

MID COLUMBIA MEALS ON WHEELS

Wheels In Motion

SEPTEMBER 2023

It's not about us. It's about the people we serve.

DIRECTOR'S UPDATE

It's hard to believe that summer is coming to a close and Labor Day will be here before we know it. Labor Day is an annual celebration, recognizing the many contributions workers have made to America's strength, prosperity, and well-being. At Meals on Wheels, we're honored and privileged to serve thousands of clients who worked many years for the betterment of this country and our community.

Last month we celebrated with several clients during **National Senior Citizen Day**, August 21. Each client that joined us for lunch at one of our dining sites received a gift bag filled with valuable and fun items ranging from avoiding financial fraud to word activity books and snack items. The festivities also included raffle prizes.

A few pictures are included here showing that a good time was had by all. I'd like to thank Tri-Cities Financial Security Association for providing funding for the gift bags. Additional contributors included HAPO Community Credit Union, Kadlec, and 2-1-1.



Burt Price - Raffle Winner



Vanessa Grant - Raffle Winner




Enjoying lunch and a gift bag together!



Peggy Pardini

Save the Date:

- **September 4th** - Closed in observance of Labor Day
- **September 21st - 28th** Annual All Senior Picnic 
- **September 18-22nd** - Falls Prevention Week

Follow Us!

Follow us on social media for important news, updates, and shout outs! Don't forget to like and share our posts! You can find us by searching for: "Mid-Columbia Meals on Wheels."



Program funding is provided by Southeast Washington Aging and Long Term Care Council of Governments. MOW 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 disability.

Volunteer Spotlight

Natalie Huggins, Volunteer Manager

Imagine the countless pots, pans, utensils, and dishes a kitchen team uses to prepare and serve seven, nutritious meals a week to 1,200 people. The volunteers who accept a two-hour shift each week to wash dishes in the Central Kitchen don't have a "thankless" job—in fact they are ROCK STAR volunteers helping to keep kitchen operations running smoothly! Staff has commented, "It's hard work to wash a mountain of dishes—they are a blessing!" "When the volunteer dishwashers come, it is like the calvary has arrived!" If you'd like to join in some "good clean fun" with the Meals on Wheels Team, call (509) 735-1911 or email nhuggins@seniorliferesources.org.



♥ Welcome to the Newest Volunteer Team Members ♥



Judy Blair
Richland Driver



Mary Bramer
Café & Pasco Driver



Robert Burnes
Café Driver



Madeleine Carpenter
Café Driver



Dan Connolly
Richland Driver



Rhonda Connolly
Richland Driver



Judy Dieterle
Central Kitchen



Michael Gordon
Cafe Driver



Perry Lamson



Rick Martinez
Substitute Driver



Noe Mendoza



Emily Mitchell



David Mortensen
Transport Driver



Lauren O'Brien
Richland Dining Site



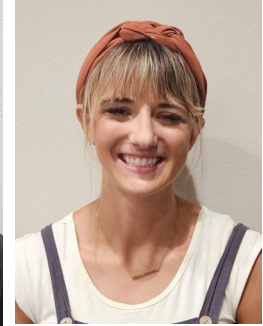
Beth Phillips
Café & Central Kitchen
Central Kitchen



Addilyn R.
Driver's Assistant



Jack R.
Driver's Assistant



Jamie Rhoten
Café Driver



McKay R.
Driver's Assistant



Mariana Santana
Central Kitchen



Maria Yancy
Café Driver



Paul Zalubil
Substitute Driver





PRESENTED BY



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

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

5K FUN RUN • FOOD BEER • LIVE MUSIC

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



- BANK OF THE WEST
- GRAVIS LAW
- LOURDES
- PRECISION PLUMBING AND SUPPLY

- SVN RETTER AND COMPANY
- TOTAL ENERGY MANAGEMENT
- TRIOS
- I DO AND FIDO TOO

- TOWNSQUARE
- MEDIA ICE HARBOR
- KEN JEAN
- COPIERS NW

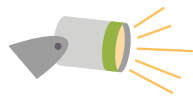
- B&B PRINTING
- MT HEADED
- NEW VINTAGE CHURCH
- PRATT CONSTRUCTION

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

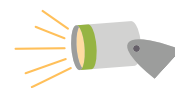
Please call 509.735.1911 if you're interested in sponsoring this event.

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





Staff Spotlight



Jarel Jackson, Transport Driver

Jarel is a transport driver for Meals on Wheels. He is responsible for getting the meals from our Central Kitchen to the various Sites for Home Delivery and Congregate dining. Jarel has been with Meals on Wheels for one year and brings a positive attitude, and friendly smile to work daily.

He was born in San Jose, CA and relocated to Washington when he was two years old. He has lived in the Tri-Cities for the past 14 years. Jarel has a dog named Nova, he loves cars, sneakers, and video editing in his free time. You can read more interesting facts about Jarel below.

- **If you could have a superpower (invisibility, super-speed, etc.) what would you pick?** - *Teleportation, so I'd never be late anywhere.*
- **Where is your ideal vacation destination?** - *Anywhere sunny with beautiful views, like Hawaii.*
- **What was your first job? How old were you?** - *Enterprise when I was 20.*
- **What is your favorite meal that we serve?** - *Chicken Fried Steak.*
- **What is your favorite season?** - *Fall, since it's not too hot or cold.*
- **What is your favorite song, artist, or band?** - *Pusha T.*
- **If you could go back in time, where would you go and what would you do?** - *To the 90's to watch Michael Jordan play in person.*
- **What is your favorite animal?** - *Dog*



Jessica Scheer, Service Coordinator

Jessica is a Service Coordinator for Meals on Wheels. She spends time with clients and is very passionate about their well-being and needs. You will see her in the office or out and about always with a smile on her face. Jessica is always ready to jump in wherever she can to assist not only clients but co-workers as well. With a positive attitude and a hopeful outlook on life, Jessica brings an amazing energy and talent to Meals on Wheels.

She grew up in Olympia and moved to Tri-Cities in 2003 the summer before starting her freshman year of high school at Kennewick High. In her spare time, Jessica enjoys being outdoors, swimming, fishing, camping, gardening and spending time with family and friends. Here are a few fun details about Jessica.

- **How long have you worked for Meals on Wheels?** - *Almost one year.*
- **What do you like best about your job?** - *I love my co-workers and enjoy tailoring services to meet individual's unique needs.*
- **What did you do before coming to work at Meals on Wheels?** - *I worked with youth and families with complex behavioral and mental health challenges.*
- **What is your favorite food/meal?** - *Seafood! Crab, lobster, octopus, if it lives in the ocean, I will eat it!*
- **What is something on your bucket list?** - *I'd like to one day be a foster parent for teens and give them the support I wish I had while in foster care.*
- **What is your favorite movie, TV show, or book?** - *The Handmaid's Tale. The book and the show, I re-watch and read every year.*
- **What is something that many people do not know about you?** - *I've done public speaking across the U.S. and shared my story of resilience and hope.*
- **What is your favorite holiday and why?** - *Christmas because I like to make magic happen for my kids every year.*



Join us for Breakfast!

Breakfast is offered weekly on Wednesday at our Café on Fowler Street from 8-10am. Fuel up your morning with a delicious meal while socializing with other seniors.

Sponsored by 3 Rivers Community Foundation

- 9/6 – Chicken Fried Steak
- 9/13 – Waffles
- 9/20 – Breakfast Scramble
- 9/27 – Pancakes



PET FOOD ASSISTANCE



Thanks to a generous donation from Bethel Church in Richland, we are ready to help our senior pet parents who need a little help with their beloved furry friends! We have plenty of pet food (mostly dog food) to go around.

If you are in need of pet food or would like more information, please call our office at 509-735-1911.

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

Les Schwab Tire Centers, Benton & Franklin Counties

10% @ Off Tap & Barrel

112 Keene Road, Richland, (509) 987-4561

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 and thank you Meals on Wheels Volunteers for delivering and serving kindness!



Donor Appreciation



Mid-Columbia Meals on Wheels would like to give a huge shout out to Dutch Bros Coffee here in Tri-Cities for selecting us for their "giveback" program where \$1 from every drink sold across the 8 Dutch Bros locations on a specific day was donated to our organization! And wow, did the results blow us away! Dutch Bros Coffee Tri Cities raised \$10,390 for our organization and we are extremely appreciative!

Thank you Dutch Bros Coffee Tri-Cities!



We'd also like to thank Hayden Homes Tri-Cities and First Story for a recent grant award.

Your partnership helps seniors maintain healthy, independent lives.

Thank you Hayden Homes and First Story!!



THANK YOU

active 4 life

28TH ANNUAL SENIOR PICNIC

September 21st 11am-3pm

Richland Community Center & Howard Amon Park

Tickets available at these locations: \$5 each

Richland Community Center 500 Amons Dr., Richland
Pasco Parks & Rec 525 N. 3rd Ave., Pasco
Southridge Events & Sports Complex
2901 Southridge Blvd., Kennewick

Proceeds benefit: Meals on Wheels

TITLE SPONSORS

Parkview Estates
 Sun Terrace Prosser

\$5 each includes a delicious lunch, beverage, entertainment & over 40 vendors--PLUS guest presenters!

THANK YOU active 4 life SPONSORS

WE'RE HERE FOR YOU WINDSONG PHARMACY SUMMIT FUNDING
 HAVEN wheatland bank TODD HALTERMAN Solutions Family resource SC Senior Center

509-392-4434 active4life509@gmail.com

Don't Miss it! Purchase your ticket today!

Dietitian's Corner

Samantha Mason, Registered Dietitian

Add flexibility to your meals

Enjoy being flexible with your food choices and how you prepare them. Go to FoodHero.org for easy, tasty recipes such as My Personal Pizza.

Ingredients

- 1 English muffin (try whole grain)
- 3 Tablespoons tomato sauce or bean dip
- 2 Tablespoons grated cheese
- ½ cup chopped vegetables, fruit or cooked meat (try a combination)

Directions: Preheat oven to 400 degrees F. Lightly toast English muffin halves. Spread half the sauce on each muffin half. Add cheese and toppings of your choice. Bake for 5 to 7 minutes until cheese is melted and lightly browned.



This recipe was provided by Food Hero. To learn more, visit FoodHero.org

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

DONATE NOW!

Try out our new QR Code to make a donation! Just scan the code with your cell phone device and it will take you directly to our donation page. We thank you in advance for helping to support our organization!



"Alone we can do so little, together we can do so much." - Helen Keller









IT'S NOT TOO LATE!

If you have not applied for your Senior Farmers Market Voucher, please apply today! There is still time, and Mid-Columbia Meals on Wheels still has a handful of vouchers left to distribute. To inquire, please call 509-735-1911 and ask for Vanessa. If you would like to pick up and fill out an application, please come by 1824 Fowler St. in Richland. **Must be 60 years or older, meet income eligibility, and be a resident of Washington.** Vouchers are valued at \$80 for use at the following farmers markets to purchase fruits and vegetables, as well as honey:

- Public Market Kennewick Farmers Market
10 E. Bruneau Ave, every Thursday 4-7pm
June 1 - October 5
- Market @ The Parkway (Richland)
707 The Parkway, every Friday 9-1pm
June 2 - October 27th
- Prosser Farmers Market
1329 Sommers Ave, every Saturday 8am-12pm
June 3rd - September 30th
- Pasco Farmers Market
4th Ave and Columbia St. every Sat. 8am-12pm
May through October 28th

Falls Prevention

Did you know that every 11 seconds, an older adult is seen in an emergency department for a fall-related injury? In support of Falls Prevention Awareness Week, September 18-22, we're including this helpful information from the National Council on Aging.

 <p>1 Find a good balance and exercise program</p> <p>Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.</p>	 <p>2 Talk to your health care provider</p> <p>Ask for an assessment of your risk of falling. Share your history of recent falls.</p>
 <p>3 Regularly review your medications with your doctor or pharmacist</p> <p>Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.</p>	 <p>4 Get your vision and hearing checked annually and update your eyeglasses</p> <p>Your eyes and ears are key to keeping you on your feet.</p>
 <p>5 Keep your home safe</p> <p>Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.</p>	 <p>6 Talk to your family members</p> <p>Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.</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

September 2023

Parkside Menu

Monday Tuesday Wednesday Thursday Friday

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>1 Chicken Caesar Salad Breadstick Cottage Cheese & Pineapple Milk</p>				
<p>4 Sorry! We're CLOSED</p>	<p>5 Chicken Tostada Refried Beans Tossed Salad Fruit Cocktail Fruit, Milk</p>	<p>6 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad Fruit, Milk</p>	<p>7 Turkey Mole Mexican Rice Seasoned Peas Corn Tortilla Fruit, Milk</p>	<p>8 Cheese & Beef Pasta Green Beans Tossed Salad Breadstick Fruit, Milk</p>
<p>11 Swedish Meatballs Egg Noodles Broccoli Yogurt & Berries Milk</p>	<p>12 Pork w/ Potatoes in Tomatillo Sauce Mixed Vegetables Fruit, Milk</p>	<p>13 Teriyaki Chicken Fluffy Rice Asian Vegetables Fruit, Milk</p>	<p>14 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll, Fruit Ice Cream*, Milk</p>	<p>15 Chicken Fajitas Rice & Beans Flour Tortilla Fruit, Milk</p>
<p>18 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk</p>	<p>19 Beef & Bean Burrito Spanish Rice Mexican Coleslaw Fruit, Milk</p>	<p>20 Chef Salad Ranch Dressing Wheat Roll Chilled Pineapple Milk</p>	<p>21 Pork Carnitas Mexican Coleslaw Refried Beans Corn Tortilla Fruit, Milk</p>	<p>22 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Fruit, Milk</p>
<p>25 Turkey Tetrazzini Green Peas Tossed Salad Fruit, Milk</p>	<p>26 Fish Tacos Spanish Rice Mexican Coleslaw Corn Tortilla Fruit, Milk</p>	<p>27 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk</p>	<p>28 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk</p>	<p>29 Tuna Pasta Salad Pea & Cheese Salad Crackers Fruit, Milk Cherry Oat Bar*</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.

Parkside menu is available only at the Pasco Ray Pfleuger Center.

253 Margaret St., Pasco 509-545-2169

Meals are served Monday through Friday with advance reservations.

If you would like a copy of the menu served at our other dining centers, please request from the Site Manager.



Mid-Columbia Meals on Wheels

A program of Senior Life Resources NW

www.seniorliferesources.org or 509-735-1911

1824 Fowler St. Richland, WA

September 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday
<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.</i></p> <p style="text-align: center;"><i>Thank you!</i></p>				<p>1 Chicken Caesar Salad Breadstick Cottage Cheese & Pineapple Milk</p>
<p>4 Sorry! We're CLOSED</p>	<p>5 Chicken Pot Pie Cauliflower & Red Peppers Fruit, Milk</p>	<p>6 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad Fruit, Milk</p>	<p>7 Turkey & Rice Casserole Peas & Carrots Tossed Salad Fruit, Milk</p>	<p>8 Cheese & Beef Pasta Green Beans Tossed Salad Breadstick Fruit, Milk</p>
<p>11 Swedish Meatballs Egg Noodles Broccoli Yogurt & Berries Milk</p>	<p>12 Apple Pork Chop Mashed Sweet Potatoes Mixed Vegetables Fruit, Milk</p>	<p>13 Teriyaki Chicken Fluffy Rice Asian Vegetables Fruit, Milk</p>	<p>14 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll, Fruit Ice Cream*, Milk</p>	<p>15 Chicken Salad Sandwich Pea & Cheese Salad Fruit, Milk</p>
<p>18 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk</p>	<p>19 Beef Stroganoff Garlic Noodles Green Beans Fruit, Milk</p>	<p>20 Chef Salad Ranch Dressing Wheat Roll Pineapple Milk</p>	<p>21 Pulled Pork Sandwich Baked Beans Coleslaw Fruit, Milk</p>	<p>22 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Fruit, Milk</p>
<p>25 Turkey Tetrzini Green Peas Tossed Salad Fruit, Milk</p>	<p>26 Cranberry Chicken Confetti Rice Garden Vegetables Fruit, Milk</p>	<p>27 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk</p>	<p>28 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk</p>	<p>29 Tuna Pasta Salad Broccoli Salad Crackers Fruit, Milk Cherry Oat Bar*</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 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 1pm, Monday—Friday. No reservations are required **at this location only.**

1834 Fowler, Richland

509-736-0045