

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



September 2017

## Marcee's Corner



We have been awarded a brand new 2018 Subaru Outback. Through Meals on Wheels America, we submitted a proposal to receive one of 50 cars donated by Subaru of America to Meals on Wheels programs across the country. I am pleased to share that we were one of the programs selected from over 200 that applied to receive a car!



It will take a couple months for our Subaru to arrive at our office. When it does, we will put it to good use to help deliver meals to rural areas that we can't get to every day. Thank you to Subaru of America in helping us better serve seniors in our community!

*Marcee Woffinden*  
Nutrition Services Director

## Central Kitchen 1 year old!

Our new kitchen officially turns one year old in September! Thank you to all those who contributed in any way to the kitchen success!



## All Senior Annual Picnic

Thursday, Sept. 21, 2016  
11:00 am to 2:00 pm  
\$7 per person in advance/\$10 at the door—includes lunch, door prizes, entertainment, & vendor booths.  
Location—Howard Aman Park near the Richland Community Center.



For information, call  
Richland Community Center at 509-942-7529.

Meals on Wheels Dining Centers will be closed for this event; Prosser & Benton City will remain open. Home Delivered meals will be served.

Tickets on Sale now at these locations:  
Pasco Senior Center      Richland Community Center  
Kennewick Senior Center

## Meet New Assessor Meg Derbawka!

Hello. My name is Meg and I am happy to join the Meals on Wheels team. I have enjoyed learning about all things Tri-Cities since I moved here three years ago, from California. I have family in the area including my parents and sister. I also have an amazing niece who is three but acts six. I enjoy creative activities (art of any kind), meditation, and the simple pleasure of just being. I am also a hospice volunteer.



## September Closures

Monday, Sept. 4 - Labor Day holiday

Thursday, Sept. 21 - All Senior Annual Picnic—all dining centers closed except Prosser & Benton City. Home delivered meals will still be delivered.



A United Way



Participating Agency



## Volunteer Spotlight

Penni Richter,  
Volunteer Coordinator



### Meet Irmgard Abodishish!

This beautiful lady is originally from Germany. She has lived in the U.S. for 52 years and the Tri-Cities for 16 years. She and her late husband have two grown children, a son and a daughter, and an 11 year old grandson.

Six years ago Irmgard attended a Senior Expo and learned about Meals on Wheels. She thought that sounded like something enjoyable to do, and a way to help in her community. She signed up and has been working at the Richland Dining Site ever since!

Irmgard loves being around the wonderful people she works with and her favorite thing is the feeling that she is doing something good for people in her community. She was even the recipient of Meals on Wheels while recovering from knee surgery and was so thankful for the help!

While not in our kitchen, she is a busy lady! Irmgard enjoys knitting, crocheting and water aerobics. You will also find her lunching with local German ladies once a month, but most of the time she is at a baseball game or tournament with her grandson!

Irmgard is a fun lady with a twinkle in her eye, quick to laugh, a joy to be around! Next time you are at the Richland site on a Friday, stop by and say *Schonen Tag!!* (Good Day)!



*Penni*

## Welcome New Volunteers!

*Thank You for Your Service!*

**Central Kitchen:** Sylvia Alvarez  
**Transporter:** Willy Phillips  
**Café:** Craig & Donna MacDonald  
**Richland:** Dan Carter



Washington Masonic Charities

Washington Masonic Charities presents community education programs at our dining centers. Join us for a 15 minute program starting at 11:15 am.

The presentations will be "Make your Wishes Known" and "Your Home Safe & Secure."

Sept. 5 – Café in Richland

Sept. 7 – Prosser Senior Center

Sept. 12 – Pasco Senior Center

Sept. 13 – Connell Community Center

Sept. 19 – Benton City-Desert Rose Housing

Sept. 26 – Kennewick Senior Center

Sept. 28 – Richland Community Center

## 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.

## Squash It!

Cyndi Balk, Registered Dietitian

It's hard to believe that summer is almost over! September is the month when we start to see a lot of winter squash come into season. Here are a few tips and tricks for selecting winter squash and how to prepare them. Although there are different varieties of winter squash, and all differ in nutritional content, generally winter squash are a good source of Vitamin C, potassium, and Vitamin A.

- Winter squash has a tough outer skin making only the inside of a winter squash edible.
- When selecting your winter squash make sure that the squash is firm to the touch. If there are soft spots or mold spots, its likely that the squash is no longer good to eat.
- Rinse off your squash with clean water to remove any dirt that may still be on it.
- When cooking squash in the oven, pierce squash with a knife or a fork. Place in a baking dish and put in the oven at 400 degrees until squash is tender when pierced with a fork (usually 40+mins). Once squash is finished cooking, let it cool for a few minutes, then cut it in half and scoop out seeds and strings, and ENJOY!



*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).*

## Paper Plate #SAVELUNCH Campaign

Thank you to all of you who wrote notes to our Senators and Representative. Together we sent almost 200 to tell them to #SaveLunch.



## Senior Life Resources N.W. 2017 Board of Directors

President—Nancy Aldrich  
Vice President—Michael Saran  
Interim Secretary/Treasurer—Nick Castorina

Rich Burklin  
Marty Gardner  
Bill Stahl  
Greg Fryxell—Advisory Council rep

Kevin Husted  
Dave Sanford

## Senior Dining Center Meals

Vs.

### Home Delivered Meals Donations

We are often asked if the Home Delivered Meals cost more than the Senior Dining Center meals. The answer is no. Seniors are asked to donate what they can afford toward their meals, whether they receive meals at home or at a dining center.

*Thank you for your generous contributions!*

## Shingles

### What is Shingles?

Shingles is a disease that affects your nerves. It can cause burning, shooting pain, tingling, and/or itching, as well as a rash and blisters.

You may recall having chickenpox as a child. Shingles is caused by the same virus, the varicella-zoster virus (VZV). After you recover from chickenpox, the virus continues to live in some of your nerve cells. It is usually inactive, so you don't even know it's there.

In fact, most adults live with VZV in their body and never get shingles. But, for about one in three adults, the virus will become active again.

### The Shingles Vaccine

The shingles vaccine is a safe and easy, one-time shot that may keep you from getting shingles. Most people age 60 and older should get vaccinated. You should get the shot even if you already had shingles or don't remember having chickenpox. However, if you have a weak immune system or allergies to certain medicines, make sure to check with your doctor first.

You can get the shingles vaccine at your doctor's office and at some pharmacies. All Medicare Part D plans and most private health insurance plans will cover the cost.



Taken from an Article from National Institute on Aging

# CDC Recommends Flu Vaccinations For Everyone!

As we age, our immune system does not respond as well to vaccinations. A new high dose version intended to increase the immune response in the senior populations and impart greater protection, is now available. Risks associated with the stronger vaccine are the same as with the regular flu vaccine, except there may be an increase in pain at the injection site, and muscle aches and slight fever have been observed.

Flu vaccines are available at the Health District as long as supplies last. Many local pharmacies will also be carrying the vaccine. To locate a clinic, check these resources: (Please be aware, the flu vaccine won't be available until October 1st.)

1. **Benton/Franklin Health District: (web address is: [www.bfhd.wa.gov/flu/](http://www.bfhd.wa.gov/flu/))**  
Kennewick: 7102 W. Okanogan Place                      460-4200  
Pasco: 412 Clark Street                                      460-4200  
(Prosser office is now closed)
2. **Most pharmacies** offer seasonal flu vaccinations. Please contact your local pharmacy to confirm they provide the vaccination, as well as the dates, times, and price available.
3. **Your primary healthcare provider** may dispense flu vaccinations.

## Common Flu Symptoms:

- Fever—usually high
- Fatigue—can be extreme
- Headache
- Dry cough
- Sore throat
- Runny or stuffy nose
- Muscle aches



## Possible Flu Symptoms:

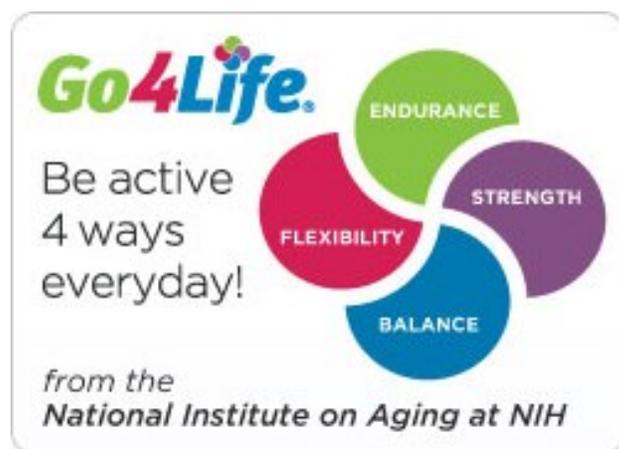
These symptoms may occur, but are more common for children than adults.

- Nausea
- Vomiting
- Diarrhea

## Is it a Cold or the Flu?

- Flu and the common cold are both respiratory illnesses, but they are caused by different viruses.
- Flu and the common cold have similar symptoms, so it can be difficult to distinguish between them.
- Your doctor can give you a flu test within the first few days of your illness to determine whether you have the flu.
- In general, flu is worse than the common cold.
- Symptoms such as fever, body aches, extreme fatigue, and dry cough are more common and intense with the flu.
- Colds are usually milder than the flu. People with colds are more likely to have a runny or stuffy nose.
- Colds do not generally result in serious health problems such as pneumonia, bacterial infections, or hospitalizations.





Exercise and physical activity fall into four basic categories—endurance, strength, balance, and flexibility. Most people tend to focus on one activity or type of exercise and think they're doing enough. Each type is different, though. Doing them all will give you more benefits. Mixing it up also helps to reduce boredom and cut your risk of injury.

Though we've described each type separately, some activities fit into more than one category. For example, many endurance activities also build strength. Strength exercises also help improve balance.

**Endurance**, or aerobic, activities increase your breathing and heart rate. They keep your heart, lungs, and circulatory system healthy and improve your overall fitness. Building your endurance makes it easier to carry out many of your everyday activities.

- Brisk walking or jogging
- Yard work (mowing, raking, digging)
- Dancing



**Strength exercises** make your muscles stronger. Even small increases in strength can make a big difference in your ability to stay independent and carry out everyday activities, such as climbing stairs and carrying groceries. These exercises also are called "strength training" or "resistance training."

- Lifting weights
- Using a resistance band
- Using your own body weight

**Balance exercises** prevent falls, a common problem in older adults. Many lower-body strength exercises also will improve your balance.

- Standing on one foot
- Heel-to-toe walk
- Tai-Chi

**Flexibility exercises** stretch your muscles and can help your body stay limber. Being flexible gives you more freedom of movement for other exercises as well as for your everyday activities.

- Shoulder and upper arm stretch
- Calf stretch
- Yoga

