



Mid-Columbia Meals on Wheels

February 2022

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

Happy Valentine's Month! I'm writing this update from my home today, where I am recovering from a bout with COVID-19. I am pleased to say that I'm doing well. I am grateful that I was fully vaccinated, including my booster, which resulted in a relatively minor case. My husband and I are both consistent mask wearers and avoid large groups of people, but the virus still snuck in!



My personal experience with the virus has brought to mind a few thoughts. First, I want to mention how thankful I was that my husband & I were prepared for illness; we had healthy food, drinks, and plenty of cold and fever-relieving medication already on hand. Being prepared certainly made my sick time much more manageable and less stressful, and I encourage everyone to be ready, just in case.

I also want to emphasize our agency's commitment to doing whatever we can to help prevent the spread of COVID-19. Since the onset of the pandemic, our parent company, Senior Life Resources (SLR), has worked hard to procure enough face masks, sanitizer, and other PPE to ensure that our staff, volunteers, and clients are well supplied. SLR has never flagged in their commitment to keep our work environment as safe as possible on behalf of our wonderful clients, volunteers, and staff.

Serving a vulnerable senior population definitely increases the criticality of our continued diligence and persistence in following safe protocols. We rely on the advice of Center for Disease Control, Washington State Department of Health, and our dedicated local team at the Benton Franklin Health District. We work hard to follow the most current recommendations from these scientists and doctors in hopes of providing safe food served in a safe manner.

Each month, we ask our clients to please wear a mask during deliveries or meal pick-up. Wearing a mask during those brief interactions not only protects our clients, but also the wonderful volunteers who donate their time to serve their senior neighbors. I'm sorry to say that the extremely contagious Omicron variant is prolific in our community, and it's starting to reach some of our volunteers and clients. For everyone's safety, I implore all clients to PLEASE honor our volunteers (& their families!) by wearing a mask when the volunteer drivers provide home delivery or serve food at our drive-thru or take-out sites.

We are grateful that our volunteers and staff have continued to serve our community through the pandemic, and we'll continue to work hard to protect their health.

Kristi Thien, Nutrition Services Director



Pet Supply & Vet Assistance

Thanks to a generous grant from Meals on Wheels America and many private donations, we are ready to support our seniors who need a little help with their

beloved furry friends. We have a great deal of pet food available to share with Meals on Wheels pets.

In addition to pet food, we have some funding available to help with veterinary care for these Meals on Wheels animals. For more information or to request pet food or veterinary assistance, please call our office at **509-735-1911**, and ask to speak to Amy.

Hot Meal Service Monday through Thursday!

We are happy to announce that hot meal deliveries and take-out meals are available from most sites Monday through Thursday, effective January 31, 2022! Our Richland Café drive-thru will continue to offer hot meals Monday through Friday.

Thank you to all the volunteers who have stepped up to fill the many positions needed for this increase!

Do you have COVID-19?

If you are a home delivery client or if you need to receive home delivery, and you are currently testing positive for COVID-19, please call our office at 509-735-1911. We want to serve you, and 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!

Sorry!
We're CLOSED

Monday, February 21st in honor of President's Day



Volunteer Spotlight

Our Volunteer & Site Staff Manager, Natalie Huggins, has been CRAZY busy all January! In addition to her normal job duties, she's been recruiting new volunteers and re-activating former volunteers all day every day in preparation for our move to serving hot meals 4 days a week. Each new or re-activated volunteer must complete a background check, attend orientation, and get assigned to a volunteer position. And of course, there's lots of paperwork that accompanies those activities.

Because Natalie's priority has been to make sure we get those volunteers ready for service, our Volunteer Spotlight this month is just a giant thank you, not only to our new volunteers, but also to the many volunteers who have stuck with us through the years! We also want to give a special thank you to Natalie for working so diligently to get everyone ready for the increased levels of service!

We're excited to introduce all the new and re-activated volunteers next month, once our work lives have settled a bit.



THANK YOU!



Wrapping Rascals

Many thanks to the Wrapping Rascals! This mighty group of dynamos spent the holiday season wrapping packages in exchange for donations. Amazingly, these volunteers presented Meals on Wheels with a check for **\$4,359**, representing a literal TON (probably more) of presents they wrapped. We're so proud of their work and grateful for the outcome and their generosity. Many thanks to Wrapping Rascals!



AXE KPR Axe Throwing

Thank you to Landon and Val Lawson, owners of AXE KPR Axe Throwing. The Lawson's asked their employees what organizations they'd like to support, and Mid-Columbia Meals on Wheels is one of those lucky recipients. Thank you to all the folks at AXE KPR Axe Throwing!



Bleyhl Co-op

Once again, the wonderful folks at Bleyhl Co-Op have donated a HUGE amount of pet food, provided by their generous staff and customers. Bleyhl has supported our Meals on Wheels pets for many years, and we're grateful for their continued support!



Please Wear a Face Mask



Help Stop the Spread

Our local COVID-19 cases in Benton and Franklin Counties are currently staggeringly high. Shortly before Christmas, our counties had reported 140 cases per 100,000 people, and we've now risen to over 3,000 cases per 100,000!

Please protect yourselves, our volunteers, and our staff by wearing a facemask during meal deliveries and pickups. We care about all of you and hope you'll show us that same care.

Crummy Weather Info



Meals on Wheels will remain open whenever possible during these winter months, but we do sometimes have to close for weather issues in order to protect our volunteers and staff.

On days with harsh winter weather, please watch the local news or listen to the radio. If we plan to close, we will send the closure information to local media, and we will post the closure on our Facebook page. Although we don't have any control over what gets picked up by local media sites, our Facebook page and website are both reliable sources of information. Clients can always call our office at 735-1911 to get information about the status of meal service.

All home delivery clients have received a box of emergency meals to eat in the event of closures.

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.

Ask the Dietitian

By Samantha Mason, Registered Dietitian

I don't like to drink milk. What foods are good sources of calcium?

Some good sources of calcium include cheese, yogurt, sardines, dark leafy greens like spinach, kale, turnips, and collard greens, fortified cereals such as Total, Raisin Bran, and fortified orange juice. Fortified alternative milks such as soy milk, almond milk, or oat milk may be good sources but it's best to check the label. Look for one with 300 mg of calcium per cup.

Is there MSG in the meals served?

We do not add MSG to our meals. However, some of the products we purchase, such as soy sauce, do occasionally contain MSG.

I was told to eat a heart healthy diet. Are the meals served appropriate for that?

Yes. Our meals provide one third of the Recommended Daily Allowance of calories and nutrients, including fat and sodium. We also follow the current Dietary Guidelines for Americans, which are consistent with heart healthy guidelines. All our frozen meals are low sodium and we have also reduced the sodium in several of our hot meals.

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.

Improve your access to nutritious food with the Basic Food Program!



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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. 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.

From our Food Services Manager

Food Safety for Older Adults

As people age, their bodies change. Seniors may have more trouble fighting off harmful bacteria and/or need more time to recover from illness. Food-borne illness can be particularly difficult, even life-threatening, for seniors, so it is extra important for them to take precautions and to be mindful of food safety.



Here are some tips on selecting lower-risk food options.

- Only eat fish, shellfish, meat, and poultry that have been cooked to a safe internal temperature. Avoid eating raw or undercooked items.
- Drink pasteurized milk and juices.
- Use pasteurized eggs in recipes that call for raw or undercooked eggs.
- Always wash vegetables, including all salad fixings.
- Avoid raw sprouts.
- Choose hard cheeses or processed cheeses that are clearly labeled, "Made from Pasteurized Milk."

Storage of food items in the home is a commonly overlooked area of potential food safety hazards. Improper storage can result in spoilage and the development of bacteria that can be harmful.

- Check food labels for storage instructions like "refrigerate after opening, store in a cool place, etc."
- Check "use by" and "sell by" dates and follow these guidelines as intended.
- Use refrigerated leftovers within 3 or 4 days. Always inspect leftover food for mold before eating.
- Discard any spoiled food immediately, as it can spread bacteria to other foods in your refrigerator.

Eating out can be a nice break from cooking for yourself or a way to connect with friends and family. Food safety is still important to keep in mind.

- Pick a tidy place with clean tables and floors
- Ask your server how high-risk items on the menu are prepared, and request that these items be cooked longer or omitted.
- Consider avoiding buffets. Sometimes food sits out too long and might not be kept at the proper temperature.
- If you take leftovers home, refrigerate them within 2 hours. Refrigerate sooner if outside temperature is above 90°F.

I hope these tips provide some insight to food safety and how we can all reduce our chance of getting ill.

If you have any questions or comments, 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

1824 Fowler St. Richland, WA

February 2022

Meals for seniors age 60+ are provided on a donation-only basis.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Drive-Thru & Home Delivery Swiss Steak Mashed Potatoes Garden Vegetables Fruit, Milk	2 Drive-Thru & Home Delivery Chicken Fajitas Rice & Beans Flour Tortilla Fruit, Milk	3 Drive-Thru & Home Delivery Swedish Meatballs Egg Noodles Chef's Veggies Broccoli Salad Bread, Fruit, Milk	4 Drive-Thru Only Herbed Chicken Mushroom Gravy Au Gratin Potatoes Tossed Salad
7 Drive-Thru & Home Delivery Chicken Alfredo Italian Vegetables Breadstick Fruit, Milk	8 Drive-Thru & Home Delivery Apple Pork Chop Mashed Sweet Potatoes Broccoli Normandy Fruit, Milk	9 Drive-Thru & Home Delivery Three Bean Chili Mixed Vegetables Fresh Carrots Cornbread Fruit, Milk	10 Drive-Thru & Home Delivery Roasted Turkey, Gravy Stuffing Green Beans Cranberry Sauce, Roll Fruit, Milk	11 Drive-Thru Only Beef Stir Fry Fluffy Rice Asian Vegetables Tossed Salad Fruit, Milk
14 Drive-Thru & Home Delivery Chicken Pot Pie Green Beans Tossed Salad Fruit, Milk	15 Drive-Thru & Home Delivery Lemon Pepper Cod Fluffy Rice Green Peas Fruit, Milk	16 Drive-Thru & Home Delivery Pulled Pork Sandwich Baked Beans Coleslaw Fruit, Milk	17 Drive-Thru & Home Delivery Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll, Fruit Ice Cream**, Milk	18 Drive-Thru Only Chicken Tetrazzini Glazed Carrots Tossed Salad Fruit, Milk
21 Closed	22 Drive-Thru & Home Delivery Meatloaf w/ Gravy Mashed Potatoes Roasted Carrots Fruit, Milk	23 Drive-Thru & Home Delivery Macaroni & Cheese Sausage Patty Broccoli Apple Cabbage Slaw Fruit, Milk	24 Drive-Thru & Home Delivery Teriyaki Chicken Fluffy Rice Asian Vegetables Fruit, Milk	25 Drive-Thru Only Spaghetti & Meat Sauce Green Beans Tossed Salad Breadstick Fruit, Milk
28 Shepherd's Pie Spinach Salad Warmed Peaches Wheat Roll Milk	<p>You are asked to self-monitor what you consume.</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>			

Meal Service Options

Home Delivered hot meals are available in Tri-Cities, Benton City, & Prosser 4 days a week, Monday through Thursday. Hot meals are also available for take-out from the following sites, **with advance reservations**, 11 am to noon, Monday through Thursday:

Kennewick Community Center, Richland Community Center, Benton City Desert Rose Complex, Pasco First Avenue Center, Prosser Community Center.

Hot and Frozen meals are available at the Connell Community Center each Thursday, 10 am to noon, and at the Pasco Ray Pflueger Center on Tuesdays.

Our Meals on Wheels Café drive-thru offers hot and/or frozen meals Monday through Friday, 11 am to noon.

Frozen meals can be picked up from our Administrative Office Monday through Friday, 8 am to 4:30 pm.