



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. Find us on Facebook

Kristi's Update

It seems like progress has been slow during the pandemic, but there's always lots happening behind the scenes at Meals on Wheels. Our staff is a great team, and they continue to work hard on lots of projects to provide the best service we can:

- Farmers Market voucher preparations are underway.
- Our \$10,000 grant application to Battelle for Summer Celebration of World Cuisine was approved! Details will follow in next month's newsletter.
- Our staff hosted a fun Volunteer Appreciation BBQ in April, and we put together a silly-but-sincere video thanking our volunteers for their wonderful work.
- Delivery routes require perpetual attention and changes as people add to or leave the program.
- New volunteers are constantly recruited and trained to fill ever-changing needs. Veteran volunteers require a new background check every 2 years.
- Our kitchen staff is busy testing new recipes while still cooking for 700 people at a time.
- Our packaging/transport crew works tirelessly to figure out how to best serve and store our meals.
- Our Registered Dietitian monitors the nutritional quality of our meals and keeps an eye on problems.
- Service Coordinators spend hours on the phones each day to complete registrations & update files annually.
- Drive-thru & site staff are always busy keeping track of many, many details to keep our seniors safe & well-fed.
- Admin support staff answers phone calls and supports all facets of our operation.
- Our Meals on Wheels team is in constant conversation with the Health District and other community partners as we plan our eventual reopening with safety and health as our top priority.

Kristi Thien, Nutrition Services Director

2021 Senior Farmer's Market: MAIL-IN or DROP BOX ONLY!

It's almost time for the Washington State Senior Farmers Market Nutrition Program, which provides \$40 in vouchers for low-income seniors to use at approved Farmers Markets. To qualify for participation, seniors must be age 60 or older, meet the income requirements, and be residents of Benton or Franklin Counties. Participants are required to complete a new application each year.

On May 10th, applications will be mailed to seniors & community partners who have called to be placed on the mailing list. Applications will also be available on that date at the drop box table outside our office. Due to COVID-19 concerns, our office building is currently open for authorized staff only.

Qualified seniors should legibly complete ALL parts of the application and **mail it or drop it off** at our office as soon as possible. To be placed on the application mailing list, please call our office at 509-735-1911.

Applications are processed on a first-come, first-served basis, so it's important to fully complete and return the application **by mail or drop-off** as soon as possible. Seniors who qualify will receive their vouchers in early June.

Vendors who accept the Senior Farmers Market vouchers typically post a yellow sign with this logo.

Please mail completed applications to:
Mid-Columbia Meals on Wheels
1824 Fowler St
Richland, WA 99352

Thank you for using mail or drop-off this year!



Masks Please!

Please protect yourselves and our staff and volunteers by wearing a face mask over your mouth & nose during meal deliveries and drive-thru. If you need a mask, please call us at 735-1911.



Effective May 17: Hot Meal Drive-Thru 5 Days a Week!

Starting on May 17th, we will now host our convenient hot meal drive-thru Monday through Friday, 11 am to noon, from our south Richland Café! Please wear a mask, stay in your car, and let us do the work! Meals on Wheels staff will bring your meals right to your car. If it is your first time receiving meals from us, please be prepared to fill out a quick registration form. There is no charge for the meals, but we do accept donations.



CLOSED MEMORIAL DAY

Meals on Wheels Closure: May 31: Memorial Day
Honoring our military members who have died while in service to our country.



Volunteer Spotlight

Natalie Huggins, Site Staff & Volunteer Manager

Volunteering: Act of an individual or group freely giving time and labor for community service.

Mid-Columbia Meals on Wheels is fortunate beyond measure that even during the current pandemic, we still have over 300 volunteers who share their positive energy, “can-do” spirit, and compassionate hearts for service. From the outskirts of Connell and Prosser—and everywhere in between—you can see Benton and Franklin County residents answering the call to enhance the quality of life for local seniors.

From rising early in the morning to package nutritious meals in the kitchen, to counting and bagging the correct number of entrees, fresh produce and beverages for nearly 600 homebound clients, to loading vehicles, driving delivery routes, and making friendly home deliveries, and to phoning clients weekly to share in a bit of humorous, social banter or caring conversation, Meals on Wheels volunteers are awe-inspiring. Some of the client feedback we’ve received lately includes:

My Phone Buddy is awesome. I look forward to our conversations every week. We have so much in common!

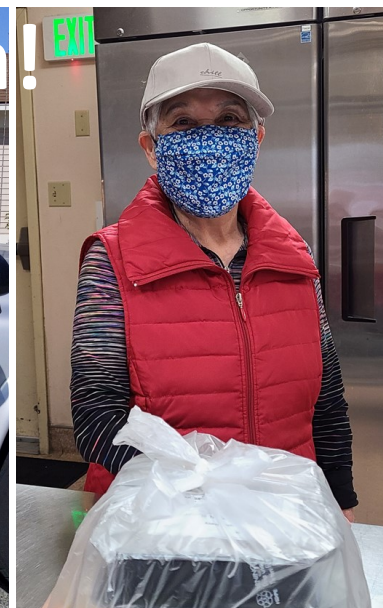
My Meals on Wheels drivers are so wonderful and kind. I look forward to them arriving each week. They are my friends.

Your chicken enchilada casserole is the best thing I’ve eaten in a long time. I’d love the recipe!

Thanks to Meals on Wheels, I eat a nutritious meal every day. Meals on Wheels has great food. I love it!

If you have time, talent, and compassion to share, and you’d like to learn how to join Meals on Wheels volunteer team, contact Site Staff & Volunteer Manager, Natalie Huggins, at (509) 735-1911 or nhuggins@seniorliferesources.org.

Volunteers in Action!



The Meals on Wheels Team Grows & Grows!

We’re delighted to introduce and welcome the following new--and returning--volunteers:

Debra Curran—Substitute driver waiting for her own route

Vivian Edvalson—Benton City driver

David Feller—Returning driver—first volunteered in 2003

John Keizer--Prosser

Daniel Winder—Substitute driver waiting for his own route

Gaylene Lembcke--Richland driver

Stephanie Allen—packaging

Sheila Pereira—packaging

Beth Rose—Phone Buddy

Thank You! ❤️



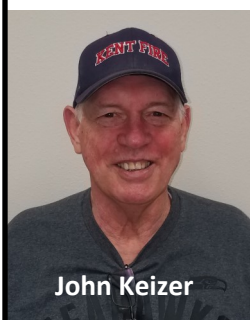
Debra Curran



Vivian Edvalson



David Feller



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Daniel Winder



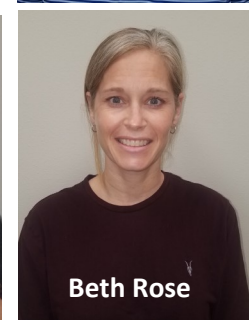
Gaylene Lembcke



Stephanie Allen



Sheila Pereira



Beth Rose



BBQ

Attention all seniors!

On Friday, May 14th, we're firing up the grill for some freshly barbecued

hamburgers for our drive-thru! From 11 am to noon, we'll be serving hamburgers with all the fixin's, baked beans, & potato salad, along with apple slices and milk! We hope to see you at 1834 Fowler Street in south Richland for a pre-summer BBQ!

Need Pet Food?

We have lots of pet food right now for all your special fur friends. If you are a Meals on Wheels client and need pet food for your animal, please let your Site Manager know, or call our office at 735-1911 so we can deliver pet food or make arrangements for you to pick up some pet food. Both dog and cat food are available, in several varieties.

Many thanks to all the folks who have donated food for this program and to the volunteers who have bagged the larger bags into smaller, more manageable bags!

Phone Buddies



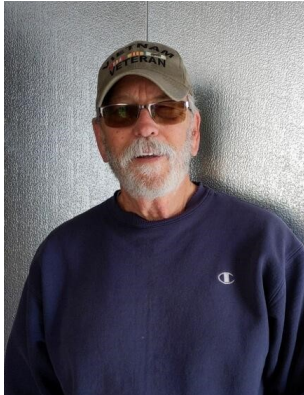
Mid-Columbia Meals on Wheels Phone Buddies
Helping local seniors stay connected.

We started our Phone Buddies program at the beginning of the pandemic a year ago to help keep our clients connected during this period of social distancing. We never imagined that it would be as successful as it has been, nor did we imagine that we'd still be communicating primarily by phone instead of in person.

The Phone Buddies Program provides additional social contact for seniors who are served by Mid-Columbia Meals on Wheels. Phone Buddy volunteers call our clients once a week or so, just to check in and to have a chat. Although the program was created with our senior clients in mind, we've found that many of our volunteers enjoy the phone calls just as much as the clients. We ALL need to feel connected!

If you would like to volunteer as a Phone Buddy, OR if you're a client who would like to participate in the program, please contact our Volunteer & Site Staff Manager, Natalie Huggins, at 509-735-1911, or email nhuggins@seniorliferesources.org.

Staff Spotlight: Larry Nunn



Larry is one of our meal transporters and plays a crucial role on delivery days, distributing food from our Central kitchen to our meal sites. Along with this role, he stays busy with the never-ending process of packaging, transporting, and storage of frozen meals! Larry is a go-to guy for many things around here, and his willingness to help wherever needed is appreciated by all. He always brings great positive energy to our agency, and we are so thankful for Larry's hard work and dedication to Meals on Wheels.

Tell us about yourself!

I am originally from San Diego, but I have lived in Richland for over 40 years. I have two grown sons and 1 year 4 months old granddaughter in New Jersey. I have three dogs and two cats.

How long have you worked for MOW?

I started working at MOW in August of 2019 but was a volunteer in Benton City for three years before taking this position.

What do you like best about your job?

What I like best is the people I work with and their dedication to this organization's mission.

What did you do before you came to work at Meals on Wheels?

I spent 32 years working in engineering and maintenance at the Hanford Site.

What is something that you enjoy doing in your free time?

My dogs take up most of my free time—we spend about an hour or more every day in the Richland dog park.

Favorite sports teams or players, past or current?

I follow Mariners and Padres in baseball, the Seahawks and Chargers in football, and my alma mater, San Diego State, in all college sports. My favorite players are Lance Alworth, Tony Gwynn, and Edgar Martinez.

What is something that you are looking forward to?

I am looking forward to seeing my granddaughter in May. This pandemic has stopped me from seeing her.

What is something that is on your bucket list?

Enjoy my granddaughter as she grows up.

Meals on Wheels, a program of Senior Life Resources NW, is funded by Aging and Long Term Care of Southeastern Washington, United Way of Benton & Franklin Counties, 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.

Volunteer Appreciation BBQ



On April 21st, the Meals on Wheels staff hosted a Volunteer Appreciation BBQ. We served about 100 barbecued burgers and hot dogs to our dedicated, hard-working volunteers and their guests. We know that we couldn't provide our senior meal service without the many hours donated by our volunteers, as they help prepare, package, serve, and deliver meals to our clients. They also help with administrative tasks, cleaning, dishes, and all the less glamorous jobs of food service. We owe them all a giant

♥ **THANK YOU!** ♥



Improve your access to nutritious food with the Basic Food Program!



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

The Basic Food Program

Basic Food, previously called "Food Stamps," is a USDA program that helps families and individuals increase their access to nutritious food. Eligible households receive an Electronic Benefits Transfer (EBT) Card that looks just like a credit card.

Frequently asked questions:

- Can I own my house and a car and still be eligible? **YES**. Only your monthly gross income is considered.
- Do you have to be a US citizen? **NO**. Washington State pays the Basic Food benefits to legal immigrants who do not meet the citizen rules for the federal program.
- Are there other benefits available? If you receive Basic Food, you may qualify for a free cell phone.

For more information, please call Mid-Columbia Meals on Wheels at 509-735-1911 to speak with one of our Service Coordinators. If you have internet access, applications can be completed online at WashingtonConnection.org. To apply by phone, please dial 211 to speak to a Referral Specialist.

Income Guidelines April 1, 2021– March 31, 2022	
Household Size	Monthly Gross Income
1	\$2,147
2	\$2,903
3	\$3,660
4	\$4,417

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individual's income is derived from any public assistance.

From Our Food Services Manager: Cooking at Home: Divide and Conquer

Cooking a meal can be very time-consuming, but it doesn't have to be. Too often, people skip making a healthy meal for themselves due to the time it takes to prepare a full meal. Here are some ideas to reduce the time required to make a meal and to make the task of cooking more manageable:

1. Rather than trying to chop or prep everything at once, divide up the work into small tasks that just take a few minutes. Complete a few tasks every hour so the work gets done without tiring yourself too much.
2. Cook sauces such as spaghetti sauce a day or two in advance and store it in the refrigerator until you're ready to heat it up for a quick meal.
3. Cook, drain, and cool ground beef for spaghetti, tacos, and other meals in advance, refrigerating up to a week or freezing in small portions for later use.
4. Cook, shred and cool meats like chicken and pork in advance to use the same protein for several meals without having to repeat the task for each meal.

I hope you find these suggestions to be helpful. Planning ahead and working in brief intervals will reduce the stress of the task and provide more freedom in meal choice.

If you have questions or comments, please reach me at: 509-735-1911 or

bkinner@seniorliferesources.org.

Brian Kinner, Food Services Manager



HOW TO MANAGE WEIGHT

1 KEEP TRACK

Understanding how many calories you take in and your activity level can help you identify changes you want to make. To lose weight, you need to burn more calories than you eat.



REDUCE CALORIES IN:

Keeping track of what and how much you're eating can help you know whether you're eating out of habit, stressor boredom instead of real hunger.



INCREASE CALORIES OUT:

An activity tracker can help you track how much physical activity you get.

2 LEARN YOUR BMI



Body Mass Index (BMI) is a numerical value of your weight in relation to your height. It can help you know whether you're at a healthy weight or need to lose weight. You can calculate your BMI online or see your health care provider.

LEARN MORE AT HEART.ORG/MYLIFECHECK AND HEART.ORG/WEIGHT

3 TIPS FOR SUCCESS



CONTROL PORTIONS

Learn about portion sizes and how much you might really be eating. heart.org/PortionDistortion



GET ACTIVE

Sit less, move more and add intensity to burn more calories and improve your overall health. heart.org/MoveMore



EAT SMART

Follow a healthy eating pattern that emphasizes vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins and fish. Limit sweetened drinks, processed meats, refined carbohydrates like added sugars and processed grain foods, full-fat dairy products, eggs, highly processed foods, tropical oils like coconut and palm, and sodium. Make smart substitutions when cooking, snacking and dining out. heart.org/EatSmart



GET HELP

If you aren't able to lose weight successfully on your own, talk with your health care provider.

Mid-Columbia Meals on Wheels

A program of Senior Life Resources NW

www.seniorliferesources.org or 509-735-1911

Drive-Thru Hot Meals served 11 am to noon,
Monday, Wednesday, & Friday through 5/14
Monday thru Friday starting 5/17
1834 Fowler St in south Richland

May 2021 Hot Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Drive-Thru Hot Meal Chicken Alfredo Green Beans Breadstick Fruit, Milk	4 HOME DELIVERY Chicken Alfredo Green Beans Breadstick Fruit, Milk	5 Drive-Thru Hot Meal Cinco de Mayo! Beef Tacos Rice & Beans Salsa & Sour Cream Citrus Salad Milk	6 HOME DELIVERY Beef Tacos Rice & Beans Salsa & Sour Cream Citrus Salad Milk	7 Drive-Thru Hot Meal Harvest Apple Pork Chop Mashed Sweet Potatoes Broccoli Normandy Bread w/ Margarine Fruit, Milk
10 Drive-Thru Hot Meal Meatloaf Mashed Potatoes/Gravy Mixed Vegetables Fruit, Milk	11 HOME DELIVERY Meatloaf Mashed Potatoes/Gravy Mixed Vegetables Fruit, Milk	12 Drive-Thru Hot Meal Chicken/White Bean Chili Cornbread Yogurt & Berries Milk	13 HOME DELIVERY Hamburger Baked Beans Potato Salad Lettuce, Tomato, Onion Apple Slices, Milk	14 Drive-Thru Hot Meal BBQ Grilled Hamburger Baked Beans Potato Salad Lettuce, Tomato, Onion Apple Slices, Milk
17 Drive-Thru Hot Meal Chicken Fiesta Spanish Rice Broccoli Fruit, Milk	18 HOME DELIVERY & Drive-Thru Swiss Steak Mashed Potatoes Scandinavian Vegetables Fruit, Milk	19 Drive-Thru Hot Meal Birthday Meal! Lemon Pepper Cod Brown Rice Pilaf Pea & Cheese Salad Bread w/ Margarine Fruit, Milk	20 HOME DELIVERY & Drive-Thru Birthday Meal! Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Roll w/ Margarine Ice Cream**, Milk	21 Drive-Thru Hot Meal Herbed Chicken Brown Rice Mushroom Gravy Carrots Fruit, Milk
24 Drive-Thru Hot Meal Cranberry Chicken Peas & Onions Bread w/ Margarine Fruit, Milk	25 HOME DELIVERY & Drive-Thru Swedish Meatballs Egg Noodles Broccoli Fruit, Milk	26 Drive-Thru Hot Meal Sweet & Sour Pork Asian Vegetables Fluffy Rice Fruit, Milk	27 HOME DELIVERY & Drive-Thru Chef Salad Ranch Dressing Bread w/ Margarine Fruit, Milk Oatmeal Raisin Cookie	28 Drive-Thru Hot Meal Cheese & Beef Pasta Green Beans Bread w/ Margarine Fruit, Milk
31 Closed for Memorial Day	**On May 20th, our Birthday Day, we serve ice cream with all meals in celebration of our May Birthdays.	<p style="text-align: center;">You are asked to self-monitor what you consume.</p> <p style="text-align: center;"><i>We are unable to provide specialized or allergy diets. With adequate notice, a substitute frozen meal may be provided upon request.</i></p> <p style="text-align: center;"><i>Meals on Wheels will not be held responsible for food safety or quality of items after meals leave our oversight. Leftovers should be refrigerated immediately and eaten within 2 days. Thank you!</i></p>		

Take-Out Frozen Meals Are Available:

Monday through Friday: 8 am to 4:30 pm, Meals on Wheels Admin Office, 1824 Fowler St. in south Richland.

Tuesdays Only: 10 am to noon, Kennewick Community Center, Richland Community Center, Benton City Desert Rose Complex, Pasco 1st Avenue Center, Pasco Parkside (Rosewood Park) Site, Prosser Community Center

***No Tuesdays in Connell. Thursday-Only Service: 10 am to noon**, Connell Community Center