



Wheels in Motion

www.seniorliferesources.org

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



SeniorLifeResources
NORTHWEST

March 2018



Marcee's Corner

MARCH FOR MEALS: WHY THE MONTH OF MARCH?



On March 22, 1972, President Nixon signed into law a measure that amended the Older Americans Act of 1965 and established a national nutrition program for seniors. For nearly 45 years, senior nutrition programs like ours have delivered more than just nutritious meals to seniors at risk of hunger and isolation in virtually every community across the country. We've also

delivered friendly visits and made sure our seniors are safe in their own homes, where they want to be.

Nationally we've come together each March since 2002 to celebrate these vital programs, increase awareness in our communities, and recruit the support needed to meet rising demand. Over the last 15 years, the campaign has grown significantly in size and impact into an annual nationwide month-long celebration in hundreds of communities around the country.

Here's how we are celebrating here in our community:

- March 6: CG Public House (formally Country Gentleman) is hosting a Fundraising Breakfast to support Meals on Wheels at the TRAC Center, 6600 Burden Blvd in Pasco. McCurley Integrity Subaru will present their *Subaru Share the Love* check to Meals on Wheels. Breakfast is available 7:30—8:30 am, and everyone is invited to please attend. There is no cost for breakfast, thanks to CG Public House, but donations for Meals on Wheels will be accepted and appreciated. For reservations, or to become a Table Captain, please call 735-1911.
- March 9: Blue Brigade Senior Dining Day at our new café, 1834 Fowler St in Richland. Join the party from 11 am to 1 pm as we serve soup and a sandwich and a Blue Cake!
- March 31: Meals on Wheels' Second Annual *Fun Run or Don't Run FUN-Raiser Blue Brigade Run* at Howard Amon Park. Come join us at the park, or do any other activity you feel like doing. For more details or to sign up, go to www.seniorliferesources.org, or call 735-1911.

Please join us at any or all of the events we have planned, and celebrate MARCH for MEALS!

*Marcee Woffinden,
Nutrition Services Director*



We recently received a check from Fred Meyer Community Rewards Program. Thank you to Fred Meyer and those of you who have linked your Reward Card to Mid-Columbia Meals on Wheels. If you haven't linked your card, please take the time to do so. It does not change the rewards you receive, but it also sends donations our way to support meals!



Meet our Newest Assessor!

Hello! My name is Noria Tetreault, and I grew up in Pasco and have lived in Tri-Cities for most of my life, with a brief stint in the Houston, TX area. I returned a few years ago. I am the mother to three children, one of whom is married to my wonderful daughter-in-law. I enjoy running, cycling, hiking, kayaking, and any other activity that gets me outside. I feel very blessed to work for Meals on Wheels, serving our community and fellow residents each and every day.



A United Way

Participating Agency



Volunteer Spotlight

Penni Richter,
Volunteer Coordinator

Dear Volunteers,
Spring is here!! Along with
warm weather and green leaves
come some event reminders
just for you!



Save the Date for Spring Training:

You will each receive a postcard reminder, and
please plan to attend. **ALL LOCATIONS WILL
HAVE 9:30 START TIME!**

- Prosser: Monday, March 19
- Benton City: Monday, March 26
- Richland: Friday, March 30
- Café: Monday, April 2
- Kennewick: Wednesday, March 21
- Pasco & Parkside: Friday, March 23
- Connell: Wednesday, March 28

If you aren't able to attend at your own site, you are
more than welcome to attend a training at another
site that fits your schedule.

Another Save The Date!!

Your Volunteer Appreciation Party:

Thursday, May 17, 2018

3-5 pm at Flat Top Park in West Richland

We have a great Mexican fiesta planned for you, with
delicious food and fun entertainment. Please mark
your calendars and watch for your invitation in the
mail!

Have a safe March, and thank you all for giving your
time so generously to Meals on Wheels. We so appreciate
you and could not complete our mission without
you!



Penni

Welcome New Volunteers!

Thank You for Your Service!

Cafe: Bobbi Bagwell, Terry Turnidge
Pasco: Ryan Crumpacker, Pat Barry,
Gary Hallett, Jack Becker, Paul Felts
Central Kitchen: Shelley Brinkley
Richland: Bobbi Jo Floyd

Getting a Good Night's Sleep

Not getting enough sleep can affect all areas of
your life and cause health problems. Learn how
to develop healthy habits at bedtime as you age
to help you get a good night's sleep.

An ongoing lack of sleep or poor-quality sleep
increases your risk of health
problems such as cardiovascular disease, high blood pressure, diabetes, depression, and
obesity.



Aim for 7-9 hours of sleep each night. Here are
some tips to help:

- Go to bed and wake up at the same time every day, even on weekends.
- Find ways to relax before bedtime each night.
- Avoid distractions such as cell phones, computers, and television in your bedroom.
- Don't eat large meals, or drink caffeine or alcohol late in the day.
- Exercise at regular times each day, but not within 3 hours of your bedtime.
- Avoid long naps (over 30 minutes) in the late afternoon or evening.



Visit <https://www.nia.nih.gov/health/good-nights-sleep> for more information about
getting a good night's sleep.

-Article from National Institute on Aging

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

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.

National Nutrition Month

Cyndi Balk, Registered Dietitian

I can't believe it's already March, and that means it's National Nutrition Month. This year the Academy of Nutrition and Dietetics has selected a March theme of "Go Further with Food." Nutrition is the fuel that keeps us going each day. Think about it: if you don't put gas in a car, it cannot run; the same is true with putting food in your body. Food is fuel, and it's putting the right type of food in our bodies that gives us the fuel to go further.

Many of you have expressed your frustrations with trying to cook for 1-2 people. It can be hard to cook in small amounts and not have leftovers that you eat for the next week. The Academy of Nutrition and Dietetics has also made this one of their key education points this year: *Learn to use what you have to cut down food waste.*

Below are the key messages that the Academy of Nutrition and Dietetics wants each of us to remember. Under each key point I have provided some examples.

1. Include a variety of healthful foods from all the food groups on a regular basis.

Fruits- Apples, Bananas, Berries, Peaches, Cherries, Oranges, etc.

Vegetables- Broccoli, Carrots, Green Beans, Spinach, Bell Peppers, etc.

Protein- Chicken, Beef, Tofu, Legumes, Salmon, Eggs, etc.

Grains- Brown Rice, Whole Wheat Bread, Oatmeal, etc.

Dairy (nonfat or low fat)- Milk, Calcium Fortified Soy Milk, Yogurt, Cheese, etc.

2. Consider the foods you have on hand before buying more at the store.

Write down the food that you currently have at home and see if you can make a recipe using items you already have. For example: Mini Cobbler- an apple, oats, sugar, oil/butter.

3. Buy only the amount that can be eaten or frozen within a few days and plan ways to use leftovers later in the week.

Stores that have a bulk food sections are a great place to get only what you need and not an ounce more. They have grains, cereals, seasonings, and much more.

4. Be mindful of portion sizes. Eat and drink the amount that's right for you, as MyPlate encourages us to do.

Calculating portion sizes can be a pain to do at each meal. MyPlate was created to help make it easy to control portion sizes but also to still get in all your food groups.

5. Continue to use good food safety practices:

Clean: Wash hands and surfaces often.

Separate: Separate raw meat and poultry from ready-to-eat foods.

Cook: Cook food to the right temperatures.

Chill: Chill raw meat and poultry, as well as cooked leftovers promptly (within 2 hours.)

6. Find activities that you enjoy and be physically active more days of the week.

Start your morning off with a nice walk around your neighborhood. Strengthen your legs by rising up and down from a sturdy chair. Look for exercise classes at a community center near you.

7. Realize the benefits of healthy eating by consulting with a Registered Dietitian Nutritionist (RDN). RDN's can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preference, and health-related needs.

If you have any questions about your diet, please feel free to contact me, Cyndi Balk, your Meals on Wheels Dietitian at (509)-735-1911 or email cbalk@seniorliferesources.org.



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Cyndi

