



Wheels In Motion



1824 Fowler St, Richland WA 99352

(509)735-1911

www.seniorliferesources.org

It's not about us. It's about the people we serve.

Kristi's Update

Happy Fourth of July to everyone! The Fourth is truly one of my favorite holidays because it's time I get to spend with family and friends who are just like family. Although my family's holiday traditions have changed as our children have grown, the time spent together continues to be the most precious gift of any holiday.



We often hear clients talk about the high regard they have for their volunteers who deliver to their homes or serve at the dining centers. They also appreciate our site managers and office staff who handle their phone calls with care and compassion. I wanted to share one of my all-time favorite comments we've received from a client who received home delivery:

The food is absolutely wonderful! And I look forward to all the precious people who bring it. I meet them when they're new, and then they turn into old friends. Really they're more like family to me than anything! Their personalities just light up my house! I look forward to seeing them every day.

This client's comments capture what we strive to achieve every day. We all know how important consistent nutrition is for our health, but relationships and connections to people are also critical to our well-being. We are so grateful for all our dedicated volunteers and staff who have become part of our Meals on Wheels family.

Hoping for a wonderful holiday for all you!

Kristi Thien
Nutrition Services Director

Summer Cooking Demo

Who: Anyone who likes good food!

When: Tuesday, July 17 at 2 pm

Where: Meals on Wheels Café, located in south Richland at 1834 Fowler St in Richland

What: Lamb Weston Chefs Miguel and Derek will be showing us how to turn our seasonal vegetables into wonderful salads and more. Expect to enjoy some wonderful samples and witness amazing knife skills!



*Thank you to
Chef Miguel,
Chef Derek, and
Lamb Weston!*

July Closures:



All Sites: Closed on July 4 to allow our staff to enjoy time off with family.

Prosser ONLY: Closed Mon—Wed, July 9—11 to allow the City of Prosser to install a new stove.



Welcome New Volunteers!

Thank You for Your Service!

Cafe: Janet Salas-Mendoza, Steven Sealock, Linda Sealock, Stephany Goodpasture

Central Kitchen: Edith Martinez, Susan Knapp, Bob Boyer

Pasco: Bill Pitzer, Melissa Hayden

Kennewick: David Lini

Volunteer Spotlight . . . Penni Richter, Volunteer Coordinator

For this month's spotlight, I thought I would fill you in on the happenings around the Central Kitchen.

We are continually growing, now serving over 600 meals a day! The kitchen staff and volunteers are busy bees, with our staff cooks starting their days at 5:30 every morning.

A little later each day, we welcome other staff and volunteers. In that mix are packagers, packing the freshly-made food each morning. Transporters gather the packaged meals and dining center food, and they then drive our Meals on Wheels vans to the dining centers for meals to be delivered to homebound clients or served at a dining center. Kitchen volunteers slice and dice fresh fruits and vegetables, wash up pots and pans, and help seal cookies and bread.

Working from our new Central Kitchen is a wonderful thing. We are happy to provide a fresh home-cooked meal to our clients every day, and that is only possible with our awesome team of helpful kitchen volunteers! As Helen Keller once said, *"Alone we can do so little, together we can do so much."*



The good news is that we have Volunteer positions available in the kitchen any day of the week for a variety of morning hours. We can set you up with a consistent schedule or work around the mornings you are available. Even a shift of just one hour can be incredibly helpful as we scurry to send out the meals.

Please give me a call if you are interested in volunteering, and please encourage your friends & family members to share some of their free time helping our seniors!

Penni Richter prichter@seniorliferesources.org 509/735-1911.

Engage at any age!

Subaru Rural Routes

Need home delivered meal service but you don't live in town? Mid-Columbia Meals on Wheels can help, with special rural route delivery from our amazing 2017 Subaru Outback!

Thanks to Subaru of America, we are able to serve qualifying clients who live in rural Benton or Franklin Counties. We provide a weekly delivery of frozen meals to locations we weren't able to serve in the past.

Rural Route service is available for clients who are:

- Age 60 or older,
- Homebound,
- Unable to cook, with no one available to provide meals.

For more information about our rural routes, please call our office at 735-1911.



Farewell AND Congratulations!

We're sad to bid farewell to our Pasco Site Manager, Toni Brown, who has retired after 16 amazing years with Meals on Wheels. We wish her all the best as she takes on the many home projects she has in mind and goes on new adventures with her grandkids. She will be greatly missed by clients and staff! Fortunately, we expect to see her return as a volunteer.

As we say goodbye we offer congratulations to Arloa Shaw, who has taken on the Pasco position. Arloa has worked for us as a prep cook for a couple years, and we're grateful that she's willing a new role.

Arloa and her husband, Bob, have lived in Tri-Cities just 3 years after many years in Hermiston. They have 3 children and 3 grandchildren. Arloa has an extensive background in food service.

Welcome to the Pasco Site, Arloa! We are grateful to have you on our team!

Meals on Wheels Food Facts

Just Beef!

A client recently asked about the beef we serve, wondering if we add filler to it. We do NOT add any filler to our burger. The only beef products that contain filler are ones to which cooks typically add filler, such as meat-loaf or meatballs. We are proud to serve 100% beef in our burgers, lasagna, chili, etc.



Limited Salt

In an effort to make our meals as healthy as possible, Meals on Wheels intentionally limits the amount of salt we use. Although our regular meals are not really considered "low sodium," we don't add salt to anything we cook. So if you're a person who is accustomed to and prefers salty food, please understand that you'll have to add that salt for yourself.



2018 SENIOR FARMER'S MARKET UPDATE

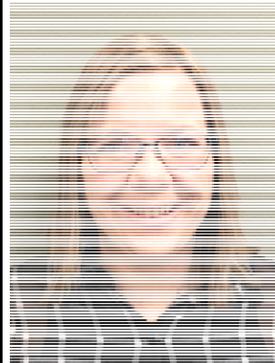
At this printing, we still have a few vouchers remaining for Franklin County residents. Benton County is completely sold out.

Although we don't have many vouchers remaining, we are still accepting applications for this program that provides ten \$4 vouchers to qualifying low-income seniors. Your name will be placed on a waiting list, and we'll send you vouchers if we receive more from the State.

If you'd like us to mail you an application, please contact us at 735-1911.



Please Welcome Ashton!



Greetings! I'm Ashton Preuninger and I recently moved back to Tri-Cities after 13 years in Spokane, when my husband was hired at Pacific Northwest National Laboratory (PNNL). My personal and professional passions include nature, animals, and non-profit work. Helping others is a blessing that I am grateful for, and Meals on Wheels is a fantastic organization that I feel privileged to serve."

Thank you for your contributions to the Meals on Wheels program!

A big thank you to the donors who've supported Meals on Wheels



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Thank You!

We know that there are many wonderful and deserving agencies in our community, and we're beyond thankful that our donors honor us with their donations.

It is our absolute privilege to serve the seniors in Benton and Franklin Counties. It is only through the generous support of our community that we are able to do so.

Thank you!

Kristi Thien
Nutrition Services Director

The Silent Killer

Cyndi Balk, Registered Dietitian

STROKE. You have heard the word, but do you know the symptoms and ways to help prevent a stroke from happening? According to the National Stroke Association, strokes are the 5th leading cause of death in America and leading cause of adult disability. A stroke is when a part of the blood flow to the brain is restricted. When blood flow is cut off to the brain, cells become deprived of oxygen and die. You might know a couple different people who have had strokes, and each person's effect from the stroke might be different. This is because a stroke can happen at different places in the brain, which can cause different effects like aphasia (trouble speaking), or loss of movement in ligaments.

It is important to know the signs of a stroke so that you can treat it quickly to limit further damage. According to the National Stroke Association, "For each minute a stroke goes untreated and blood flow to the brain continues to be blocked, a person loses about 1.9 million neurons." Seek medical attention right away if you or someone you know starts experiencing the following symptoms:

1. Sudden numbness or weakness of the face, arm or leg, especially on one side of the body,
2. Sudden confusion, trouble speaking, or understanding,
3. Sudden trouble seeing in one or both eyes,
4. Sudden trouble walking, dizziness, loss of balance or coordination,
5. Sudden severe headache with no known cause.

One of the best ways to help prevent a stroke from happening is to consume a healthy diet and to exercise regularly. According to the Dietary Guidelines for Americans (2015-2020), a healthy eating pattern includes:

- A variety of vegetables from all the subgroups—dark green, red and orange, starchy, and other;
- Fruits, especially whole fruits;
- Grains, at least half of which are whole grains;
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages;
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products;
- Oils.



People should limit saturated fats and trans fats, added sugars, and sodium.

The following key recommendations address components that are of particular public health concern in the United States. These specified limits can help individuals achieve healthy eating patterns within calorie limits:

- Consume less than 10 percent of calories per day from added sugars.
- Consume less than 10 percent of calories per day from saturated fats.
- Consume less than 2,300 milligrams (mg) per day of sodium.
- If alcohol is consumed, it should be consumed in moderation—up to one drink per day for women and up to two drinks per day for men—and only by adults of legal drinking age.

The recommendations for physical activity in older adults according to the Center for Disease Control are:

- 2 hours and 30 minutes of moderate-intensity aerobic activity (i.e. brisk walking) every week,

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.