



Mid-Columbia Meals on Wheels

July 2021

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. Find us on Facebook

## Kristi's Update

Here's a taste of what's happening at Meals on Wheels:

- On July 14th, Meals on Wheels will host a free COVID vaccination clinic at our Fowler Street campus. Benton Franklin Health District will be here with all 3 of the approved vaccines. The event is open to the public, and we'll have cold water and cookies for folks while they wait. Vaccination clinic details are below.
- Effective 7/6, folks who pick up meals from our senior dining centers will now be able to pick up a hot meal on Tuesdays &/or Thursdays. Our Café drive-thru will remain open Mon-Friday. Details are listed below.
- We are searching far and wide for volunteers to fill shifts at all locations! We have a huge need for friendly new faces to join our current team in order to return to Monday through Friday meal service. Please encourage friends, family, neighbors, & strangers to join our team of wonderful volunteers!
- We are working closely with multiple agencies to ensure that our incremental, long-term reopening plans are prudent and safe for our clients, volunteers, and staff. We know it may feel like things are moving very slowly, but safety of our at-risk population is always at the core of the decisions we make.
- Finally, please stay safe in the heat! Stay well-hydrated and remain inside air-conditioned areas as much as possible, especially during the heat of the day.



Kristi Thien,  
Nutrition Services Director

## 2021 Senior Farmer's Market: It's Not Too Late

Tri-Cities' Farmers Markets are filled with wonderful, fresh, nutritious, locally-grown produce! Now is the prime time to get out to the markets to access all kinds of seasonal fruits and veggies. Our Farmers Market Voucher Program is here to help.

If you or someone you know are a senior age 60+ residing in Benton or Franklin Counties who meets the income eligibility requirements, our office can provide \$40 in vouchers to spend at the markets! Each senior member of the household is eligible to receive the \$40.

Application forms are available on a table in front of our office, located at 1824 Fowler Street in south Richland. We're also happy to mail applications on request. Our phone number is 509-735-1911.

Income requirements for the program are:

- At or below \$23,828 annual (\$1,968/month) for 1 person
- At or below \$32,227 annual (\$2,686/month) for 2 people

Applications are processed on a first-come, first-served basis, so it's important to fully complete and return the application as soon as possible.



Enjoy your summer produce!



Effective 7/6/2021:

## Hot Meals Available Tuesdays & Thursdays At Senior/Community Centers

**Tuesdays & Thursdays, 11 am to noon**

- Pasco 1st Ave Center, 505 N 1st Ave
- Benton City Desert Rose, 510 14th St
- Kennewick Community Center, 500 S Auburn
- Prosser Community Center, 1231 Dudley St
- Richland Community Center, 500 Amon Park Dr

**Tuesdays Only, 11 am to noon**

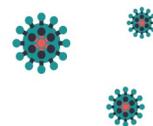
- Pasco Ray Pflueger Center, 253 Margaret St

**Thursdays Only, 11 am to noon**

- Connell Community Center, 211 E Elm St

\*\*Reservations for hot meals at these locations are required at least 24 hours in advance and can be made in person with a Site Manager OR call our office at 735-1911.

FREE! FAST! CONVENIENT!



## COVID Mobile Vaccine Clinic

Pfizer, Moderna,  
and Johnson &  
Johnson available



**Wednesday, 7/14: 9am-1pm**

**Meals on Wheels**

**1824 Fowler St, Richland, WA 99352**



- IMMIGRATION STATUS NOT IMPORTANT
- NO APPOINTMENT REQUIRED



Open to everyone!



# Volunteers Needed!

Although we don't have any firm dates for re-opening, in anticipation of future return to daily meal service, we are looking for caring, kind people to join our volunteer team. Volunteer vacancies include: meal packagers in our Central Kitchen, servers and kitchen staff at the senior dining centers, and drivers to make friendly visits to clients while delivering a nutritious meal. All our volunteer positions provide wonderful opportunities to serve our community.

*My life is enriched by the fun interactions I have with the other volunteers and staff and the wonderful, meaningful, connections I've made with clients.*

~Meals on Wheels Volunteer

If you or someone you know would like to join our team of volunteers & brighten the lives of local seniors, as well as your own, please contact:

Natalie Huggins, Volunteer & Site Staff Manager  
 509-735-1911 or [nhuggins@seniorliferesources.org](mailto:nhuggins@seniorliferesources.org)  
 Website: [www.seniorliferesources.org](http://www.seniorliferesources.org).

## Building a Menu

At Mid-Columbia Meals on Wheels, we strive to provide great tasting and nutritious meals to appeal to a wide range of preferences & tastes. Creating each month's menu can be very challenging as we must address many considerations:

- Every meal included in our menu must be approved by our Registered Dietitian to ensure that each one meets 1/3 of the RDA (Recommended Dietary Allowance) for nutrients and calories.
- Packaging considerations play a role in our meal selection, as we must consider how many items each driver will have to handle and how many bags the food will require.
- Some menu items require that they be prepared a day in advance, which limits which items can be offered on Mondays, since we're closed over the weekend.
- The 3rd Thursday of every month is our Birthday Day, when we serve a special roast beef meal to celebrate folks in honor of their birthday month.
- In order to streamline meal production, reduce waste, & improve inventory control, 3 of the meals we serve each week are made in larger quantities to create frozen meals for future weekend meals.
- Balance always helps shape our menus, as we try to provide as much variety as possible in the proteins, starches, & veggies we serve, as well as serving meals from a variety of different cultures.

I hope this information provides some insight into the efforts we take in creating our menus. Our clients are our top consideration when building the menu, and we hope that our efforts are well received.

As always, we highly value feedback regarding our meal service. If you have any comments or questions, please contact me at: [bkinner@seniorliferesources.org](mailto:bkinner@seniorliferesources.org) or 509-735-1911.

**Brian Kinner**  
**Food Services Manager**

## Battelle Summer Celebration of World Cuisine

Last month's Arroz con Pollo was a big hit! We are proud to present July's featured meal:

Jamaican Jerk Chicken

Rice & Beans

Green Peas

Fruit, Milk

Homemade Coconut Macaroons

**Thursday**

**July 22**

Many thanks to Battelle for their sponsorship of these meals! We appreciate and embrace their commitment to diversity!

## Featured Meal

### Thank You to New Volunteers!

Welcome and many thanks to the newest members of our Meals on Wheels Volunteer Team!

**Central Kitchen:** Adella Hammerstrom, Christine Moreland, Josie Corbin, Mike Aldrich

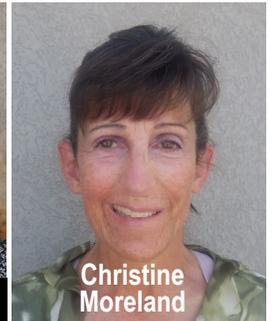
**Drivers:** Charles Krause, Jeff Mickelsen

**Drive-Thru Attendant:** Keith Deaton—returning after 8 years!

**Phone Buddy:** Jennifer Pulsipher



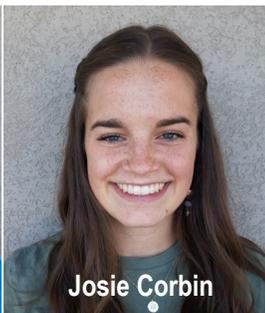
Jennifer Pulsipher



Christine Moreland



Mike Aldrich



Josie Corbin



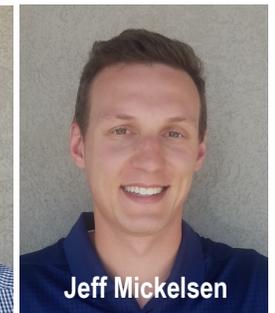
Keith Deaton



Adella Hammerstrom



Charles Krause



Jeff Mickelsen

## Staff News

### Farewell to Jill Berg!



Jill Berg first served as our Registered Dietitian for 8 years before taking a 2-year hiatus from our agency. By our request, she returned to serve our Meals on Wheels' seniors the past 3 years, but she has decided to focus on her primary job working with patients at DaVita Dialysis in Richland. We are sad to see her move on, but we are grateful for her time and efforts. She has been instrumental in developing low-sodium options. We wish Jill all the best and hope she'll have more time to enjoy her wonderful family.

### Welcome to Samantha Mason!



Samantha Mason is a Registered Dietitian with over 14 years of experience. She graduated from Washington State University (Go Cougs!) and completed her graduate degree through the University of Alabama. She has experience working with clients of all ages, from premature infants to older adults, and continues to work at Kadlec with their tele-dietetics program. Samantha and her husband enjoy traveling and spending time outdoors with their children.

## Subaru Share the Love Event

The 2020/21 Subaru Share the Love Event was an amazing success for our agency. Thanks to the efforts of the McCurley Integrity Subaru sales team, Mid-Columbia Meals on Wheels received \$32,508 from this program! From mid-November through January 3rd, anyone purchasing a new Subaru had the opportunity to donate \$250 to a charity of their choice. McCurley Integrity Subaru has designated our agency as their Hometown Charity to ensure that donations benefit local seniors.

In addition to that incredibly generous donation, we also received \$6,600 from Meals on Wheels America as our share of the national Share the Love Campaign for participating in and promoting the event. This total donation of over \$39,000 will provide over 5,100 meals for local seniors! Thank You!



## Many Thanks To McCurley Integrity Subaru, Subaru of America, & Meals on Wheels America



The Meals on Wheels office will be closed on Monday, July 5th, to provide time for our staff to enjoy time with family. We will reopen for normal operations on Tuesday, July 6th. Wishing everyone a wonderful & safe 4th of July!

### Staff Spotlight: Donna McClure

Donna is the site manager at our Central Kitchen. She is our longest-serving staff member and has been with us since 1997! Donna oversees the ordering, preparation, and cooking of all Meals on Wheels meals that are made for our 600+ home delivery and take-out/congregate clients. She is an expert on everything cooking and kitchen related. We are beyond grateful to have her on our team!

**How long have you worked for MOW?** 24 years

**What do you like best about your job?** Helping seniors, and my work family!

**What was your first job?** Cooking at Mrs. Lee's

**What are some things you enjoy doing in your free time?** Riding my bike, walking, camping. I just started kayaking, and I love it!

**What is something that's on your bucket list?** I want to get Connie (also a Meals on Wheels cook) to go kayaking with me

**If you could only eat ONE meal for the rest of your life, what would it be?** Tacos with veggies

**Do you have a LEAST favorite food?** Shrimp

**What is something that many people don't know about you?** I went to Columbia High School, now Richland High School.

**If you could have any superpower, what would you choose and why?** My grandson, Connor, tells me Strength, because that way I can stay strong.



Donna wearing her "freezer ears," the earmuffs she wears to work in the walk-in freezer.

# EXTREME HEAT WHAT CAN YOU DO?



## STAY COOL

- Find an air-conditioned shelter
- Avoid direct sunlight
- Wear lightweight, light-colored clothing
- Take cool showers or baths
- Do not rely on a fan as your primary cooling device



## STAY HYDRATED

- Drink more water than usual
- Don't wait until you're thirsty to drink more fluids
- Avoid alcohol or liquids containing high amounts of sugar
- Remind others to drink enough water



## STAY INFORMED

- Check local news for extreme heat alerts and safety tips
- Learn the symptoms of heat illness





# HOW TO MANAGE BLOOD SUGAR

## 1 UNDERSTAND BLOOD GLUCOSE

The first step to managing your blood sugar is to understand what makes blood sugar levels rise. [heart.org/Diabetes](http://heart.org/Diabetes)

**GLUCOSE** The carbohydrates and sugars in what you eat and drink turns into glucose (sugar) in the stomach and digestive system. Glucose can then enter the bloodstream.

**INSULIN** Insulin is a hormone made in the pancreas that helps the body's cells take up glucose from blood and lower blood sugar levels.

*In type 2 diabetes glucose builds up in the blood instead of going into cells because:*

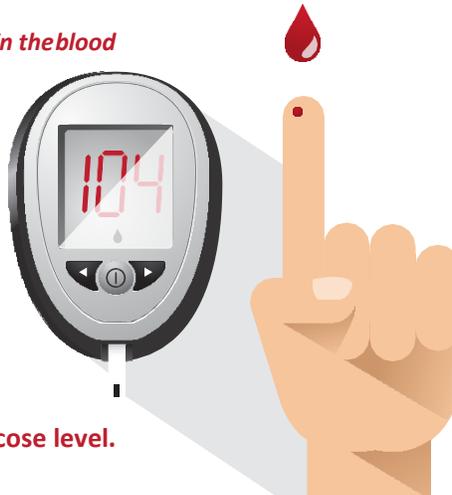
The body develops "insulin resistance" and can't use the insulin it makes efficiently.



The pancreas gradually loses its ability to produce insulin.



The result can be a high blood glucose level.



## 2 TRACK LEVELS

Health care providers can take blood glucose readings and provide recommendations. If you're diagnosed with type 2 diabetes, you will need to monitor your blood sugar level regularly. Know Diabetes by Heart can help you manage type 2 diabetes.

[KnowDiabetesbyHeart.org](http://KnowDiabetesbyHeart.org)

Fasting Blood Glucose	Diagnosis	What It Means
Lower than 100mg/dl	Normal	Healthy range
100 to 125 mg/dl	Prediabetes (Impaired Fasting Glucose)	At increased risk of developing diabetes
126mg/dl or higher	Diabetes Mellitus (type 2 diabetes)	At increased risk of heart disease or stroke

LEARN MORE AT [HEART.ORG/MYLIFECHECK](http://HEART.ORG/MYLIFECHECK) AND [HEART.ORG/DIABETES](http://HEART.ORG/DIABETES)

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## 3 TIPS FOR SUCCESS



### EAT SMART

Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, lean proteins and fish. Limit sweetened drinks, added sugars, fatty foods, processed meats and sodium. [heart.org/EatSmart](http://heart.org/EatSmart)



### MOVE MORE

Being physically active can lower your risk of developing diabetes and help you manage the disease if you already have it. [heart.org/MoveMore](http://heart.org/MoveMore)



### MANAGE WEIGHT

Stay at a healthy weight to help prevent, delay or manage diabetes. [heart.org/Weight](http://heart.org/Weight)



### DON'T SMOKE

Smoking, vaping or using tobacco can increase your risk of heart disease, stroke, many cancers and other chronic diseases. It may also make prediabetes and diabetes harder to manage. [heart.org/Tobacco](http://heart.org/Tobacco)

# Mid-Columbia Meals on Wheels

A program of Senior Life Resources NW

www.seniorliferesources.org or 509-735-1911

\*\*On special menu days, we add a dessert to the meal for all clients unless they request no dessert.

## July 2021 Hot Meal Menu

Drive-Thru Hot Meals served 11 am to noon,

**Monday—Friday:** Meals on Wheels Café

**Tuesdays & Thursdays:** Kennewick, Richland, Pasco, Prosser, Benton City

**\*Tuesdays Only:** Pasco Ray Pfleuger Center

**\*Thursdays Only:** Connell

Mon	Tue	Wed	Thu	Fri
<p><b>You are asked to self-monitor what you consume.</b></p> <p>We are unable to provide specialized or allergy diets. With adequate notice, a substitute frozen meal may be provided upon request.</p> <p>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!</p>			<p><b>1 HOME DELIVERY &amp; Drive-Thru</b> Macaroni &amp; Cheese Sausage Patty Broccoli Tossed Salad &amp; Dressing Fruit, Milk</p>	<p><b>2 Drive-Thru Hot Meal</b> Herbed Chicken w/ Mushroom Gravy Herbed Rice Green Beans Fruit, Milk</p>
<p><b>5 Closed for Independence Day</b></p> 	<p><b>6 HOME DELIVERY &amp; Drive-Thru at all sites*</b> Harvest Apple Pork Chop Mashed Sweet Potatoes Broccoli Normandy Fruit, Milk</p>	<p><b>7 Drive-Thru Hot Meal</b> Tuna Pasta Salad Three Bean Salad Crackers Fruit, Milk</p>	<p><b>8 HOME DELIVERY &amp; Drive-Thru at all sites*</b> Hamburger Baked Beans Potato Salad Lettuce, Tomato, Onion Fruit, Milk</p>	<p><b>9 Drive-Thru Hot Meal</b> Breaded Chicken Sandwich Corn Chowder Carrot Raisin Salad Lettuce &amp; Tomato Fruit, Milk</p>
<p><b>12 Drive-Thru Hot Meal</b> Meatloaf Mashed Potatoes w/ Gravy Tossed Salad w/ Dressing Fruit, Milk</p>	<p><b>13 HOME DELIVERY &amp; Drive-Thru at all sites*</b> Sweet &amp; Sour Pork Fluffy Rice Oriental Vegetables Fruit, Milk</p>	<p><b>14 Drive-Thru Hot Meal</b> Chicken Parm Casserole Spaghetti Noodles Cauliflower &amp; Red Pepper Fruit, Milk</p>	<p><b>15 HOME DELIVERY &amp; Drive-Thru at all sites* Birthday Meal!</b> Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables, Roll, Fruit, Milk, Ice Cream**</p>	<p><b>16 Drive-Thru Hot Meal</b> Chicken Salad Sandwich Lettuce &amp; Tomato Broccoli Salad Fruit, Milk</p>
<p><b>19 Drive-Thru Hot Meal</b> Lemon Pepper Cod Rice Pilaf Tossed Salad w/ Dressing Fruit, Milk</p>	<p><b>20 HOME DELIVERY &amp; Drive-Thru at all sites*</b> Swiss Steak Mashed Potatoes Scandinavian Vegetables Fruit, Milk</p>	<p><b>21 Drive-Thru Hot Meal</b> Turkey Tetrazzini Glazed Carrots Tossed Salad w/ Dressing Fruit, Milk</p>	<p><b>22 HOME DELIVERY &amp; Drive-Thru at all sites*</b> Jamaican Jerk Chicken Rice &amp; Beans Green Peas Fruit, Milk Coconut Macaroons**</p>	<p><b>23 Drive-Thru Hot Meal</b> Spaghetti &amp; Meat Sauce Green Beans Tossed Salad w/ Dressing Breadstick Fruit, Milk</p>
<p><b>26 Drive-Thru Hot Meal</b> Dijon Chicken Mashed Sweet Potatoes Peas &amp; Onions Fruit, Milk</p>	<p><b>27 HOME DELIVERY &amp; Drive-Thru at all sites*</b> Cheese &amp; Beef Pasta Green Beans Fruit, Milk</p>	<p><b>28 Drive-Thru Hot Meal</b> Three Bean Chili Mixed Vegetables Tossed Salad w/ Dressing Cornbread Fruit, Milk</p>	<p><b>29 HOME DELIVERY &amp; Drive-Thru at all sites*</b> Roast Turkey Mashed Potatoes w/ Gravy Peas &amp; Carrots Fruit, Milk</p>	<p><b>30 Drive-Thru Hot Meal</b> Swedish Meatballs Egg Noodles Broccoli Tossed Salad w/ Dressing Fruit, Milk</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

**Thursday-Only Service: 10 am to noon,** Connell Community Center