



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

Cara's Update

Hello from Meals on Wheels! Spring always feels like a good time for new beginnings, so we are happy to announce that Meals on Wheels is resuming Friday home delivery beginning April 7! A note was sent to each home delivery client over the last couple of weeks, notifying of the change, and encouraging you to call and let us know if you *do not want* to have Friday deliveries. Please be sure to reach out to your assigned site and notify your site manager if you do not want to receive a Friday delivery of a hot meal. We are thrilled about this change in service, which, of course, would not be possible without our wonderful team and outstanding volunteers! For the past year, we have been working hard to get back to this, so please join us in celebrating!

Speaking of volunteers, I am continually blown away by the wonderful humans that dedicate their time, talent, and resources to this organization and our delightful clients. We would be remiss if we did not take time to properly thank our wonderful team of volunteers, and that is why this month we will be celebrating them for a full week during Volunteer Appreciation Week (April 17-21)! If you are a client, please join us in saying, "Thanks!" to our extraordinary volunteers, without whom, this work would not be possible. We will host a volunteer appreciation luncheon on the afternoon of Friday, April 21. If you are a volunteer, please see page 3 for details. Please note that our offices will be closed on Friday, April 21, to make time for All-Staff Training in the morning and the Appreciation Luncheon. Again, thank you for all you do to make this program what it is. You are appreciated! As always, if you have any questions or comments, please don't hesitate to reach out via phone: 509.735.1911 or email: chernandez@seniorliferesources.org

Cara Hernandez, Director of Meals on Wheels



At the dining sites: April 17th—20th, all diners are encouraged to invite a guest for lunch! Please invite a neighbor, family member, or friend to dine with you and enjoy a nutritious meal, socialization, and new friends!

All diners that bring a guest will receive two raffle tickets to be entered into a drawing for a prize. All guests that come will receive one raffle ticket to be entered into a drawing for a prize. The raffles will be completed at each site with one prize being awarded per site. We look forward to new faces joining us for lunch!

*Note: cost for lunch for those under 60 is \$8.50

Save the Date!

- April 6:** Bingo w/ the Director—Pasco Site
- April 7:** Friday Deliveries Resume!
- April 11:** Legacy Students Visit the Café
- April 18:** Senior Expo at Southridge Sports Complex
- April 17—20:** Bring a Friend Week!
- April 20:** BFT Senior Pass sign up day at the Café
- April 21:** Meals on Wheels **Closed** for Staff Training and Volunteer Appreciation Luncheon
- April 25:** Birthday Cake + Coffee at the Richland Community Center (sponsored by Aetna)



Celebrate Your Pet!

May is National Pet Month, and we're celebrating! Thanks to some ambitious volunteers, Meals on Wheels is in the midst of a **Celebrate Your Pets** program! This is an opportunity for our clients to get a little help with the care of their pets.

A wish list went out the last week of March to all our home delivery clients, and the wish list is also available at the dining sites. If you have a pet, please complete the wish-list and return to your driver or site manager by **April 12 (National Pet Day)**. This program is open to all clients and is championed by some very loyal and thoughtful volunteers!

We can't promise to fill every wish, but we'll try! Please call us if you have any questions or need help completing your list.

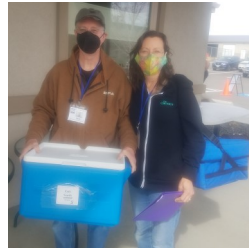


Volunteer Spotlight

Natalie Huggins, Volunteer Manager

April 17-21 is National Volunteer Appreciation Week. Volunteers are the heart, soul, and backbone, not just of Mid-Columbia Meals on Wheels, but Meals on Wheels throughout the USA! It would be impossible for our thirty staff members—most of whom are part-time employees—to cook, package, serve, and deliver seven meals a week to our 800 clients living from Connell to Prosser, and every where in between. In 2022 our volunteers donated 31,373 hours of service and home-delivery drivers drove over 98,000 miles. The recipients of the volunteers' service, senior citizens in Benton and Franklin Counties, are extremely grateful! One client, who visits a Dining Site several times a week for a mid-day meal shared, *"I can't say enough good things about the volunteers. I watch them work very hard, and they are always so kind and want to help us older people. Without hesitation, I can say I love all of them!"* A client who receives home delivery and also participates in the Phone Buddy Program reported, *"The volunteers are wonderful people! My delivery driver and phone buddy is now my dear friend. She helps me in a lot of different ways. Meals on Wheels is a 'gift from God'."*

The staff and clients of Mid-Columbia Meals on Wheels are all so grateful for all 450 dedicated, caring volunteers. Throughout the week of April 17-21, we'll have surprises and treats for the volunteers. On Friday, April 21, Meals on Wheels will be closed for an All-Staff Training and to honor our hard-working volunteers with an Appreciation Luncheon. When you see Meals on Wheels volunteers, please thank them for their invaluable service! For information on joining the Meals on Wheels Volunteer Team, contact Natalie Huggins, (509) 735-1911 or nhuggins@seniorliferesources.org.



Volunteers serve in countless ways, every week day, to brighten the lives of seniors with generous helpings of kindness!

WELCOME to OUR NEWEST VOLUNTEERS



Alisia Barbour
Kennewick Driver



Michele Garrett
Café Driver



Sandra Gladstone
Café Dining Site



Beverly Hammond
Central Kitchen



Marc Lampton
Benton City Driver



Ian McCauley
Central kitchen



Kaley McCauley
Central Kitchen



Joel Valdovines
Pasco Driver



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

- Tire Discount
- 20% Off
- 10% Off
- 20% Off

Show your volunteer badge when patronizing the following businesses and receive:
 Les Schwab Tire Centers, Benton & Franklin Counties
 The Neighborhood Cleaners, 8903 W Gage Boulevard, Kennewick, (509) 735-7145
 Nothing Bundt Cakes, 110 Gage Boulevard, Suite 200, Richland, (509) 392-7196
 Sub Zero Nitrogen Ice Cream, 321 N Columbia Center Blvd, Kennewick, (509) 396-9402
 In April, show your badge at Shari's Cafe & Pies, & receive a free slice of pie with purchase of an entrée
 1200 North Columbia Center Boulevard, Kennewick, (509) 735-7438.

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



A WORLD OF THANKS TO OUR VOLUNTEERS!

You and a guest are cordially invited to join us for an Appreciation Luncheon

WHEN: Friday, April 21st, 1:00-2:30 PM

Where: Meals on Wheels campus; 1824 Fowler Street, Richland
Please park @ 2588 North Columbia Center Blvd, Richland

WHY: To celebrate Y♥U & all of our wonderful volunteers!

A delicious lunch, music, door prizes, & heaps of gratitude await you!

Please RSVP with your choice of meat or spinach lasagna by Monday, April 17th to
nhuggins@seniorliferesources.org or 509-735-1911

Hosted by the grateful staff at Mid-Columbia Meals on Wheels

WE HOPE YOU'LL JOIN US!



staff spotlight



This month's staff spotlight is Amy Cole. Amy is one of the amazing Service Coordinators for Meals on Wheels. The service coordinators have the wonderful opportunity to meet clients in their homes and sign them up for home delivered meals. Amy has an incredible rapport with the clients and always has a smile, kind word, or encouragement to impart on all those she encounters. She also has an infectious laugh that really brings joy to her fellow team members!

Amy has worked for Meals on Wheels for three and a half years and has made an unforgettable difference in the lives of the seniors she works with. Amy grew up in a small town 90 minutes north of New York City, Highland, and has lived in several places such as NY, CT, PA, IN, CO, and now WA. She is a wife and mother and the proud owner of a cat named Burt. She is also a talented artist in watercolor and stained glass, and is our resident plant-whisperer! Please read more about Amy

below and be sure to say hello when you see her around campus or at a dining site.

What do you like best about your job?

"I have met so many wonderful and interesting people. It must be the people. They are the best part of my job."

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

"I was a kitchen manager at a large school district in Indiana for about 15 years prior to working here. I have worked as a cashier, lab technician, technical writer and, the most rewarding job of all....being Mom to our two boys."

What are some things that you enjoy doing in your free time?

"I love creating stained glass panels as well as painting-both watercolor and acrylic."



What is your favorite food/meal? Least favorite food?

"I don't really have a favorite food. I like pretty much all food. My least favorite? Well, I've never mastered using chop sticks, so if it requires them, I go hungry. Ha."

What is something that is on your bucket list?

"To travel to Montana! I now live so close to Montana, yet I've never been there. We hope to visit there this year."

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

"My husband and I are currently watching a YouTube Channel called "Cruising the Cut. We find it fascinating seeing all the beautiful old towns and countryside of England."

What is something many people don't know about you?

"As a child, I was fascinated by trees and most days-when I wasn't in school, my mother would find me sitting atop the tallest trees in my neighborhood."

What is your favorite holiday and why?

"I don't really have a favorite holiday, but my favorite time of year is Fall. Walking in the woods with the leaves drifting down to the ground after the first hard frost; smelling the Earth and hearing the squirrels scurrying about is so magical and peaceful. I look forward to it every year."

2023 Senior Times Expo

Tuesday, April 18, 9am—3pm | Free Admission
Numerica Pavillion at Southridge Sports Complex
2901 Southridge Blvd., Kennewick WA

STAY TUNED: In April, our Richland location will be closed for a few days as the Center is having floor work done. This will not impact home delivery, however there will be no congregating dining in Richland for those dates. Deb, your Richland Site Manager, will be sure to communicate the dates + details to all her regular diners once we have the information. Thanks for understanding!

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.

9 x 9 Spring Sudoku



u				f				b
		w	r		u	o		
e	o	f		w		u	r	l
	e			o			f	
	u	o	l	r	d	e	b	
	r			e			o	
	f						w	
o	d	u	w		r	f	l	e
l	w	b		d		r	u	o



During Spring, the Earth's axis starts to tilt towards the sun so the days become longer and warmer. It is the time when hibernating animals wake up and flowers start to bloom. It's Spring "flower bud" Sudoku - Fill in the grid with the letters F, L, O, W, E, R, B, U and D, making sure no letter is repeated in every row, every column and within each mini grid.

*answer p. 7

April Extended Hours Menu

The Café location is open 11—4pm Monday—Thursday. This menu is offered from 1pm to close as a second meal offering.

Extended hours and the second meal is a program sponsored by our friends at Hanford Mission Integration Solutions.



Monday	Tuesday	Wednesday	Thursday	Friday
3 Spinach Lasagna Italian Vegetables Breadstick Fruit, Milk	4 Taco Tuesday Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk	5 Chicken Parmesan Casserole Cauliflower with Red Peppers Fruit, Milk	6 Swedish Meatballs Egg Noodles Broccoli Carrot Cake* Fruit, Milk	7 No Extended Service
10 Beef Stir Fry Fluffy Rice Asian Vegetables Tossed Salad Fruit, Milk	11 Taco Tuesday Chicken Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk	12 Pulled Pork Sandwich Baked Beans Coleslaw Fruit, Milk	13 Cheese & Beef Pasta Broccoli Tossed Salad Breadstick Fruit, Milk	14 No Extended Service
17 Chicken and Rice Casserole Glazed Carrots Fruit, Milk	18 Taco Tuesday Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk	19 Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk	20 Breaded Chicken Sandwich & Fixings Pea & Cheese Salad Ice Cream* Fruit, Milk	21 No Extended Service
24 Shepherd's Pie Spinach Salad Mixed Vegetables Fruit, Milk	25 Taco Tuesday Chicken Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk	26 Swiss Steak Mashed Potatoes Garden Vegetables Peach & Cherry Crisp* Fruit, Milk	27 Chicken Alfredo Italian Vegetables Breadstick Fruit, Milk	28 No Extended Service
<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>				

Dietitian's Corner

Samantha Mason, Registered Dietitian

The Importance of Consistent Meals

Eating consistent meals is an essential aspect of maintaining a healthy lifestyle. Many people may overlook this habit due to busy schedules or a lack of appetite at certain mealtimes, but there are several reasons to prioritize consistent meal patterns.

Firstly, consistent meals help to regulate blood sugar levels, which is essential for energy and cognitive function. When we go for long periods without eating, our blood sugar levels drop, causing fatigue and difficulty concentrating. Eating regular, balanced meals throughout the day ensures a steady supply of glucose to the brain and body, preventing these negative effects.

Secondly, consistent meals can aid in weight management. Not skipping meals helps ensure that we are consuming adequate nutrition to maintain a healthy weight. If excess weight gain is a concern, eating at regular intervals also helps to prevent overeating during the next meal.

Lastly, consistent meals can also help with stress management. When we are stressed, our bodies produce cortisol, a hormone that can impact our appetite and metabolism. Eating regular meals can help regulate cortisol levels and reduce stress-induced eating patterns, leading to better overall health and wellbeing.

In conclusion, eating consistent meals is a vital aspect of a healthy lifestyle. By regulating blood sugar levels, aiding in weight management, and reducing stress, consistent meals provide numerous benefits for our overall health and wellbeing. It is important to make time for healthy, balanced meals throughout the day.



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

Brian Kinner

Spring/Summer Meal Cycle

Mid-Columbia Meals On Wheels utilizes two menu cycles that we serve according to the time of year. We feel that these cycles reflect items that people would typically prepare at home during the given season. During the colder months, we serve a larger variety of hearty meals such as chili and chowder. At the weather gets warmer, we move to serving lighter fare and cold meals such as our large salads.

Spring/Summer Cycle Menu Items:

- Chicken Caesar Salad
- Chef Salad
- Tuna Pasta Salad
- Chicken Salad Sandwich



We do recognize that some meals are favorites and are very much enjoyed so we serve them continually. These are found on both menu cycles.

Repeating Menu Items:

- Roast Beef
- Meatloaf
- Spaghetti
- Roast Turkey (some supply chain issues)

We aim to have our meal cycles contain a variety of proteins, side dishes, and starches. It can be challenging to maintain a healthy balance that also appeals to a wide range of taste preferences. We hope that our variety will provide a number of meals that will appeal to every client.

If there are any menu items that you would like to see again or would like us to try out, please let us know! We value the feedback from our clients and will try our best to implement what we can. We love trying new things and are always looking to expand our offerings!

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

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





Grant Baynes, the Executive Director of our parent company, Senior Life Resources, NW, is a fearless leader in many ways. Not only does he demonstrate excellent and compassionate leadership to our agency, his good heartedness extends beyond our campus. A former Fire Chief, he maintains strong relationships with many of his former colleagues and supports new generations of firefighters. Grant's passion for the field and its professionals is strong.

In March, Grant participated in the Leukemia & Lymphoma Society Firefighter Stairclimb for many reasons, but primarily to support a friend and former colleague as he set to mark his upcoming retirement with a climb of 788 feet of vertical elevation in the Columbia Center Tower—69 floors and 1,356 steps to reach the top. In Grant's words, when discussing his "why" for the climb, he explains: "back in 2015, Captain Damon Bryan and I honored Damon's Dad, Charlie, by doing the climb in the same battalion. Damon carried my firefighting gear down from the tower. Charlie had always talked about taking his gear off on his last day and walking off in his shorts. He didn't do it. He died of lung cancer far too soon after retiring. I left RFD in 2015. This year it's Damon's turn to retire and I want to return the

support he gave me, to recognize Charlie, and to celebrate Damon's great career and his last climb."

And climb he did! We celebrate Grant and his commitment and hard work; honor his former colleague and friend, Charlie Damon; and celebrate the retirement of his friend, Captain Damon Bryan, who was also the 5th highest fundraiser for the event! Thanks, Grant, for showing us what it takes, and congratulations on a successful climb.



Join us for Breakfast!

Breakfast is offered weekly on Wednesday at our Café on Fowler Street from 8am—10am.

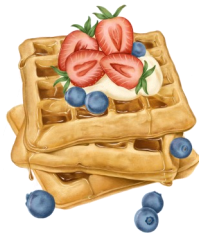
Breakfast is sponsored by the wonderful people at 3 Rivers Community Foundation.

April 5th- Pancakes

April 12th-Biscuits & Gravy

April 19th- Chicken Fried Steak

April 26th- Waffle Wednesday



o	n	j	e	p	f	q	w	l
e	l	j	r	q	w	n	p	o
p	w	q	l	n	o	e	f	r
n	o	p	f	e	q	l	r	w
w	q	e	p	r	l	o	n	f
r	f	l	w	o	n	p	e	q
l	r	n	q	w	p	f	o	e
f	e	o	n	l	r	w	q	p
q	p	w	o	e	f	r	l	n



On **Thursday, April 20 from 1130am—1pm**, please join us at our Café location for a Ben Franklin Transit Senior Pass Sign Up Event!

BFT Senior Bus Passes are free and for those age 65+. These passes can be used for Fixed Route bus rides and the Connect service. These passes cannot be used for Dial—A—Ride service.

All you need is yourself and a photo ID; BFT will take care of the rest. You'll leave this event with a Senior Pass in hand!

El jueves 20 de abril de 11:30 am a 1:00 pm, únase con nosotros en nuestro Café para un evento de Ben Franklin Transit y regístrese para obtener un pase de autobús para personas mayores.

Los pases de autobús para personas mayores de BFT son gratuitos y para mayores de 65 años. Estos pases se pueden usar para viajes en autobús de ruta fija y el servicio Connect. Estos pases no se pueden usar para el servicio Dial-A-Ride.

Todo lo que necesita es usted mismo y una identificación con foto; BFT se encargará del resto. ¡Saldrás de este evento con un Pase Senior en la mano! BFT tendrá un miembro del personal de habla hispana con ellos para acomodar a cualquier persona interesada que hable español.

1834 Fowler St., Richland WA 99352



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 2023

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

Monday

Tuesday

Wednesday

Thursday

Friday

3 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	4 Beef Stroganoff Garlic Noodles Green Beans Fruit, Milk	5 Chef Salad Ranch Dressing Wheat Roll Pineapple Milk	6 Baked Ham Raisin Sauce Au Gratin Potatoes Glazed Carrots Wheat Roll, Milk Carrot Cake*	7 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Fruit, Milk
10 Turkey Tetrizzini Green Peas Tossed Salad Fruit, Milk	11 Cranberry Chicken Confetti Rice Garden Vegetables Fruit, Milk	12 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk	13 Roast Pork with Gravy Mashed Potatoes Beets Fruit, Milk	14 Tuna Pasta Salad Broccoli Salad Crackers Fruit, Milk
17 Spaghetti & Meat Sauce Green Beans Garlic Bread Fruit, Milk	18 Baked Cod w/Dill Sauce Herbed Potatoes Squash Medley Fruit, Milk	19 Chicken Chop Salad Salad Greens Carrot Sticks Fruit, Milk	20 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll, Fruit Ice Cream*, Milk	21 Sorry! We're CLOSED
24 Sweet & Sour Chicken Fluffy Rice Asian Vegetables Fruit, Milk	25 Meatloaf w/ Gravy Mashed Potatoes Mixed Vegetables Fruit, Milk	26 Tuna Noodle Casserole Lyonnais Carrots Peach & Cherry Crisp* Fruit, Milk	27 Hamburger Baked Beans Apple Cabbage Slaw Lettuce, Tomato, Onion Fruit, Milk	28 Chicken Caesar Salad Breadstick Cottage Cheese & Pineapple Milk
		<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>		

*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