



# 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 Holidays to everyone! I love this season, when we are reminded to be kind and giving to one another. And although November brought a giant speedbump for us when our 1998 Meals on Wheels van was stolen, our community's response has been one of kindness, consideration, and support. We are eternally thankful for our community's investment in our agency, and I wanted to offer an update on our van situation.



We believe the van was stolen during the late night hours of November 11. The stolen van was our backup van, typically used a few times a week, primarily for food pickups at Second Harvest and filling in when one of three daily-used vans is out of commission. Although not needed for daily service, the van nevertheless provides vital service for our program and contains specialized coolers in addition to an oven.

As sad and disappointed as we were to discover that the van was missing, we know we have many reasons to be grateful:

- None of our diners, volunteers, or staff were hurt in the theft.
- Both home delivery and senior dining center service continued without interruption.
- Our community has responded with kind words, offers for temporary loans of vehicles, and lots of encouragement.

At the time of this writing on November 25, I have a bit of news to share. Four days ago, we learned that our van was found in Seattle, and it is currently parked at an impound lot. What we don't yet know is if the van is salvageable. Our insurance adjuster is working to learn if our equipment is still in the van, if the van can be started, and if the van is in drivable condition. We don't yet know any of the circumstances of how the van was found.

Like young children who are giddy in anticipation of opening gifts, our staff is nervous and excited to learn more. We're hopeful that the van will come home intact, needing only minor repair, but we're also apprehensive that its damages may render it no longer functional, requiring replacement. Like most non-profits, our year-end push is always to secure funds for our program. We'd much rather dedicate our December gifts to providing meals than to investing in a new van we didn't need.

Regardless of the outcome of The Case of the Missing Van, we're very happy to be part of the Tri-Cities and surrounding areas. We've been made to feel valued and loved by our clients, our donors, and our community, which is a pretty amazing Christmas gift. I hope you all enjoy your holidays and I want you to know how much we value every client, every volunteer and staff, and every supporter! Thank you, and Holly Jolly Holidays to you!

*Kristi Thien*  
Nutrition Services Director



### December Closures

**Dec 23 to Dec 27:** Richland Community Center will be closed. Home delivered meals will be delivered. Other sites remain open.

**Wednesday, Dec 25:** All meal sites are closed for Christmas Day.

**Wednesday, Jan 1:** All meal sites are closed for New Year's Day.



### 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.

# VOLUNTEER SPOTLIGHT...Penni Richter, Volunteer Coordinator

## Volunteer Training Review

Last month we held our Fall Volunteer Training sessions. The trainings were well attended—thank you to all our volunteers who spent time with us! Thank you to Spudnut Shop for donating wonderful donuts! And many thanks to Tri-City Americans, who provided hockey tickets and collectibles to raffle to volunteers in attendance. Here are a few items we reviewed at the training.

- ◆ Drivers: When delivering meals, please make every attempt possible to reach your client. If the client doesn't immediately answer the door, please try another door or call the client if you're able. We receive no State reimbursement on meals that aren't actually delivered.
- ◆ Drivers: Sometimes it's hard to know if you should call 911 for a client when you arrive at a delivery and find a client having a medical emergency. Please err on the side of caution and call 911 for any of the following:
  - ⇒ Client has fallen and is unable to get up independently.
  - ⇒ You suspect a possible stroke or heart attack.
  - ⇒ Client is unusually confused or experiences loss of balance.First responders are trained to determine if the client requires medical attention, and there is no charge to the client if transportation to hospital isn't needed.
- ◆ Drivers: Our Pet Policy requires that any animal who is at all aggressive must be restrained in another room or contained yard during meal delivery. The safety of our volunteers is of utmost priority! If you notice that a dog is behaving in an aggressive manner, please contact your Site Manager immediately so our staff can work with the client to ensure that the animal is restrained during future deliveries. In the unfortunate event that you are bitten, please contact the Animal Control office using the phone number posted in your delivery folder. If needed, please seek medical attention for yourself as soon as possible.
- ◆ Kitchen/Site Volunteers: Although our volunteer drivers get to experience meeting with our clients in person, we frequently receive comments about how good the food is and how much they appreciate the care that goes into the preparation and packaging. Every one of our volunteers plays a critical role in providing our Meals on Wheels service, whether as dining room host, kitchen help, driver, dishwasher, admin support, or any of the other volunteer positions.
- ◆ All Volunteers: Although we're hoping for a mild winter, we're preparing for the worst. Thanks to you wonderful volunteers, each home delivered client has received a box containing five emergency meals to use in the event we're not able to safely deliver hot meals. In the event of bad weather, we contact local radio & tv to let them know if we're closing. Occasionally, we send out emergency frozen meals to clients, in which case we look for drivers who have 4WD/AWD and are comfortable driving in the snow. Please check your emails for those special requests.

Thank you to all our volunteers and all you accomplish for our program! We're looking forward to seeing you all at our Spring training.

Happy Holidays to you!

Meals on Wheels



Our Volunteers!

### Welcome & Thank You to our New Volunteers!

**Central Kitchen:** Anthony Palazzo, Carey Palazzo, Wright Beach, Josie Beach,  
Penny Berlin, Sara Brown

**Kennewick:** Larry Schanz, Krista Rushton, Linda Carnes



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.

## Share the Love Event 2019

The 2019 Subaru Share the Love Event is well underway, with funds being generated for Mid-Columbia Meals on Wheels with every Subaru sold at McCurley Subaru. And starting December 2nd, McCurley Subaru staff will be chauffeuring some of our drivers on their routes, as they help us deliver a route each day.

Meals on Wheels hosted a kickoff event on November 22nd for this year's deliveries. Braving fog and freezing conditions, McCurley staff competed in a Mock Delivery Challenge. Each team had to prepare and deliver mock meals to Meals on Wheels staff who posed as clients and were located around the lot.

The event was a fun way to hang out with our Subaru friends while they had a chance to learn more about our program and how our deliveries work. Several of the McCurley staff commented how impressed they were at the care our drivers and staff provide to ensure the safety of clients who miss their deliveries.

Many thanks to the McCurley Subaru team, as well as Meals on Wheels staff who helped with this event!



## Thank You!



Thank you to the folks at Payne West Insurance for dropping off a huge load of lap blankets, cat litter, sweatshirts, and more for our Holiday Giving Tree! These donation will help provide a wonderful Christmas for some of our seniors!



Thank you to Lamb Weston employees who spent an afternoon with us! They packaged meals, sealed bags with bread and cookies, and they even washed dishes. We're grateful for the many contributions Lamb Weston makes to our agency!

## Thank you to Pringles Power Vac!

Our friends at Pringles Power Vac are graciously donating their labor costs to provide the mandatory annual cleaning of our cooking hood. In addition, they're performing the job right after our Thanksgiving lunch on November 27 to ensure they don't disrupt meal service.

As we try to stretch our budget as far as possible to best serve our seniors, donations like this are so important and appreciated!



## Holiday Gifts for Home Delivery Clients!

Our trees are up and full of holiday wishes! Please stop by our office or Meals on Wheels Café if you'd like to fill a wish, or if you'd like to adopt a senior this holiday season!

If you are a home delivery client and have not yet returned your wish list, please send it back with your delivery driver as soon as possible!



**YOUR YEAR-END  
GIVING  
MAKES A DIFFERENCE**

At this time of year Meals on Wheels has much to be thankful for. We're thankful for our wonderful volunteers, both in the kitchen and as our drivers. We're thankful for our clients who allow us to come into their homes and serve them. And we're thankful for our donors who allow us to continue our mission of warm meals and warm smiles. Year-end giving plays a big role in closing our financial gap so that we don't have to turn any hungry senior away. Be part of the difference we make! Thank you!

### Aging and Disability Resource Center

The Aging & Disability Resource Center provides information, referrals, and assistance to help individuals make informed decisions about long term care support options. They also offer case management, assistive devices & tools, employment and health care resources, advocacy, and much more. They can be contacted locally:

3311 Clearwater Ave, Suite D-100  
Kennewick, WA 99336

Online: [www.altc.washington.com](http://www.altc.washington.com)

Phone: (509) 735-0315 or (877) 720-2582



**We were honored to again participate in the West Richland Veteran's Day Parade this year!**

**Thank you to all our local veterans for their service!**

### Thank You to Senior Life Resources NW!

If you call our office, you'll hear a greeting from Senior Life Resources and Meals on Wheels, which may seem puzzling. Senior Life Resources NW is our umbrella non-profit company that provides the infrastructure and leadership for both Mid-Columbia Meals on Wheels and Home Care Services.

The Board of Directors meets monthly, and we are grateful for their support and wisdom, as well as their time and tireless dedication. Their work is critical to our success as an agency.

Thank you to all our Board members!

#### 2019 Board of Directors

**Dave Sanford—President**

**Wendy Krause—Vice-President**

**Sharon Lute—Secretary/Treasurer**

**Nancy Aldrich—Past President**

**Vince Beasley**

**Marty Gardner**

**Robert Garza**

**Gail Middleton**

**Howard Rubin**

**Mike Saran—LOA**

**Michelle Wright**

**Karen Dunbar—MOW Advisory**

**Council Member**

**Senior Life Resources**  
N O R T H W E S T

# The Taste of the Holidays

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

For me, there are several foods that signal the holidays. The smell of gingerbread and the tartness of cranberries bring memories of the holiday season. Both ginger and cranberries have a variety of health benefits which make them great additions to the holiday feast.

**Cranberries** contain proanthocyanidins (PCA) with antioxidant and anti-inflammatory qualities which have been shown to:

- Fight heart disease by increasing HDL (good cholesterol),
- Improve circulation
- Inhibit bacteria from adhering to the walls of the urinary tract and thus aiding in prevention of urinary tract infections

**Ginger** is the underground rhizome of the ginger plant which boasts multiple health benefits.

- Anti-Nausea: Ginger has long been known for its anti-nausea effects
- Relieve upper respiratory infections symptoms. Ginger helps to clear the sinuses and helps to decrease the symptoms of bronchitis.
- Appetite Stimulant: Ginger can stimulate the gastric acid and promote increased appetite.

Ginger can be consumed in a variety of forms. Fresh ginger can be peeled and eaten, steamed in a tea or added to foods. Crystallized ginger can be eaten or added to recipes.

## December Cooking Demo!

The Lamb Weston Chefs are back! This month, they will be demonstrating how to make a few simple holiday dips to pair with their new potato dippers! This event is free and open to the public. Samples will be provided!



**Wednesday December 4th**

**1:30-2:30 pm**

**Meals on Wheels Café**

**1834 Fowler St in south Richland**



## Honey Lemon Ginger Tea

- 4 c. Water
- $\frac{3}{4}$  c. brown sugar
- $\frac{1}{4}$  c grated ginger root
- 3 tea bags
- 2 lemons, juiced
- 3 T. honey



Stir water, brown sugar, and grated ginger root in a saucepan; bring to boil, reduce heat the medium low and simmer for 20 minutes. Remove saucepan from heat and add tea bags; steep tea to desired strength, 3-5 minutes. Remove and discard tea bags. Stir in lemon juice and honey. Strain into a pitcher and serve.

## Cranberry Apple Fresh Ginger Chutney

- 4 c. Fresh Cranberries
- 1 c. Raisins
- $\frac{1}{2}$  c. White Sugar (or sugar substitute)
- $\frac{3}{4}$  c. Brown Sugar
- 2 tsp. Cinnamon
- 1 tsp. minced fresh ginger root
- $\frac{1}{4}$  tsp ground cloves
- 1 c water
- $\frac{1}{2}$  c minced onion
- $\frac{1}{2}$  c chopped granny smith apple
- $\frac{1}{2}$  c finely chopped celery



Combine cranberries, sugars, cinnamon, ginger, cloves and water in a saucepan. Bring to a boil then simmer over low heat until cranberries start to pop, about 5 minutes. Add onion, apple, and celery; continue to cook, stirring occasionally until mixture thickens, 5-10 more minutes. Transfer to a container and cool slightly. Refrigerate overnight to allow the flavors to fully blend.



*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](mailto:jberg@seniorliferesources.org).*

## Emergency Meals—Thanks All Around!

Each year, we are grateful to receive funding from the Emergency Food Stable Program. United Way of Benton and Franklin Counties administers these funds, and we spend every last dime to create emergency shelf-stable boxes filled with food for our home delivery clients to eat in the event that conditions are unsafe for our drivers to deliver daily hot meals. Boxes contain canned soups and fruit, granola bars, trail mix, etc. This year we've included a hydration mug to encourage our seniors to drink plenty of fluids.

Knowing that our home delivery clients have food on hand when the weather is rotten provides us with great peace of mind. However, getting these boxes out to our clients is a very labor-intensive project, and we owe a world of thanks to all our volunteers and staff who help with this project!



- Thank you to our hard-working volunteers who spent their evening building 700 boxes/3500 meals!
- Thank you to our delivery volunteers who had to juggle hot meals, cold packs, AND boxes of meals! The extra items created extra work loading cars, extra trips in and out of houses, and extra strength to handle the boxes.
- Thank you to staff who stepped up to ensure that boxes were delivered before Thanksgiving !

# THANK YOU!

### Attention Home Delivery Clients:

If you receive your meals delivered to your home, you should have received a box with shelf stable food items in it. The box is clearly marked with a label that reads: **For Use Only if Meals on Wheels is Unable to Deliver Due to Inclement Weather.**

Please do not consider this box to be a snack box, and please be aware that each client only receives one box. Please keep this 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.



## INAU:IATPWS.

Our Senior Life Resources Board President, Dave Sanford, is also a volunteer driver. He recently attended a Board of Directors meeting wearing a shirt that had nothing on it except the letters printed above. Although it might be a curiosity to people outside our agency, the letters are actually the first letter in each word of our Guiding Principal, and they are words we try to live by every day:

***It's not about us;  
it's about the people we serve.***

# CDC Recommends Flu Vaccinations For Everyone!

IT'S NOT TOO LATE TO  
GET A FLU SHOT!

FIGHT FLU

Protect yourself and those around you by getting a flu shot this winter—it's not too late!

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:

1. Benton/Franklin Health District: (web address: [www.bfhd.wa.gov/flu/](http://www.bfhd.wa.gov/flu/))

Kennewick: 7102 W. Okanogan Place

Call 460-4200 to make an appointment

Pasco: 412 Clark Street

Call 460-4200 to make an appointment

2. Most pharmacies offer seasonal flu vaccinations. Please contact your local pharmacy to confirm they provide the vaccination, and to check 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.
- Complications from the flu can also include ear or sinus infections, bacterial pneumonia, dehydration, and worsening of pre-existing chronic medical conditions.

FLU SHOTS  
AVAILABLE NOW