



Mid-Columbia Meals on Wheels

June 2022

Wheels In Motion

Senior Life Resources
NORTHWEST

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

On May 24th, I attended and spoke at the NANASP (National Association of Nutrition & Aging Services Program) National Conference in Austin, TX. The audience will be aging services professionals from around the country, and I will be detailing our COVID-19 response successes and challenges. More than anything, it's a great opportunity for me to brag about the amazing staff, volunteers, donors, and community who supported us in a million ways.

In preparation for my presentation, I've been sorting through photos from the past 27 months, since the arrival of the pandemic. The work photos portray an unbelievably committed group of people selflessly serving their community! We all worked so hard, with so much worry, for so long; much of that first year of COVID is truly a blur whose memory would be forgotten were it not for the photos.

It was hard not to be emotional as I reviewed the pictures of the many faces who helped keep our mission alive. Some of the volunteers show up in countless photos, as they generously filled every shift we needed. One of the photos that made me laugh showed staff wearing gloves while trying to place labels on meals, a precaution we had to abandon because the labels stuck to the gloves more than the meals.

Sorting through the photos also reminded me of the "normal life" milestones that occurred despite the pandemic—illnesses, deaths, retirements, graduations, weddings, and more. Through all the joys and sadness of life, our staff and volunteers and community stood by us. There really aren't words to express how grateful and proud I am to be surrounded by all these wonderful folks!

For all of you who contributed to our pandemic success, I say a heartfelt THANK YOU! And for those of you who have benefited from their efforts, I encourage you to offer your thanks to these folks. We are a better community because they are a part of our lives.

Kristi Thien, Nutrition Services Director

2022 Senior Farmer's Market: \$80 per person available!



Applications are rolling in for the 2022 Washington State Senior Farmers Market Nutrition Program. We're excited to announce that the State of Washington has **DOUBLED** the benefit for each person to \$80! (A senior couple can each receive the \$80.)

The Farmers Market Program provides vouchers for low-income seniors to use at approved Farmers Markets. To qualify for participation, seniors must be age 60 or older, meet the income requirements, and be residents of Benton or Franklin Counties. Participants are required to complete a new application each year.

Applications are now available. If you'd like one and haven't yet received one, please call our office at 509-735-1911. We will happily mail an application to you. Home delivery clients can also call their individual Site Managers to request to have one dropped off by the volunteer drivers.

Seniors who are unable to shop for themselves can appoint a trusted friend or family member to act as a proxy to shop on their behalf. The proxy form is on the back side of the application.

Qualified seniors should legibly complete ALL parts of the application and **mail it or drop it off** at our office as soon as possible after receiving the application. Vouchers are awarded on a first-come/first-served basis, so it's important to fully complete and return the application **by mail or drop-off** as soon as possible. Seniors who qualify and fully complete the application will receive their vouchers in early June.

Please mail completed applications to:



Mid-Columbia Meals on Wheels
1824 Fowler St
Richland, WA 99352



IF THERE IS ANY PROBLEM,
PLEASE **Lettuce** KNOW

Volunteer Spotlight

Natalie Huggins, Site Staff & Volunteer Manager

At Mid-Columbia Meals on Wheels we unabashedly proclaim that **“We have the best volunteers in the galaxy!”**

The generous, caring individuals who have most recently joined the team as volunteers are living examples of the definition of a volunteer . . . Someone who has donated the commitment of time and energy for the benefit of the community and individuals outside one's immediate family. The service is undertaken freely and by choice, without concern for financial gain.

You will see Meals on Wheels volunteers packaging meals, transporting food and serving seniors at our 8 dining sites, delivering meals to 560 homebound seniors, delivering pet food and pet supplies for clients’ four-legged companions, phoning clients to nurture friendships and brighten seniors’ week, gathering and packaging special surprises and treats for the holidays, assisting with mailings, AND always bringing warmth and kindness to their interactions on behalf of local seniors. Meals on Wheels could not exist in Benton and Franklin Counties—nor anywhere in the USA—without our vital volunteer teams! THANK YOU TO ALL OUR VOLUNTEERS!

To learn about volunteer opportunities with Mid-Columbia Meals on Wheels—and there are many—contact the Site Staff & Volunteer Manager, Natalie Huggins, (509) 735-1911; nhuggins@seniorliferesources.org.

The Newest Members of the Meals on Wheels Volunteer



Donna Blakley
Prosser Dining Site



Geraldine Blanchard
Richland Dining Site



Vanessa Godfrey
Transport Driver



Barbara Moffett
Admin Support



Lois Paul
Richland Dining Site



Yenetsiy Perez
Kennewick Dining Site



Carol Pettitt
Café Dining Site



Betty Joan Schroder
Richland Dining Site



Ellah Marie Utecht
Café Dining Site

Still Seeking Volunteers

In order to return to full meal service, which includes reinstatement of Friday home deliveries and soup/salad/sandwich service at the Meals on Wheels Café, we continue to seek additional volunteers. Volunteers get to meet cool people, learn interesting stuff, and make a real difference in the lives of seniors. Volunteers are needed in many exciting positions:

- Kitchen Packager—fun, social activity where friends can be made while accomplishing great things!
- Dishwasher—a mindless but gratifying job using our commercial dishwasher. We supply the rubber apron!
- Substitute Drivers—a footloose commitment-free position covering vacations for other fun volunteers!
- Friday Route Drivers—an easy gig that will get us back on track for 5-day-a-week delivery service. TGIF!
- Café Servers—it’s like being in a stress-free restaurant serving the nicest people ever!
- Kitchen Helpers—hang out with the lunch ladies (& men) at a location near you!

For more information, please call Natalie at 509-735-1911 or email nhuggins@seniorliferesources.org.

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.

STAFF NEWS

Happy Retirement!



Goodbyes are always hard, and saying Farewell & Happy Retirement to Patty Williams is tough! Patty is our Prosser Site Manager and has been with us for nearly 4 years. Prior to joining us as paid staff, Patty was a wonderful volunteer for Meals on Wheels. She is one of the kindest and most generous folks out there, and she clearly has a heart for our mission!

Patty will be returning to her roots in Ohio as she learns a new, leisurely way of life as a retiree. We wish Patty nothing but the best in this next adventure. We know that whatever path she takes, she'll have a smile on her face and a steady hand to support those around her.

All the best to you, Patty, from the entire Meals on Wheels team and your many friends and fans in Prosser!

Welcome Back!



Returning to our team is Rose Trembley, who has resumed her role as the Connell Site Manager. Rose worked for us for 3 years before taking a break to take care of her granddaughters, Michelle and Addison, both now about 2 years old.

Rose is definitely a caregiver at heart, and she is devoted to her diners. Rose and her husband have been married for 38 years and have 2 children and 4 foster children.

Rose says she wanted to come back to Meals on Wheels because she loves the seniors she serves. She says that she feels "lucky to have this opportunity to come back to this wonderful family of seniors." Meals on Wheels & Connell seniors certainly feel lucky that Rose is back with us!

Senior Dining Centers: Open for In-Person Dining

Dining Site	Address	Phone	Hours/Days Staffed	Site Manager
Benton City	510 14 th St	509-588-3094	Mon-Fri 8 am - 1 pm Lunch 11:30	Cathy
Connell	211 E Elm	509-234-0766	Tues - Fri 9:30 am - 1 pm Lunch 11:30	Rose
Kennewick	500 S Auburn	509-585-4241	Mon - Fri 9 am - 1 pm Lunch 11:30	Charlie & Denise
Pasco	505 N 1 st Ave	509-543-5706	Mon - Fri 9 am - 1 pm Lunch 11:30	Arloa
Pasco Parkside	253 Margaret	509-545-2169	Mon - Fri 9 am - 1 pm Lunch 11:30	Zulema
Prosser	1231 Dudley	509-786-1148	Mon - Fri 9 am - 1 pm Lunch 11:30	Patty
Richland	500 Amon Park Dr	509-943-0779	Mon - Fri 9 am - 1 pm Lunch 11:30	Sue
Richland MOW Cafe	1834 Fowler	509-736-0045	Mon - Fri 9 am - 1 pm Lunch 11-1	Jessica

**Please join us for good meals and good friends!
Meals are provided free of charge to seniors age 60+
For questions about our dining centers or home delivered meals, please call
509-735-1911.**

June Menu Wordsearch

M	E	Y	S	Y	K	U	R	E	F	F	C	Y	N	B	APPLE	RICE
T	E	L	J	A	N	L	E	I	R	J	E	Y	E	S	BROCCOLI	SPAGHETTI
N	C	A	P	M	L	T	G	U	C	K	S	R	E	T	COD	TURKEY
G	L	O	T	P	K	A	I	F	R	E	R	O	I	E	FRUIT	BERRIES
L	R	Y	Y	B	A	T	D	U	R	I	T	K	L	R	MEATBALLS	CHILI
K	U	V	O	B	A	I	T	U	E	A	T	R	O	I	POTATOES	CORNBREAD
L	H	A	G	R	P	L	N	S	T	U	W	T	C	Y	SALSA	MACARONI
O	O	R	U	P	B	P	L	O	K	L	I	M	C	A	TUNA	PORK
C	F	G	R	C	E	V	P	S	R	V	L	U	O	K	BEANS	SALAD
U	F	R	T	H	A	S	V	J	H	A	T	M	R	I	CHICKEN	TERYAKI
T	U	N	A	I	N	E	N	R	O	C	C	C	B	R	CORN	YOGURT
Y	V	K	W	C	S	A	S	L	A	S	O	A	F	D		
V	I	L	I	K	C	H	I	L	I	D	H	G	M	E		
Y	I	T	T	E	H	G	A	P	S	W	S	N	F	D		
H	C	O	R	N	B	R	E	A	D	A	S	G	N	V		

Staff Spotlight: Brian Kinner

Brian is our Food Services Manager, but he takes care of so much more than just food! He helps staff with computer issues, makes sure that our fleet of vehicles receives preventative maintenance, keeps an eye on all kitchen equipment, and oversees all kitchen staff & functions. Brian is a trained chef and has many years of catering and restaurant experience. Brian has been married nearly 10 years. He and his wife, Shelby, have two wonderful boys, Liam & Chase. They also have 4 dogs, a bearded dragon, and a red-footed tortoise. Brian enjoys kayaking, board games, and spending time with family. Brian has worked for Meals on Wheels for 6 years, and we're very grateful to have him on our team!

If you could have a superpower, what would you pick? Ability to read minds

What do you like best about your job? Being part of an organization that does so much for the community!

Would you rather have hair down to your waist or 6-inch hair that stands up straight? Hair to my waist.

What is your favorite Meals on Wheels meal? Chicken Pot Pie

What was your first job? Soccer referee at age 15

What is your favorite holiday? Christmas—I love the time with family and seeing my kids light up when they see what Santa brought them.

If you could play in a band, what band would it be? The Beatles

Who was your favorite teacher? Mrs. Holland—she took the time to understand my learning style and helped me to focus my energy.

What is your favorite book? The Hobbit

Who is your favorite sports team/player, past or present? Dallas Cowboys & Troy Aikman



Ask the Dieti-

By **Samantha Mason**, Registered Dietitian



Eat to Improve Your Sleep

A study in *Nutrients*, an open access journal of human nutrition, found that a diet high in healthier food choices was associated

with higher sleep quality and fewer sleep disturbances. This study found that eating more fruits, vegetables and legumes was beneficial.

Additional nutrients that have been found to affect quality of sleep include omega 3 fatty acids, vitamin D, magnesium, and iron. A trial published in 2021 found that participants given supplements containing omega-3s nodded off faster and slept longer than those who got a placebo. Before starting a new supplement, please speak to your healthcare provider. Other strategies to improve sleep include: a bedtime routine, regular exercise, regular exposure to daylight, and sleeping in a dark, cool bedroom. Caffeinated beverages such as tea and coffee, and alcohol-containing beverages may negatively effect sleep quality when consumed close to bedtime.

Nutrient	Food Source
Omega 3 Fatty Acids	Seafood, especially salmon, tuna, and sardines Canola oil Avocados Walnuts Flaxseeds Chia seeds
Vitamin D	Trout and salmon Mushrooms Eggs Vitamin-D-fortified foods like cereal and plant-based milks Cow's milk
Magnesium	Nuts and seeds (especially pumpkin seeds, chia seeds, cashews, peanuts and almonds) Spinach Edamame Black beans Potatoes Yogurt Bananas Fortified breakfast cereals

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

By Brian Kinner

Continued Supply Chain Challenges

Supply challenges of surprising types and frequency continue to surface for us at Meals on Wheels. Although we scramble to find solutions, we're finding that shortages of some common foods and ingredients are presenting significant impact for our staff. As always, we do our best to find solutions that minimize the impact on our seniors.

- **Milk** supplied in the small cartons has been a recurrent challenge. At times we've had to arrange creative deliveries from our supplier in order to obtain the milk cartons we serve with the meals. In a few instances, we've had to provide larger containers that are harder for some of our clients to handle. Due to the limited shelf-life of milk, we can only have limited quantities on hand at a given time, so it's not an item we can order ahead in large quantities. We are working hard to find a more consistent source but have found limited options thus far.
 - **Rolls** are another basic food item that's been difficult to secure in the large quantities we need. There have been instances in which we have received the wrong product or no rolls at all. In those cases, we always try to source a nutritionally-equivalent substitute to serve with the meals. Just recently we had to serve breadsticks in place of the rolls because rolls were in such short supply everywhere.
 - **Soup & Sauce Bases** shortages have been one of the most impactful shortages we have encountered. We use chicken, beef, and vegetable bases for many of our recipes to make stock/broth that brings a lot of flavor to menu items. Some of our favorite bases have been discontinued by the manufacturer and are no longer available to us. We are unable to use many of the bases that are currently available because their nutrient value would result in our meals not meeting the nutritional standards requirements. Our remedy to this shortage is to adapt our recipes to test different seasoning combinations to ensure that the meals remain flavorful while still being healthful. A few clients have commented on meal changes they have noticed, and we're doing our best to minimize the impact on flavor.
- We appreciate everyone's patience and understanding as we navigate these shortages. We value feedback on our meals. I can be reached for comments or concerns at: bkinner@seniorliferesources.org or 509-735-1911



Masking Policy

All Mid-Columbia Meals on Wheels senior dining centers are currently mask-optional. We will continue to monitor local COVID-19 cases and to follow the guidance of both the Center for Disease Control and the Benton Franklin Health District.



Mid-Columbia Meals on Wheels

A program of Senior Life Resources NW

www.seniorliferesources.org or 509-735-1911

1824 Fowler St. Richland, WA

June 2022

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

Mon	Tue	Wed	Thu	Fri
<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. 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 Chicken Fried Steak Mashed Potatoes Country Gravy Peas & Carrots Three Bean Salad Fruit, Milk</p>	<p>2 Macaroni & Cheese Sausage Patty Garden Mix Vegetables Tossed Salad Fruit, Milk</p>	<p>3 Herbed Chicken Mushroom Gravy Au Gratin Potatoes Yogurt & Berries Milk</p>
<p>6 Swedish Meatballs Egg Noodles Broccoli Tossed Salad Fruit, Milk</p>	<p>7 Apple Pork Chop Mashed Sweet Potatoes Mixed Vegetables Fruit, Milk</p>	<p>8 Chicken Chop Salad Salad Greens Chocolate Cake Milk</p>	<p>9 Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk</p>	<p>10 Tuna Pasta Salad Pea & Cheese Salad Crackers Fruit, Milk</p>
<p>13 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk</p>	<p>14 Beef Stroganoff Garlic Noodles Broccoli Fruit, Milk</p>	<p>15 Chef Salad Ranch Dressing Wheat Roll Chilled Pineapple Milk</p>	<p>16 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll, Fruit Ice Cream, Milk</p>	<p>17 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk</p>
<p>20 Turkey Tetrazzini Green Peas Tossed Salad Chocolate Chip Cookie Fruit, Milk</p>	<p>21 Cranberry Chicken Confetti Rice Garden Vegetables Fruit, Milk 1st Day of Summer!</p>	<p>22 Sloppy Joes Mixed Vegetables Apple Cabbage Slaw Fruit, Milk</p>	<p>23 Roast Pork with Gravy Mashed Potatoes Dilled Carrots Fruit, Milk</p>	<p>24 Chicken Salad Sandwich Broccoli Salad Fruit, Milk</p>
<p>27 Spaghetti & Meat Sauce Garden Vegetables Breadstick Fruit, Milk</p>	<p>28 Baked Cod w/Dill Sauce Herbed Potatoes Squash Medley Fruit, Milk</p>	<p>29 Teriyaki Chicken Fluffy Rice Asian Vegetables Fruit, Milk</p>	<p>30 Three Bean Chili Chuckwagon Corn Cornbread Fruit, Milk</p>	

Meal Service Options

Home Delivered Meals: Available in Tri-Cities, Benton City, & Prosser 4 days a week, Monday through Thursday.

Client Eligibility: 60+ years old, primarily homebound, unable to cook, no meal support.

Hot and/or frozen meals are available, up to 7 meals per week.

Senior Dining Centers: Meals are served at 11:30, Monday through Friday, with advance reservations.

Kennewick Community Center	500 S Auburn	509-585-4241
Richland Community Center	500 Amon Park Dr	509-943-0779
Benton City Desert Rose Complex	510 14th St	509-588-3094
Pasco First Avenue Center	505 N 1st Ave	509-543-5706
Pasco Ray Pflueger Center	253 Margaret St	509-545-2169
Prosser Community Center	1231 Dudley	509-786-1148
Connell Community Center	211 E Elm (Tues-Fri)	509-234-0766



**** (Tues—Friday)**

Meals on Wheels Café: Meals are served 11 am to 1 pm, Monday—Friday. No reservations required at this location only.

1834 Fowler, Richland 509-736-0045