



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.

2023 Farmers Market Program

Applications are rolling in for the 2023 Washington State Senior Farmers Market Nutrition Program. Please call or stop by our office if you'd like to sign up for the \$80 benefit. Applications are processed on a first come, first served basis.

Due to the new structure of the program (moving from vouchers to benefit cards with electronic upload) we have experienced delays in our ability to process the applications as quickly as we have in previous years. For this, we apologize. We know how vital these funds are and how many people look forward to them. Looking forward, the average turnaround time will be about 15 days from receipt of application to mailing out the activated benefit card.

For anyone learning about the program for the first time, the Farmers Market Program provides \$80 in benefits 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 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. You can also pick applications up from our office. Home delivery clients can call their individual Site Managers to request to have one delivered 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. Benefit cards are awarded on a first-come/first-served basis. Seniors who qualify and fully complete the application will receive their card shortly after it has been processed. Applications can be mailed to the following address for processing:

Mid-Columbia Meals on Wheels
1824 Fowler St.
Richland, WA 99354



Please call our office with any questions. We are happy to help!

Beat the Heat! We have fans available to distribute to those who are in need to help with the hot temperatures! Please call our office to request one! These fans are leftover from last year, and they were purchased with funds from a *generous* grant from the fine folks of Three Rivers Community Foundation! We have both box fans and tabletop fans to keep the air moving. If you are a Meals on Wheels client who needs a cooling fan, please contact our office at 509.735.1911.

Important News

Meals on Wheels offices will be closed on **Tuesday, July 4** in observance of the Fourth of July holiday. Offices and sites will be closed, and there will be no home delivery that day. A client that receives home delivered meals *only* on Tuesdays can expect their meals on *Monday, July 3*. If you will be unavailable that day, please call our office at 509.735.1911. **Thank you!**

Save the Date!

July 3: Frozen Meal Delivery due to holiday closure

July 4: Closed for July 4 holi-



Volunteer Spotlight

Natalie Huggins, Volunteer Manager

When the COVID pandemic began, the leadership at Mid-Columbia Meals on Wheels made the difficult decision to move from five days a week home delivery to one day a week. The staff knew that while homebound seniors would miss visiting with the volunteer drivers five days a week, the reduction in deliveries would decrease the chance that the virus would be spread to a client or a volunteer. To combat the increased loneliness and isolation Meals on Wheels clients would feel with fewer meal deliveries and friendly visits from volunteers, Mid-Columbia Meals on Wheels began a Phone Buddy Program. After being trained as a Phone Buddy, volunteers were given a list of homebound clients to call and invite to be “phone friends”. If the client wanted to join the Phone Buddy Program, the volunteer called once a week at an agreed upon time. The phone visits were intended to be casual conversations providing social interaction and companionship for the seniors. In addition, the weekly phone calls provided an opportunity for volunteers to check on the welfare of the clients and share with staff any needs the clients had or concerns for the clients’ wellbeing. Regarding the program, one client shared, *“My phone Buddy is my very best friend. The phone Buddy is my and my wife’s contact with the outside world”*. At the height of the pandemic, there were 45 active volunteers serving as Phone Buddies. Now that COVID protocols have been lifted, and home deliveries have resumed five days a week, clients are matched with a Phone Buddy upon request, or if a home-delivery driver reports that a client appears lonely. One volunteer shared, *“I began volunteering as a phone buddy in April 2020 as the pandemic kept people at home alone because I hoped that in the future, if I was in such a position, someone would do that for me. One of my current buddies is still alone, widowed with no children or siblings. Some of the people have been a joy to talk with – interesting, entertaining, and grateful.”* Reflecting on her experience, another veteran Phone Buddy commented, *“I love calling seniors who want to visit. I simply want to make them happy—adding a little personal touch to their day”*. For information on joining the Meals on Wheels volunteer team, contact Natalie Huggins, (509) 735-1911; nhuggins@seniorliferesources.org.



NEW MEMBERS to the VOLUNTEER TEAM



Gloria Caine
Cafe Driver



Laura Davis
Central Kitchen



Emma Rowley
Substitute Driver



Ted LaBorde
Prosser Driver



We're Grateful for the Businesses that Support the Meals On Wheels Volunteer Appreciation Program

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

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

- Les Schwab Tire Centers, Benton & Franklin Counties
- Tap & Barrel, 112 Keene Road, Richland, (509) 987-4561
- 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

Please thank these businesses for their support of the Meals on Wheels Volunteer Program, and thank you, Meals on Wheels volunteers, for delivering and serving kindness!



PRESENTED BY
HANFORD MISSION
HMS
INTEGRATION SOLUTIONS

JOIN US FOR MID-COLUMBIA MEALS ON WHEELS'
ANNUAL 5K FUNDRAISER EVENT!

KIDS & DOGS ENCOURAGED | FAMILY FRIENDLY
RUN ON YOUR OWN OR IN A TEAM

5K FUN RUN • FOOD • BEER • LIVE MUSIC

OCTOBER 7, 2023 | 10AM - 2PM | 2588 N. COLUMBIA CENTER BLVD , RICHLAND

IN ADDITION TO OUR HEADLINING SPONSOR,
THIS EVENT IS SPONSORED BY
THESE WONDERFUL COMPANIES

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SEEING POSSIBILITIES IN POTATOES

ISO  **Outsource**

KADLEC

PURCELL LAW
A FAMILY LAW OFFICE

DUTCH BROS
Coffee

 **Sagewater Financial**


ADVISOR HEALTH BENEFITS GROUP
We Insure You



For additional information, please scan the QR code or visit
runsignup.com/race/wa/ricHLand/oktoberfeast2023

Please call 509.735.1911 if you're interested in sponsoring this event.

Proceeds benefit Mid-Columbia Meals on Wheels in Benton and Franklin counties.

staff spotlights

Rose is the Meals on Wheels Site Manager in Connell. She has worked for Meals on Wheels for a total of 4 ½ years. Rose was the Site Manager in Connell prior to COVID and rejoined in 2022 as the Site Manager.

Rose was born and raised in Grand Island, NE and had a wonderful childhood. Rose had 1 outdoor cat named Sammy as a child. She was married and moved to California in 1984, she and her husband have two adult children and 3 grandchildren.

In her free time Rose enjoys spending time with her family, spending time at home with her husband and two little dogs, Lily and Yogi.

Rose has a huge love for family and community and demonstrates it daily with the clients she serves in Connell. Rose brings inspiration to caring for others, being helpful in everything she does and a commitment to excellence not only at work but also in her family and community. Rose is always willing to go the extra mile to help others, encourage, and support, which are just some of the amazing qualities you will see when you meet her. If you are in Connell, stop by for lunch and spend time at a wonderful site with amazing people. Please read more about Rose below and be sure to say hello when you see her again.



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

Prior to working with Meals on Wheels, I worked for Comprehensive Mental Health in their Foster Parent Program for 12 years until moving to Connell. I had a total of 9 children during that time and enjoyed every one of them.

What is something that is on your bucket list?

I would love to go to Switzerland!

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

Forensic Files



Orlando is the Food Services Assistant for Meals on Wheels. He spends his day busy helping the kitchen staff with daily tasks such as cooking, washing dishes, delivering meals when needed and so much more.

Orlando also helps with special projects such as Pet Wish list, Holiday Wish Program, and Farmers Market just to name a few.

Orlando is a bit of a jack of all trades and an invaluable asset to Meals on Wheels. He brings a positive attitude, encouraging nature, and a determination to not stop until the job is done. Orlando has a great sense of humor, and a willing attitude.

Orlando has worked for Meals on Wheels for 1 year and has served many roles during his tenure.

Orlando was born in Mexico and lived there until he was six when his family moved to Oakland, CA where he lived until moving to Tri-Cities at the age of 16.

Orlando and his wife Ashley have five cats named Spade, Nova, Alfheim, Tohru, and Netch. They are also turtle parents to Leviathan, all of which are very cute!

The next time you see Orlando busy at work in the kitchen or at a site, be sure to say hello and you will see exactly why he is such an incredible asset to Meals on Wheels.

If you could have a superpower (Invisibility, super-speed, etc.) what would you pick?

I would like to be able to teleport.

Where is your ideal vacation destination?

Reykjavik Iceland, I'm a big history buff and this spot in Iceland has several museums focused on Viking culture and history. I also just like Iceland in general because I like the cold and mountains!

What is your favorite season?

Winter Solstice, I like the cold.

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.

Dietitian's Corner

Samantha Mason, Registered Dietitian

Hydration

Maintaining adequate hydration is vital for seniors to enjoy a vibrant and healthy lifestyle. Water serves as the foundation for numerous bodily functions. It helps regulate body temperature, supports the transportation of nutrients and oxygen to cells, and aids digestion.

Challenges to hydration:

Several factors contribute to the increased risk of dehydration among seniors. Firstly, the sensation of thirst tends to diminish with age, making it easier to overlook the body's need for water. Additionally, certain health conditions and medications can further impact fluid balance. For example, diuretics commonly prescribed for managing blood pressure can increase urine output, leading to water loss.

Consequences of Dehydration:

Dehydration can have severe consequences for seniors, both physically and cognitively. Mild dehydration can cause fatigue, dizziness, and constipation, while severe dehydration may result in confusion, urinary tract infections, kidney problems, and even hospitalization. It is essential to be aware of the signs of dehydration and take proactive measures to prevent it.

Tips for Optimal Hydration:

Water is best, but for some variety consider these additions to brighten the taste. To get the best flavor from fresh herbs, gently crush them right before adding them to the water. Once additions are added, be sure to refrigerate your water for 30 minutes to overnight to get the desired taste.

- Strawberries, lime, and rosemary
- Peach and basil
- Cucumber slices
- Cucumber slices and mint
- Lemon or oranges slices (or both!)
- Mixed berries

Milk and 100% fruit juice are good choices too because they provide nutrients in addition to fluid. Consider diluting juice with water to reduce the sugar. Also, foods high in water such as cucumbers, celery, watermelon, iceberg lettuce can help you meet your fluid needs. Stay hydrated during physical activity. Adjust your activity levels based on weather conditions to prevent overheating. Be sure to talk to your doctor if you have any specific questions.

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.

From our Food Services Manager

Brian Kinner

Mid-Columbia Meals on Wheels Recipe Feature:

Chickpea & Rice Bake

This month's featured recipe is a new hot meal that we served for the first time in June. We have served this meal as a frozen in the past, with great feedback so we wanted to serve it as a hot meal. The spice combination used for this recipe gives this meal a tremendous amount of flavor, one that is different from most of our other meals we serve. We hope you enjoy this meal and try it out at home!

Chickpea & Rice Bake: Yield 2 servings; 5 servings

- Olive Oil— 1 tablespoon; 2 1/2 tablespoons
- Yellow Onion (diced)- 1/2 onion; 1 1/4 onions
- Garlic, minced— 2 teaspoon; 1.5 tablespoons
- Turmeric, ground— 1 teaspoon; 2 1/2 teaspoons
- Parsley, dried— 1 tablespoon; 2 1/2 tablespoons
- Black Pepper, ground— 1/2 teaspoon; 1 1/4 teaspoon
- Salt— 1/2 teaspoon; 1 1/4 teaspoons
- Coriander, ground— 1 tablespoon; 2 1/2 tablespoons
- Oregano, dried— 1 teaspoon; 2 1/2 teaspoons
- Rice, brown— 1/2 cup; 1 1/4 cup
- Vegetable broth— 1 cup; 2 1/2 cups
- Corn— 1/2 cup; 1 1/4 cup
- Chickpeas (garbanzo beans), rinsed & drained- 1/2 cup; 1 1/4 cup
- Lime juice— 1 tablespoon; 2 1/2 tablespoons

Procedure:

- Sauté onions in oil until they start to soften. Add garlic and cook until browned and fragrant
- Add spices and rice. Mix well
- Add broth and simmer until rice is tender and most of the liquid is absorbed (20-30 minutes). If it gets too dry, add water or more broth.
- Stir in corn, chickpeas, and lime juice
- Continue to cook until heated through.

We would love to hear your comments on this meal after you have gotten to enjoy it. Please reach out to me at: bkinner@seniorliferesources.org or 509-735-1911.

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 folks at 3 Rivers Community Foundation.

July 5th— Waffles

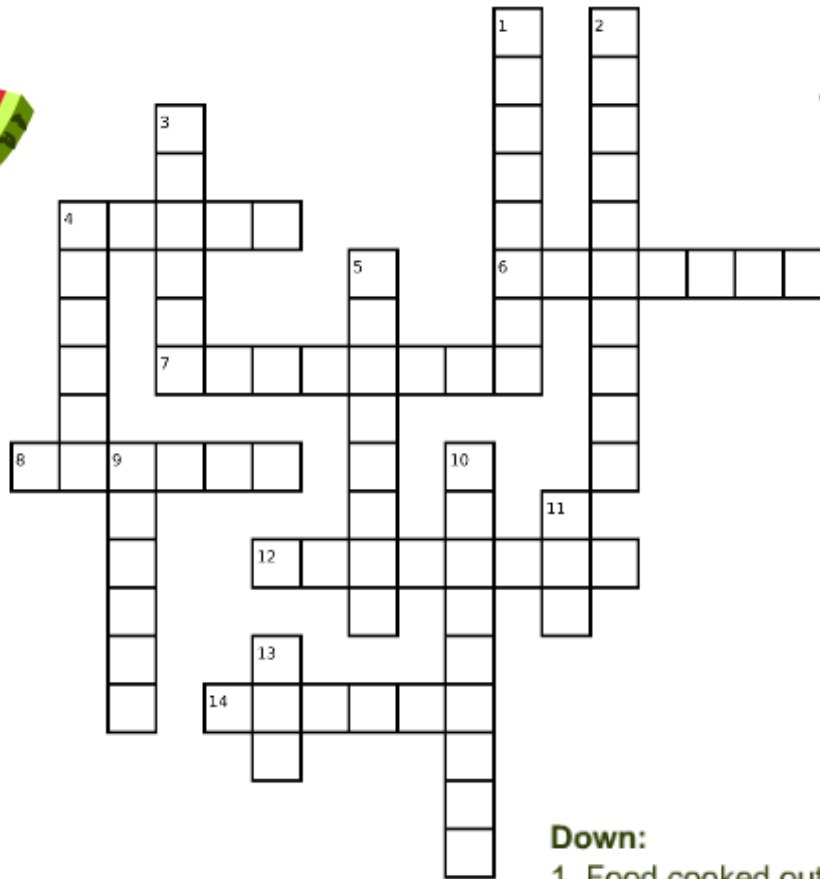
July 12th— Scramble

July 19th— Pancakes

July 26th— Biscuits & Gravy



Summer Crossword Puzzle

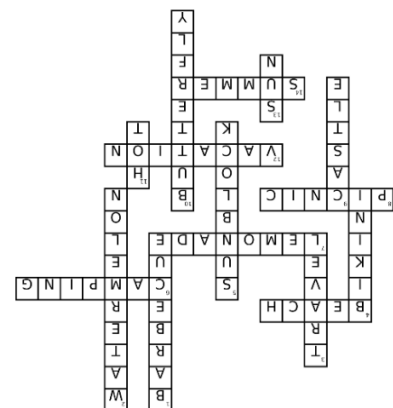


Across:

4. A pebbly or sandy shore especially by the sea
6. The activity of spending a holiday living in a tent.
7. Beverage made of lemon
8. An occasion when a packed meal is eaten outdoors, especially during an outing to the countryside
12. take a holiday
14. The warmest season of the year

Down:

1. Food cooked out of the door on a grill
2. A big red and green fruit
3. Go from one place to another, typically over a distance of some length
4. A two-piece swimming costume for women
5. We put _____ on our skin to prevent sunburn.
9. Let's build a _____ with sand.
10. From caterpillar to _____
11. In summer the weather is _____
13. Let's have some fun in the _____



Parkside Menu—July 2023

Enjoy homemade Hispanic meals twice each week at our **Parkside** location. Meals are prepared by our wonderful site manager, Zulema!

All other days of the week, enjoy the same wonderful menu offered at our 7 other dining sites.

All meals have been approved by our staff nutritionist.

To reserve your spot, please call 509.545.2169



Monday	Tuesday	Wednesday	Thursday	Friday
3 Turkey Tetrazzini Green Peas Tossed Salad Fruit, Milk	4 <i>Sorry!</i> We're CLOSED	5 Sloppy Joes Mixed Vegetables Coleslaw Rainbow Sherbet* Fruit, Milk	6 Pork w/ Potatoes in Tomatillo Sauce Mixed Vegetables Fruit, Milk	7 Tuna Pasta Salad Pea & Cheese Salad Crackers Fruit, Milk
10 Spaghetti & Meat Sauce Green Beans Breadstick Fruit, Milk	11 Fish Tacos Spanish Rice Mexican Coleslaw Corn Tortilla Fruit, Milk	12 Chicken Chop Salad Salad Greens Carrot Sticks Fruit, Milk	13 Beef & Bean Burrito Spanish Rice Mexican Coleslaw Fruit, Milk	14 Roast Turkey w/ Gravy Mashed Potatoes Broccoli Normandy Wheat Roll Fruit, Milk
17 Sweet & Sour Chicken Fluffy Rice Asian Vegetables Fruit, Milk	18 Beef & Bean Burrito Spanish Rice Mexican Coleslaw Fruit, Milk	19 Tuna Noodle Casserole Lyonnais Carrots Fruit, Milk	20 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll, Fruit Ice Cream*, Milk	21 Chicken Caesar Salad Breadstick Cottage Cheese & Pineapple Milk
24 Macaroni & Cheese Sausage Patty Garden Mix Vegetables Tossed Salad Fruit, Milk	25 Chicken Tostada Refried Beans Tossed Salad Fruit Cocktail Fruit, Milk	26 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad Fruit, Milk	27 Turkey Mole Mexican Rice Seasoned Peas Corn Tortilla Fruit, Milk	28 Cheese & Beef Pasta Green Beans Tossed Salad Breadstick Fruit, Milk
31 Swedish Meatballs Egg Noodles Broccoli Cookie* 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>		

Extended Hours Menu—July 2023

The Café location is open 11am—4pm Monday—Thursday. The extended 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 Beef Stir Fry Fluffy Rice Asian Vegetables Tossed Salad Fruit, Milk	4 <i>Sorry!</i> We're CLOSED	5 Hamburger Baked Beans Apple Cabbage Slaw Lettuce, Tomato, Onion Rainbow Sherbet* Fruit, Milk	6 Chicken & White Bean Chili Cornbread Fruit, Milk	7 No Extended Service
10 Lemon Pepper Cod Fluffy Rice Green Peas Fruit, Milk	11 Taco Tuesday Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk	12 Sweet & Sour Pork Fluffy Rice Asian Vegetables Fruit, Milk	13 Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk	14 No Extended Service
17 Macaroni & Cheese Sausage Patty Garden Mix Vegetables Tossed Salad Fruit, Milk	18 Taco Tuesday Chicken Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk	19 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk	20 Tuna Pasta Salad Pea & Cheese Salad Crackers Fruit, Milk	21 No Extended Service
24 Chicken Alfredo Italian Vegetables Breadstick Fruit, Milk	25 Taco Tuesday Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk	26 Chickpea & Rice Bake Peas & Carrots Tossed Salad Fruit, Milk	27 Cranberry Chicken Confetti Rice Peas & Onion Fruit, Milk	28 No Extended Service
31 Swiss Steak Mashed Potatoes Garden Vegetables Cookie* 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>		



Mid-Columbia Meals on Wheels

A program of Senior Life Resources NW


www.seniorliferesources.org or 509-735-1911

1824 Fowler St. Richland, WA

July 2023

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

Monday Tuesday Wednesday Thursday Friday

3 Turkey Tetrazzini Green Peas Tossed Salad Fruit, Milk	4 <i>Sorry!</i> We're CLOSED	5 Sloppy Joes Mixed Vegetables Coleslaw Rainbow Sherbet* Fruit, Milk	6 Roast Pork with Gravy Mashed Potatoes Steamed Beets Fruit, Milk	7 Tuna Pasta Salad Broccoli Salad Crackers Fruit, Milk
10 Spaghetti & Meat Sauce Green Beans Breadstick Fruit, Milk	11 Baked Cod w/Dill Sauce Herbed Potatoes Squash Medley Fruit, Milk	12 Chicken Chop Salad Salad Greens Carrot Sticks Fruit, Milk	13 Three Bean Chili Chuckwagon Corn Cornbread Fruit, Milk	14 Roast Turkey w/ Gravy Mashed Potatoes Broccoli Normandy Wheat Roll Fruit, Milk
17 Sweet & Sour Chicken Fluffy Rice Asian Vegetables Fruit, Milk	18 Meatloaf w/ Gravy Mashed Potatoes Mixed Vegetables Fruit, Milk	19 Tuna Noodle Casserole Lyonnais Carrots Fruit, Milk	20 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll, Fruit Ice Cream*, Milk	21 Chicken Caesar Salad Breadstick Cottage Cheese & Pineapple Milk
24 Macaroni & Cheese Sausage Patty Garden Vegetables Tossed Salad Fruit, Milk	25 Chicken Pot Pie Cauliflower & Red Peppers Fruit, Milk	26 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad Fruit, Milk	27 Turkey & Rice Casserole Peas & Carrots Tossed Salad Fruit, Milk	28 Cheese & Beef Pasta Green Beans Tossed Salad Breadstick Fruit, Milk
31 Swedish Meatballs Egg Noodles Broccoli Cookie* Fruit, 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 5 days a week, Monday through Friday. Connell meals are served Tuesday through Friday.

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