



# 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

People have been commenting on our new bright pink Meals on Wheels shirts that say "We are Family." We ordered the shirts in support of a staff member who has been diagnosed with cancer, but the sentiment of support applies to all our staff, each of whom carry their own burdens.

Like everyone else, our lives continue outside our work time, and our staff has experienced our share of both joys and difficulties. In the past year and a half, COVID-19 has not been our only challenge. Several of our staff have experienced cancer & other serious diagnoses. We've lost family members and watched family members struggle with illness, accidents, & injuries. We've lost pets, worried about children, struggled with broken appliances, and all the other usual problems of life.

Through our difficulties, we've relied on the support of our family, neighbors, and friends, as well as our tight-knit Meals on Wheels family. Offering support to one another through the rough times and rejoicing together in the good times definitely feels like the role of family.

We hope that the compassion and regard we have for each other, our volunteers, and our clients shows in the work we do.

*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!



Hot Meals Available Tuesdays & Thursdays At Senior/Community Centers

*Please see hot meal menu on back page.*

**Monday through Friday, 11 am to noon**

Meals on Wheels Café, 1834 Fowler in south Richland

**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 Pfleuger Center, 253 Margaret St

**Thursdays Only, 11 am to noon**

Connell Community Center, 211 E Elm

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.

# THANK YOU!

Thank you to Yoke's Fresh Markets for their support of our program and local seniors! During the month of July, all four Tri-Cities Yoke's Fresh Market locations promoted our program through a change round-up. Customers could choose to round up their purchase to the nearest dollar (or more), with the proceeds going toward our program to support meals for local seniors. We are so grateful for this generous support!



Thanks to a donation of fans from

KAPP-KVEW News, along with other generous donations, Meals on Wheels has been able to provide 15 fans to our seniors who have difficulty keeping their homes cool. We worry about our seniors during the intense heat, and the fans were a great support for these local seniors who are living without air conditioning.



A United Way



Participating Agency

# Volunteer Spotlight

Natalie Huggins, Site Staff & Volunteer Manager

## Volunteering—You Get What You Give—IN ABUNDANCE

Volunteers are the heart and soul of Meals on Wheels. It would be impossible for Mid-Columbia Meals on Wheels' 25 paid staff members, many of whom are part-time, to prepare, package, and deliver seven meals a week to nearly 800 clients living all way from Connell to Prosser and everywhere in between. Volunteers are the HUGE reason why we are able to realize our mission,

*To preserve and enhance the quality of life for senior at home, with dignity and care.*

Reports from our volunteer meal packagers, delivery drivers, and phone buddies validate what research has shown. Through volunteering, these volunteers enhance the quality of their own lives. Volunteers share stories about how volunteering connects them to others in meaningful ways and brightens their day by giving them a purpose beyond themselves.

Next time you see Meals on Wheels volunteers, please thank them for their service. If you would like to learn more about volunteer opportunities with Meals on Wheels, please contact Site Staff & Volunteer Manager, Natalie Huggins, at

[nhuggins@seniorliferesources.org](mailto:nhuggins@seniorliferesources.org) or (509) 735-1911.

# Welcome & Thank You to New Volunteers!

In anticipation of increasing levels of service, we've been asking for kind, caring people to join our volunteer team. We're delighted to introduce the most recent individuals who answered "YES" and are the newest Meals on Wheels volunteers.

**Central Kitchen:** Gerry Anderson, Hayden Crowley, Teresa Nightengale

**Drivers:**

Benton City: Charlotte Cantwell

Café: Paul Cavanah

Richland: Ghassan Alkharraz, Michael Mackey, & Jeremiah Curran

Substitute Drivers waiting for their own route: Diane Bonin, Valerie Sweatt, Ameera Fayd & Seif Fayad—mother & son delivery team.

**Transport Drivers:** Bryan Thomas, Herb McGilton, Jim Meckem

**Phone Buddies:** Fiona Kirkham & Melinda McLenegan



Ghassan Alkharraz



Gerry Anderson



Diane Bonin



Charlotte Cantwell



Paul Cavanah



Hayden Crowley



Jeremiah Curran



Ameera Fayad



Seif Fayad



Fiona Kirkham



Michael Mackey



Herb McGilton



Megan McLenegan



James Meckem



Teresa Nightengale



Valerie Sweatt



Bryan Thomas





### Welcome to New Staff!

Please welcome Charlie Keone to the Meals on Wheels team! Charlie is our new Food Services Assistant, and she will be learning how to fill many positions within our organization. Charlie's position requires that she be highly adaptable, with many skills and areas of knowledge, and we feel very confident in her abilities.

Charlie says she feels that serving the community is very important, and she is excited to be part of Meals on Wheels.

Charlie previously worked for the Richland School District as a para-educator. During her free time, Charlie enjoys spending time with family, doing puzzles, and cooking.

We are excited to have Charlie on our team! If you get the opportunity to meet her, please give her a friendly welcome!

# Thank You to Meals on Wheels America

**Mid-Columbia Meals on Wheels is pleased to announce the receipt of two grants from Meals on Wheels America!**

~ We have received \$24,000 to help cover the re-opening costs associated with reopening our senior dining centers when it is safe to do so. Funding will provide sneeze shields, room dividers, sanitizing stations, and other measures to help keep our seniors safe when our dining centers open. This grant allows us to look ahead to the time when we can once again eat together!

~ We have also received \$4,500 from Meals on Wheels America to help us continue our Healthy Pets program, which provides pet supplies as well as financial assistance for grooming and veterinary care for some of our low-income, homebound Meals on Wheels clients.

Meals on Wheels America is the leadership organization supporting more than 5,000 community-based programs across the country that are dedicated to addressing senior isolation and hunger. This network serves virtually every community in America and, along with more than two million staff and volunteers, delivers the nutritious meals, friendly visits and safety checks that enable America's seniors to live nourished lives with independence and dignity.

## Staff Spotlight: Gloria McConnell



Gloria is our Meals on Wheels Substitute Site Manager. She is familiar with the ins and outs of all eight of our senior dining sites and can step in to run each site when needed. Her flexibility is always appreciated, and has been invaluable this past month as she has been filling in as Site Manager of our Richland Site. We are so grateful to have Gloria on our Meals on Wheels team!

**How long have you worked for Meals on Wheels?** About eight or nine years. My first job with Meals on Wheels was as a volunteer, delivering meals in Kennewick. I was then asked if I would take a Benton City route. I then applied for the Substitute Site Manager when it opened up, meaning that I would no longer be able to volunteer to deliver, but that I would work in the kitchens of all the sites when needed.

**What do you like best about your job?** More than anything, I like the people I come in contact with, both co-workers and clients.

**Where did you grow up?** I am a fifth generation Californian, born in Lincoln Heights, Los Angeles. My mom and dad purchased a house in Gardena, California, where my mom lived the rest of her life. I was the oldest of six, and we always knew we could go home. We would find our mom cooking our favorite foods and waiting to listen.

**What do you enjoy doing in your free time?** Free time??? What is that? Just kidding. Actually, I try to fill my days with things such as my family, sewing, volunteering, and traveling.

**When you were young, what did you want to be when you grew up?** A teacher, but other things entered my life and it soon changed to a secretary where I trained others along the way.

**What is your favorite book or movie?** The Mirror is my favorite book. It's about a young girl about to get married who is given an antique mirror. When she touches it, she travels in time to when her grandmother was a young girl about to get married. The story follows both girls, one in the 1970's and one in the 1870's.

**If you had to describe yourself as an animal, which would it be?** I think I would rather be a bird than a mammal. Maybe I'd like to be an owl, functional but not hunted.

**What is something that many people don't know about you?** My great-great-great-grandfather was one of the Murrieta brothers. The character Zorro is loosely based on one of the brothers, Joaquin Murrieta (El Famoso). But then that's another story for another time.

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.



## BEWARE PHONE SCAMMERS!



Too often we hear from our seniors that they've received phone calls that are fraudulent attempts to take advantage of our seniors. We hope the following information from the FBI website will help prevent our local seniors from falling victim to unscrupulous criminals.

### Elder Fraud

Each year, millions of elderly Americans fall victim to some type of financial fraud or confidence scheme, including romance, lottery, and sweepstakes scams, to name a few. Seniors are often targeted because they tend to be trusting and polite. They also usually have financial savings, own a home, and have good credit—all of which make them attractive to scammers. With the elderly population growing and seniors racking up more than \$3 billion in losses annually, elder fraud is likely to be a growing problem.

### Common Elder Fraud Schemes

- **Romance scam:** Criminals pose as interested romantic partners on social media or dating websites to capitalize on their elderly victims' desire to find companions.
- **Tech support scam:** Criminals pose as technology support representatives and offer to fix non-existent computer issues. The scammers gain remote access to victims' devices and sensitive information.
- **Grandparent scam:** Criminals pose as a relative—usually a child or grandchild—claiming to be in immediate financial need.
- **Government impersonation scam:** Criminals pose as government employees and threaten to arrest or prosecute victims unless they agree to provide funds or other payments.
- **Sweepstakes/charity/lottery scam:** Criminals claim to work for legitimate charitable organizations to gain victims' trust. Or they claim their targets have won a foreign lottery or sweepstake, which they can collect for a "fee."
- **Home repair scam:** Criminals appear in person and charge homeowners in advance for home improvement services that they never provide.
- **TV/radio scam:** Criminals target potential victims using illegitimate advertisements about legitimate services, such as reverse mortgages or credit repair.

### Protect Yourself

- Recognize scam attempts and end all communication with the perpetrator.
- Search online for the contact information (name, email, phone number, addresses) and the proposed offer. Other people have likely posted information online about individuals and businesses trying to run scams.
- Resist the pressure to act quickly. Scammers create a sense of urgency to produce fear and lure victims into immediate action. Call the police immediately if you feel there is a danger to yourself or a loved one.
- Be cautious of unsolicited phone calls, mailings, and door-to-door services offers.
- Never give or send any personally identifiable information, money, jewelry, gift cards, checks, or wire information to unverified people or businesses.
- Make sure all computer anti-virus and security software and malware protections are up to date. Use reputable anti-virus software and firewalls.
- Disconnect from the internet and shut down your device if you see a pop-up message or locked screen. Pop-ups are regularly used by perpetrators to spread malicious software. Enable pop-up blockers to avoid accidentally clicking on a pop-up.
- Be careful what you download. Never open an email attachment from someone you don't know, and be wary of email attachments forwarded to you.
- Take precautions to protect your identity if a criminal gains access to your device or account. Immediately contact your financial institutions to place protections on your accounts, and monitor your accounts and personal information for suspicious activity.

### Report It

If you believe you or someone you know may have been a victim of elder fraud, contact the local FBI Field Office at 206-622-0460 or submit a tip online at [www.fbi.gov](http://www.fbi.gov). You can also file a complaint with the FBI's Internet Crime Complaint Center at [www.ic3.gov](http://www.ic3.gov). And of course, you can always report to our local police.

**From Our Food Services Manager:  
Cooking at Home: Divide and Conquer Part 3**



We are continuing our Cooking at Home topic this month, with a look at ground beef. With the price of beef so high, now is a great time to take advantage of buying in larger quantities to enjoy the savings over buying one pound at a time.

Beef is a great protein, and it is utilized in a vast array of meals with many different

flavor profiles and origins. Ground beef appears in many different cuisines, from Italian & Chinese to Mexican & German! Ground beef also stores very well in the freezer, allowing you to use the meat in a variety of ways at your convenience and preference.

Tips to help you use a larger package of ground beef:

1. Cook your beef. Plan to cook the entire package of ground beef at one time, within 2 days of purchase to ensure a safe product. If you do not have a pan large enough to accommodate the whole amount at one time, you can cook the beef in smaller batches. Ground beef should be cooked to a temperature of at least 160°.
2. After cooking the beef, drain the grease from it and allow the grease to cool. Please remember to not drain your grease into your sink, but instead pour it into an old soup can or other disposable heat-resistant receptacle. Once the grease cools and solidifies, place it in your garbage.
3. After draining the grease, separate the beef into smaller portions to use later at your convenience. I use 1-pound bags at home, but smaller portions are appropriate for smaller households.
4. Refrigerate as much ground beef as you plan to use in the next few days. Freeze the remaining portions for future use.
5. Now that you know how many portions you have, it is time to plan your menu to make sure you have all ingredients on hand. I recommend that you alternate beef meals with other proteins such as chicken or fish to provide a good variety of flavors.
6. When you are ready to use some of the frozen ground beef, please thaw it safely. Either place the frozen meat in the refrigerator one day ahead, or use the thaw setting on your microwave.
7. Great meals featuring ground beef include:

Spaghetti	Tacos
Stuffed Peppers	Chili
Sloppy Joes	Enchiladas

I hope these tips will help you with your cooking at home. Never be afraid to try something new to explore! Trying out new flavor combinations with spices and ingredients are how the best recipes are developed.

If you have any questions or comments, please reach me at: 509-735-1911 or [bkinner@seniorliferesources.org](mailto:bkinner@seniorliferesources.org)

**Brian Kinner, Food Services Manager**

**Dietitian's Corner**

*By Samantha Mason, Registered Dietitian*

**Hydration**

Adequate hydration is important for nearly every bodily function, from regulating body temperature to pumping blood to the muscles, to aiding in digestion. As you age, the sense of thirst diminishes. This puts older adults at increased risk for dehydration, which is a common cause of hospitalization.

The early signs of dehydration include dry mouth, fatigue, dizziness, and muscle cramps. It is easy for these symptoms to go unrecognized or to be easily attributed to other medical conditions.

Water is best for hydration, but for some variety consider these additions to brighten the taste. To get the best flavor from fresh herbs, gently crush them right before adding them to the water. Once additions are added, be sure to refrigerate your water for 30 minutes or even overnight to get the desired taste.

- Strawberries, lime, and rosemary
- Peach and basil
- Cucumber slices
- Cucumber slices and mint
- Lemon or oranges slices (or both!)
- Mixed berries
- Apples and cinnamon

Milk and 100% fruit juice (consider diluting juice with water to reduce the sugar), are good choices too because they provide nutrients in addition to fluid. Also, foods high in water (such as cucumbers, celery, watermelon, iceberg lettuce) can help you meet your fluid needs. Be sure to talk to your doctor if you have any specific questions about how much fluid you should be drinking.

*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, Samantha Mason, at 509-735-1911 or Email: [smason@seniorliferesources.org](mailto:smason@seniorliferesources.org).*

**Battelle  
Summer Celebration of World Cuisine**

We are proud to present August's featured meal:

- |                 |                |                  |
|-----------------|----------------|------------------|
| <b>Thursday</b> | Broccoli Beef  | <b>August 26</b> |
|                 | Fluffy Rice    |                  |
|                 | Egg Roll       |                  |
|                 | Cucumber Salad |                  |
|                 | Fruit, Milk    |                  |
|                 | Fortune Cookie |                  |
|                 |                |                  |

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

**Featured Meal**

# August 2021 Hot Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2 Drive-Thru Hot Meal</b> Chef Salad Ranch Dressing Dinner Roll Fruit, Milk	<b>3 HOME DELIVERY &amp; Drive-Thru</b> Roast Pork Mashed Potatoes w/ Gravy Dilled Carrots Fruit, Milk	<b>4 Drive-Thru Hot Meal</b> Cranberry Chicken Confetti Rice Peas & Onions Fruit, Milk	<b>5 HOME DELIVERY &amp; Drive-Thru</b> Shepherd Pie Mixed Vegetables Tossed Salad Fruit, Milk	<b>6 Drive-Thru Hot Meal</b> BBQ Chicken Broccoli Potato Salad Cornbread Fruit, Milk
<b>9 Drive-Thru Hot Meal</b> Chicken Pot Pie Green Beans Spinach Salad with Dressing Fruit, Milk	<b>10 HOME DELIVERY &amp; Drive-Thru</b> Beef Stroganoff Garlic Noodles Green Peas Fruit, Milk	<b>11 Drive-Thru Hot Meal</b> Scrambled Eggs with Peppers Sausage Patty Chuck Wagon Potatoes Fruit, Milk	<b>12 HOME DELIVERY &amp; Drive-Thru</b> Beef Lasagna Mixed Vegetables Breadstick Fruit, Milk	<b>13 Drive-Thru Hot Meal</b> Teriyaki Chicken Fluffy Rice Asian Vegetables Fruit, Milk
<b>16 Drive-Thru Hot Meal</b> Breaded Chicken Sandwich Corn Chowder Pea & Cheese Salad Fruit, Milk	<b>17 HOME DELIVERY &amp; Drive-Thru</b> Tuna Noodle Casserole Lyonnise Carrots Fruit, Milk	<b>18 Drive-Thru Hot Meal</b> Chicken Fiesta Spanish Rice Tossed Salad Fruit, Milk	<b>19 HOME DELIVERY &amp; Drive-Thru Birthday Meal!</b> Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll, Fruit Ice Cream**, Milk	<b>20 Drive-Thru Hot Meal</b> Sloppy Joe Mixed Vegetables Apple Cabbage Slaw Fruit, Milk
<b>23 Drive-Thru Hot Meal</b> Chicken Salad Sandwich Broccoli Salad Fruit, Milk	<b>24 HOME DELIVERY &amp; Drive-Thru</b> Salisbury Steak Mashed Potatoes & Gravy Green Beans Fruit, Milk	<b>25 Drive-Thru Hot Meal</b> Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk	<b>26 HOME DELIVERY &amp; Drive-Thru</b> Beef & Broccoli Fluffy Rice Egg Roll Cucumber Salad Fruit, Milk Fortune Cookie	<b>27 Drive-Thru Hot Meal</b> Chicken Parm Casserole Garlic Bread Cauliflower & Red Peppers Fruit, Milk
<b>30 Drive-Thru Hot Meal</b> Hamburger Baked Beans Cole Slaw Fruit, Milk	<b>31 HOME DELIVERY &amp; Drive-Thru</b> Rosemary Chicken Mushroom Gravy Herbed Rice Green Beans Fruit, Milk	<p><b>You are asked to self-monitor what you consume.</b></p> <p><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><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 Meals Are Available:**

**Frozen Meals:**

**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

**Hot Meals:**

**Monday through Friday: 11 am to noon,** Meals on Wheels Café, 1834 Fowler St in south Richland

**Tuesdays & Thursdays, 11 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

**Thursdays Only, 11 am to noon:** Connell Community Center