



Mid-Columbia Meals on Wheels

September 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

As I look at our dedicated team of both staff and volunteers, I feel such gratitude! This Meals on Wheels team has worked incredibly hard to continue meal service through the pandemic without compromising the safety of our senior community.

As we see our local COVID-19 case numbers climbing alarmingly high, it's easy to understand when we hear of people feeling overwhelmed, discouraged and disheartened. But just as I feel gratitude for the work of our wonderful Meals on Wheels team, I'm also grateful for and inspired by so many amazing folks throughout our community:

- Benton Franklin Health District who provides leadership, guidance, and expertise to inform our decisions through the twists & turns of the pandemic.
- Our local health care professionals who treat patients with COVID-19 and every other ailment, potentially placing themselves in harm's way as they selflessly serve our community.
- Our first responders who look after our safety and wellbeing every day.
- Staff at the many grocery stores, drug stores, and other retail sites who continue to provide opportunities for the rest of us to retain at least a little normalcy in our lives.
- All home care workers, including our sister agency, Home Care Services, whose care providers work in the homes of clients who desperately need assistance with all kinds of personal care tasks.
- The essential workers who provide vital services like trash pickup, package/mail delivery, food delivery, and so much more.
- The volunteers at our agency and other non-profits who place service above self every day.

There really aren't words adequate to thanking all these folks, but I encourage everyone to offer thanks to the countless people who work to make our community a wonderful and caring place to live.

Kristi Thien, Nutrition Services Director



A Drive-Thru event supporting meal service for seniors in Benton & Franklin Counties.

Celebrate Seniors! Enjoy Good Food!

Sept 30—Oct 2

OktoberFeast

Although we're not able to safely offer our OktoberFeast Fun Run as a traditional live event this year, we don't want anyone want to miss out on the fun! This year's OktoberFeast features traditional German food and beverage, along with a totally wunderbar t-shirt & commemorative glass. AND everyone gets to enjoy the event at their own convenience!

Cost for OktoberFeast is only \$30 and includes:

- 1 Official OktoberFeast 2021 t-shirt
- 1 Commemorative OktoberFeast glass
- 1 Complete OktoberFeast dinner
 - German sausage with sauerkraut, German potato salad, red cabbage slaw, soft-baked pretzel braid, Black Forest cake
- 1 Ice Harbor Brewery beer or root beer
- Photo opportunities at pick-up site

OktoberFeast event packages are available for drive-thru pick-up September 30—October 2. Times & other details will be provided upon registration.

To register for OktoberFeast 2021, please visit www.seniorliferesources.org OR contact Carrie Green at 509.735.1911 or cgreen@seniorliferesources.org.

OktoberFeast registration opens September 1.

Our offices will be closed on Monday, September 6 in honor of Labor Day.



Attention Home Delivery Clients:

Please protect the volunteers who serve you!

If you receive home delivered meals, please wear a face mask during your meal deliveries to protect yourselves and our volunteers! Even vaccinated people with no symptoms can pass along the COVID-19 virus if they've been exposed. If you need a new face mask, we are happy to provide as many as you need.

Let's work together to eradicate this disease! Thank you!



Volunteer Spotlight

Natalie Huggins, Site Staff & Volunteer Manager

A Family Affair @ Mid-Columbia Meals on Wheels

For three years while living in France, Debby Curran said she thought a great deal about wanting to be part of Meals on Wheels. "I like being in my car, I like people, and who doesn't like a hot meal? I knew I wanted to volunteer with Meals on Wheels." In April, Debby started as a substitute driver and in June began delivering meals out of our Richland site. In July, Debby's son, Jeremiah, completed volunteer orientation and in August, Debbie's mom completed her orientation. Since then, both Jeremiah and Sandra have been accompanying Debby on her deliveries. Debby's mom, Sandra Keating, who hasn't been able to teach piano since the start of the pandemic, thought the program looked like fun and wanted to be able to help. Debby says, "While I enjoy volunteering on my own, it's so much fun to deliver meals with my son and my mom. I believe it's important to give back to the community. Our time together as a family is meaningful and productive—this is a 'Win-Win'!" Similar sentiments were shared by Ameera Fayad who began volunteering in June and brought her 15 year-old son, Sief, to volunteer orientation. In late August, Ameera's 5 year-old daughter, Anah, started accompanying her on deliveries. Once the

route was completed, Anah said, "I LIKE giving people food". Ameera shared, "I want my kids to join me to know they are part of something bigger than themselves. We believe in giving back to the community, and this is one important way."

The staff and clients of Meals on Wheels are so grateful to ALL our volunteers.

If you'd like to learn how you and your family members can volunteer, please contact:

Site Staff & Volunteer Manager,
Natalie Huggins, at (509) 735-1911 or
nhuggins@seniorliferesources.org



Please join us in welcoming the newest members of the Mid-Columbia Meals on Wheels Volunteer Family ❤️

Central Kitchen: Jackie Castellanos, Karla Thrall, Kris Benguiat, & Victor Mendoza

Prosser Kitchen and Delivery Driver: Rose Tyhuis

Delivery Drivers:

Café: Jim Zimmerschied

Pasco: Keri Hendrix

Richland: Sandra Keating

Subs/Waiting For a Route:

Bruce Gardner,

Helene Schwartz,

Manny Vazquez,

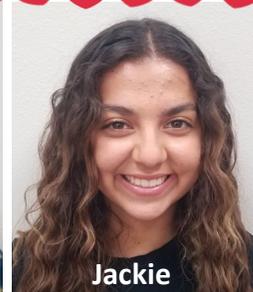
Valerie Gardner

Dining Site: Samuel Redick

Valerie



Kris



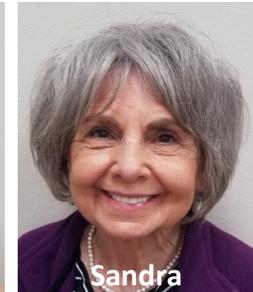
Jackie



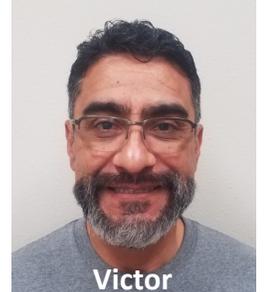
Bruce



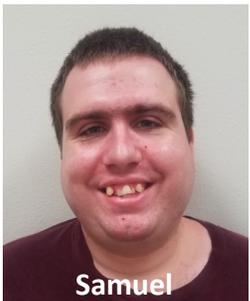
Keri



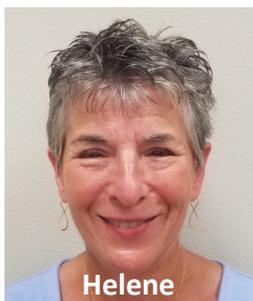
Sandra



Victor



Samuel



Helene



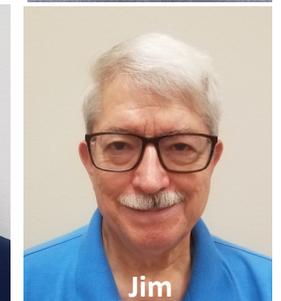
Karla



Rose



Manny



Jim

Welcome to Cory!

Please welcome Cory Stoddard to the Senior Life Resources team! Cory spent a few weeks with us in June, and we loved his energy and attitude. We were grateful when he accepted a position as our Facilities & Transport Generalist.

Cory keeps an eye on facility and vehicle maintenance and helps with a wide range of tasks for Meals on Wheels and Senior Life Resources. We can always count on Cory to help wherever needed, delivering Home Care supplies or client meals, transporting supplies between buildings, helping with meal packaging, and everything in between. Cory's work as a stay-at-home dad provides great experience for all kinds of tasks, and we are excited that he has chosen us as his re-entry into the work force .

Cory is a huge Green Bay Packers fan and hopes to be able to attend a game in the near future. He is a devoted father to three boys. He loves to play video games with them and tries his best to let them have a turn from time to time. Cory also enjoys fishing and riding ATVs.

We are grateful to have Cory on our staff and know he will make a big impact!



Familiar Face Joins Staff

Sue Hays began volunteering in our Central Kitchen last December and later added another shift to her schedule, bagging meals for delivery to our Richland clients. In July of this year, Sue joined the Meals on Wheels staff as the Richland Site Manager.

Sue brings a wealth of experience to her new position. She was the owner of the Lunch Box Deli in Kennewick from 1998 to 2004. In addition, she had satellite locations in Pasco and Richland. Sue recalls, "I loved meeting the people, and I loved cooking. Owning my own business was a great learning experience." Sue closed her business to care for her aging mother. Sue has also worked as a bakery manager for two local grocery stores.

Regarding her new role with Meals on Wheels, Sue shared, "I like what we do for people, and I like being part of an agency that cares for seniors in our community. Seniors appreciate what we do, and it's a good feeling to know we're helping them."

When not working, Sue enjoys spending time with her family. She is the mother of two daughters and has four grandchildren and 10 great grandchildren. She also enjoys tole painting and cricutting. Another favorite activity is rowing, which her husband taught her to do 20 years ago when they met.

Please give Sue a warm welcome and congratulations on her new position.



Staff Spotlight: Connie Stredwick

Say hello to Connie! Connie is one of our fabulous Meals on Wheels cooks, and she is also one of our longest serving employees—she has been cooking for Meals on Wheels since 1999! Connie brings a happy energy to the kitchen. She makes everyone feel welcome, and she has a sense of humor that keeps everyone laughing and having fun. If you have ever eaten a Meals on Wheels meal, you'll know that they are made with care, and Connie is one of the wonderful kitchen staff who puts her heart into the meals that are made for our seniors.

What do you like best about your job? What I like so much about the program is not only the fact that our seniors are getting a balanced meal, but the fact that they have the assurance that they are getting checked on, and also making friends with their phone buddies. This is by far my most fulfilling job!

What are some things you enjoy doing in your free time? I like planting flowers and doing things with my family.

Tell us about your family! I have three wonderful children. One daughter and son-in-law live in Richland, and my daughter teaches 2nd grade at Mark Twain Elementary. My son lives in Pasco and is a mechanic. My oldest daughter, son-in-law, and my 13-year-old grandson live in North Carolina where my daughter is a librarian.

What is something that's on your bucket list? I'd like to go back to Canada and visit friends there.

If you could only eat ONE meal for the rest of your life, what would it be? I could eat shrimp fettuccine forever 😁

Do you have a LEAST favorite food? I love most foods!

What is something that many people don't know about you? I played volleyball in junior high.

If you could have any superpower, what would you choose and why? If I had a superpower, I would like to see everyone healthy, happy, and getting along with all mankind!



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.

Happy Pet

COMING SOON



Halloween

Hey, all you seniors with pets! Get ready for Happy Pet Halloween, a chance for our seniors to get a little help caring for their beloved pets. Our wonderful volunteers coordinating the program, Mary & Joan Kessner, and their team of helpers will work to fill pet care wishes such as pet toys, food, collars, treats, etc. Happy Pet Halloween request forms will be delivered in September. We can't promise to fill every wish, but we'll try!



Tri-Cities' Farmers Markets still have tons of wonderful produce, and local apples, squash, peppers, tomatoes, and more are plentiful. It's not too late to apply for the Senior Farmers Market Voucher Program.

If you or someone you know are a senior age 60+ and 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

Time is quickly running out for the local markets, so we encourage you to apply today!

Enjoy the end of summer with some excellent fall fruits and vegetables!

END OF LIFE PLANNING SEMINAR



Kadlec Healthy Ages is pleased to offer a **FREE** seminar presented by a panel of experts in the fields of:

- Law, Taxes
- Asset Protection
- Financial Planning
- Funeral Planning

Wednesday, October 6, 2021

1:00PM – 3:30PM | Virtual Class



To register, please call Kadlec Healthy Ages at (509) 942-2700 or register online at <http://bit.ly/OCT6EOL>

Once you are registered, a participation link will be provided.

[90% of people say that talking with their loved ones about end-of-life care is important. 27% have actually done so.]

Source: The Conversation Project National Survey (2013)



Brought to you by Kadlec Community Health

Supported by Kadlec Foundation

Thank You for Your Support!



We are grateful to Bechtel's Waste Treatment Plant Employee Activity Association for their generous donation of nearly \$3,800. Thank you to Bechtel for their kindness and consideration toward our seniors, our agency, and our community!



Grocery Outlet Richland owners, Mike & Nikki Sims, continue to support our agency. Their in-store campaign provided \$900 in food supplies to be used in our program. Thank you to Mike and Nikki, and all their staff and customers who supported this fundraiser!



For the second year in a row, Hayden Homes' First Story program surprised Meals on Wheels with a \$5,000 check. First Story is a non-profit that gives direct donations to charities throughout the Northwest, and we appreciate being included in this wonderful program!



Thanks to Kennewick Community Development Block Grant (CDBG) Funding, Kennewick home delivery clients will be receiving extra groceries and a wellness/health bag. Thank you to City of Kennewick for their many years of generous support!



Kiwanis of Tri Cities Industry generously donated over \$500 to Meals on Wheels. Kiwanis is a diverse group of people working together to make our community & world a better place for all. They've certainly made our Meals on Wheels world better through their support!

Mid-Columbia Chapter Of Mopar Unlimited

Mid-Columbia Mopar Club has provided a wonderful \$500 donation in support of our program and our seniors. Their group is a club for anyone who has an interest in Mopar trucks and cars. We are grateful for their interest in our Meals on Wheels services for seniors!



The City of Richland CDBG funds provide annual support of our program. Additional funding this year helped us purchase a new van to replace our 1998 van. Richland seniors will also be receiving extra groceries thanks to the support of City of Richland!



The Yoke's Fresh Market change roundup at all four local Yoke's stores was a great success for our agency! Yoke's donated over \$900 to our program through their July campaign. Many thanks for the great support from Yoke's and their staff!



Senior Life Resources Building Update

The final building on our Fowler Street campus is almost complete! The building is another administrative building nearly identical to our current building, and it will provide much needed office space and storage. Our Meals on Wheels administrative team will remain in our current location, but part of our larger Senior Life Resources team will move to the new building.

Senior Life Resources is our parent non-profit agency which oversees Meals on Wheels, Home Care Services, and Administrative Services. Home Care Services is rapidly growing to meet the needs of our community, and we are all supported by wonderful Human Resources and Finance folks who comprise our Admin Services team.



Sept 30, 11—noon
1834 Fowler

It's hard to beat a burger fresh off the grill! On September 30th, our cooks will be outside grilling burgers for our Café Drive-Thru clients. If you're a mobile senior age 60+, we invite you to join us for a burger with all the fixings, baked beans, & cabbage slaw.

Battelle Summer Celebration of World Cuisine

Brazilian Beef & Black Bean Stew
Rice
Fresh Orange, Milk
Chocolate Cake

Thursday, September 23

Featured Meal

HERE'S WHAT TO DO IF YOU THINK YOU MIGHT HAVE COVID-19 OR KNOW YOU'VE BEEN EXPOSED

Stay home.

If you're not feeling well, stay home, even if you have mild symptoms. If you were in contact with someone who's sick, stay home while you watch for symptoms.



WHILE YOU STAY HOME

- Try to stay away from other family members and pets.
- If you can, stay in a separate room and use a separate bathroom and personal items.
- Wash your hands and clean surfaces frequently.
- Don't have outside contacts.
- Don't go to work or school outside the home.
- Help may be available to get groceries or supplies.

YOU CAN HELP STOP THE SPREAD OF COVID-19.

Learn more at www.doh.wa.gov/coronavirus



Dietitian's Corner

By Samantha Mason, Regis- Exploring Fruits and Vegetables by Color

With so many fresh fruits and vegetables in season, it's hard to pick a favorite. I decided to focus this month on yellow foods because sweet, fresh corn typically remains in season from July to October.

Yellow fruits and vegetables are generally high in fiber, potassium, and vitamin C, just like many other fruits and vegetables. Corn is a starchy vegetable that is rich in fiber (almost 5 grams per serving!). One cup of corn kernels also has 5 grams of protein, and is a good source of thiamin, folate, vitamin C, and magnesium. Corn is also high in the carotenoids lutein and zeaxanthin, which may help prevent cataracts and age-related macular degeneration.

So let's say you want to start cooking with corn -- where can you start? My favorite thing to do is boil it for a few minutes and eat it off the cob. This is usually best in summer/early fall, when corn is most readily available. You can also cut the kernels off the cob and store them in a sealed bag in the freezer to add to recipes later.

Two great year-round options are frozen corn or canned corn (choose low sodium). Both are easy to add to recipes or to prepare and eat by themselves. One easy recipe is black bean and corn salad, which can be served as a side dish or even a main course for a lighter meal.

Corn as a grain: You can pop dried corn kernels into popcorn or cook with cornmeal, but at that point the corn is considered a grain, not a vegetable.

Black Bean and Corn Salad

—Rachael Ray

Ingredients

1 can, 14 ounces, black beans, rinsed and drained
2 cups corn kernels (frozen, fresh, or canned)
1 small red bell pepper, seeded and chopped
½ red onion, chopped
1 ½ teaspoons ground cumin
2 teaspoons hot sauce (such as Tabasco)
1 lime, juiced
2 tablespoons vegetable or olive oil
Salt and pepper to taste

Directions

Combine all ingredients in a bowl. Let stand 15 minutes in the refrigerator for flavors to combine, then toss and serve.

Total Time: 25 min **Prep Time:** 10 min

Yield: 4 servings

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 smason@seniorliferesources.org.

From Our Food Services Manager: Food Supply Challenges

An ongoing challenge faced by every food service operation is product discontinuations and changes by suppliers, as well as issues with product quality. These issues most frequently occur with no advance notice. Mid-Columbia Meals on Wheels always does our best to ensure that these supply issues create limited impact for our clients, and we rigorously comply with dietary and quality standards despite these challenges.

A few of the recent instances in which we've had to adapt to supplier issues:

- The company who supplies our meal trays substituted our usual tray with a slightly deeper one. Although we will package the same amount of food in the tray, it may appear that we're providing less food. We expect to return to the more shallow tray soon, but we are dependent on our supplier receiving trays from their production company.
- When we ordered our usual Birthday Meal roast beef, we learned that there was a shortage of our usual product. We worked closely with our food supplier to find an appropriate substitute product, but we can only prepare product that is available. We hope that you enjoyed the roast that was substituted, but we plan to return to our typical roast product as soon as it is available.
- Just like when folks shop at the grocery store, bananas and other fresh items come to us in varying degrees of ripeness. When we receive the produce, we assess when the product will be best served. We refuse produce that arrives damaged or too ripe. Fresh produce that arrives fully ripe must be served as soon as possible because of its limited shelf life. Items such as green bananas are evaluated to determine if they will be too ripe if they are held at our kitchen for the next delivery or if they should be delivered green, knowing that they will be perfect for consumption very soon.

Hopefully you find it helpful to understand that we face many of the same challenges that individual shoppers face, just on a much larger scale. We know that our food suppliers strive to provide the best and most consistent products that they can, but that they are dependent on manufacturers, transportation, and labor issues. Together, we work to serve our senior community to the best of our abilities.

If you have any questions or comments regarding our products or food quality, please contact me at:

bkinner@seniorliferesources.org or 509-735-1911

Brian Kinner, Food Services Manager

Mid-Columbia Meals on Wheels

A program of Senior Life Resources NW

www.seniorliferesources.org or 509-735-1911



September 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>You are asked to self-monitor what you consume. 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 im-</i></p>		<p>1 Drive-Thru Hot Meal Spaghetti & Meat Sauce Green Beans Tossed Salad w/ Dressing Breadstick Fruit, Milk</p>	<p>2 HOME DELIVERY & Drive-Thru Chicken & Rice Casserole Glazed Carrots Fruit, Milk</p>	<p>3 Drive-Thru Hot Meal Roast Turkey Mashed Potatoes with Gravy Mixed Vegetables Fruit, Milk</p>
<p>6 Drive-Thru Hot Meal Closed</p>	<p>7 HOME DELIVERY & Drive-Thru Harvest Apple Pork Chop Mashed Sweet Potatoes Broccoli Normandy Fruit, Milk</p>	<p>8 Drive-Thru Hot Meal Turkey Tetrizzini Green Peas Tossed Salad with Dressing Fruit, Milk</p>	<p>9 HOME DELIVERY & Drive-Thru Pulled Pork Sandwich Coleslaw Baked Beans Fruit, Milk</p>	<p>10 Drive-Thru Hot Meal Chicken & White Bean Chili Cornbread Fruit, Milk</p>
<p>13 Drive-Thru Hot Meal Swedish Meatballs Egg Noodles Broccoli Tossed Salad w/ Dressing Fruit, Milk</p>	<p>14 HOME DELIVERY & Drive-Thru Chicken Fajitas Rice & Beans Flour Tortilla Fruit, Milk</p>	<p>15 Drive-Thru Hot Meal Chicken Alfredo Italian Vegetables Breadstick Fruit, Milk</p>	<p>16 HOME DELIVERY & Drive-Thru Birthday Meal! Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream**, Milk</p>	<p>17 Drive-Thru Hot Meal Meatloaf Mashed Potatoes with Gravy Tossed Salad w/ Dressing Fruit, Milk</p>
<p>20 Drive-Thru Hot Meal Cheese & Beef Pasta Mixed Vegetables Fruit, Milk</p>	<p>21 HOME DELIVERY & Drive-Thru Lemon Pepper Cod Fluffy Rice Green Peas Fruit, Milk</p>	<p>22 Drive-Thru Hot Meal Chicken Fried Steak Mashed Potatoes & Gravy Peas & Carrots Three Bean Salad Fruit, Milk</p>	<p>23 HOME DELIVERY & Drive-Thru Brazilian Beef & Black Bean Stew Rice Fresh Orange, Milk Chocolate Cake**</p>	<p>24 Drive-Thru Hot Meal Herbed Chicken With Mushroom Gravy Au Gratin Potatoes Tossed Salad with Dressing Yogurt & Berries, Milk</p>
<p>27 Drive-Thru Hot Meal BBQ Chicken Broccoli Potato Salad Cornbread Fruit, Milk</p>	<p>28 HOME DELIVERY & Drive-Thru Swiss Steak Mashed Potatoes Green Beans Fruit, Milk</p>	<p>29 Drive-Thru Hot Meal Macaroni & Cheese Sausage Patty Broccoli Tossed Salad w/ Dressing Fruit, Milk</p>	<p>30 HOME DELIVERY & Drive-Thru Hamburger Baked Beans Apple Cabbage Slaw Lettuce, Tomato, Onion Apple Slices, Milk</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