



Mid-Columbia Meals on Wheels

February 2023

Wheels In Motion

SeniorLife 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

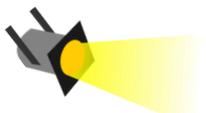
Enjoy retirement, Kristi!

Thank you for 14 years of fun, service, pranks, and mission-driven work.

We appreciate you!

- The Senior Life Resources Northwest Staff + Board





staff spotlight

Our February Staff Spotlight is Ashley Torres! Ashley has been with Meals on Wheels for two years as the packaging coordinator. Ashley spends a lot of time working with volunteers and staff, packaging both hot and frozen meals to be delivered to clients. In her spare time, she enjoys drawing and playing video games. Ashley and her husband have five cats. Their names are: Spade, Nova, Alfheim, Tohru, and Netch. They also have a turtle named Leviathan. Ashley's warm smile, caring persona, and compassion for others are just some of the qualities we most appreciate about her!

What do you like best about your job?

The friendly work environment and atmosphere.



What did you do before you came to work at Meals on Wheels?

I worked as an advanced technical support agent for Amazon.

What is your favorite food/meal?

Chicken katsu over rice.



What is something that is on your bucket list?

Swim with sharks.

What is your favorite movie, TV show, or book?

Favorite book series: Lord of the Rings;

Favorite movie: Nightmare Before Christmas.

What is something many people do not know about you?

I have double platinum Skyrim.



What is your favorite holiday and why?

Halloween is my favorite holiday because of the décor and because no matter how strange you may be, in October you may seem less strange to people who think you're just celebrating.

Please be sure to stop and say, "hello!" to Ashley the next time you see her around!

CLIENT SURVEYS

If you have not returned your client survey, please do! We will be reviewing the feedback and working on ideas to improve service delivery. We appreciate the already-returned surveys, and we have received some great comments and suggestions regarding our meals and services.

If you do not have a survey, please let us know! If you are a home delivery client, we will send one with your driver. You can also pick up a survey at your dining site if you eat at one of our congregate dining locations.

Thank you!

Save the Date!

February 6—10: Cardmaking at **all dining sites**

Friday, February 10: Wear Your Favorite Football Team Jersey / Gear at **all sites**

Tuesday, February 14: Legacy High Leadership Class at the **Café**

Tuesday, February 14: City of Pasco and Meals on Wheels host Bingo at the **Pasco** site

Wednesday, February 15 11am: Bingo w/ the Director at the **Prosser** site

Monday, February 20: **CLOSED FOR PRESIDENTS' DAY**

Tuesday, February 21: Birthday cake at the Richland Community Center, sponsored by Aetna

Wednesday, February 22 3pm: Bingo with the Director at the **Café**



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.

Volunteer Spotlight

Natalie Huggins, Volunteer Manager

The physical, social, and emotional benefits of volunteering has been well documented in numerous research studies. Scientific findings have shown, as Kurek Ashley states, *“The quality of your life will be determined by the quality of your contribution. When you work to improve the lives of others, your life improves automatically.”* As Bernard Meltzer artfully expressed, *“There is no better exercise for your heart than reaching down and helping to lift someone up.”*

Mid-Columbia Meals on Wheels volunteers are ROCK STAR human beings. From chopping vegetables, washing dishes, packaging meals, serving seniors in one of eight Dining Sites in Benton & Franklin Counties, delivering meals to over 550 homebound seniors, answering phones, preparing large mailings, and assisting with “special projects”, Meals on Wheels volunteers make it possible to provide over 800 senior citizens, seven nutritious meals a week at no charge! Their unpaid work is invaluable and priceless in brightening the lives of clients.

When asking our own “experts”—Meals on Wheels volunteers—why they’ve joined the team and what they’ve experienced, we heard:

“A wonderful opportunity to give back to the community by providing meals, a greeting, a smile and a word of encouragement. It gives great satisfaction to be part of such a caring team.”

“The good done for the community, especially the seniors, knowing what we do is greatly appreciated.”

“I think giving back to those who came before us is vital to our community. The time element is minimal, the recipients are happy to see you, and at the end...it makes me happy.”

“It provides purpose in one’s life. I am not able to directly help my 94year old mother, so this is my way of trying to help seniors.”

“Simply put...the people I am meeting, each of them is happy to see me, thankful for the service and caring about me in bad and hot weather. I know I may be the only person they see and talk with all day and that is good.”

“It’s easy to volunteer, simple, rewarding and fun!”

For information on joining the Meals on Wheels volunteer team, contact Natalie Huggins, 509-735-1911; nhuggins@seniorliferesources.org.



MEET the NEWEST VOLUNTEERS



Diane Call
Transport Driver



Mike Durst
Kennewick Dining Site



Jane Giardino
Café Dining Site



Wendy Hill
Special Projects



Frank Nero
Kennewick Dining Site



Jim Phifer
Transport Driver



Peggy Riggers-Collins
Prosser Driver/Dining Site



Paula Rosenberger
Pasco Driver



Betsy Sivula
Pasco Driver



Alex Smith
Richland Driver

We’re grateful for the businesses who support Meals On Wheels Volunteer Appreciation Program!

Show your volunteer badge when patronizing the following businesses and receive:

- Tire Discount Les Schwab Tire Centers, Benton & Franklin Counties
- 20% Off The Neighborhood Cleaners, 8903 W Gage Boulevard, Kennewick, (509) 735-7145
- 10% Off Nothing Bundt Cakes, 110 Gage Boulevard, Suite 200, Richland, (509) 392-7196
- 20% Off Sub Zero Nitrogen Ice Cream, 321 N Columbia Center Blvd, Kennewick, (509) 396-9402

Please thank these businesses for their support of the Meals on Wheels Volunteer Program!

February

S S H A D O W D H H C P K S P Y A R M P
 F B I N G O N I K K A C A G Z N P U E R
 N B Q H P X U N D Q N E V E O W N C A E
 O S C U B Z L I H S D L O D U P X U L S
 F O C F A I U N E V Y E L Z L G F M S I
 T S C E O L Q G A I X B U M I E U Q O D
 F B H B U L N S R J D R N I N D A G N E
 K V U R R O M I T T R A T L E S T I W N
 F W F U D V U T S F M T E N Y I Q B H T
 W F Y A L E I E X Y G E E C U P I D E S
 R Y V R N O M T U S X Y R R V C G D E V
 K A K Y V A L E N T I N E U D T I G L H
 Y N V A H H Z B C Y Y M S T M I G U S B
 N O G R O U N D H O G A A Y J A A F R W
 W P U U W U F W M D I K O L R C C A R D
 T U P B T R A S B T R I C I T I E S V A
 L O F C H O C O L A T E N N J B S R O N
 Z I Z B V N Q O N Y W I N T E R T Z C J
 L R S R G I B P R E D I C T Q Q L W D U
 I D T L S T N E D K I T C H E N W A Q U



Unrelated fun fact:

Did you know that next year (2024) will be our 50th year providing Meals on Wheels services?

Keep an eye out for what we have planned.

- | | | | |
|------------|---------------|------------|-----------|
| KITCHEN | CUPID | WINTER | LOVE |
| HEARTS | VALENTINE | PRESIDENTS | CARD |
| DININGSITE | MEALSONWHEELS | CANDY | CELEBRATE |
| TRICITIES | GROUNDHOG | PREDICT | VOLUNTEER |
| SHADOW | FEBRUARY | CHOCOLATE | BINGO |



Dietitian's Corner

Samantha Mason, Registered Dietitian

Let's talk about... Fiber!

Dietary fiber is found in fruits, vegetables, whole grains, and legumes. You may see it listed on a food label as soluble fiber or insoluble fiber. As soluble fiber dissolves it turns into a gel that can improve digestion, as well as reduce blood cholesterol and sugar. Insoluble fiber does not dissolve. It attracts water into your stool, which can promote bowel health and regularity. Most fiber rich foods have a mix of soluble and insoluble fiber, which is why it is beneficial to eat a variety of fiber rich foods.

The typical American only eats 10-15 grams of fiber daily, well below the recommended goal. Women over age 50 should aim for 21 grams of fiber daily. Men over age 50 should aim for 30 grams of fiber daily. When adding fiber to your diet, it is important to do so slowly and drink plenty of water. If you add fiber to your diet too quickly you may develop gas, bloating, diarrhea, or constipation. Easy ways to increase fiber in your diet include having fruits or vegetables for a snack, or adding nuts or seeds to yogurt, salads, or cereals. Choose whole grain bread with at least 3 grams of fiber per serving. When selecting a breakfast cereal, choose one with at least 5 grams of fiber per serving. Beans are a good source of fiber, and protein, and can be used in place of animal protein in many recipes.

Do you have a topic or question that you would like our Dietitian or Food Services Manager to cover? Please email bkinner@seniorliferesources.org or call 509.735.1911 with your ideas!



Answers from page 4

U	O	V	M	N	E	H	C	L	I	K	E	N	L	S	T	L	D	I					
U	D	M	T	O	O	L	C	I	D	E	R	E	D	E	I	G	R	S	R	S	T	R	
J	C	Z	L	R	E	R	N	I	M	X	N	O	O	N	A	Z	I	Z	I	Z	I	Z	
N	O	R	S	E	P	N	N	E	L	V	T	O	C	O	H	E	O	T	O	T	O	T	
A	V	L	S	E	S	I	L	I	C	I	R	L	B	S	V	R	L	L	B	P	O	L	
D	R	A	C	A	R	C	R	T	O	K	I	D	M	M	F	U	M	U	M	P	M	M	
M	R	V	A	V	J	V	A	V	G	O	H	D	N	O	O	G	O	N	O	N	O	N	
B	S	U	G	I	M	L	S	M	A	C	B	Z	H	H	V	A	N	A	N	A	N	A	
H	T	G	I	L	L	U	D	E	N	I	L	N	E	T	A	V	A	K	V	A	K	V	K
A	E	G	C	A	V	R	A	X	S	U	L	M	O	N	R	A	X	R	A	X	R	A	X
D	E	I	E	C	P	I	E	G	X	E	I	E	T	V	A	E	M	E	A	E	M	E	M
L	H	B	O	I	X	N	E	L	M	S	L	U	A	D	D	U	D	M	E	F	E	M	E
N	M	I	L	S	E	L	A	R	L	L	I	M	O	R	U	V	A	K	V	A	K	V	K
E	N	G	V	D	N	I	N	R	D	J	R	S	N	T	U	B	H	E	F	E	M	E	M
D	O	O	U	I	M	U	B	X	I	V	G	O	T	O	E	C	S	L	J	L	J	L	J
I	S	W	E	G	T	Z	T	E	A	E	N	U	I	V	E	C	O	F	F	F	F	F	F
T	U	X	A	O	D	O	T	D	S	H	I	T	Z	B	U	S	O	S	O	S	O	S	O
E	V	C	N	M	O	E	A	E	N	O	D	N	U	X	A	H	O	B	O	B	O	B	O
R	E	U	N	Z	G	V	A	C	V	K	K	I	N	O	G	N	I	B	F	F	F	F	F
P	M	R	V	A	R	K	S	P	K	P	C	H	H	D	M	O	D	V	H	S	S	S	S

From our Food Services Manager

Brian Kinner

February Featured Recipe:

Apple Cabbage Slaw

Here at Mid-Columbia Meals on Wheels, we strive to always provide healthy, great tasting meals. We appreciate all feedback that we get as it helps us to make adjustments, change items, or keep something exactly the way it is! Someone once said, don't fix it if it isn't broken, right?

We have received many compliments on our Apple Cabbage Slaw. This menu item is very popular and we have received numerous requests for the recipe, so what better time than Fiber February to share?

Cabbage is full of nutrients which can help to boost your immune system, improve digestion, as well as provide great nutritional value. Cabbage is a good source of fiber, vitamin K, Vitamin C, as well as providing some good protein.

Apple Cabbage Slaw: Yield 2 servings/5 servings

- Cabbage– 2.5 ounces/ 6.5 ounces
- Apple, Red– 2 ounces/ 5 ounces
- Whip Topping– .25 ounce/ 1/2 ounce
- Mayonnaise– 2 teaspoons/ 2 tablespoons
- Plain Yogurt– 1/2 ounce/ 1.5 ounces
- Sugar– 1 teaspoon/ 2 teaspoons
- Walnuts– 2 teaspoons/ 2 tablespoons

Procedure:

- Chop the cabbage, apples, and walnuts
- Mix together whipped topping, mayonnaise, yogurt, and sugar
- Toss the vegetables and walnuts in the dressing
- Chill to 41F and enjoy!

If there are any of our other recipes that you would like to see featured, please send the request in to me! We can look at featuring it in a future newsletter!

As always, if you have any questions or comments, please contact me at:

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

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

Board Updates:

Betty Sherman has recently relocated to the Oakland, CA area. Betty served on the Senior Life Resources (SLR) Board from 2005-2016. For those 11 years, Betty was an advocate, volunteer, and kept an eye out for ways that SLR and Meals on Wheels could benefit and improve.

In my conversation with Betty, she recounts memories of the old “two-butt kitchen” that our team cooked out of, and tells the story of finding the land on which our SLR campus currently sits. Betty talks of the camaraderie of the Meals on Wheels team, the community connections, and the meaningful work- “everyone was a do-er,” recalls Betty.

Betty was recruited to the Board by another former Board member, Kevin Husted. From then on, Betty learned about, and promoted, our mission to serve local seniors. Betty’s recent relocation places her closer to her beloved grand-daughter, Emily, though she reports she still has “one foot in Richland,” and we can’t blame her. Betty made quite the impact on our agency and the community through her service on local Councils and Boards. When asked how she’s liking Oakland, Betty responds that she has a view of the Golden Gate Bridge from her apartment window, her grand-daughter is only a mile away, and she resides in an area with a lot of history – sounds pretty good!

At the end of our conversation, I asked Betty if there were sentiments she would like for me to share with her update, and she said, “over the years, I have found this agency to be honest, trustworthy, ambitious, and a lifesaver to the community, and now that I have been a recipient of the services, I’ve seen it from both sides, and I am very grateful for your services.” Betty also wanted to share with us that she has included us in her estate planning considerations, which we consider a huge honor and compliment of our services. Thanks for everything, Betty! We look forward to catching up when you are in Richland for a visit.



Are you a current or former Board member and want to share an update? We’d love to include it in our publication! Please email Cara at chernandez@seniorliferesources.org or call 509.735.1911.

Café Extended Hours Menu

Thanks to HMIS for supporting this offering!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Extended hours: Monday—Thursday 1:30—4pm Café only: 1834 Fowler Street, Richland Takeout meals not offered during these hours</p>		<p>1 Lemon Pepper Cod Fluffy Rice Green Peas Fruit, Milk</p>	<p>2 Swiss Steak Mashed Potatoes Garden Vegetables Fruit, Milk</p>	<p>3 No Extended Service</p>
<p>6 Macaroni & Cheese Sausage Patty Garden Mix Vegetables Tossed Salad Fruit, Milk</p>	<p>7 Taco Tuesday Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk</p>	<p>8 Chicken Alfredo Italian Vegetables Breadstick Fruit, Milk</p>	<p>9 Tuna Noodle Casserole Lyonnaisse Carrots Fruit, Milk</p>	<p>10 No Extended Service</p>
<p>13 Chicken Fried Steak Mashed Potatoes Country Gravy Peas & Carrots Three Bean Salad Fruit, Milk</p>	<p>14 Taco Tuesday Chicken Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk</p>	<p>15 Lemon Pepper Cod Fluffy Rice Green Peas Fruit, Milk</p>	<p>16 Smothered Pork Chop Mashed Potatoes Mixed Vegetables Fruit, Milk</p>	<p>17 No Extended Service</p>
<p>20 Sorry! We're CLOSED</p>	<p>21 Taco Tuesday Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk</p>	<p>22 Pulled Pork Sandwich Baked Beans Coleslaw Fruit, Milk</p>	<p>23 Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk</p>	<p>24 No Extended Service</p>
<p>27 Three Bean Chili Chuckwagon Corn Carrot Sticks Cornbread Fruit, Milk</p>	<p>28 Taco Tuesday Chicken Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk</p>	<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>		

Servicios a domicilio

¿No puede visitar la biblioteca?

Si no puede salir de casa, puede seguir disfrutando de los préstamos de libros, audiolibros, DVDs y revistas de Mid-Columbia Libraries con períodos de préstamo ampliados y sin cuotas de retraso.

- Programe entregas y recogidas mensuales gratuitas.
- Organice que un amigo recoja sus materiales en cualquier sucursal de Mid-Columbia Libraries.
- Descargue libros electrónicos, audiolibros electrónicos y revistas electrónicas en cualquier momento.

¡Si tiene alguna pregunta o desea inscribirse en los servicios a domicilio, contacte con
509-737-6323

homebound@midcolumbialibraries.org
o visite su sucursal local!



Services to the Homebound

Unable to visit the library?

If you are homebound, you can still enjoy borrowing books, audiobooks, DVDs and magazines from Mid-Columbia Libraries with extended borrowing periods and no overdue fees.

- Schedule free monthly deliveries and pick-ups.
- Arrange for a friend to pick up your materials at any MCL branch.
- Download eBooks, eAudiobooks and eMagazines at any time.

For questions or to sign up for Homebound Services, contact
509-737-6323
homebound@midcolumbialibraries.org
or visit your local branch!



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 2023

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

Monday

Tuesday

Wednesday

Thursday

Friday

		1 Beef Lasagna Italian Vegetables Tossed Salad Garlic Bread Fruit, Milk	2 Chicken Fajitas Rice & Beans Flour Tortilla Fruit, Milk	3 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk
6 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Fruit, Milk	7 Dijon Chicken Sweet Potato Mash Seasoned Beets Fruit, Milk	8 Sweet & Sour Pork Fluffy Rice Asian Vegetables Fruit, Milk Poke Cake*	9 Hamburger Baked Beans Apple Cabbage Slaw Lettuce, Tomato, Onion Fruit, Milk	10 Turkey Tetrazzini Squash Medley Tossed Salad Fruit, Milk
13 Chicken Pot Pie Green Peas Tossed Salad Fruit, Milk	14  Beef Stroganoff Garlic Noodles Green Beans Fruit, Milk	15 Breaded Chicken Sandwich & Fixings Corn Chowder Broccoli Salad Fruit, Milk	16 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll, Fruit Ice Cream*, Milk	17 Scrambled Eggs with Peppers Sausage Patty Chuck Wagon Potatoes Bran Muffin Fruit, Milk
20 <i>Sorry!</i> We're CLOSED 	21 Apple Pork Chop Mashed Sweet Potatoes Seasoned Beets Fruit, Milk	22 Chili Mixed Vegetables Cornbread Fruit, Milk	23 Chicken and Rice Casserole Green Beans Fruit, Milk	24 Tuna Noodle Casserole Lyonnaise Carrots Fruit, Milk
27 Swiss Steak Mashed Potatoes Garden Vegetables Fruit, Milk Cookie*	28 Cranberry Chicken Confetti Rice Peas & Onion Fruit, Milk	<p>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!</p>		

*Dessert items are served occasionally, and all clients receive the dessert unless they have explicitly indicated that they do not want desserts. We apologize if we inadvertently serve you a dessert in error, and we ask you to please dispose of the item.

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 Pfleuger 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**