



Wheels In Motion

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

November 2023

Director's Update

Carla Martinez

November is a special time of thanksgiving and I'm grateful for some very good things in the making at Meals on Wheels (MOW). The MOW elves are busy this month filling wish lists for our home-delivery clients (reminder wish lists due to MOW November 1). This year, we're excited to offer a new program for congregate diners, Santa for Seniors, thanks to a partnership with Lutheran Community Services Northwest. Stay tuned next month for information on delivery/distribution dates.

We're also thankful for a generous grant from Battelle, which operates Pacific Northwest National Laboratory. This month, with Battelle grant funding we will add enhanced translation services, improving our ability to serve more community members.

Improvement is something we continually aspire to achieve. A critical means to that end is client feedback. Client surveys will be distributed the week of November 13 to all MOW clients. Please take a few minutes to provide your valuable feedback.

We'll finish up the month with the delivery of shelf stable emergency meal packs for our home delivery clients, in preparation for the winter months and potential MOW closures. Three-meal packs will be delivered the week of November 27.

I encourage everyone to take a moment to find something to be thankful for this month.

Save the Date:

Nov 1st: Holiday Wishlists due!



Nov 1st: Benton Franklin Boys and Girls Club HS students visit Fowler St. Café Dining Site, 12-1pm.

Nov 5th: Daylight Savings ends

Nov 10th: CLOSED –Veterans Day observed

Nov 17th: Tri Cities Veteran Resource Expo, 9am -3pm @ Southridge Sports and Event Complex

Nov 22nd: Cookie decorating @ all congregate dining sites. Bring a friend! Raffle for those who decorate!



Nov 23rd and 24th: CLOSED - Day of and day after Thanksgiving. Happy Thanksgiving to all!



For the past 15 years, Subaru and its retailers have funded the delivery of nearly four million meals and friendly visits to seniors served by Meals on Wheels programs across the country. And now, for the sixteenth year, Meals on Wheels has been selected yet again as one of the charity partners of Subaru's annual Share the Love Event.

From **November 16, 2023 through January 2, 2024**, Subaru of America and its retailers will donate **\$250** for every new vehicle purchased or leased to the customer's choice of participating charities.

Locally, McCurley Integrity Subaru has again selected Mid-Columbia Meals on Wheels as their "Hometown Charity" for the Subaru Share the Love Event. Although the other sponsored national charities are all excellent, we're so grateful to be selected as the local charity, with proceeds directly benefiting seniors here in our community.

♥ Welcoming our Newest Volunteers to the Team ♥



Donna Benson
Richland Driver



Ronna Czmowski
Café Dining Site



Cindy Dury
Kennewick Driver



Sandi Edgemon
Café Dining Site



Clint Ethington
Richland Driver



Tonya Ethington
Richland Driver



Ella Feist
Central Kitchen



Bob Henderson
Kennewick Driver



Randy Hoenshell
Administrative



Phuong Kirk
Central Kitchen



Melanie Lee
Substitute Driver



Luke Marx
Richland Driver



Kaela McMire
Kennewick Driver



Jenny Nelson
Café Driver /Dining Site



Bud Neslin
Café Driver



Darrell Northrup
Richland Driver



Sherrie Northrup
Richland Driver



Denise Norwood
Kennewick Driver



Lori Peters
Kennewick Dining Site



Karl Strassburg
Richland Driver



Darrell Tarvin
Connell Driver



Karen Tarvin
Connell Driver



Josie, Hudson, Mayley, & Gus

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!

November Volunteer Trainings 9-10am. RSVP early to Natalie Huggins @ (509) 735-1911 or nhuggins@seniorliferesources.org

11/02 -Pasco Community Center, 505 North 1st Avenue

11/09 -Kennewick Community Center, 500 South Auburn

11/08 -Richland Community Center, 500 Amon Park Drive

11/15 -Connell Community Center, 211 East Elm

Volunteer Highlight

By: Natalie Huggins—Volunteer Manager

Sally Sanders, Meals on Wheels volunteer home-delivery driver, is a renowned quilter. Blending her passion for quilting and serving in her community she shared, “I realized during my first year of volunteering how many volunteers it takes to make the whole Meals on Wheels program work. The image of so many ‘helping hands that make the wheels go round’ in packaging, serving, and delivering meals to so many seniors was my inspiration for sewing a quilt to hang at Meals on Wheels.” Sanders shared her idea with her cousin, Becki Nelson, also a quilter, and her granddaughter Emma Rowley. Like Sanders, Nelson and Rowley are both volunteer home-delivery drivers with Meals on Wheels, and they loved the idea of creating a quilt to celebrate volunteers. During the Spring of 2023, the threesome traveled to seven MOW dining sites in Benton and Franklin Counties and collected the handprints and signatures of volunteers. They completed the quilt in October of 2023, and it now hangs in the Café Dining Site showcasing and celebrating a deep appreciation for all Mid-Columbia Meals on Wheels volunteers. We say THANK YOU, Sally, Becki, and Emma for sharing your artistic gifts, talents, time, and compassion with all of us! For information on how to join the Meals on Wheels volunteer team, contact Natalie Huggins at (509) 735-1911 or nhuggins@seniorliferesources.org.



November Staff Spotlight: Kathy Estrada



Say hello to Kathy Estrada! Kathy has been an employee with Meals on Wheels for over one year starting off as a Roving Site Lead and now the Café Site Manager. Kathy has graciously worked at all 8 dining sites and has been an amazing asset to the Meals on Wheels team. She returned to Meals on Wheels after a 10+-year hiatus. Prior to leaving to care for family, Kathy was the Kennewick Site Manager. Please take some time to learn more about Kathy by reading the following Q and A's.

Where did you grow up?

I grew up in Arizona, married my best friend Henry, have 3 beautiful children and 5 grandchildren. After 46 years of marriage the remarkable ride ended with Henry passing away.

What do you like best about your job?

I love everything about my job. The volunteers are the most dedicated and loving people, and I cannot forget the real reason we do what we do, the people we serve!

What did you do before you came to work for MOW?

Hmmmm, what did I do before MOW? In the 80's I was working with the ACC and was one of the first women to be certified in natural gas explosion. I left in the 90's to move to South Dakota

and opened a Steakhouse and Bar. Then I moved to Kentucky in 2008 and helped implement the Affordable Care Act under Medicaid and Medicare.

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

I love arts, crafts, and baking.

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

My favorite food is Mexican food from a little restaurant in Arizona called Casa Manana. It doesn't get any better!

What is something that is on your bucket list?

My bucket list would be to go to Iceland and watch the Aurora Borealis.

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

My favorite book is The Clan of the Cave Bear by Jean M. Auel. The series was phenomenal.

What is something that many people do not know about you?

My family owned a trucking company, and I would drive an 18-wheeler in my free time to help during busy times.

What is your favorite holiday and why?

My favorite holiday is Thanksgiving going into Christmas. The baking, children's laughter and family make it memorable and rewarding.

Join us for Breakfast!

Breakfast is offered weekly on Wednesday at our Café on Fowler Street from 8-10am. Sponsored by 3 Rivers Community Foundation. Come join us!

- 11/1 – Pancakes
- 11/8 – Biscuits & Gravy
- 11/15 – Chicken Fried Steak
- 11/22 – Waffles
- 11/29 – Breakfast Scramble



Donor Appreciation

This month we would like to thank **Battelle**, which operates Pacific Northwest National Laboratory in Richland, for their generous donation to Mid Columbia Meals on Wheels! Thank you for helping us to combat senior hunger and brighten the lives of our grateful clients! We appreciate it!



New Donation Option

Are you a smart-phone user?

We recently added a convenient new donation method via a QR code. To use this method, simply use the camera app on your phone and scan the QR code to the right. Select

“app.neoncrm.com” and you’ll be taken straight to our donation page. If you prefer our traditional donation methods, they all remain available. As a donation-basis program, all donations are appreciated. We respect all clients’ ability and personal choice regarding giving.



THANK YOU!

Follow Us!



Great news! You can now find us on the following social - media platforms: **Facebook, Instagram, and LinkedIn!**

Here we will post important news, menus, updates, and shout outs! It is a work in progress and we are slowly but surely coming along. When visiting our sites, don't forget to like and share our posts! Feel free to leave a comment as well. You can find us by searching for: "Mid-Columbia Meals on Wheels."

Thank you so much for your support as we continue to expand our outreach!!

OktoberFest Recap



What a success!! We hope you enjoyed our 2023 OktoberFest event!! Through the hard work of staff, volunteers, sponsors, and participants, Mid-Columbia Meals on Wheels was able to raise \$75, 000!! What an amazing result that will help us to continue to be able to deliver healthy and nutritious food to our local seniors who need it most. We would like to extend our final thanks to all of our sponsors who helped to make this possible.

- Lamb Weston
- HMIS
- ISOsource
- Advisor Health Benefits
- Kadlec Medical Center
- TRI- CU
- Dutch Bros
- Petersen Hastings
- Purcell Law
- Sagewater
- BMO
- Highstreet Insurance and Financial Services
- Gravis Law
- Lourdes Health
- Precision Plumbing and Supply
- SVN Retter and Company
- Total Energy Management
- Trios Health
- Cornerstone Wealth Strategies
- I Do and Fido Too
- Townsquare Media
- Ice Harbor
- Ken Jean
- Copiers NW
- B&B Printing
- UPS Pasco
- MT Headed
- Vintage Church
- Pratt Construction
- Culligans Water
- Tubadours

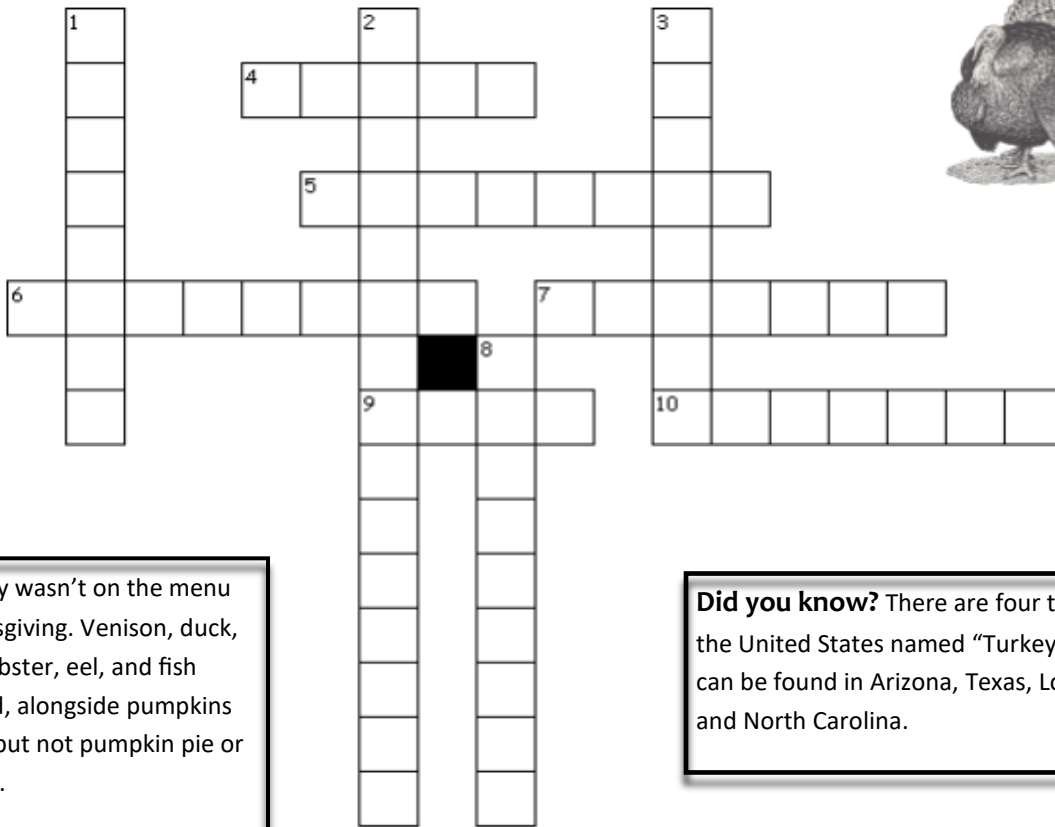
Program funding is provided by Southeast Washington Aging and Long Term Care Council of Governments. MOW does not discriminate in providing services on the grounds of race, creed, color, religion, national origin, gender, age, marital status, sexual orientation, political ideology, or the presence of any sensory, mental or physical disability.



Thank you to all of our wonderful sponsors and participants for making OktoberFeast a success!!



Thanksgiving Crossword Puzzle



Fun Fact: Turkey wasn't on the menu at the first Thanksgiving. Venison, duck, goose, oysters, lobster, eel, and fish were likely served, alongside pumpkins and cranberries (but not pumpkin pie or cranberry sauce!).

Did you know? There are four towns in the United States named "Turkey." They can be found in Arizona, Texas, Louisiana, and North Carolina.

Across

4. Many people say ____ before carving the turkey.
5. ____ celebrated the first American Thanksgiving in 1621.
6. Thanksgiving is celebrated on the fourth Thursday in ____.
7. ____ taught the Pilgrims how to grow corn and catch eel.
9. Families gather together for a delicious ____.
10. Thanksgiving celebrates the autumn ____.

Down

1. William ____ was the leader of Plymouth Colony in the early 1600s.
2. ____ brought food to the first Thanksgiving feast.
3. The first American Thanksgiving feast was held in ____.
8. Pilgrims came to North America on the ____.

Answer Key:



Down - 1. Bradford, 2. Native Americans, 3. Plymouth, 8. Mayflower.
Across - 4. grace, 5. Pilgrims, 6. November, 7. Squanto, 9. meal, 10. harvest.



Mid-Columbia Meals on Wheels
 A program of Senior Life Resources NW
 www.seniorliferesources.org or 509-735-1911
 1824 Fowler St. Richland, WA

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

<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>1 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk</p>	<p>2 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk</p>	<p>3 Beef & Bean Burrito Spanish Rice Mexican Coleslaw Fruit, Milk</p>
<p>6 Herbed Chicken Mushroom Gravy Au Gratin Potatoes Tossed Salad Yogurt & Berries Fruit, Milk</p>	<p>7 Pork Carnitas Mexican Coleslaw Refried Beans Corn Tortilla Fruit, Milk</p>	<p>8 Beef Lasagna Italian Vegetables Tossed Salad Garlic Bread Fruit, Milk</p>	<p>9 Chicken Fajitas Rice & Beans Flour Tortilla Fruit, Milk</p>	<p>10 <i>Sorry!</i> We're CLOSED</p>
<p>13 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Fruit, Milk</p>	<p>14 Chicken Mole Mexican Rice Seasoned Peas Corn Tortilla Fruit, Milk</p>	<p>15 Sweet & Sour Pork Fluffy Rice Asian Vegetables Fruit, Milk</p>	<p>16 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll, Fruit Ice Cream*, Milk</p>	<p>17 Enchilada Casserole Mexican Rice Mexican Coleslaw Green Beans Fruit, Milk</p>
<p>20 Chicken Pot Pie Green Peas Tossed Salad Fruit, Milk</p>	<p>21 Mexican Meatball Soup Refried Beans Corn Tortilla Fruit, Milk</p>	<p>22 Roasted Turkey Mashed Potatoes Turkey Gravy Stuffing, Green Beans Cranberry Sauce, Roll Fruit, Milk Pumpkin Bar**</p>	<p>23 <i>Sorry!</i> We're CLOSED</p>	<p>24 <i>Sorry!</i> We're CLOSED</p>
<p>27 Chicken Alfredo Italian Vegetables Breadstick Fruit, Milk</p>	<p>28 Pork Carnitas Mexican Coleslaw Refried Beans Corn Tortilla Fruit, Milk</p>	<p>29 Chili Country Vegetables Cornbread Fruit, Milk</p>	<p>30 Chicken Tostada Refried Beans Tossed Salad Fruit Cocktail Fruit, Milk</p>	<p><i>HAPPY</i> <i>Thanksgiving</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.

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

November 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. Thank you!</i></p>		<p>1 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk</p>	<p>2 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk</p>	<p>3 Beef Stir Fry Fluffy Rice Asian Vegetables Tossed Salad Fruit, Milk</p>
<p>6 Herbed Chicken Mushroom Gravy Au Gratin Potatoes Tossed Salad Yogurt & Berries Milk</p>	<p>7 Smothered Pork Chop Mashed Potatoes Mixed Vegetables Fruit, Milk</p>	<p>8 Beef Lasagna Italian Vegetables Caesar Salad Breadstick Fruit, Milk</p>	<p>9 Chicken Fajitas Rice & Beans Flour Tortilla Fruit, Milk</p>	<p>10 Sorry! We're CLOSED</p>
<p>13 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Fruit, Milk</p>	<p>14 Dijon Chicken Sweet Potato Mash Seasoned Beets Fruit, Milk</p>	<p>15 Sweet & Sour Pork Fluffy Rice Asian Vegetables Fruit, Milk</p>	<p>16 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll, Fruit Ice Cream*, Milk</p>	<p>17 Turkey Tetrizzini Green Beans Tossed Salad Fruit, Milk</p>
<p>20 Chicken Pot Pie Green Peas Tossed Salad Fruit, Milk</p>	<p>21 Beef Stroganoff Garlic Noodles Cauliflower Fruit, Milk</p>	<p>22 Roasted Turkey Mashed Potatoes Turkey Gravy Stuffing, Green Beans Cranberry Sauce, Roll Fruit, Milk Pumpkin Bar*</p>	<p>23 Sorry! We're CLOSED</p>	<p>24 Sorry! We're CLOSED</p>
<p>27 Chicken Alfredo Italian Vegetables Breadstick Fruit, Milk</p>	<p>28 Apple Pork Chop Mashed Sweet Potatoes Mixed Vegetables Fruit, Milk</p>	<p>29 Chili Country Vegetables Cornbread Fruit, Milk</p>	<p>30 Chicken and Rice Casserole Garden Vegetables Fruit, Milk</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