



Mid-Columbia Meals on Wheels

December 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

Another blur of a year has passed! At Meals on Wheels, our work life seems to be a constant frenzy of projects, activities, and change. There are never enough hours to complete every project we envision, to consider every new idea, or to fully express our gratitude for our supporters.

Particularly during the holidays, we hear from individuals and groups who wish to support us in some way. Even when the offers are ones we cannot accept, we nonetheless appreciate that our community continues to think of our program and our seniors. January's newsletter will include a list of all the folks who supported our mission in 2021. We know we can't accomplish our work without the support of this generous community.

Our work is also enhanced by the dedicated folks at Southeast Washington Aging and Long Term Care, the folks who provide guidance to ensure that we comply with regulations and use State funding in a manner that best serves our seniors. We work hand-in-hand in mission to prolong the independent living of our clients.

The SE WA ALTC staff works diligently to help us access available funds to improve our program. They were recently able to re-designate some funds to allow us to purchase two vital pieces of equipment that broke nearly simultaneously: our blast chiller and our tilt skillet. Combined cost & installation of this equipment is nearly \$100,000! Without the efforts of ALTC, we would have had very difficult decisions to make regarding the quality and age of replacement equipment. Through their assistance, we are awaiting installation of new, high-quality equipment that will serve this community for many years.

No end-of-year message would be complete without a thank-you to the entire Senior Life Resources team! In addition to the Meals on Wheels staff who dedicate themselves to the service of seniors, we have a great team of folks who make the magic happen behind the scenes. We are grateful for the folks who support us in Finance, Payroll, and Human Resources. We are also thankful to work with our sister program, Home Care Services, who provide amazing personal care for many seniors and disabled folks throughout southeast Washington.

As we look forward to the beginning of a new year, I'd also like to thank our clients for the notes and phone calls of encouragement. Our staff and volunteers feel privileged to serve, and hearing from our clients is a special added bonus. Thank you and Happy Holidays!

Kristi Thien, Nutrition Services Director



Subaru Share the Love 2021



Subaru of America has partnered with Meals on Wheels America to present the 2021 Subaru Share the Love Event to benefit several national charities.

Locally, McCurley Integrity Subaru has again selected Mid-Columbia Meals on Wheels as their "Hometown Charity" for this event. Through January 3, 2022, all customers who lease or purchase a new Subaru at McCurley Integrity Subaru may select a charity to receive \$250 from Subaru America, and selecting Meals on Wheels funds meals for local seniors.

Many thanks to Evan Bates and the entire McCurley Integrity Subaru staff for their support of Mid-Columbia Meals on Wheels!

Wrapping Rascals Holiday Gift Wrapping



Benefiting Meals on Wheels

The Wrapping Rascals are hard at work again this year, wrapping presents in support of local charities. This year, donations for wrapping will benefit Meals on Wheels!

- December 3: noon to 5 pm
- December 4, 10, 11, & 12: 10 am to 5 pm
- December 17—23: 10 am to 6 pm
- Friday, December 24: 8 am to 4 pm

The Wrapping Rascals provide beautiful gift wrapping supplies and labor, all for donations. They have a booth at Kennewick Ranch & Home, located at 845 N Columbia Center Boulevard. Items may be dropped off for pick-up later. **THANK YOU!!**

Sorry!
We're CLOSED

Friday, December 24 Christmas Eve
Friday, December 31st New Year's Eve



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



Volunteer Spotlight

So Many Roles Filled By So Many People

Natalie Huggins, Site Staff & Volunteer Manager

Most people know that to serve seven nutritious meals a week to nearly 800 clients, Meals on Wheels relies upon the caring, dedicated, hard work of volunteer meal packagers and delivery drivers. Yet, there are many additional roles volunteers fill throughout the year on “Special Projects” that brighten the lives of local seniors.

Since 2001, Joan Kessner has recruited dozens of community members—work colleagues, family members, friends, civic-minded citizens, and even her Girl Scout troop members-- to support Mid-Columbia Meals on Wheels. Since 2016, Joan has led volunteers in creating holiday gift bags for every home-delivery client. The volunteer team is diverse, with people donating their talents in graphic design, shopping, and gift wrapping to create holiday packages filled with specific items that each client has wished for. Kessner shared, “I really love giving gifts. I love the idea of bringing clients ‘some Christmas.’ Our elderly are often overlooked and forgotten, so when they receive a package with items they’ve requested, it helps make their Christmas special. Every Meals on Wheels volunteer gives an amazing gift of their time and talent to the community. Here you can find your place as a volunteer and follow your heart in how you want to contribute.”



Joan Kessner



Wright Beach



Josie Beach

Two other volunteers, Josie and Wright Beach, have followed their hearts and championed gardening for Meals on Wheels as their special project. Since the summer of 2020, they have planted, tended, and harvested vegetables that the Café and Kitchen staff are able to use in meals—cucumbers, cherry tomatoes, bell peppers, garlic, sage, and oregano. With the Cafe Dining Site currently closed, Wright and Josie have planted flowers around the building and in the garden beds to add beauty to the lives of all who visit.

Meals on Wheels has a cadre of “Special Projects” volunteers we call on to help with seasonal endeavors, such as packing shelf stable meals and fresh groceries for clients, or helping to facilitate our Oktoberfest fundraising event. We are grateful for all these volunteers and their varied contributions to enhance the lives of local seniors!

Meet the Newest Members of the Meals on Wheels Volunteer Team

Thank You!



Lisa Almond
Phone Buddy



Hope Bridges
Phone Buddy



Reed Campbell
Café Sub Driver



Paula Durnaceau
Richland Sub Driver

Thank You!



Shauna Levesque
Café Sub Driver



Darlene Pogue
Special Projects



Brenda Webb
Phone Buddy



Thank You!

As always, there are lots of generous community members we need to thank!



Thank you to **Amentum**, a generous Hanford Contractor, for their donation of \$3,000 to purchase much-needed new delivery bags and coolers!



Thank you to **Richland & Kennewick CDBG** (Community Development Block Grant) funding to provide wellness and grocery kits to residents of those communities, along with important safety and meal service equipment.



Thank you to the folks at **3 Rivers Community Foundation** for the \$7,500 grant to fund our Under-Age-60 Program AND to provide cooling fans for our seniors during the hot summer months!



United Way of Benton & Franklin Counties

Thank you to **United Way of Benton & Franklin Counties** for providing funding for emergency food boxes for home delivery clients. The boxes contain non-perishable food to be used when drivers can't deliver due to bad weather.



Thank you to **Hanford Mission Integration Solutions (HMIS)** for their generous \$5,000 donation to complete sponsorship of our new 2020 delivery/transport van!



Many thanks to our new friends at **Northwest Farm Credit Services** for their amazing \$5,000 donation to our program and for their offer to volunteer with us in the future.



Thank you to the generous kids, teachers, and parents at **Marcus Whitman Elementary School** in Richland! They held a food drive for our agency. The kids collected and loaded up TONS of food for us to share with seniors in need.



Thank you to **Sue Flaherty and Sue's Turkeys** for donating 50 complete turkey meals to our Meals on Wheels seniors. Sue's Crew of amazing volunteers delivered over 900 turkey dinners throughout the Tri-Cities!

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.

Holiday Gift Program

Attention All Home Delivery Clients:

If you wish to participate in our Holiday Gift Program, please turn in your Wish List request form as soon possible! We want to make sure that our wonderful team of volunteers has time to complete their shopping, sorting, and packaging before Christmas. Completed wish lists can be given to any Meals on Wheels volunteer or staff member.

If you are a home delivery client and you need a new form, please call our office at 509-735-1911 so we can send one to you.

Many thanks to the terrific volunteers who work to ensure that the holidays offer something special for all of our Home Delivery clients!



Veterinary Assistance

Thanks to a generous grant from Meals on Wheels America, we have limited funding available for veterinary assistance. Low-income home delivery seniors are eligible to request assistance for their beloved pets.

For more information or to request assistance, please contact Amy, our Service Coordinator who manages the Healthy Pets program. Amy can be reached at:

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

Annual Client Surveys

Attention All Meals on Wheels Clients:

Whether you are a home delivery client or a drive-thru/pick-up meals client, if you haven't submitted your annual client survey and would like your opinion to count, please give your completed survey to any staff member or volunteer. Your feedback is important to us as we plan for our future and work to provide the best service we can. If you've lost your survey or didn't receive one, please call our office at 509-735-1911 so we can send one to you.

We are grateful for your first-hand feedback!

Christmas Food Word Search

P	U	D	D	I	N	G	N	E	E	T	T	P	I
L	C	N	E	M	A	H	U	Y	S	P	P	R	Y
E	F	R	O	D	Y	G	E	I	R	O	N	U	C
C	L	U	N	E	P	K	I	F	R	P	O	S	I
A	O	T	P	U	R	G	O	R	E	L	C	G	I
G	N	U	G	U	S	E	N	U	G	T	E	E	E
O	I	R	T	C	E	E	T	I	G	D	U	C	K
S	T	U	F	F	I	N	G	T	N	D	D	N	G
R	A	A	U	G	F	G	P	C	O	N	U	E	F
C	E	E	N	P	E	S	F	A	G	E	G	I	F
S	E	G	F	I	L	A	E	K	T	N	M	K	G
A	D	C	C	M	I	N	C	E	P	I	E	S	O
E	C	E	C	A	N	D	Y	C	A	N	E	E	D
G	E	M	F	C	G	O	L	E	L	U	Y	Y	A



STUFFING
FRUITCAKE
GOOSE
HAM
DUCK
EGGNOG
CANDY CANE
MINCE PIES
TURKEY
YULE LOG
PUDDING



Who's Serving Behind the Mask? Our Site & Kitchen Staff

At Meals on Wheels, we are incredibly fortunate to have the hardest working and most dedicated staff in town! These folk are 100% committed to keeping our clients and community safe, providing the best meals we can, and working to offer consistently kind and friendly customer service.

The staff pictured below represent all the work needed to prep, cook, package, and deliver nutritious meals, from the ordering of raw food supplies to the moment the meal is served at our dining centers, drive-thru, or home delivery. They schedule and supervise volunteers, and they ensure that every client receives the food they request. They chop the veggies, stir the gravy, maintain the highest levels of food safety, and keep our facility & equipment clean.

Our office staff is pictured on the page 5, and they are equally dedicated to our mission, helping clients get registered for meal service, answering phones, entering meal orders, recruiting & training volunteers, creating the menu, and securing funding for the program. They refer clients to other agencies as needed and arrange for delivery of extra items like emergency boxes.

We are grateful for every one of our amazing staff members!



Sue
Richland
Site Manager



Jessica
Cafe
Site Manager



Zulema
Parkside & Connell
Site Manager



Denise
Kennewick
Site Manager



Cathy
Benton City
Site Manager



Patty
Prosser
Site Manager



Arloa
Pasco
Site Manager



Charlie
Food Services
Assistant



Ashley
Packaging
Coordinator



Larry
Transporter



Cory
Transporter



Brad
Transporter



Gloria
Substitute
Site Manager



Donna
Kitchen
Manager



Connie
Cook



Carrie
Prep Cook



Jessica
Prep Cook



Erick
Janitor

Meals on Wheels Office Staff



Sarah
Program Services
Coordinator



Amy
Service
Coordinator



Ashton
Service
Coordinator



Victoria
Administrative
Support Specialist



Samantha
Registered
Dietitian



Natalie
Site Staff &
Volunteer Manager



Brian
Food Services
Manager



Kristi
Nutrition Services
Director



Gingerbread Man
Seasonal Staff
Member

Congratulations on New Position!

Following the November retirement of our former Admin Data Support staff, we welcomed Victoria Zavala as our new support staff. Victoria had been accomplishing great things as our part-time Cafe Site Manager/part-time Admin Generalist. She now provides full-time support to our admin team.

Victoria is incredibly kind and sweet, and she has excellent customer service skills.

Victoria and her husband, Dan, have been married 10 years and have a beautiful new puppy named Dozer. Victoria likes to crochet & embroider, and she is a very accomplished baker. We are truly happy that Victoria accepted this well-deserved promotion!



Welcome to the Newest Staff Member!

Mid-Columbia Meals on Wheels is delighted to introduce Jessica Wiford as the new Café Site Manager. Jessica applied for the position because “the mission of the program and what it does for clients is really awesome. I like making people happy, and I wanted to be part of the team.”

Jessica is a wonderful addition not only for her enthusiastic, positive, caring approach to serving seniors, but for her wealth of customer service in the local restaurant industry. She also brings helpful management training.

When not working for Meals on Wheels, Jessica keeps busy caring for her four daughters—ranging in age 4 to 11—as well as their three cats, three dogs, and one frog. When she has time to herself to relax, she enjoys puzzles, coloring in adult color books, and playing games on her phone. When asked, “What’s on your bucket list?”, she replied “I want to travel. I would like to go to Las Vegas, Hawaii, and Mexico.”

When asked what she’d like people to know about her she shared “I have a big heart, and I enjoy serving people in the community. I am happiest spending time with my kids and my family. I love being a Mom!” Next time you are at Meals on Wheels, please join us in welcoming Jessica.



Dietitian's Corner

By Samantha Mason, Registered Dietitian

Exploring Fruits and Vegetables by Color

When thinking about vegetables, green vegetables often come to mind. Broccoli, leafy greens, Brussels sprouts, green beans, cucumbers, peas, avocado, and asparagus provide a wide array of nutrients including vitamin C, vitamin K, folate, potassium and fiber. Green pears contain 5.5 grams of fiber! Avocados are also a wonderful source of heart healthy monounsaturated fats.

Using fresh spinach and kale to make a salad is a great way to enjoy leafy greens. Frozen peas can be steamed for a quick side to a meal. Green grapes and honeydew melon are yummy as a snack. Roasting broccoli or Brussels sprouts results in a tender center with a slightly crunchy exterior.

I've included a recipe for roasted broccoli below. I hope you'll find it to be as delicious as I do!

****Coming next month: Ask the Dietitian!**

Please send any food or nutrition questions you have for Samantha. Questions can be submitted in a variety of ways:

- Jot down your question and give it to a Meals on Wheels staff or volunteer, or
- Call our office at 509-735-1911, or
- Send an email to:

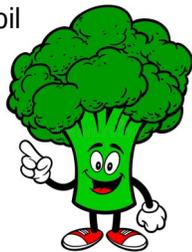
smason@seniorliferesources.org.

Roasted Broccoli with Lemon and Garlic (Adapted from foodista.com)

Makes 4 servings

Ingredients:

- 5 cups raw broccoli florets
- 2 teaspoons extra virgin olive oil
- 1 clove garlic, chopped
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon lemon juice



Directions

1. Preheat the oven to 400 degrees F.
2. In a large bowl, add broccoli florets, olive oil, salt, pepper, and garlic. Spread the broccoli out in an even layer on a baking sheet.
3. Bake in the preheated oven until broccoli is tender enough to pierce the stems with a fork, 15 to 20 minutes.
4. Remove from oven and place in a bowl. Toss with lemon juice and serve.

From our Food Services Manager Happy New Year!

As 2021 comes to an end, we look forward to a new year, and we hope that 2022 will be filled with joyous experiences and good health for our clients, volunteers, and staff.

Many areas of our country and the world have food traditions related to the new year, so we thought it'd be fun to tweak our final meal of 2021 to honor some of those traditions, and to maybe create a few new ones. Our December 30th hot meal will include:

- ◆ Turkey—The white turkey breast represents the purity of the new year and good times to come.
- ◆ Spinach Salad—The fresh greens symbolize a fresh start to the new year and good fortune to come.
- ◆ Cornbread—the golden bread represents gold in your future. We hope that everyone gets their fair share!
- ◆ Black-Eyed Peas—This southern tradition symbolizes prosperity for everyone in the coming year.
- ◆ Grapes—Eating 12 grapes symbolizes a full 12 months of good luck and prosperity.
- ◆ Cranberry Bar—Red cranberries are symbolic of love and care for each other in the year to come.

We know that eating these symbolic foods doesn't guarantee anything, but we thought it'd be fun to try! It is certainly our hope that this food will indeed bring some good luck and good fortune to you in 2022.

Wishing each of you a wonderful New Year! As always, I am available for questions or comments at:

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

Brian Kinner, Food Services Manager

Meals on Wheels December Closures

To allow Meals on Wheels staff to spend the holidays with their families, we will be closed:



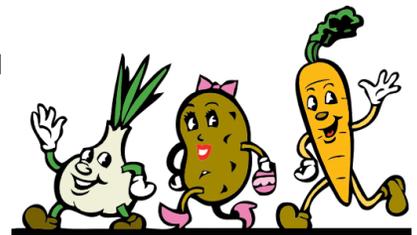
December 24th, Christmas Eve



December 31st: New Year's Eve

Coming in 2022: Vegetarian Meal Options!

Our Meals on Wheels Kitchen Staff has been trying new recipes, researching available products, and taste-testing lots of meals as we work to create vegetarian meal packs to appeal to the folks who limit or avoid eating meat. We're excited to soon offer this option. Please watch for the announcement when this vegetarian option is available.



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.



Mid-Columbia Meals on Wheels

A program of Senior Life Resources NW

www.seniorliferesources.org or 509-735-1911



December 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 immediately and eaten within 2 days. Thank you!</i></p>		<p>1 Drive-Thru Hot Meal Chicken Parmesan Casserole Cauliflower with Red Peppers Sliced Bread Fruit, Milk</p>	<p>2 Home Delivery & Drive-Thru Pulled Pork Sandwich Baked Beans Coleslaw Fruit, Milk</p>	<p>3 Drive-Thru Hot Meal Shepherd's Pie Spinach Salad Warmed Peaches Wheat Roll Milk</p>
<p>6 Drive-Thru Hot Meal Swedish Meatballs Egg Noodles Mixed Vegetables Tossed Salad Sliced Bread Fruit, Milk</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 & Rice Casserole Broccoli Tossed Salad Fruit, Milk</p>	<p>9 Home Delivery & Drive-Thru Meatloaf w/ Gravy Mashed Potatoes Carrots Tossed Salad Sliced Bread Fruit, Milk</p>	<p>10 Drive-Thru Hot Meal Chicken Alfredo Italian Vegetables Breadstick Fruit, Milk</p>
<p>13 Drive-Thru Hot Meal Lemon Pepper Cod Fluffy Rice Green Peas Fruit, Milk</p>	<p>14 Home Delivery & Drive-Thru Swiss Steak Mashed Potatoes Garden Vegetables Fruit, Milk</p>	<p>15 Drive-Thru Hot Meal Chicken Fajitas Rice & Beans Flour Tortilla Fruit, Milk</p>	<p>16 Home Delivery & Drive-Thru Birthday Day! Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll, Fruit Ice Cream**, Milk</p>	<p>17 Drive-Thru Hot Meal Herbed Chicken Mushroom Gravy Au Gratin Potatoes Tossed Salad Fruit, Milk</p>
<p>20 Drive-Thru Hot Meal Beef Stir Fry Fluffy Rice Asian Vegetables Tossed Salad Fruit, Milk</p>	<p>21 Home Delivery & Drive-Thru Tuna Noodle Casserole Lyonnais Carrots Fruit, Milk</p>	<p>22 Drive-Thru Hot Meal BBQ Chicken Broccoli Potato Salad Cornbread Fruit, Milk</p>	<p>23 Home Delivery & Drive-Thru Baked Ham Raisin Sauce Green Bean Casserole Sweet Potato Casserole Wheat Roll Fruit, Milk Gingerbread Cake**</p>	<p>24 Closed Happy Holidays!</p> 
<p>27 Drive-Thru Hot Meal Three Bean Chili Mixed Vegetables Tossed Salad Cornbread Fruit, Milk</p>	<p>28 Home Delivery & Drive-Thru Beef Stroganoff Garlic Noodles Roasted Broccoli Fruit, Milk</p>	<p>29 Drive-Thru Hot Meal Chicken Pot Pie Green Beans Tossed Salad Fruit, Milk</p>	<p>30 Home Delivery & Drive-Thru Roast Turkey w/ Gravy Mashed Potatoes Black Eyed Peas Spinach Salad Cornbread Grapes, Milk Cranberry Oat Bar**</p>	<p>31 Closed Happy New Year!</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 drive-thru, 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