



Mid-Columbia Meals on Wheels

November 2019

Senior Life Resources NORTHWEST

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

Thanksgiving always seems to hit before I'm really ready for the holidays, but I love that November gets us focused on our blessings and good fortune. Although it's impossible to list all the folks and groups who help make our work possible, Meals on Wheels has so many reasons to be thankful, and the short list includes:

- Our unbelievably dedicated volunteers and staff who work hard to provide meal service for our seniors!
- Our extended Senior Life Resources staff who handle our finance, payroll, and human resources needs.
- Our Senior Life Resources Board of Directors who share wisdom, leadership, and direction.
- The wonderful City partners throughout Benton and Franklin Counties who support our mission by providing space at their Senior/Community Centers.
- Our seniors who share their lives, encourage us, and befriend us.
- Our many community partners who provide both financial resources and volunteer time.

My hope for all of you is that your November will be filled with good happenings, good food, and good company!



Kristi Thien
Nutrition Services Director

Share the Love 2019

McCurley Integrity Subaru has again selected Mid-Columbia Meals on Wheels as their "Hometown Charity" for the Subaru Share the Love Event. November 14 through January 3, customers who purchase a new Subaru will have the opportunity to select a local charity to receive \$250 from Subaru America. In addition, McCurley Integrity Subaru works to come up with even more funding for our agency.

In addition, throughout the month of December, McCurley Subaru staff will accompany our Meals on Wheels volunteers as they deliver meals. It's a fun event, and we love being chauffeured in the beautiful new Subarus!

We are so grateful to General Manager John Inman and all the generous McCurley staff!



In Case Of Inclement Weather:

Listen to local radio & tv stations to see if meals are being served. Announcements will be made on KEPR, KNDU, and KVEW. You may also call the main office at 735-1911 or check our Mid-Columbia Meals on Wheels Facebook page.

November Closures

Monday, Nov. 11: All meal sites are closed for Veteran's Day

Thursday & Friday, Nov. 28 & 29: All meal sites are closed for Thanksgiving



VOLUNTEER SPOTLIGHT...Penni Richter, Volunteer Coordinator

Seniors Helping Seniors! Part 2—More to Come!

While continuing to highlight our Seniors Helping Seniors, I had the pleasure of finding out a bit more about some of our wonderful senior volunteers! Please meet:



Clancy! Clancy will be 90 in just a couple of months! He has been a volunteer driver with us for over 8 years. Clancy really enjoys meeting new people, making friends, and that special feeling of really brightening up someone's day with a friendly smile and a warm meal. A couple of days a week he still enjoys fishing and golfing! I think staying active is Clancy's secret. And his sense of humor... He told me I could say anything about him...as long as it was good!

John has also been a Meals on Wheels delivery driver for over 8 years now. He is approaching 90 this spring. He enjoys serving his clients and making sure they are doing okay. John also spends a lot of time taking care of his wife but has help a couple days a week. John tries to get out to do some gardening, and I've heard he has the best cauliflower in the county! John is a great recruiter for Meals on Wheels; he brought Clancy to us!!



George has been a volunteer for Meals on Wheels for 10 years! He enjoys seeing his clients every week and really likes to make sure they are doing well. George steps in to provide extra help whenever he can. At 86 years young, George is active at his church and volunteers for Soul Soup night every week. He also loves to get out and play golf when he can.

This beautiful lady is Ginger. She is a very big help in the Kennewick dining room at the age of 88! Ginger absolutely loves all of the dining room clients at Meals on Wheels. Greeting them and becoming friends with them has really enriched her life! Ginger enjoys her family and keeps very active when she is not helping us.



Welcome & Thank You to our New Volunteers!

Central Kitchen: Becky Woolf

Richland: Rich James

Café: Lori Leigh

Pasco: Nancy Stapleman, Stacy Blowers

Kennewick: Bette Jo Fordham, Ines Bold,
Traci Wagner, Jim Hood



Save the Date: Fall Volunteer Training!

Volunteers, please plan to attend one of the following training sessions:

November 12 or 14, 9-10 am at MOW Café

November 13, 10:45-11:45 at Connell Site

All volunteers who attend will receive a box of Girl Scout cookies and will be entered in a drawing for one of three Tri-City Americans hockey packages.

Meals on Wheels, a program of Senior Life Resources NW, 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, sexual orientation, political ideology, or the presence of any sensory, mental or physical handicap.



Oktober Feast 2019

Our first OktoberFeast Fun Run was a huge success, thanks to our wonderful sponsors, volunteers, and participants! 160+ runners and walkers enjoyed a beautiful fall morning along the river, snacking on German fare along the way, and then feasting on German sausage lunch provided by Ken Jean, with beer and root beer donated by Ice Harbor Brewing Company. Thank you to ALL our sponsors!



I ❤️ Oktober Feast!



Double the Dollars Challenge

Our Double the Dollars Challenge was an AMAZING success! At our office, we dubbed it the “Factor of Five Challenge,” as our total reached FIVE TIMES the original \$10,000 challenge!

Gesa Credit Union offered the first matching \$10,000. The Battelle Foundation generously provided another \$10,000. Board Member Gail Middleton honored her mother’s memory with yet another \$10,000. CH2M Hill Plateau Remediation Company raised more than \$3,700 with a Pie in the Face fundraiser. Sunrise Rotary donated \$2,000. Senior Life Resources Board of Directors kicked in another big pot of money, and our many individual supporters provided over \$10,000 themselves!

Grand Total for this fundraiser: \$53,288.37!

Many thanks to ALL our Double the Dollars Challenge donors!

Anonymous Donation
CH2M Hill Cash Donations
Margaret Adams
Nancy Aldrich
Sally Allwine
Elaine Bacon
Battelle Foundation
Dorsey & Betty Baumann
Traci & Grant Baynes
Richard & Connie Best
Donald Bihl
Robert Boykin
Bratton Family Charitable Fund
Patrick Brausen
Joanne Bunnell
Rich Burklin
CH2M Hill (CHPRC)
Mildred Childers
The Cohen Group
Mary Coie
Amy Cole
Willis Cork
Daniel & Joan Crager
Jennifer Culver
Brooke DuBois
Jill Elliott

Evelyn Enderlin
Marty Gardner
Gesa Credit Union
Gies Associates LLC
Linda Goolsbey
Michelle Hare
Brad Hasty
Ina Hikido
Donna Kary
Michelle Kennedy
Joan Kessner
Wendy Krause
Dawn Krupke
David & Leora Kurth
Andre & Megan LaBonty
Kendrick Leist
Katrina & Kurt Lenkersdorfer
Glenn & Paula LeVan

Sharon Lute
Leona Marshall
Rosemary Merckz
Gail Middleton
Debbie Nicholls
Ohl Family Foundation
Lynn Price
Christy Ramussen
Kenneth Ray
Andrew Porter
Amanda Rhoades
Howard Rubin
Jean Ryckman
Cynthia Sharer
Robert & Tsuio Shipp
Sunrise Rotary
Kristi & Mike Thien
Jane Thomas
TRI-CU
Terry Vaughn
Ginger Vetrano
Lori West
Mark Wright
Eric Wyse
Jeanette Yarger
William Zuroff



CHPRC’s Pie-in-the-Face Fundraiser was a “smashing” hit!



Welcome!



We are pleased to introduce the newest member of our Meals on Wheels Team—Amy Cole! Amy has been a loyal kitchen volunteer for the past two and a half years, and has recently accepted an office position as a Home Delivered Meals Assessor.

Amy was born in New York, and has slowly migrated west across the US, living most of her life in the Midwest before settling here in Washington. Amy has a degree in Social Work from Indiana University. Before moving here with her husband, she was the kitchen manager for a school district in Indiana for 15 years! Amy is also a skilled artist and enjoys creating stained glass art and watercolor painting.

Amy has a strong passion for our mission at Meals on Wheels, and we are so grateful to have her join our team!

Staff Spotlight!

Zulema Zavala is the Site Manager at our Pasco Parkside Dining Site. She has been with Meals on Wheels for over 15 years!

In her free time, Zulema loves to cook, bake, sew, and crochet. She has been nicknamed “Martha Stewart” for her homemaking skills. She enjoys making aprons, dish towels, and hair bows for her grandchildren. Zulema also loves to cook and has taken courses in cake decorating. She enjoys baking and decorating for family and friends.

Zulema adores being a grandma to her three wonderful grandchildren. She babysits her 3-year-old and 5-month-old grandbabies two days each week.

Zulema’s favorite things about working for Meals on Wheels are being able to cook and being able to serve a warm meal to the people who need it.

Thank you, Zulema, for your compassion for the people you serve each day!



Spokane Teachers Credit Union Day of Service

At the end of September, our friends from STCU spent a very productive afternoon volunteering at our Meals on Wheels campus. Much was accomplished that day, as they packaged meals, bagged bread and cookies, and washed dishes. To top it off, they even painted our shed!

Thank you, STCU!



Amazing Supporters: Subaru, Simplot, & United Way

Our wonderful Subaru made the trip out to Simplot for a presentation to Simplot workers, encouraging them to donate to United Way of Benton & Franklin Counties. United Way funds our program for clients under age 60, and we are grateful for their support!

Pet Policy

We all love our pets! However, 2 of our dedicated volunteer drivers have recently been bitten by clients' dogs. In order to ensure the safety of our volunteers, we ask that all clients follow our pet policy:

- Any animals who might present a hazard to our volunteers must be restrained during the 11 am to noon delivery time. Hazardous animal behavior includes: biting, scratching, nipping, tripping, or jumping on our volunteers.
- Aggressive animals must be contained in another room or in a fenced yard well away from where our volunteers provide delivery.

In the event of injury due to animal behavior, Meals on Wheels will contact appropriate local authorities, and the client's daily meal delivery service may be jeopardized. The safety of our volunteers is very important to us.

Thank you for taking care of your pets!



Camaro Club Donation

On October 27th, Tri-Cities Camaro Club presented generous donation checks to Meals on Wheels and Friends of Disabled Veterans. Each organization received over \$3,000! The Camaro Club hosted its first annual Camaro Show in September, with 150 beautiful vehicles, and all proceeds were donated to Meals on Wheels and our new friends at Friends of Disabled Vets. We are very grateful for this support!

Home Delivered Shelf Stable Meals

If you receive your meals delivered to your home, during the month of November you will receive a box with shelf stable food items in it. It will be marked clearly "For Use Only if Meals on Wheels is Unable to Deliver Due to Inclement Weather."

Please put the box in your cupboard and save it to use in the event we can't deliver meals due to unsafe weather conditions. Each box contains food to provide five emergency meals.

Holiday Gifts for Home Delivery Clients



The holidays are fast approaching! This time of year really brings out the best in our community. Meals on Wheels is pleased to work with many service groups and individuals who wish to provide gifts for some of our home delivery clients.

In the next few weeks, volunteer drivers will deliver a Holiday Wish Request with meals. Although we can't promise that your holiday wish list will be selected, our community partners have always helped as much as they are able. Unfortunately, not every Meals on Wheels client will receive a gift.

The Request form asks what items you might hope to receive, and it also contains a release of information so we can provide your name and address to the groups who are shopping for participants. If you'd like to submit a wish list, please complete the form by November 15th and return it to your drivers. We are so grateful to the many organizations who support the seniors in our community!

General Mattis Update

In our last newsletter, we announced that General James Mattis had agreed to speak at our March fundraising breakfast. We regret to announce that General Mattis is NOT available to speak at that breakfast, but we hope to work with him at a later date.

Inclement Weather: Are you Ready?

Jill Berg, Registered Dietitian – Mid-Columbia Meals on Wheels

How prepared are you if the weather turns bad and meals are not available for a day or two? Meals on Wheels attempts to continue our service during inclement winter weather, but there are times when conditions are unsafe for our staff and volunteers. Here are some tips on how you can be prepared:

1. Keep nonperishable food on hand: Keeping few food items that require no refrigeration or cooking will make meal preparation during bad weather much easier. This list includes foods high in protein (P), carbohydrates (C), and vitamins (V) to provide the nutrition to keep you going. As you make meals from this list, try to eat protein with each meal.

- Bottled water- ideally 1 gallon per person per day.
- Peanut butter (P)
- Beef Jerky (P)
- Canned chicken or tuna (P)
- Saltines (C)
- Sealed fruit cups or applesauce (V)
- Juice boxes, 100% Vitamin C(V)
- Box of cereal (C,V)
- Granola bars or breakfast bars (P,C,V)



2. Be prepared with non-food items: Other items to keep on hand for emergency situations include:

- Flashlight
- Batteries
- Blanket
- Warm Socks
- Extra Toilet paper
- Hand sanitizer
- Hat and Gloves



Having a 3-day stock of food and supplies should help you feel more secure if inclement weather should occur.

Meals on Wheels strives to provide practical information to help you make healthy lifestyle choices. If you have any questions about your diet, please contact our Registered Dietitian, Jill Berg, at (509)735-1911 or email jberg@seniorliferesources.org.

IRA Charitable Rollover

You can benefit Mid-Columbia Meals on Wheels by directing your required mandatory distribution directly to us.

Here's how the IRA Charitable Rollover works:

- You must be 70½ or older at the time of distribution.
- Your gift counts toward your required minimum distribution but is not included in your income for income tax purposes.
- Even if you do not itemize your deductions, you benefit by removing your distribution from your taxable income.
- Your IRA administrator must make the distribution directly to the charity, or you may write a check payable to the charity from your IRA checkbook.

If you have any questions, please contact Carrie Green at 509-736-0035 or email cgreen@seniorliferesources.org.



We have another great group of WSU Nursing students this fall! We love this partnership with WSU that allows students to fulfill requirements for their Well-Elder coursework while visiting and spending time with our clients. Thank you to these future nurses, and to our seniors who participate in the program!