

Mid-Columbia



Meals on Wheels

# Wheels in Motion



Senior Life Resources  
NORTHWEST

www.seniorliferesources.org

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

February 2018

## Marcee's Corner

We have some exciting news and upcoming events that I want to let you know about so you can be aware, plan to volunteer, or mark your calendars to get involved. We

have new community partnerships, fundraising events, and other good news.

We work hard on these partnerships to ensure that we're able to serve everyone who needs meal services. Our government funding only covers about 1/3 of our budget, so we need additional funding to avoid starting a waiting list. 100% of the funds we raise stay right here in Benton and Franklin Counties to provide meals. With our community's help, we can fulfill our mission of helping seniors stay in their own homes with dignity and care.

*Marcee Woffinden*, Nutrition Services Director

### \*\*CG Public House\*\*

#### Fundraising Breakfast

On March 6<sup>th</sup> at 7:30 am, CG Public House and Catering will host the 3<sup>rd</sup> annual Fund-



raising Breakfast at the TRAC. CG Public House will donate the entire breakfast, and everyone is invited to enjoy a great meal and donate what they can afford.

Donations of all sizes are needed and appreciated. We are also seeking "Table Captains" to invite 7 guests who would like to financially support Meals on Wheels. If you or someone you know would like to be a Table Captain, please contact me at 735-1911 or [mwoffinden@seniorliferesources.org](mailto:mwoffinden@seniorliferesources.org)

### \*\*Ojeda Business Ventures\*\*

Ojeda Business Ventures, a local company that works on Federal building projects, is currently providing support for two part-time employees, and they are willing to support a couple more. We so appreciate that we have extra staff help without having to spend precious funds that can be used to pay for senior meals.



### \*\*Subaru Share the Love\*\*

We've just completed our 2017 Subaru Share the Love event with McCurley Integrity Subaru.

During the month of December, Subaru of America donated \$250 for each new Subaru sold at McCurley's if the buyer selected Meals on Wheels as their charity of choice. We're excited to hear final results of this year's event!



### \*\*Blue Brigade Fun Run\*\*

On March 31<sup>st</sup>, Meals on Wheels will host our 2nd Annual Blue Brigade Fun Run,



which is the event we hold to participate with Meals on Wheels America for the month of March. Please invite your children, grandchildren, neighbors, & friends to join us for a morning of running, walking or even just watching. More information will follow, or check our website for details at [seniorliferesources.org](http://seniorliferesources.org). Thank you to McCurley Integrity Subaru for being our lead sponsor for this event! We continue to seek additional sponsors. If you or someone you know would like to be a sponsor for the Fun Run, please contact me at 735-1911 or [mwoffinden@seniorliferesources.org](mailto:mwoffinden@seniorliferesources.org)

### \*\*Les Schwab Tire Centers\*\*

We have a new partnership with Les Schwab Tire Centers. Les Schwab is sponsoring one of our Central Kitchen delivery vans and will pay the van's operating costs for all of 2018. In addition, Les Schwab is also offering a discount to all Meals on Wheels volunteers who show their volunteer badges. Discount rate varies by service needed.

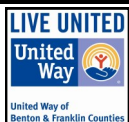


### In Case Of Inclement Weather:

Listen to local radio stations to see if meals are being served. There will also be announcements made on local TV stations, KEPR, KNDU, and KVEW. You may also call the main office at 735-1911.

### February Closures

Thursday, Feb 8—Kennewick dining closed for Senior Center Valentine's Day party.  
Home delivered meals will be delivered.  
Monday, Feb 19—President's Day holiday



A United Way

Participating Agency



## Volunteer Spotlight

*Penni Richter,  
Volunteer Coordinator*

Let me introduce you to an amazing man!

Jim Chicouris has been driving for us for the past 5 years. He has been retired since 1992, and his daughter suggested he try volunteering for Meals on Wheels; he loves it!



Jim's favorite thing is helping people and making them happy. He enjoys getting out and keeping busy and meeting so many nice folks. He also volunteers at the Carousel of Dreams in Kennewick. Jim told me an interesting story about that carousel. He rode that carousel in 1936, when he was 10 years old...in St. Joseph, MI!! Yes, that carousel has travelled far, and Jim's travelled right along with it! Seems like a small world.

Jim moved to the Tri-Cities from the Chicago area in 2002 to be near his daughter and granddaughter.

Jim is an artist. In fact, while in Illinois, Jim was a billboard painter. His largest billboard was 40 feet high and 112 feet across. Jim painted various advertisements on this billboard while hanging off a tall building (no safety net back then!) Some pictures include half of a lady's face smoking a cigarette, and an ad for the New York World's Fair. Speaking of the World's Fair, Jim's parents emigrated from Greece in 1892 and attended the first Chicago World's Fair in 1893. Forty years later, in 1933, Jim's father took him to the second Chicago World's Fair.

Jim loves to travel and has gone to many different countries, including Israel, Greece, & Italy, to name a few. At the age of 89, Jim travelled to Argentina with a group of friends and had a fabulous time. He says to put that on your bucket list! These days Jim stays closer to home. He has a studio in his home and still paints. When not volunteering, he spends a lot of time with his family. Jim's daughter founded an organization here in the Tri-Cities called TROT, helping those with disabilities have the experience of riding horses and receiving dog therapy. Jim's granddaughter is in her first year of college, and he is very proud of these two ladies!

Jim has had an amazing life and the thing that makes him continue to be an amazing man is that he's busy living it at the young age of 91!!



*Penni*

## Welcome New Volunteers!

*Thank You for Your Service!*

**Cafe:** Casey Martin

**Kennewick:** Larry Oliveira

### New Personal Information Registration Form Required for Senior Dining Center Diners Only

We are required by Aging and Long Term Care, which contracts with us to provide senior nutrition programs in Benton and Franklin counties, to provide yearly updates of client information.

2018 requirements state that the following information must be obtained in order for us to receive funding for the meals we serve:

- Race and Ethnicity information
- Rural or Urban demographics
- Monthly income

The good news is that we are no longer required to collect the last four digits of your social security number.

You will each receive an updated form that must be completed in full. Without the complete information, there is no funding to help pay part of the meal cost. Seniors who are unwilling to complete the form will be asked to pay the private pay rate of \$7.25 per meal. You will see the box below on each form.

*Information & Statistics gathered on this form determines the amount of funding we receive. Please complete all requested information. Thank you, MOW Staff*

Thank you for your help and cooperation to help us access the full funding available to serve our community.

Marcee Woffinden

**Subaru share the love** EVENT

**McCurley**  
Integrity Subaru

**Subaru Share the Love**

Thank you to Subaru of America and McCurley Integrity Subaru for your support of Meals on Wheels through the Share the Love event that ran the last 6 weeks of 2017.

**We love being named your Hometown Charity!**



## Shop Savvy

Cyndi Balk, Registered Dietitian

Cooking for 1-2 people can be quite the challenge. Many times, when cooking for just a couple people, it can be hard to not be wasteful. Another problem people run into is buying far larger quantities than they need. Here are a few tips to help you shop smarter and buy smaller.

1. Most foods we buy don't come in packs of one or two. See if you can find someone who may want to split the cost and the quantity with you so that whatever you buy won't go bad before you use it.
2. Most stores have a bulk section. Start there first. Often you can find exactly what you need for your recipe, but you can purchase just the amount you need, and not an ounce more.
3. Try to shop for produce that doesn't break down quickly. Lettuce, tomatoes, and soft fruits are just a few of the foods that break down quickly. Try to buy small quantities of these items, or you will likely not get a chance to eat them before they go bad.
4. Buy frozen produce whenever possible. This allows you to only use what you need and store the rest for another time. Frozen produce is great because it is picked at the peak of its ripeness and frozen immediately to preserve its freshness.

Here are a few items in the bulk food section that you get in any amount you need. I find that I can get a lot of these items in the bulk food section at Winco Foods or other local stores.

- Flour (whole wheat, white, bread, gluten free)
- Sugar
- Pasta (white, wheat, gluten free)
- Rice (white, wheat)
- Dried Beans
- Nuts (Cashews, almonds, pecans, etc)
- Oats
- Cereal (All different kinds)

Cyndi



*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).*

### Meals on Wheels

#### Advisory Council Openings

The Advisory Council's role is to "Advise the Nutrition Program Director on the delivery of the Meals on Wheels nutrition and supporting services, and assist in the establishment of objectives".

Each meal site has one or two representatives who attend a meeting every other month and work on special projects as needed or interested. Council members must participate in the program as diners or as volunteers to be eligible to serve. We currently have 2-year terms open for Prosser and Pasco diners.

If you are interested, please contact Marcee at [mwoffinden@seniorliferesources.org](mailto:mwoffinden@seniorliferesources.org) or call our office at 735-1911.

### TIPS to Get Moving . . .

from *Fitness over Fifty*

#### PLANTAR FLEXION

1. Stand straight; hold onto chair for balance.
2. Slowly stand on tip toe, as high as possible and hold for 1 second.
3. Slowly lower heels all the way back down. Pause.
4. Repeat 8 to 15 times.
5. Rest; then do another set.

