



Mid-Columbia Meals on Wheels

April 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.



Kristi's Update

Whew! I can't even describe how much is happening at our place as we implement new protocols, plan for increased service, hire new employees, and just continue with the day-to-day operation of our program. A few bits of info I'd like to share:



- We have set May 2nd as our **very** tentative date to re-open our Senior Dining Centers. I hesitate to even mention the date because the last time we made plans to reopen, we had to nearly immediately abandon all plans when the Omicron variant swept through our community. However, we are so excited about the possibility of eat-in dining that I just had to share! We're all keeping our fingers, toes, and eyeballs crossed for good luck!
- We have updated our home delivery policy to allow our drivers to bring meals directly into homes if clients wish them to do so. For now, drivers will continue to wear masks to offer additional protection for our community. We know that we not only serve a vulnerable population, but many of our staff and volunteers are vulnerable themselves or are caregivers to folks in compromised health. Some of our volunteer drivers may not feel comfortable entering homes, and we certainly aren't requiring that they enter. Protocols will continue to change in response to changing COVID conditions.
- Our kitchen staff has been hard at work developing a vegetarian menu. As we begin, the vegetarian program will be fairly limited in scope but may expand if participation is high. Please call our office if you would like to try the vegetarian meals.
- We're trying something new right before Easter. We'll serve a ham dinner on Thursday, April 13th. And just for fun, our Meals on Wheels admin team will help kitchen staff by making about 1,200 deviled eggs for the meal!
- Our parent company, Senior Life Resources, has officially completed the final building on our campus. Our Admin Services team, which includes Finance and Human Resources, is busy moving into their new offices. Their move provides much-needed storage at our current building.
- On a personal note, I have announced my retirement date in February of 2023. I wanted to provide as much notice as possible to allow plenty of time to find exactly the right person for the job and to provide many months of training and orientation. We've already begun the recruitment process and will offer more updates as they develop. Although I will be sad to leave this wonderful team, I will also be grateful to have more time to spend with my family, including my own mother and in-laws.

As a final and most important note, I want to mention that April is Volunteer Appreciation Month. I don't know what we would do without our wonderful volunteers. They help with all facets of our program, including prepping, packaging, delivering, & serving meals, helping with administrative tasks, phoning our homebound clients, and so much more! We encourage all of our clients and community to say a friendly thank-you to the Meals on Wheels volunteers in their lives.

Happy Spring!

Kristi Thien, Nutrition Services Director

Celebrate Your Pets!

Next month is National Pet Month, and we're getting a jump start in preparation for the celebration! Thanks to some ambitious volunteers, Meals on Wheels will be sponsoring a **Celebrate Your Pets** program in May! It's an opportunity for our seniors to get a little help with the care of their pets.

We'll be sending home a wish list for all our home delivery clients who have pets. Volunteers will process the wishes in April so we can deliver items in May. We can't promise to fill every wish, but we'll try!

If you'd like to participate, please return your form as soon as you receive it to allow our volunteers to have lots of time to work on the lists. Wishes could include items like pet food, toys, treats, a new collar, a leash, etc. We'll try to match each wish to a community

member who loves animals and would like to help.

Yay for Pets!



Sorry!
We're CLOSED

Friday, April 15th for All-Staff Training



Volunteer Spotlight

Natalie Huggins, Site Staff & Volunteer Manager

The United Nations reported that in 2021, one billion people volunteered globally. Volunteerism is a testament to the importance of human relationships. While volunteering can be motivated by the desire to enhance the quality of life for others, it is equally about humans' need to participate in their community and to feel that they are important to others. Volunteers exemplify compassion and cooperation—both fundamental values of volunteerism.

Here in the United States, April is Volunteer Appreciation Month. April 18-22nd, Mid-Columbia Meals on Wheels will join Points of Light National Volunteer Week in honoring our hundreds of amazing volunteers with sweet treats, a catered box lunch, and a plethora of visual and auditory expressions of our deep gratitude. Our ability to reach out and serve meals to 800 clients a month on a donation basis is LARGELY DUE to the hundreds of hours our meal packagers, food transporters, meal-delivery drivers, drive-thru assistants, phone buddies, administrative and special projects volunteers donate each and every month. ¡Gracias! ¡Danke! Merci! Kop Kun Ka! Xie Xie! We extend a world of THANKS to all our Meals on Wheels volunteers!

For information about becoming a Meals on Wheels volunteer contact Natalie Huggins, Site Staff & Volunteer Manager at (509) 735-1911 or nhuggins@seniorliferesources.org.

FIESTA FRIDAY VOLUNTEER APPRECIATION DRIVE-THRU LUNCH

Who: All Meals on Wheels Volunteers

What: Taco Lunch—chicken, beef, combo, or vegetarian, AND all the fixings AND dessert!

Where: Meals on Wheels campus, 1834 Fowler Street

When: Friday, April 22nd, 12:15 – 1:30 PM

Why: We want to thank every volunteer for the work they do for our seniors and our community!

Volunteers should please RSVP their choice of chicken, beef, combo, or vegetarian tacos to Natalie: nhuggins@seniorliferesources.org or 509-735-1911 by Monday, April 18th.

Introducing the Newest Members of the Meals on Wheels Volunteer Team



Melissa Fulop
Central Kitchen



Lori Gelwix
Café Driver



Clark Hodge
Cafe Driver



Larry Johnson
Kennewick Driver



DeVon Mabry
Kennewick Driver



Randy Meaders
Kennewick Driver



Jamie Perez-Carter
Richland Driver &
Meal Packager



Mary Schanke
Central Kitchen



Mike Wilson
Café & Richland
Driver

THANK YOU!



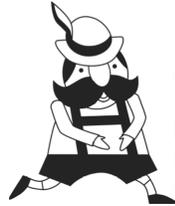
Thank you to the **Pasco Laureate Beta Delta Chapter of Beta Sigma Phi!** Every year they stop by our office to make a generous donation to be used toward meals for seniors in our community. We are very grateful for the ongoing support of this wonderful group!

Our community partners at **Lamb Weston** continue to give us all kinds of support! Their latest donation includes an instant oven for quick reheating, AND a restaurant-style panini press to be used at our Meals on Wheels Café when we re-open for in-person dining. We're excited to try the new equipment. Thank you!

HMIS (Hanford Mission Integration Solutions) continues to support our program through both financial and in-kind donations. On March 25th, HMIS employees spent their afternoon with us packaging vegetarian meals. Many thanks to all these folks!

Birthday Cards are Back!

Thanks to volunteers Joan & Mary Kessner and their fun and hardworking group of friends, we've returned to delivering birthday cards to our home delivery clients during their birthday month. Our clients have appreciated this special touch, for sure!



Save the Date!

Our OktoberFest Fun Run will be held on Saturday, October 2, 2022, details TBD. Mark your calendar now to make sure you're ready for the most wunderbar food, beverage, and fun to be found!

Staff Spotlight: Arloa Shaw



Meet Arloa! Arloa is the Site Manager for our Pasco Dining Site. As the Site Manager, Arloa supervises the distribution of home delivery and take-out meals to Pasco residents each day. Once our sites reopen for congregate dining, she will also oversee the daily meal service for in-person diners. Arloa is a caring and thoughtful person who is always willing to step in and lend a hand wherever help is needed. She is a valuable member of our Meals on Wheels team!

How long have you worked for MOW? 5 years the 6th of December. I started out as one of the prep cooks in the kitchen before accepting my current position.

What do you like best about your job? The people who are working and volunteering at Meals on Wheels are all focused on the same goal: that of providing food to people who need it—a great group of people!

Tell us about yourself! I grew up in Rosalia, WA and graduated from EWU (Eastern Washington State College back then—shows how old I am!) I met my husband Bob then, and in November we will have been married 45 years. We have 3 kids and 3 grandchildren.

What did you do before you came to work at Meals on Wheels? After the kids were grown, Bob and I opened a Deli, and did some catering. We also ran the cafeteria at Walmart Distribution Center. After moving to West Richland, I worked at south Richland Yokes.

What are some things you enjoy doing in your free time? Spending time with family and working in our yard.

What is your favorite season and why? I enjoy driving through the gorge to Hood River twice a year—in the spring to see the trees leafing out and flowers growing along the freeway, then again in the fall to see all of the fall colors.

If you could instantly acquire one talent or ability, what would it be? Why? I Love The Piano Guys. I wish I took my piano lessons more seriously.

What is something that's on your bucket list? I would like to travel through the New England states to see the fall colors, visit New York to see the Statue of Liberty, and dig for clams on the coast.

What is something that many people don't know about you? I grew up on a dry land wheat farm. I can drive a stick shift truck. We have adopted a rescue German shepherd named Bella whose antics keep us entertained.

Ask the Dietitian

By Samantha Mason, Registered Dietitian

Probiotics and Health

What are probiotics?

Probiotics are essentially good bacteria that can have health benefits when consumed. Different strains of the bacteria have different effects. For example, one strain may fight against cavity-causing organisms in our mouths and one strain may help treat diarrhea. Since probiotics are already present in a normal digestive system, they are generally considered safe. There is a theoretical risk for people with impaired immune function, so it's especially important to talk to your doctor before starting a probiotic supplement.

What are the benefits of eating foods that contain probiotics?

Studies have shown potential benefits in the treatment or prevention of diarrhea, irritable bowel syndrome, ulcerative colitis, and urinary tract infections. The use of probiotics in the treatment of diarrhea, as well as constipation, has been shown to be particularly beneficial.

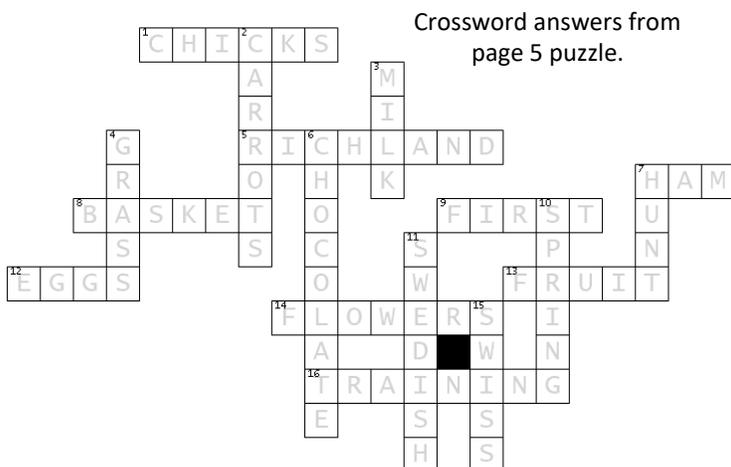
How can I eat more probiotics?

Probiotics are found in fermented foods and dietary supplements. Fermented food sources include: yogurt, kimchi, sauerkraut, kombucha, miso paste, and cottage cheese.

How many probiotics foods do you need?

There currently is not a recommended daily intake for probiotics. A general guideline is to add as many fermented foods to your daily diet as possible: eating yogurt as a snack or with a meal, adding miso paste in a salad dressing, or drinking a serving of kombucha for a refreshment. Many people find the easiest way to eat more probiotics is by adding yogurt to their diet. The probiotic content of yogurt products can range from 90 billion to 500 billion CFU per serving. (CFU stands for colony-forming units, which is how many bacteria can divide and form colonies.) Look for the words "live and active cultures" on the label.

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



From our Food Services Manager Vegetarian Meals

Here at Mid-Columbia Meals on Wheels, we strive to provide a good variety of meals that appeal to the majority of our participants. We often get requests for new and different meals than what we currently serve. While it can be challenging to accommodate every request, we do consider whether the desired meal could be made in large quantities and meet our State-mandated nutritional standards.

One of our newest ventures has been to create a vegetarian frozen meal option. We have had many inquiries about from folks who wish to limit their meat intake, and we are excited to soon be able to provide this option for our clients.

There is a lot of work that goes into the development of all our meals. Creating our vegetarian meal option has taken quite a long time, but we feel the results are worth the wait. Before we can offer new meals, many steps are required:

- **Recipe development:** We begin by researching recipes, then preparing the ones that sound best. Each considered item is tested for taste, texture, labor required, and whether our kitchen can easily accommodate the preparation in large quantities.
- **Nutrient Analysis:** All our meals must be reviewed by our Registered Dietitian who evaluates the nutrient and caloric values for the meal. Each meal must meet 1/3rd of the RDA (Recommended Dietary Allowance), set by the Washington State Nutritional Standards.
- **Recipe Adaptation:** Recipes are converted to larger quantities that will meet our production needs. We also alter the cooking instructions to fit our equipment specifications.
- **Planning Production Quantities:** We forecast the number of meals required for our clients and then set our production levels to ensure adequate inventory.

We expect to have the vegetarian frozen meal packs ready to roll out is sometime in April. Our staff and volunteers are working diligently to get everything cooked and packed!

If you are interested in receiving vegetarian meals, please contact our main office. As always, we value your feedback and hope you will let us know how these meals taste!

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



Vegetarian Meals are Coming!

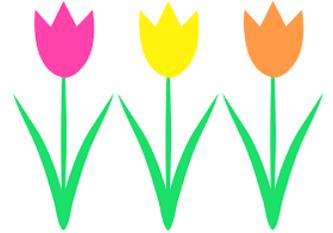
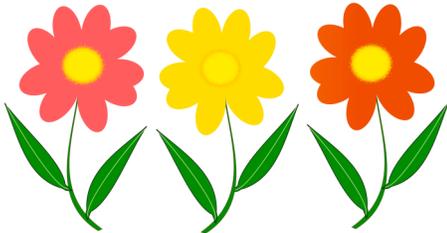
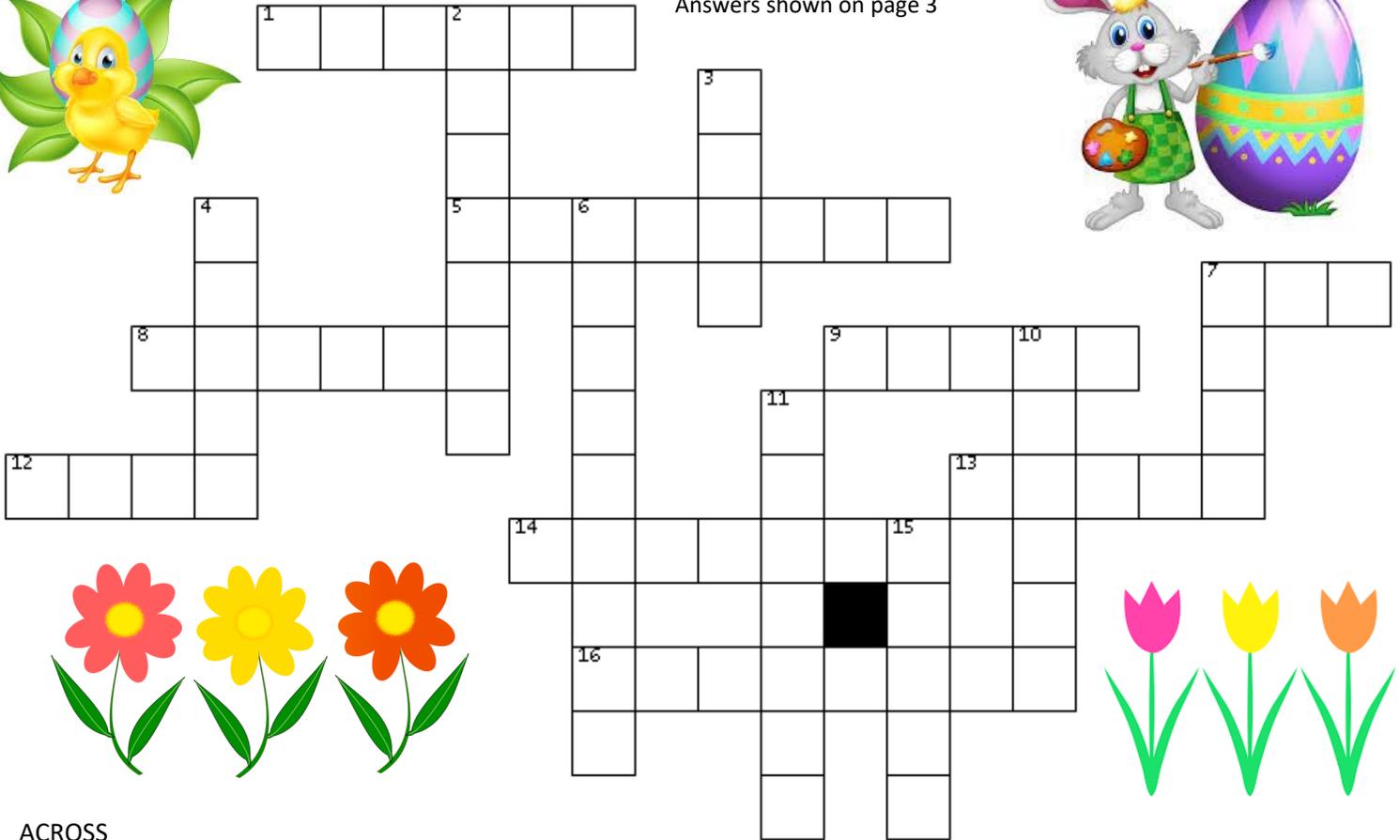
Our kickoff date will soon be announced for Vegetarian Meal Packs for clients who don't wish to eat meat. Meal packs will include 7 frozen vegetarian meals:

- 3-Bean Chili
- Veggie Spaghetti
- Vegetarian Potato Mushroom Bowl
- Lentil & Potato Stew
- Vegetarian Swedish Meatballs
- Vegetarian Teriyaki Stir-Fry
- Chickpea & Rice Bake

If you are interested in receiving vegetarian meals, please contact our office at 509.735.1911.

Meals on Wheels April Puzzle

Answers shown on page 3



ACROSS

1. Baby chickens popular in April.
5. Town where our main office is located.
7. The meat we're serving on April 14th.
8. Container for Easter eggs.
9. Date of April Fools Day.
12. Chicken seeds that can be boiled hard or fried.
13. Cherries and apples are examples.
14. April showers bring these lovelies in May.
16. The reason we're closed on April 15th.

DOWN

2. Bunnies' favorite orange food.
3. Cow juice, the beverage we serve with our meals.
4. Lawn plants we need to mow starting in spring.
6. Favorite food delivered by the Easter bunny.
7. Search for eggs.
10. Season of the year for April.
11. Type of meatballs we're serving on April 7th.
15. Type of steak we're serving on April 25th.



We don't yet have applications from Washington State for the 2022 Senior Farmers Market Voucher Program, but it shouldn't be long. The program provides low-income seniors with \$40 in vouchers to be used at local farmers markets. If you'd like to be on the list to receive a 2022 application, please call our office at 509.735.1911. Seniors are required to complete a new application each year.

Pet Supply & Vet Assistance

Thanks to a generous grant from Meals on Wheels America, we are ready to help our senior pet parents who need a little help with their beloved furry friends.

In addition to lots of pet food, we have some funding available to help with veterinary care and grooming 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.



If you're a senior and you need or would like a COVID test kit, we're here to help, thanks to our friends at Benton Franklin Health District! They continue to work incredibly hard through the pandemic, and they always keep our clients in mind, providing us with test kits for our clients. We've already delivered over 1,200 kits, but we have more available. Please call our office for a kit, 509.735.1911.

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
 1824 Fowler St. Richland, WA

April 2022

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

Mon	Tue	Wed	Thu	Fri
Drive-Thru & Home Delivery	Drive-Thru & Home Delivery	Drive-Thru & Home Delivery	Drive-Thru & Home Delivery	Drive-Thru Only NO DELIVERY
<p><i>You are asked to self-monitor what you consume.</i></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>				<p>1</p> <p>Herbed Chicken Mushroom Gravy Au Gratin Potatoes Yogurt & Berries Milk</p>
<p>4</p> <p>Arroz Con Pollo (Rice with Chicken) Green Peas Spinach Salad Fruit, Milk</p>	<p>5</p> <p>Spaghetti & Meat Sauce Garden Vegetables Breadstick Fruit, Milk</p>	<p>6</p> <p>Pulled Pork Sandwich Baked Beans Coleslaw Fruit, Milk</p>	<p>7</p> <p>Swedish Meatballs Egg Noodles Mixed Vegetables Broccoli Salad Fruit, Milk</p>	<p>8</p> <p>Roast Turkey w/ Gravy Mashed Potatoes Green Beans Wheat Roll Fruit, Milk</p>
<p>11</p> <p>Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Fruit, Milk</p>	<p>12</p> <p>Cranberry Chicken Confetti Rice Peas & Onions Fruit, Milk</p>	<p>13</p> <p>Hamburger Baked Beans Apple Cabbage Slaw Lettuce, Tomato, Onion Fruit, Milk</p>	<p>14</p> <p>Baked Ham Au Gratin Potatoes Glazed Carrots Deviled Eggs Fruit Salad Carrot Cake** Milk</p>	<p>15</p> <p>Closed for All-Staff Training</p>
<p>18</p> <p>Chicken and Rice Casserole Green Beans Fruit, Milk</p>	<p>19</p> <p>Tuna Noodle Casserole Lyonnaisse Carrots Fruit, Milk</p>	<p>20</p> <p>Scrambled Eggs with Peppers Sausage Patty Chuck Wagon Potatoes Bran Muffin Fruit, Milk</p>	<p>21</p> <p>Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll, Fruit Ice Cream**, Milk</p>	<p>22</p> <p>Chicken Fajitas Rice & Beans Flour Tortilla Fruit, Milk</p>
<p>25</p> <p>Swiss Steak Mashed Potatoes Garden Vegetables Fruit, Milk</p>	<p>26</p> <p>Sweet & Sour Pork Fluffy Rice Asian Vegetables Fruit, Milk</p>	<p>27</p> <p>Chicken & White Bean Chili Cornbread Fruit, Milk</p>	<p>28</p> <p>Beef Lasagna Mixed Vegetables Tossed Salad Garlic Bread Fruit, Milk</p>	<p>29</p> <p>Breaded Chicken Sandwich & Fixings Corn Chowder Pea & Cheese Salad Fruit, Milk</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 Pfleuger 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.