



Mid-Columbia Meals on Wheels

February 2020

SeniorLifeResources 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

Happy February! Although our 5th Annual Fundraising Breakfast doesn't take place until early March, I want to take time now to invite each of you to attend this event, which is offered free of charge to the public.

Each year, CG Public House and the Simmons Family (Shirley, Steve, & Kyle) generously donate and serve a wonderful breakfast to potential Meals on Wheels donors. We offer a short presentation about our program while our guests enjoy their meals. Following breakfast, we'll ask you to consider making a donation to Mid-Columbia Meals on Wheels.

Attending the breakfast in no way obligates you to donate. We always have a fun time, and I think it's valuable for us to educate people about all the services we provide to local seniors. I've included an invitation below, and I hope to see and meet many of you at our event.

Kristi Thien

Nutrition Services Director

Please Join Us At

Mid-Columbia Meals on Wheels' 5th Annual Breakfast Fundraiser

March 10, 2020 7:30 - 8:30 a.m.
HAPO Center, 6600 Burden Blvd., Pasco
Buffet Open At 7:00 a.m.



This year's theme is **Delivering Kindness**. We hope that you will join us to learn more about our program and how *your* donation can impact the lives of local seniors.

To RSVP or for any questions, please contact Carrie Green at: 509.736.0035 or cgreen@seniorliferesources.org



Thank you to our breakfast sponsor:
CG Public House & Catering

February Closure

Monday
February 17th:

All sites are closed for Presidents' Day



In Case Of Inclement Weather:

Meals on Wheels will contact local radio & tv stations who usually announce if meals will be served. Clients can call the dining centers where they eat or from where their meals are delivered.

We will update our website at seniorliferesources.org and our Mid-Columbia Meals on Wheels Facebook page.

Closure information is also available at our main office phone number, 735-1911.

A United Way



Participating Agency



VOLUNTEER SPOTLIGHT...Penni Richter, Volunteer Coordinator

Last year was a busy year for us here at Meals on Wheels, as our volunteers served nearly 220,000 meals to over 2,300 clients at our dining sites and via home delivery!

We cannot stress enough how important each and every one of you are to the success of our program. Whether you are here one hour a week or many more, your time and efforts are invaluable to our mission, and we couldn't succeed without you!



Here are our Meals on Wheels Drivers who volunteered more than 130 hours in 2019:

Sally Allwine, Tom Brower, Len Clossey, Ray Colella, Ken Colvin, Louie Covington, John Daniel, Bill Dehen, Russ Jardine, Sally Lindsay, Roger Marshall, and Jim Mokler.

Our Kitchen Volunteers who gave more than 300 hours in 2019:

Kyle Bauman, Geri Blanchard, Teresa Ehrhard, Bob Erickson, Doni Hansen, Sue Jardine, Patty Kerby, Kathy Mitchell, and Carol Volkman.

Since this is February, it's all about the love around here. Please accept our heartfelt thanks to each of you for your devoted time with Meals on Wheels! Your service provides our seniors with reliable, friendly, and tasty nutrition every day.

Welcome & Thank You to our New Volunteers!



Daniele Goos



Gordon Goos



Judy Curnutt



Karyn Schulte



Linda Morrison

Staff Spotlight!



Last month we bid farewell to our beloved Richland Site Manager, Michele. We are sad to see her go, but excited for her as she embarks on her next adventure—retirement! Michele has been a part of the Meals on Wheels team for 10 years. She came to us with a desire to continue her long-time work in food service, and in doing so, found that senior community was where she was meant to be.

Michele says that what she has loved most about working here are the clients she has been able to help. She also says that all her volunteers over the years have been absolutely amazing—they give, and they give, and they give some more.

In her retirement, Michele is looking forward to spending more time with family, especially her grandchildren. She also has plans to travel more and hopes to visit Rome in the future!

A note from Michele: *"It has truly been my pleasure and blessing to be part of Meals on Wheels. Looking back over the years, I wouldn't change a thing. I'm so glad to have been a part of it—it has been a good ride."*

Thank you, Michele, for your many years of hard work and dedication. You will be missed!

Delivering Kindness

At Meals on Wheels, we believe that what we do goes beyond delivering warm, nutritious meals to homebound seniors. Our volunteers also deliver warm smiles and a kind & caring check-in for our clients. We love to hear of the friendships that develop between our clients and volunteers! Kindness is our hallmark and our aspiration, and it is the theme of our upcoming 5th Annual Fundraising Breakfast. Everyone is invited to attend!

Our 2020 Fundraising Breakfast will be held on Tuesday, March 10, 7:30-8:30 am at HAPO Center, 6600 Burden Boulevard in Pasco

For reservations or more information, please contact Carrie Green at cgreen@seniorliferesources.org, or call 509-736-0035.



Thank you to CG Public House & Catering for generously providing this breakfast free of charge to all who attend!

Welcome!

Please join us in congratulating Renee Hill on starting her new position as the Richland Site Manager!



We have been lucky enough to have Renee with us for the past two years as a substitute Site Manager and Transporter, and we are thrilled

that she has accepted a permanent position as Site Manager for the Richland dining site!

Renee has a passion for people and for helping others. Along with her work at Meals on Wheels, she has also worked with the Edith Bishel Center for the Blind. Before that, she worked for Dial-A-Ride for 21 years!

We already know Renee is a great asset to our Meals on Wheels team, and we're excited to have her step into a new and critical role. Welcome, Renee!

Thank You, Bulldog Signs & Graphics

Thanks to the work of Jose Jimenez and Bulldog Signs and Graphics, our old 1998 van is looking sharp and ready to roll! Jose contacted us after learning that our stolen van had been found with the logos destroyed. He offered to donate new signs for the van to replace the ones vandalized when the van was in the hands of nefarious thieves. We think the van looks better than ever, and we're so grateful for his support!



Jose Jimenez from Bulldog and our Food Services Manager, Brian Kinner, demonstrate their modeling skills.

Kadlec Donation



We are always grateful for our partnership with Kadlec Regional Medical Center. Kadlec provides funding for Project Homecoming, which supplies four weeks of home delivered meals to nutritionally-vulnerable patients who are being released from Kadlec and returning home to

limited support. In addition, Kadlec sponsors our Moneta Memory Café for clients living with memory loss/dementia and their care partners.

Over the past couple weeks, Kadlec has also made significant donations of surplus equipment that will greatly enhance work life for our kitchen staff. Thank you to Kadlec and their staff for helping us provide meals for local seniors!



Find us on
Facebook

To keep up with the latest news at Mid-Columbia Meals on Wheels, please join our Facebook following. We love to show off all the exciting work we accomplish!

PLEASE HELP!

We need your help! We work very hard to use our resources as efficiently as possible and to reduce waste in our meals program, but we need the help of our clients.

On a single January Monday, we wasted \$234 on meals we were unable to serve because clients cancelled late, weren't home for a scheduled delivery, or failed to show up to eat their reserved meal at a dining center. We receive no State reimbursement on those meals that we prepare but can't serve, and our wonderful volunteers waste their time preparing, packaging and attempting to deliver those meals.

If you are a client, or a caregiver for a client, please help us:

- If you need to cancel a meal, please contact us by noon, one full business day before the day of cancellation. Monday meals should be cancelled by noon on Friday.
- Whenever possible, schedule appointments well before or after the 11-noon delivery window.
- Attend your dining center if you have reserved a meal.
- Check your appointment calendar on a regular basis to keep track of appointments that might conflict with our meal service.

Thank you for helping us reduce waste and use our funding and donations as frugally as possible. Your efforts will help us provide meals to as many seniors as possible!



A special shout out to Provider Solutions & Development who spent time volunteering in the kitchen and Cafe this past month. Thank you for all your hard work!



Meals on Wheels Apparel

Show off your Meals on Wheels pride with a zip-up sweatshirt! Pick one up at our office at 1824 Fowler St! We also have shirts, vests, and other merch available.



Bonaventure Donation

We are so grateful for the generosity of Bonaventure Senior Living Community residents and staff for their generous donation to our program! We plan to use this wonderful **\$2,500(!)** gift to purchase meals for our local seniors.



Thank You!

Thanks to the generosity of Karen Wahl from Richland, we have added a vehicle to our Meals on Wheels fleet! This van will stay busy delivering meals and taking staff to home visits to help clients get set up for Meals on Wheels service. We've already put the van to good use! Thank you, Karen, for this amazing donation!

Thank you!



Horse Heaven Hills
Pet Urgent Care

Huge thank you to Bleyhl Co-op and Horse Heaven Hills Pet Urgent Care for their generous pet food donations. The food will be given to Meals on Wheels pet-loving clients who would appreciate a little help caring for their animals.

If you are a Meals on Wheels client who would like to receive dog or cat food, please call our office at 735-1911. We'll also send pet food to all our dining centers so you can pick up food when you eat your lunch with us.



American Heart Association.

Healthy for Good™

Heart-Healthy Essentials for Meal Prep

For hassle-free healthy meal prep, be prepared with a stocked pantry. Having some basic ingredients in your cabinets, refrigerator and freezer saves you time and worry on busy weeknights and even on weekends when you don't have time to grocery shop.



Cabinets & Pantry

- ✓ **"Dinner builder" items:** canned or dried beans, such as kidney, pinto, black, butter and navy; canned or pouched tuna, salmon and chicken; spaghetti sauce
- ✓ **Canned vegetables:** for easy side dishes and adding to soups and sauces
- ✓ **Whole grains:** brown rice, oats, couscous, bulgur and quinoa; whole-grain pastas, breads and tortillas (store extra bread and tortillas in the freezer); whole-grain flour or cornmeal for baking
- ✓ **Cooking oils:** nontropical vegetable oils, such as olive, canola and corn
- ✓ **Nuts, seeds and nut butters:** for stir-fries and garnishes (and satisfying snacks)
- ✓ **Broths:** fat-free, low-sodium chicken, vegetable and beef — for making soups
- ✓ **Dried herbs and spices:** keep a variety on hand and buy or create salt-free seasoning blends



Refrigerator & Freezer

- ✓ **Proteins:** Unbreaded fish fillets, skinless chicken breasts, extra-lean or lean meats; tofu
- ✓ **Dairy products:** low-fat and fat-free milk, yogurt and cheese
- ✓ **Soft margarine:** made with nonhydrogenated vegetable oil and containing no trans fat
- ✓ **Frozen vegetables and fruits:** choose a wide variety (lots of colors) without salty sauces and sugary syrups



Compare Nutrition Labels

- ✓ **Choose products with the lowest amounts** of sodium, added sugars and saturated fat, and no trans fat
- ✓ **Look for the Heart-Check mark** to easily identify foods that can be part of your heart-healthy eating plan



For more tips, visit heart.org/healthyforgood.

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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.