonderful volunteers—each and every one of you—this month I'm passing along our current volunteer needs. Maybe you have a friend or family member who might be interested in joining our team!

### Drivers/Meal Delivery:

- **Richland Meal Delivery: Mondays or Wednesdays, 10:30 am—12:15 pm.**
- **Kennewick Food Bank: Every other Wednesday, 9—11 am.**
- **Central Kitchen Transporter to drive van to Pasco & Parkside dining sites, Mondays, 8—noon.**

### Kitchen Help:

- **Kennewick Dining Site: Mondays, Wednesdays, or Fridays 9:30 am—1 pm.**
- **Pasco Dining Site: Mondays or Tuesdays, 9:30 am—1:00 pm.**
- **Central Café: Mondays, Wednesdays, Thursdays, or Fridays, 9:30 am—2 pm.**
- **Central Kitchen: Mondays, 9 am—1 pm.**
- **Central Kitchen Meal Prep & Packaging: Mondays, Tuesdays, Wednesdays, Thursdays or Fridays 8:30 am—12:00 pm.**

If you have friends looking for fun and gratifying opportunities to serve our local seniors, please ask them to contact me at (509)735-1911 or

Penni

## Welcome New Volunteers!

*Thank You for Your Service!*

**Café:** Nanette Kise

**Kennewick:** Kathy Smith

**Richland:** Erica Bertsch, Jessica Church,  
Katherine Sederburg

**Pasco:** Elana Thomas

**THANK YOU**

## Estate Donation

We are thrilled to announce our receipt of two grants from the Mary C Mitzlaff Charitable Funds I & II, Donor Advised Funds of the U.S. Charitable Gift Trust. The two grants total over \$25,000 and will be used to provide home delivered meals to our clients. We are very grateful!

If you are interested in providing for Meals on Wheels clients in your estate planning, please contact our Executive Director, Grant Baynes, to learn more about our program and how you can help.

## Advisory Council Hot Topic

The Council suggested we provide an overview of recent changes made in how we package our home delivered meals. Our new kitchen has provided opportunities to improve our mode of operation. We've recently started packaging meals in our Central Kitchen for Kennewick, Pasco and Café routes. Richland and Benton City will be added soon. Reasons for the change include:

- Better portion control for cost control.
- Consistency in plating and packaging.
- Consistent preparation of vegetables.
- Reduction in wasted leftovers.



## Pacific Northwest Mustang Club

Our partners at the Mustang Club have once again shown their commitment to Meals on Wheels with a \$500 donation.

**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 758-1458  
Walla Walla 529-9541 Tri-Cities 735-7840

[homecareservices.us.com](http://homecareservices.us.com)

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

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.

It is important to get color and variety in your diet. Adding different colors of fruits and veggies provides you with different vitamins and minerals that are good for your health! Here is a list of what is available at the farmers markets each month so you can get the most out of your trip!

*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).*

**Fresh Sheet:**

**April:** Asparagus



**May:** Asparagus, Chard

**June:** Asparagus, Broccoli, Cabbage, Cauliflower, Chard, Currants, Gooseberries, Peas, Raspberries, Rhubarb, Strawberries, Zucchini

**July:** Apricots, Green Beans, Beets, Boysenberries, Cantaloupe, Carrots, Cherries, Sweet Corn, Cucumbers, Currants, Gooseberries, Loganberries, Marionberries, Melons, Peaches, Potatoes, Raspberries, Rhubarb, Squash, Tomatoes, Watermelon, Zucchini

**August:** Apples, Blackberries, Cantaloupe, Carrots, Corn (Sweet), Cucumbers, Eggplant, Huckleberries, Hops, Loganberries, Marionberries, Melons, Nectarines, Okra, Peaches, Pears, Peppers, Plums, Potatoes, Prunes, Raspberries, Rhubarb, Squash, Tomatoes, Watermelon

**September:** Apples, Blackberries, Cantaloupe, Carrots, Indian Corn, Sweet Corn, Cucumbers, Eggplant, Grapes, Huckleberries, Hops, Onions, Peaches, Pears, Peppers, Plums,



**Eagle Scout Project**

Many thanks to Eagle Scout candidate Logan Sumsion for choosing Meals on Wheels for his culminating project. Logan and his team of helpers poured a new concrete access sidewalk for our café, and they've poured the foundation for our new flagpole. Their efforts will benefit generations of seniors to come!

**SENIOR FARMER'S MARKET UPDATE**

The Senior Farmers Market program is now full, but you may still submit an application. We have a waiting list in case more funding becomes available.

**TIPS to Get Moving . . .**  
from *Fitness over Fifty*

**HIP FLEXION**

1. Stand straight to the side or behind a chair or table, holding on for balance.
2. Slowly bend one knee toward chest, without bending waist or hips.
3. Hold position for 1 second.
4. Slowly lower leg all the way down. Pause.
5. Repeat with other leg.
6. Alternate legs until you have done 8 to 15 repetitions with each leg.
7. Rest; then do another set of 8 to 15 alternating repetitions.

