



Mid-Columbia Meals on Wheels

# Wheels In Motion

1824 Fowler St, Richland WA 99352

(509) 735-1911

October  
2021

SeniorLife Resources  
NORTHWEST

[www.seniorliferesources.org](http://www.seniorliferesources.org)

*It's not about us. It's about the people we serve.* Find us on Facebook

## Kristi's Update

Fall has officially arrived! For Meals on Wheels staff, fall brings means wrapping up projects, preparation for upcoming holiday meals, and emergency planning for likely wintery weather issues.

Each year we re-evaluate our snow days protocols in an attempt to ensure that our processes best serve our senior clients while still providing safety for our dedicated volunteers and staff. In addition, we review and re-train staff to make sure everyone understands their roles as we get ready for that first snowfall.

One of the measures we take on behalf of our home-bound clients is the preparation of emergency boxes of food to be used if volunteers are unable to deliver our normal meals. In late October or early November, volunteer drivers will deliver boxes of these emergency meals to all our home delivery clients. Items in the boxes are non-perishable items such as soup, granola bars, and fruit cups. The boxes can just be stored in the cupboard and do not require refrigeration.

Emergency boxes have been very helpful to clients not just when there's been snow. We've been unable to deliver for many oddball reasons over the years. Delivery has been impeded in the past by parking lot paving, auto wrecks, and flooded streets. We've even encountered a few police standoffs that have locked down entire neighborhoods.

Our local Emergency Response teams encourage all of us to be prepared with supplies like bottled water, canned foods, blankets, and flashlights. And of course, we should all have an emergency plan in place so that we're well-prepared for any crisis.

*Kristi Thien, Nutrition Services Director*

## Happy Pet



## Halloween

sorry, we're  
**CLOSED**

Monday, October 11th for  
All-Staff Training

Happy Pet Halloween Request Time!

Happy Pet Halloween requests for pet food and supplies are starting to come in, and so are the donations to fill wishes! If you're a home delivery client who needs some help caring for your pet, please be sure to complete your Happy Pet Halloween request form.

Our wonderful Healthy Pet volunteers, Mary & Joan Kessner, are busy putting together pet bags with the supplies you need to provide the best care for your beloved pet! If you've lost your form, please call our office at 735-1911 to request a new form or to talk to Sarah about what you're hoping to receive.

We can't promise to fill every wish, but we'll do our best to find pet toys, food, treats, collars, etc. to make your pet's Halloween a happy one.

Many thanks to Mary & Joan & their team of volunteers, as well as the many folks who have donated to this program!



Thank you for wearing a mask during drive through & home delivered meal service. Your efforts may save a life!



A United Way



Participating Agency

# Volunteer Spotlight

Natalie Huggins, Site Staff & Volunteer Manager

## What a Difference a Volunteer Can Make!

To find out the impact that Meals on Wheels volunteers have in our community, I asked several clients about their experiences with our volunteers. Their answers were so moving!

*The quality of the service is wonderful. The meals are delicious, and I've found them very handy. The drivers are outstanding and bring joy to our lonely lives in the pandemic. The volunteers can be proud of their work!*

*One of my delivery drivers is also my phone buddy. She hears all the events in my life that I need comfort for. She tells me she worries and cares about me. She is my sounding board and stress reliever. She has become a good friend.*

*It's fun to see another face. My wife and I are pretty much 'shut-ins'. It's nice to say hello to the driver and chat for a few minutes. I look forward to our phone buddy's call each week. MOW volunteers break the 'humdrum' of life each week. It's heart-warming and helps us keep our perspective of what's happening outside the door.*

*It is a blessing from God through that person's (volunteer's) work—God's answer to my prayers.*

If you'd like to learn about volunteer opportunities with Meals on Wheels, please contact Site Staff & Volunteer Manager, Natalie Huggins, @ (509) 735-1911 or nhuggins@seniorliferesources.org.

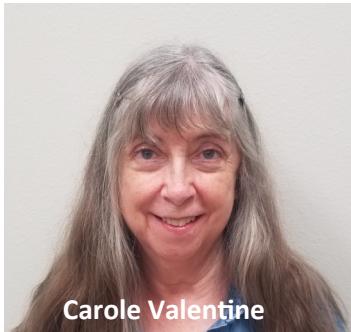
## Meals on Wheels Warmly Welcomes New Volunteers

Carole Valentine—Café Driver

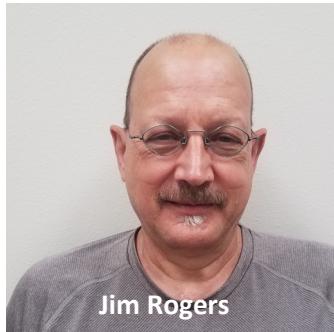
Jim Rogers—Substitute Driver Waiting for a Permanent Route

Katie Larson—Phone Buddy & Driver Waiting for a Permanent Route

Lorra Lemiere—Substitute Driver Waiting for a Permanent Route



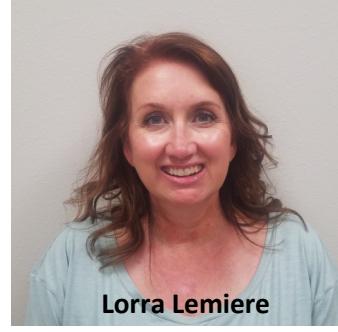
Carole Valentine



Jim Rogers



Katie Larson



Lorra Lemiere

## OktoberFeast 2021 Drive-Thru

Many thanks to all the Meals on Wheels volunteers and staff who made our 2021 OktoberFeast a success!



## Staff Spotlight: Kris Nordquist

# Happy Retirement!

We are sad to announce that Kris Nordquist, our Admin Data Support Specialist, will be leaving at the end of this month to begin her retirement life. Kris has been an integral part of the Meals on Wheels team since November 2010. When she retires at the end of this month, she will have worked here for exactly 11 years! Kris is full of endless knowledge about the ins and outs of our program. She plays a crucial behind-the-scenes role in ensuring that our seniors receive meals each week. We are incredibly grateful for her dedication and service. Kris will be greatly missed, but we are so excited for her as she enters the next chapter of her life!



**What have you most enjoyed during your time here?** I have enjoyed working with a wonderful MOW staff, site managers, and kitchen staff, who are all here for the same reason; to help our community's seniors. I am very proud to tell anyone I meet that I work for Meals on Wheels. I also enjoy talking to the seniors every day!

**What is your favorite Meals on Wheels meal?** My favorite is the Roast Beef!

**What are some of your plans for retirement? What are you most looking forward to?** I am looking forward to traveling to see friends and family, more volunteering in the elementary schools, more cruises, reading, sewing, cross stitching, crocheting, and a lot more beach trips that don't have to be just short weekend trips! I also plan to finally learn how to play guitar and I hope to join a couple "50 years and older" community clubs.

**If you won a million dollars, what's the first thing you would do?** If I won a million dollars, I would be able to buy an oceanfront house, preferably in Lincoln City, OR and season tickets to Mariners and Seahawks, with a downtown Seattle apartment so I can walk to the games!

**What are some of your words to live by?** The Golden rule: treat others how you would like to be treated. Also, Live by Kindness.

## Happy Retirement Part 2!



On an equally sad note for Meals on Wheels is the retirement of **Steve Meline**, one of our Meals on Wheels transporters. Steve started his career at our agency as a volunteer in 2013 and then started as a paid staff member in 2017. He has taken on a multitude of duties for us over the years. We'll certainly miss having him around to notice broken/damaged items that he then fixes without a word, sometimes before we even know the items needed to be fixed!

Steve managed a grain elevator along the Snake River for 36 years before his time with us, and we're glad that he'll now take some time to focus on fun with his grandkids and his lovely wife, Kathy. Both Kathy and Steve have been wonderful supporters of our program, and wish them both an amazing retirement!

## 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](http://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.



# COVID-19 BOOSTER DOSES

## WHO IS ELIGIBLE?

People completing their 2nd dose of the Pfizer-BioNTech (FDA approved as Comirnaty) vaccine at least 6 months ago

 **65+ years and older**

 **18+ with underlying health conditions**

Chronic kidney disease  
Diabetes (type 1& 2)  
Heart conditions  
Immunocompromised individuals  
Pregnancy  
Smoking (current or former)  
Stroke or cerebrovascular diseases

Cancer  
Chronic lung disease  
Down syndrome  
HIV infection  
Liver disease  
Obesity  
Solid organ transplant  
Substance abuse disorders

**MORE QUESTIONS  
ABOUT TESTING  
OR WHERE TO  
FIND COVID-19  
VACCINE?**

**1-800-525-0127**

[vaccinelocator.doh.wa.gov](http://vaccinelocator.doh.wa.gov)

 **18+ and employed in high-risk settings**

First responders  
Education staff  
Food and agricultural workers  
Manufacturing workers

Corrections officers  
US Postal Service  
Public transit workers  
Grocery storeworkers

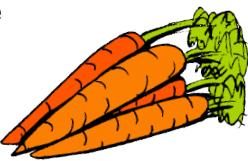
## Dietitian's Corner

By Samantha Mason, Registered Dietitian

### Exploring Fruits and Vegetables by Color

With fall days upon us, it feels like the perfect time to discuss the benefits of orange fruits and vegetables.

Orange colored foods are typically high in the antioxidant beta-carotene, which is important for healthy skin, hair, and vision. Cantaloupe, pumpkin, mangos, carrots, and sweet potatoes are all good sources of beta-carotene. Orange fruits are also excellent sources of vitamin C, which is an important antioxidant that supports a body's healing process and protects against free radicals.



Adding orange fruits and vegetables to your diet can be as simple as eating a fresh orange or raw carrots, or it might be something a bit more involved like baking pumpkin muffins with canned pumpkin puree. Roasting carrots or sweet potatoes will enhance their natural sweetness and produce a delicious flavor using just a few ingredients.



#### Sheet Pan Roasted Carrots

(adapted from The Chunky Chef)

##### Ingredients

2 pounds baby carrots, patted dry  
2 ½ tablespoons olive oil  
¾ tsp kosher salt  
¼-1/2 tsp black pepper

##### Directions

Preheat oven to 450 F degrees. Add carrots and oil to large mixing bowl, toss to coat. Add salt and pepper, toss again to combine.

Transfer carrots to an extra large rimmed baking sheet. Roast 30-40 minutes, stirring once or twice during cooking.

Remove sheet from oven, let cool for 5 to 10 minutes, and serve.

*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 Continued

Last month, I explained a bit about food supply challenges and the impact it can have on operations. Presently, those challenges are occurring more often than ever before due to global supply chain issues. If you've driven by any of the new car dealerships, you'll notice that their inventory is far more limited than normal.

We purchase the majority of our food from US Foods, which also supplies many local restaurants. They are doing the best they can to provide adequate substitutions when our typical products aren't available. Unfortunately, sometimes their options are limited by the folks who supply their inventory. Sometimes, a substitute product just isn't available.

Restaurants and other food service operations across the county are facing these same challenges. Some are even taking items off their menu temporarily, because they simply cannot access certain products. One example that's been highly reported is that Dairy Queen restaurants have not been able to offer their chicken strips —the product is not available for their purchase.

In addition to food product shortages, we have encountered a few service items that have not been available. You may notice some meal packaging changes from time to time, as the foam containers that we typically use to serve side salads and other cold items has been in short supply.

Mid-Columbia Meals on Wheels will continue to navigate through these challenges, and we will continue to offer high-quality nutritious meals . We strive to limit the impact of these shortages have on our clients, but we hope all our clients understand that they may see changes in packaging, product, or menu items.

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

Brian Kinner, Food Services Manager

## SENIOR FARMER'S MARKET NUTRITION Program



#### Last Chance for the 2021 Farmers Market Vouchers!

The 2021 Farmers Market season is coming to a close at the end of October. There's still time to get \$40 in vouchers to use at the markets. Now is a great time to gather up fresh tomatoes, pumpkins, peppers, squash, potatoes and other wonderful produce. For a voucher application, please call our office at 735-1911.

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.



## Mid-Columbia Meals on Wheels

A program of Senior Life Resources NW  
www.seniorliferesources.org or 509-735-1911



# October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<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>				<b>1 Drive-Thru Hot Meal</b> Smothered Pork Chop Mashed Potatoes Mixed Vegetables Sliced Bread Fruit, Milk
<b>4 Drive-Thru Hot Meal</b> Cranberry Chicken Confetti Rice Peas & Onions Sliced Bread Fruit, Milk	<b>5 HOME DELIVERY &amp; Drive-Thru</b> Salisbury Steak Mashed Potatoes w/ Gravy Green Beans Fruit, Milk	<b>6 Drive-Thru Hot Meal</b> Chicken Enchiladas Refried Beans Mexican Coleslaw Fruit, Milk	<b>7 HOME DELIVERY &amp; Drive-Thru</b> Tuna Noodle Casserole Roasted Carrots Wheat Roll Fruit, Milk	<b>8 Drive-Thru Hot Meal</b> Beef Stir Fry Fluffy Brown Rice Asian Vegetables Tossed Salad Fruit, Milk
<b>11 Drive-Thru Hot Meal</b>  <b>Closed</b> <b>All Staff Training</b>	<b>12 HOME DELIVERY &amp; Drive-Thru</b> Beef Stroganoff Garlic Noodles Green Peas Fruit, Milk	<b>13 Drive-Thru Hot Meal</b> Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk	<b>14 HOME DELIVERY &amp; Drive-Thru Birthday Meal!</b> Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream**, Milk	<b>15 Drive-Thru Hot Meal</b> Breaded Chicken Sandwich & Fixings Corn Chowder Pea & Cheese Salad Fruit, Milk
<b>18 Drive-Thru Hot Meal</b> Chicken Pot Pie Green Beans Spinach Salad Fruit, Milk	<b>19 HOME DELIVERY &amp; Drive-Thru</b> Sweet & Sour Pork Fluffy Rice Asian Vegetables Fruit, Milk	<b>20 Drive-Thru Hot Meal</b> Chicken Parm Casserole Cauliflower/Red Peppers Sliced Bread Fruit, Milk	<b>21 HOME DELIVERY &amp; Drive-Thru</b> Sloppy Joe Mixed Vegetables Apple Cabbage Slaw Fruit, Milk	<b>22 Drive-Thru Hot Meal</b> Roast Turkey Mashed Potatoes with Gravy Peas & Carrots Fruit, Milk
<b>25 Drive-Thru Hot Meal</b> Shepherd's Pie Tossed Salad Hot Spiced Apples Fruit, Milk	<b>26 HOME DELIVERY &amp; Drive-Thru</b> Dijon Chicken Sweet Potato Mash Peas & Onions Fruit, Milk	<b>27 Drive-Thru Hot Meal</b> Beef Lasagna Italian Vegetables Tossed Salad Breadstick Fruit, Milk	<b>28 HOME DELIVERY &amp; Drive-Thru</b> Chicken Curry Fluffy Rice Vegetable Medley Rice Pudding** Fruit, Milk	<b>29 Drive-Thru Hot Meal</b> Scrambled Eggs with Peppers Sausage Patty Chuck Wagon Potatoes Bran Muffin Fruit, Milk

### 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