



MID COLUMBIA MEALS ON WHEELS

Wheels In Motion

October 2023

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

DIRECTOR'S UPDATE

It takes a village to keep Meals on Wheels (MOW) rolling and I realize that our village would crumble if not for our tremendous team of dedicated volunteers. With a volunteer-to-staff ratio of 17 to 1, we could not serve approximately 21,000 meals each month without our wonderful volunteers, despite the passionate commitment of the staff. In the short time I've been with MOW it's clear that we're so much more than a meal. I'd like to share two recent life-impacting scenarios with you.

The first one was an attempted home meal delivery. At the conclusion of a delivery route, a volunteer reported that one client did not answer the door. Our site manager reached out to alert the emergency contact, the client's sister. The sister called us back later in tears to thank us for saving her sibling's life. She shared that she sent her grandchildren to the house when she couldn't reach her sibling. When the grandchildren arrived, they heard cries for help. They cleverly figured out how to get into the house and found our client on the floor with a kink in her oxygen tube. They called 911, emergency personnel responded, and the client is ok.

The second is an excerpt from a recent client note that said, "All the volunteers that deliver to me are so kind and friendly. Most days they are the only ones I see so they give me a reason to get out of bed in the morning. You have made a real difference in my life and I have a very grateful heart."

I'm honored to be part of this village where our volunteers and staff regularly touch lives with much more than a meal.



Save the Date:

- **October 1st-31st** - Jiffy Lube Campaign
- **October 7th** - Oktoberfeast
- **October 10th**- Holiday Wishlist Distributed
- **October 20th** - Closed (Staff Training)
- **October 31st** - Holiday Craft
- **November 1st** - Holiday Wishlist DUE *Please turn in Holiday Wishlists to your driver before or by November 1st. Thank you!*



Join Us for the Drive to Do More Fundraiser with Jiffy Lube this October! 🚗



October 1st - October 31st

When you get your vehicle maintenance at Jiffy Lube, you can donate \$1, \$3, or \$5 to support Mid-Columbia Meals on Wheels. 🙏
Every dollar helps us provide meals to those in need.

Let's drive change together!

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.

Improve your access to nutritious food with the Basic Food Program!



Mid-Columbia Meals on Wheels | 1824 Fowler St, Richland, WA 99352 | (509) 735-1911

The Basic Food Program

Basic Food, previously called “Food Stamps,” is a USDA program that helps families and individuals increase their access to nutritious food. Eligible households receive an Electronic Benefits Transfer (EBT) Card that looks just like a credit card.

Frequently asked questions:

- Can I own my house and a car and still be eligible? YES. Only your monthly gross income is considered.
- Do you have to be a US citizen? NO. Washington State pays the Basic Food benefits to legal immigrants who do not meet the citizen rules for the federal program.
- Are there other benefits available? If you receive Basic Food, you may qualify for a free cell phone.

For more information, please call Mid-Columbia Meals on Wheels at 509-735-1911 to speak with one of our Service Coordinators. If you have internet access, applications can be completed online at WashingtonConnection.org. To apply by phone, please dial 211 to speak to a Referral Specialist.

Income Guidelines April 1, 2023– March 31, 2024	
Household Size	Monthly Gross Income
1	\$2,430
2	\$3,287
3	\$4,143
4	\$5,000

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individual's income is derived from any public assistance.

Volunteer Spotlight

Natalie Huggins, Volunteer Program Manager

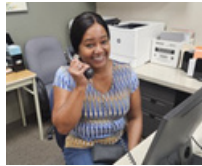
Meet the “face behind the voice”. When you phone or visit Mid-Columbia Meals on Wheels administrative offices, you may be greeted by one of three amazing volunteers. Barbara Moffett, Sandra Jorgensen, and Sandy Weber all assist with making work flow smoothly for the Meals on Wheels admin staff. Moffett joined the team in August of 2019. She answers phones, assists with special mailings, assembles information packets for clients, types reports, and keeps our materials organized! She shares that she likes volunteering at Meals on Wheels because, “It is an opportunity to truly give back to others. It is so nice to wake up in the morning and know you’re going to do something productive for someone that day.”

Sandra Jorgensen began volunteering in July of 2023. With her strong computer literacy skills, she is assisting in a long-needed, special project to transfer volunteer paper files into electronic files stored on the cloud. When asked why she volunteers, she responded, “I want to be busy and ‘make a difference’. Helping and seeing folks receive meals is a good feeling, and it’s fun!” Sandy Weber started volunteering with Meals on Wheels in July of 2015, and she is very familiar with the staff and office operations. Sandy assists with data entry, compiling volunteer training packets, and preparing materials for, and facilitating, monthly client mailings. Reflecting upon her experiences at Meals on Wheels the past eight years she shared, “I think it’s a fabulous organization, and I am proud to be part of it. I have made some great friends in my time here.”

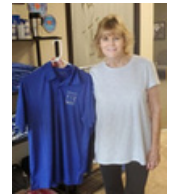
Both Jorgensen and Weber also volunteer once a week in the Central Kitchen packaging meals for clients. Next time you see Barbara, Sandra, or Sandy at Meals on Wheels, please thank them for their wonderful contributions. For information on joining the volunteer team, call (509) 735-1911 or email nhuggins@seniorliferesources.org.



Left:
Barbara Moffett



Left:
Sandra Jorgensen

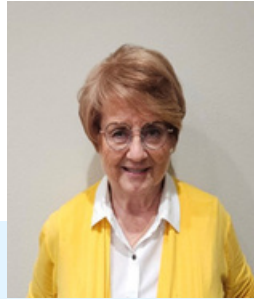


Right:
Sandy Weber

♥ WELCOME to our NEWEST VOLUNTEERS! ♥



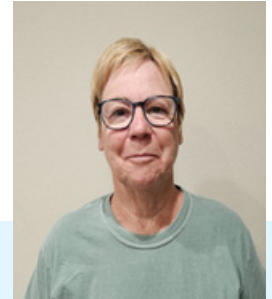
April Caron-Rose
Pasco Driver



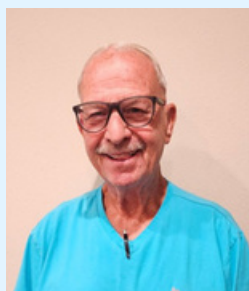
Beth Henderson
Kennewick Driver



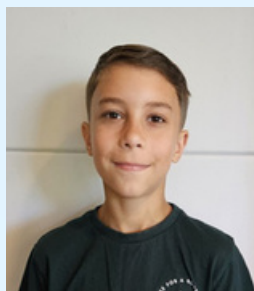
Gary Lockwood
Richland Dining Site



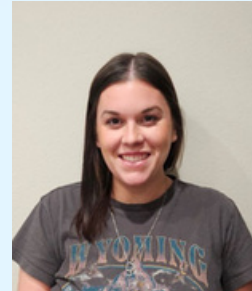
Francine Milam
Café Dining Site



Marty Rose
Pasco Driver



Nolan S.
Driver's Assistant



Kayla Spears
Richland Driver



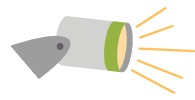
We're Grateful for the Businesses that Support the Meals On Wheels Volunteer Appreciation Program

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

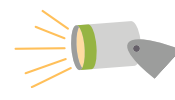
Tire Discount

- 10% Off Les Schwab Tire Centers, Benton & Franklin Counties
- 20% 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!



Staff Spotlight



Shawna Roberts, Site Manager Kennewick

Shawna is the Site Manager at the Kennewick Dining Center and has been for the past year. Shawna started as a volunteer with Meals on Wheels helping out with driving, packaging, and working in the kitchen at the Kennewick Site. She brings an incredible desire to help others and to be of service to all she encounters. Please see more information about Shawna below.

- **Where did you grow up?**
I grew up in the outskirts of Kent. It is now its own city (Covington).
- **What do you like best about your job?**
The amazing people I work with daily.
- **What did you do before you came to work for MOW?**
I escorted my husband around the world as he served our country.
- **What is your favorite holiday and why?**
I don't really care for holidays. Every day I open my eyes is a holiday.



- **What is your favorite food/meal? Least favorite food/meal?**
I love a good chicken fried steak and potatoes. I do NOT like Lima Beans or regular mushrooms.
- **What is something that is on your bucket list?**
I would love to watch the aurora borealis from a snow-covered skylighted windowed dome.
- **What is your favorite movie, TV show, or book?**
There are so many, movie-Forest Gump, book-Where the Red Fern Grows
- **What is something that many people do not know about you?**
I currently have five generations of women in my family. My grandmother is 99, my mom is 75, I am 54, my daughter is 33 and my granddaughter is 5 all on my maternal side.
- **What are some of the things that you enjoy doing in your free time?**
I love sitting in my hammock listening to music, singing, loving on my grandkids, and writing poet

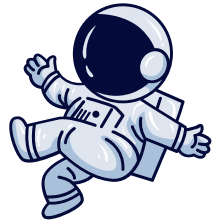


Tasia Owens , Prep Cook @ Central Kitchen

Tasia is a prep cook in the central kitchen here at Meals on Wheels. She spends her days prepping meals, helping co-workers, and working with volunteers. Tasia provided invaluable help during extended hours service at the Café, ensuring that meals were prepared and ready for service.

Tasia grew up on a farm with four younger siblings. She enjoys writing, studying the bible, reading, learning, and taking care of her plants. Tasia is always up to meeting new people, so please don't be shy when you see her and say hello. Please read more about Tasia below:

- **Where is your ideal vacation?**
Space
- **What was your first job?**
The Sunny Spot Car Wash in Sunnyside.
- **How long have you worked for MOW?**
One year baby!
- **If you could have a superpower (invisibility, super-speed, etc.), what would it be?**
Shape shifting



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."



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

- 10/4 – Biscuits and Gravy
- 10/11 – Chicken Fried Steak
- 10/18 – Waffles
- 10/25 – Breakfast Scramble



DONATE NOW!

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



Donor Appreciation



We're thankful to Coldwell Banker Tomlinson realtors and staff for their generous donation! Richard Bernstein, realtor and Meals on Wheels volunteer, nominated MOW and assisted with the \$2,000 check presentation. Thank you, Coldwell Banker team, for helping us to combat senior hunger and brighten the lives for our very grateful clients!



Fall Volunteer Trainings

It is that time of year again when we offer our bi-annual, mandated, volunteer trainings. Gina Rodriguez, Program Consultant with the Department of Social and Health Services, will be a guest presenter sharing information related to being a mandated reporter of elder abuse and the role of the Adult Protective Services agency. Volunteers are invited to select from one of the sessions below, and are encouraged to RSVP early to Natalie Huggins @ (509) 735-1911 or nhuggins@seniorliferesources.org. Space is limited based on the Site's maximum occupancy.

All trainings will be from 9:00am-10:00am except for October 16th in the Fowler Street Café which will be from 2:00-3:00 pm.

- 10/03/2023-Benton City-Desert Rose Housing Office, 510 14th Street
- 10/16/2023-Café, 1834 Fowler Street, Richland - 2:00 pm to 3:00 pm
- 10/27/2023-Prosser Community Center, 1231 Dudley
- 11/02/2023-Pasco Community Center, 505 North 1st Avenue
- 11/08/2023-Richland Community Center, 500 Amon Park Drive
- 11/09/2023-Kennewick Community Center, 500 South Auburn
- 11/15/2023-Connell Community Center, 211 East Elm

Sudoku

How to Play:

Fill a number in to every cell in the grid, using the numbers 1 to 9. You can only use each number once per row, per column, and in each of the 3x3 boxes.

3		7		2				
	6	8						
2		9			7	3	6	4
9				4	1		2	8
6			7		8			9
8	3		9	6				1
1	9	6	8			7		2
						1	5	
				1		8		6

6	6	8	4	1	2	3	5	7
4	8	2	6	7	9	2	8	6
1	9	6	3	5	8	9	6	1
8	3	4	2	5	2	8	3	8
6	2	1	7	5	8	4	3	9
8	7	5	3	4	1	6	2	8
2	1	9	5	8	7	3	6	4
4	8	4	6	3	2	1	7	8
3	4	7	1	2	6	9	8	5

Dietitian's Corner

Samantha Mason, Registered Dietitian

Healthy Living at Any Age: The DASH Diet for Senior Citizens

The Dietary Approaches to Stop Hypertension (DASH) diet is an eating plan that can help seniors achieve better health outcomes. DASH is a dietary pattern designed to prevent and manage high blood pressure, a common concern among seniors. However, it also offers a range of additional health benefits.

Key Aspects of the DASH Diet:

- Fruits and Veggies: Aim for 4-5 servings daily for vital nutrients.
- Whole Grains: Choose whole wheat, brown rice, and oats for sustained energy and digestion.
- Lean Protein: Opt for poultry, fish, beans, and tofu to keep saturated fat in check.
- Dairy: Go for low-fat or fat-free options for calcium and essential nutrients.
- Nuts, Seeds, Legumes: Include these for healthy fats, protein, and weight management.
- Limit Sodium: Seniors should consume 1,500-2,300 milligrams or less per day.



DASH Diet Benefits for Seniors:

- Heart Health: Reduces heart disease, stroke, and hypertension risks.
- Blood Pressure Control: Helps manage high blood pressure common in older adults.
- Weight Maintenance: Supports healthy weight as you age.
- Bone Health: Promotes strong bones and lowers fracture risks.
- Cognitive Function: May reduce cognitive decline risk with its focus on fruits, veggies, and whole grains.
- Diabetes Management: Suitable for those with diabetes.



Practical DASH Diet Tips:

- Gradual Changes: Start with small diet adjustments.
- Stay Hydrated: Even if you're not thirsty, drink water and eat water-rich foods.
- Meal Planning: Plan meals and snacks for DASH-approved balance.
- Seek Support: Consult a dietitian for personalized guidance, especially if you have medical conditions or take medications.

The DASH diet prioritizes nutrient-rich foods such as fruits, veggies, whole grains, lean protein, and low-fat dairy. It's an excellent choice for improved senior health. Always consult your healthcare provider before making significant dietary changes, especially if you have existing medical conditions or take medications.

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

Goodbye Summer... Hello Fall



It is that time of year again where the warm days are going to cool off as the fall weather approaches. This means that it is time for Mid-Columbia Meals on Wheels to rotate our menu to the Fall/Winter Cycle. The fully cold meals will fly south for the winter, and our heartier meals will return, ready to warm those bellies!

Fall/Winter Cycle Menu Items: • Chili • Lasagna • Chicken Alfredo • Corn Chowder

As always, our most popular items will remain on the menu cycle. We hope that these are also one of your favorites!

Repeating Menu Items: • Roast Beef • Meatloaf • Spaghetti • Roast Turkey

The input of our clientele is greatly important to us. If there are any meals that you would like for us to try out, ones that are not to your liking, or ones that you would like for us to add to the "repeat" list from cycle to cycle, please reach out to us!

If you have any comments about the meals we serve, please contact me at:

bkinner@seniorliferesources.org or 509-735-1911



Mid-Columbia Meals on Wheels
 A program of Senior Life Resources NW

www.seniorliferesources.org or 509-735-1911
 1824 Fowler St. Richland, WA

October 2023

Parkside Menu (Pasco)

**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.**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Fruit, Milk	3 Chicken Tostada Refried Beans Tossed Salad Fruit Cocktail Fruit, Milk	4 Sweet & Sour Pork Fluffy Rice Asian Vegetables Fruit, Milk	5 Hamburger Baked Beans Apple Cabbage Slaw Lettuce, Tomato, Onion Fruit, Milk	6 Turkey Mole Mexican Rice Seasoned Peas Corn Tortilla Berry Cherry Crisp* Milk
9 Chicken Pot Pie Green Peas Tossed Salad Fruit, Milk	10 Conchitas Con Carne Green Beans Corn Tortilla Fruit, Milk	11 Scrambled Eggs with Peppers Sausage Patty Chuck Wagon Potatoes Bran Muffin Fruit, Milk	12 Chicken Fajitas Rice & Beans Flour Tortilla Fruit, Milk	13 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad Fruit, Milk
16 Chicken and Rice Casserole Glazed Carrots Fruit, Milk	17 Pork Guisada Red & Green Slaw Peaches Corn Tortilla Fruit, Milk	18 Tuna Noodle Casserole Seasoned Beets Fruit, Milk	19 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll, Fruit Ice Cream*, Milk	20 Sorry! We're CLOSED
23 Swiss Steak Mashed Potatoes Garden Vegetables Fruit, Milk	24 Chicken Mole Mexican Rice Seasoned Peas Corn Tortilla Fruit, Milk	25 Turkey & Rice Casserole Green Beans Tossed Salad Fruit, Milk	26 Pork w/ Potatoes in Tomatillo Sauce Mixed Vegetables Fruit, Milk	27 Chicken Parmesan Casserole Cauliflower with Red Peppers Fruit, Milk
30 Lemon Pepper Cod Fluffy Rice Green Peas Cookie* Fruit, Milk	31 Mexican Meatball Soup Refried Beans Corn Tortilla Fruit, Milk	<p>You are asked to self-monitor what you consume. <i>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> 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.

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

October 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Fruit, Milk	3 Dijon Chicken Sweet Potato Mash Seasoned Beets Fruit, Milk	4 Sweet & Sour Pork Fluffy Rice Asian Vegetables Fruit, Milk	5 Hamburger Baked Beans Apple Cabbage Slaw Lettuce, Tomato, Onion Fruit, Milk	6 Turkey Tetrazzini Garden Vegetables Tossed Salad Berry Cherry Crisp* Milk
9 Chicken Pot Pie Green Peas Tossed Salad Fruit, Milk	10 Beef Stroganoff Garlic Noodles Green Beans Fruit, Milk	11 Scrambled Eggs W/Peppers Sausage Patty Chuck Wagon Potatoes Bran Muffin Fruit, Milk	12 Breaded Chicken Sandwich and Fixings Corn Chowder Broccoli Salad Fruit, Milk	13 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad Fruit, Milk
16 Chicken and Rice Casserole Glazed Carrots Fruit, Milk	17 Apple Pork Chop Mashed Sweet Potatoes Mixed Vegetables Fruit, Milk	18 Tuna Noodle Casserole Seasoned Beets Fruit, Milk	19 Roast Beef w/Gravy Mashed Potatoes Italian Vegetables Wheat Roll, Fruit Ice Cream*, Milk	20 Sorry! We're CLOSED
23 Swiss Steak Mashed Potatoes Garden Vegetables Fruit, Milk	24 Cranberry Chicken Confetti Rice Peas & Onions Fruit, Milk	25 Turkey & Rice Casserole Green Beans Tossed Salad Fruit, Milk	26 Pulled Pork Sandwich Baked Beans Coleslaw Fruit, Milk	27 Chicken Parmesan Casserole Cauliflower with Red Peppers Fruit, Milk
30 Lemon Pepper Cod Fluffy Rice Green Peas Cookie* Milk	31 Swedish Meatballs Egg Noodles Broccoli 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 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 1pm, Monday—Friday. No reservations are required at this location only.

1834 Fowler, Richland 509-736-0045