

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

In this month when we make a point to be thankful, I'd like to share a couple incidents that occurred in October, both of which make me so thankful for my position with Meals on Wheels, working for and with so many amazing staff and volunteers and clients!

—**We have a wonderful volunteer** who helps us in a million ways: she works in the admin office, delivers meals, helps assemble the bags of meals for delivery, and volunteers in whatever capacity is needed. In addition, she's a generous donor and wonderful advocate for our program. She's just finishing treatment for a serious-but-manageable health crisis in her own life.

Although many folks might be focused on their own issues at such a time, she took the time to send ME a note of encouragement, a gesture that meant so much! Her words truly boosted me at a time when I felt pretty overwhelmed and maybe even a little discouraged. Our volunteers are simply the best!

—**Our staff and seniors** are also pretty amazing! A few of our staff members were out sick in October, leaving us short-handed on multiple fronts. Everyone on our staff willingly, enthusiastically, and without complaint juggled their jobs and their schedules to cover different positions and duties to ensure that meals were available for our seniors without interruption.

During this period when we were short-staffed, we unfortunately had no one available to answer the phone most afternoons. Callers had to leave a voicemail for us to return. Every caller was incredibly gracious and understanding of our situation, which certainly made our work much easier and more enjoyable.

On behalf of Meals on Wheels, I want to thank all our staff, volunteers, and clients for the contributions they have made and continue to make to our program and our community. I'd also like to wish everyone a Happy Thanksgiving, and I hope that you'll enjoy our November 23rd Thanksgiving meal!

Kristi Thien, Nutrition Services Director



Happy Pet Halloween Complete!

Happy Pet Halloween is but a ghost of its former self, with many pet wishes fulfilled thanks to the inspiring efforts of these lovely ladies. This fabulous Mother-Daughter Super-Duo, Mary and Joan Kessner, put together nearly 40 bags of pet treats, toys, food, collars, and even leashes for our pet-loving seniors! Thank you to Mary and Joan and their wonderful team of volunteers and donors. We are so grateful to everyone who contributed to this inaugural event!



Next Up: Holiday Gift Program!

It's hard to believe, but we're already heading into the holiday season, which means that Mary and Joan (see above) and their team will be busy filling holiday wishes! In the next week or so, every home delivery client will receive a Wish List request form. After clients complete the form, we ask that it be returned through our wonderful volunteer delivery drivers.

It's important that forms be returned as quickly as possible to allow Mary and Joan plenty of time to work on filling wishes. We have many folks in our community who look forward to helping with this project every year, but the shopping, sorting, and packaging for hundreds of people take lots of time. Anyone who has participated in this program in the past knows how much time, love, and care goes into this project.

Thank you in advance to all the folks who assist with the Holiday Gift program through donations, shopping, packaging, and delivery!



Thank You!

**Sorry!
We're
CLOSED**

Thursday, November 11—Veteran's Day
Thursday & Friday, November 25 & 26—Thanksgiving



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

Volunteer Spotlight

Natalie Huggins, Site Staff & Volunteer Manager

Tis the season to express the gratitude we feel every day of the year for our dedicated volunteers. Despite the multitude of challenges presented by the pandemic, over 370 volunteers have helped us in 2021! Each month, over 200 individuals donate their time, talents, and kindness to ensure that Meals on Wheels services continue for 800 senior citizens living in Benton and Franklin counties.

Teams of volunteers work tirelessly Monday through Friday in the Central Kitchen to package and bag delicious, nutritious meals for clients. Each week, our volunteers travel more than 1,000 miles from Connell to Prosser and every town in between to deliver meals to homebound seniors. Other volunteers have packaged boxes with shelf-stable meals and protein drinks for clients to enjoy when hazardous weather conditions make it too dangerous for drivers to deliver meals to their homes. Additional volunteers, regardless of the weather, staff our Meals on Wheels drive-thru to be sure each client leaves with a delicious meal and a cheery, encouraging interaction.

Each week Phone Buddies call clients to share conversations and build friendships. In October, volunteers filled gift bags with treats, toys, blankets, and food for clients' beloved four-legged family members. Soon volunteers will be decorating beautiful cards and packing holiday gift bags to delight the hearts of our clients. Every day, in countless ways, Meals on Wheels volunteers brighten the lives of local seniors.

If you would like to join the Meals on Wheels volunteer team, please contact Natalie Huggins, Site Staff & Volunteer Manager, at nhuggins@seniorlifereources.org or (509) 735-1911.

Welcome to the Newest Volunteers!



Dwain Adams—Kennewick Finley route driver

Harry Barnes—Central Kitchen

Gwen Bradshaw—Central Kitchen

Gary & Patricia Clark—Substitute drivers waiting for a permanent route

Kim Coronado—Substitute driver waiting for a permanent route

Galina Dashkovskaya—Central Kitchen & substitute driver waiting for a permanent route

Jessamy Karlson—Substitute driver waiting for a permanent route

Randy Meinert—Pasco transport driver and waiting for a permanent delivery route

Alison Webster—First started delivering meals in 2011. She has returned to Meals on Wheels after a 9 year absence. She and her daughter and son, **Lia** and **Michael**, are substitute drivers waiting for their own permanent route.

Vicki Wellenbrock—Substitute driver waiting for a permanent route



Dwain Adams



Harry Barnes



Gwen Bradshaw



Gary Clark



Patricia Clark



Kim Coronado



Galina Dashkovskaya



Jessamy Karlson



Randy Meinert



Alison Webster



Lia Webster



Michael Webster



Vicki Wellenbrock

Staff Spotlight: Ashton Preuninger



Ashton is one of our two Service Coordinators. Her job is to help new clients and their families to establish meal service, to check in on clients every year, and to assist with information and referrals about other services available in the community. Ashton has a degree in Social Work, and her education and experience really show in the care she provides to our clients. Some of our drive-thru clients may also recognize Ashton as one of the many wonderful staff members who step in to help our team wherever needed. We are very grateful to have her on our Meals on Wheels team!

How long have you worked for MOW? Three years and five months.

What do you like most about your job? I like providing reassurance for our clients and their family members during stressful circumstances through supportive listening and nutritious meal provision.

What are some things that you enjoy doing in your free time? I like to play electronic games, go to the movies with my husband, read, hike, and learn about animal sanctuaries.

What is your favorite season and why? Spring – I detest winter and it feels wonderful when the world starts coming alive again, the sun starts shining consistently, and the weather gets warmer.

What is something that's on your bucket list? I am sure this sounds silly, but I really want to see fireflies at some point in my lifetime. I have a family member who moved to Ohio recently so hopefully I'll be able to see some when I visit her next year.

If you could go back in time or into the future, which would you choose and why? I would choose to go into the future because I am more interested in what will happen than what has already happened. What technological advancements will have been made? What knowledge will we have gained?

What is your favorite ice cream topping? Boba balls and mangos.

What is a fun fact about you? I'm a crazy cat lady – I have six of them at home.

**Thank you,
Ashton!**

Subaru Share the Love Event 2021



Subaru of America has partnered with Meals on Wheels America to present the 2021 Subaru Share the Love Event to benefit Meals on Wheels and other senior nutrition providers across the country.

Locally, McCurley Integrity Subaru has again selected Mid-Columbia Meals on Wheels as their "Hometown Charity" for the Subaru Share the Love Event. November 18th through January 3, 2022, all customers who lease or purchase a new Subaru at McCurley Integrity Subaru will have the opportunity to select a charity to receive \$250 from Subaru America. Although the other available charities are all excellent national charities, Mid-Columbia Meals on Wheels is the only local charity.

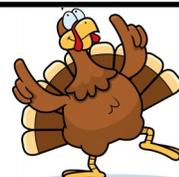
In addition to the funds provided through these vehicle purchases, McCurley Integrity Subaru works to come up with even more funding for our agency. In 2020, the Subaru Share the Love Event provided more than \$36,000 directly to our agency!

We are so grateful to Evan Bates and entire McCurley Integrity staff! They are wonderful community partners in so many ways!



Sue's Turkey Drive

There are some amazing people in this world, and Sue Flaherty is one of them! For the past 8 years, except in 2019, Sue has been putting together all the supplies and fixings for turkey dinners for folks in our community.



The effort started with Sue organizing the project when she worked for McCurley Integrity Chevrolet. In 2019, after retiring, Sue found that she missed the event so much that she formed her own non-profit called Sue's Turkey Drive.

Sue and her groups have been providing turkeys, stuffing mix, veggies, rolls, etc. for Meals on Wheels Thanksgivings since we moved into our new kitchen 6 years ago. She says they plan to continue with this project for as long as she "can put one foot in front of the other."

Many thanks to Sue and her team!

Mid-Columbia Meals on Wheels 500 Mile Team Challenge

Delivering kindness across the miles.

You may notice our some of our staff sporting shirts with the 500 Mile Team Challenge on them. To promote self-care and health, our staff was challenged to keep track of their walking for about 5 1/2 weeks starting on the first day of autumn. Our goal was to combine our miles to reach 500 miles. It looks like we'll nearly double the total thanks to the not-surprising efforts of our hard-working staff.

Our challenge inspired our Senior Life Resources co-workers in Home Care and Admin Services to challenge their staff as well. It's been a fun and fit fall for our staff!

10 things you can do to manage your COVID-19 symptoms at home

Accessible Version: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

If you have possible or confirmed COVID-19:

1. **Stay home** from work and school. And stay away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



6. **Cover your cough and sneezes** with a tissue or use the inside of your elbow.



2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



3. **Get rest and stay hydrated.**



8. As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a mask.



4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



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[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Dietitian's Corner

By Samantha Mason, Registered Dietitian

Exploring Fruits and Vegetables by Color

Red foods offer a wide variety of healthy nutrients and antioxidants. Folate, vitamin C, fiber, potassium, and the antioxidants lycopene and anthocyanins are all found in red fruits and vegetables. From strawberries, cherries, watermelon, cranberries, and raspberries to beets, red peppers, and tomatoes, you'll be able to find fresh options throughout the year.

Many red fruits and vegetables can be enjoyed raw, but a few are much better cooked, especially cranberries and beets.

Dried cranberries are great in muffins, on a salad, or as a topping to cereal or oatmeal. Roasted beets have an earthy flavor that make a great addition to salad. Frozen berries can be defrosted and added to yogurt for a sweet snack. Adding canned, frozen, or fresh vegetables to a soup is a wonderful way to add more vegetables to your meal. The recipe below for roasted pepper soup, paired with some toasty garlic bread, makes a great fall meal. The recipe makes enough so that leftovers can be saved, and even frozen, to be enjoyed later.

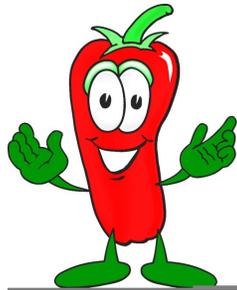
Red Pepper Soup

Total Time: Prep: 35 min. Cook: 20 min. + cooling

Makes: 6 servings (about 1.5 quarts)

Ingredients

3 medium sweet red peppers, chopped
1 medium carrots, chopped
1 medium onions, chopped
1/2 celery rib, chopped
2 garlic cloves, minced
1/2 tablespoon olive oil
32 ounces chicken broth
1/4 cup uncooked long grain rice
1 tablespoon minced fresh thyme or
1 teaspoon dried thyme
3/4 teaspoons salt
1/8 teaspoon pepper
Dash to 1/8 teaspoon cayenne pepper
Dash to 1/8 teaspoon crushed red pepper flakes



Directions

1. In a Dutch oven, sauté red peppers, carrots, onions, celery and garlic in oil until tender.
2. Stir in the broth, rice, thyme, salt, pepper and cayenne; bring to a boil. Reduce heat; cover and simmer for 20-25 minutes or until the vegetables and rice are tender.
3. Cool for 30 minutes. Puree in small batches in a blender; return to pan. Add red pepper flakes; heat

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 Frozen Meal Dates

We have received a few calls lately regarding the dates we print on the frozen meals we produce. People have expressed concern that the meals we're providing are old and no longer good. I want to assure you that the date you see on the meal is the date we produce the meal and NOT an expiration date.

We carefully monitor and manage food safety dates. The frozen meals that our clients pick up in our drive-thru or have delivered to their homes have been stored in commercial freezers and have been maintained at a consistently hard-freeze temperature. The freezers we use for the meals store food at a much colder temperature than a home freezer.

When COVID first arrived in March of 2020, our agency immediately took steps to ensure that we'd be able to continue serving our seniors. With the impact of the virus unknown, Meals on Wheels ramped up frozen meal production to build a contingency inventory. Our dedicated volunteers and staff came together and worked hard to produce and package thousands of meals to create a large emergency stock. We wanted our seniors' access to nutrition to be guaranteed in the event that large numbers of our staff became ill.

Lineage Logistics, which operates an ENORMOUS frozen food facility, stepped in to provide us with freezer truck transportation of our meals to their state-of-the-art facility. They store roughly 4 weeks of meals at their facility, and we rotate through that stock. All of the meals we provide to our seniors are well within their best-quality dates. Seniors should be assured that we always work to maintain the highest standards of food quality and safety.

I hope that this information provides insight regarding the production dates printed on our frozen meals. We take great care when preparing, packaging, and storing our meals. We value and encourage feedback from our clients, as the information helps us to maintain our standards and provide the best service we can.

If you have questions or comments, please contact me at:

bkinner@seniorliferesources.org or 509-735-1911.

Brian Kinner, Food Services Manager

Do you have COVID-19?

If you are a home delivery client and you are currently testing positive for COVID-19, please call our office at 509-735-1911. We will continue to serve you, but we do not knowingly send volunteer drivers to homes of folks with the virus. We have two designated staff members who will be happy to deliver your meals. Please remember to wear a mask during deliveries to protect our staff. We are committed to serving folks as they recover from this virus!

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

November 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 Drive-Thru Hot Meal Three Bean Chili Mixed Vegetables Tossed Salad Cornbread Fruit, Milk	2 Home Delivery & Drive-Thru Sweet & Sour Chicken Fluffy Rice Asian Vegetables Fruit, Milk	3 Drive-Thru Hot Meal Chicken Fried Steak Mashed Potatoes Country Gravy Peas & Carrots Three Bean Salad Fruit, Milk	4 Home Delivery & Drive-Thru Roast Pork with Gravy Au Gratin Potatoes Scandinavian Veggies Fruit, Milk	5 Drive-Thru Hot Meal Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk
8 Drive-Thru Hot Meal Cheese & Beef Pasta Broccoli Tossed Salad Breadstick Fruit, Milk	9 Home Delivery & Drive-Thru Lemon Pepper Cod Fluffy Rice Green Peas Fruit, Milk	10 Drive-Thru Hot Meal Chicken & White Bean Chili Cornbread Fruit, Milk	11 CLOSED	12 Drive-Thru Hot Meal Chicken and Rice Casserole Glazed Carrots Fruit, Milk
15 Drive-Thru Hot Meal Tuna Noodle Casserole Lyonnaise Carrots Fruit, Milk	16 Home Delivery & Drive-Thru Cranberry Chicken Confetti Rice Peas & Onions Fruit, Milk	17 Drive-Thru Hot Meal Macaroni & Cheese Sausage Patty Broccoli Tossed Salad Fruit, Milk	18 Home Delivery & Drive-Thru Birthday Day! Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll, Fruit Ice Cream**, Milk	19 Drive-Thru Hot Meal Chicken Enchiladas Refried Beans Mexican Coleslaw Fruit, Milk
22 Drive-Thru Hot Meal Breaded Chicken Sandwich & Fixings Corn Chowder Pea & Cheese Salad Fruit, Milk	23 Home Delivery & Drive-Thru Roasted Turkey Mashed Potatoes Turkey Gravy Stuffing, Green Beans Cranberry Sauce, Roll Fruit, Milk Pumpkin Bar**	24 Drive-Thru Hot Meal Spaghetti & Meat Sauce Seasoned Carrots Tossed Salad Breadstick Fruit, Milk	25 CLOSED FOR THANKSGIVING 	
29 Drive-Thru Hot Meal Teriyaki Chicken Fluffy Rice Asian Vegetables Sliced Bread Fruit, Milk	30 Home Delivery & Drive-Thru Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Fruit, Milk	<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>		

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