



Wheels In Motion



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



December 2023

Director's Update

We've all heard the saying, "Time flies when you're having fun." With all the wonderful things Meals on Wheels has planned for December, the month is certain to fly by!

To kick off the month, don't forget that your voice matters and we want to hear from you. Please **return completed client surveys by December 1**, if you haven't already done so. Surveys can be mailed to the Meals on Wheels office, given to a delivery driver for home-delivery clients, or submitted in a survey bin at one of our dining sites for congregate diners. Thank you for your feedback!

Speaking of **congregate dining**, we have two weeks of festive activities planned this month. During the **week of December 11**, we'll distribute amazing holiday **gift bags** at all dining sites thanks to a new partnership with Lutheran Community Services Northwest and their Santa for Seniors program. The **following week** will be "**ugly sweater**" attire, so dig through your wardrobe and bust out a sweater for a chance to win a **raffle prize**.

Of course, the Wish List program is back for our **home delivery** clients thanks to our loving and dedicated team of "elves". The MOW elves have been hard at work to fill all the special requests. For clients that chose to participate in the program, **Wish List gift bags** will be delivered the **week of December 18**.

And last, but certainly not least, mark your calendars for our traditional **holiday menu** service, **Thursday, December 21**.

Wishing all our clients and volunteers warmth and happiness this month.

Carla Martinez

Save the Date: Month of December



Dec 1st: Client Surveys Due

Dec 7th: Holiday Senior Luncheon at Richland Community Center @ 11am. *Note to congregate diners: Take out only available this day due to event.

Dec 12th: Mr. & Mrs. Claus visit Fowler Café

Dec 13th: Legacy HS visits Fowler Café @ 12pm.

Dec 11th thru Dec 15th: Santa for Seniors Gift Bag Distribution - congregate dining

Dec 18th thru Dec 22nd: Wish List Gift Bag Distribution - home delivery clients

Dec 18th thru Dec 22nd: Ugly Sweater Week at all congregate dining sites; wear your ugly sweater to be entered into a raffle!



Dec 25th: Christmas Day—**CLOSED**

Jan 1st: New Year's Day—**CLOSED**



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.

Volunteer Spotlight

Natalie Huggins, Volunteer Program Manager

November 7, 2023, was an exciting day, and yet just like any other day, at Meals on Wheels. The day was unique because it was the first, of what will be an annual, "Wheels in Motion" Radio-Thon to raise awareness of, and funds for, Mid-Columbia Meals on Wheels' services to local seniors. The event was held from 6:00 am-6:00 pm in collaboration with Stephens Media Group and Radio Station 95.7 and raised over \$15,000! While this was a new and thrilling event for us, what was NOT unique, was how quickly volunteers responded to the last-minute request for help. Volunteers staffed phones at the media station for the radio-thon. Like all Meals on Wheels activities, events, and services, what we do to enhance the quality of life for seniors, is NOT possible without our dedicated cadre of 500 volunteers! We are grateful to Stephens Media Group, all the radio-thon sponsors, donors, and volunteers for the fun and success of this event! For information on joining the Meals on Wheels volunteer team, call (509) 735-1911 or email nhuggins@seniorliferesources.org.



♥Grateful for our Newest Volunteer Team Members♥



Carlos Barillas
Central Kitchen



Colby Beeghly
Transport Driver



Paulette Heher
Central Kitchen



Nita Johnson
Prosser Dining Site



John Meehan
Kennewick Driver



Kitty Meehan
Kennewick Driver



Debra Otta
Kennewick Driver



Eldon Otta
Kennewick Driver



Daniele Pardini
Substitute Driver



Bob Piper
Richland Driver

Thank
You



Mike Reidt
Kennewick Driver



Franklin Schmeck
Kennewick Driver



Steve Sexton
Central Kitchen



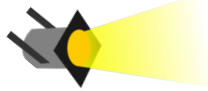
We're Grateful for the Businesses that Support the Meals on Wheels Volunteer Appreciation Program

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

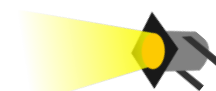
Tire Discount
10% Off
20% Off
10% Off
20% Off

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!



Staff Spotlight



This month's staff spotlight features **Deb Hawkins**. Deb came to Meals on Wheels as a volunteer in February 2022, delivering meals and assisting at the Kennewick dining site. Deb transitioned to staff as a Roving Site Lead in September of 2022 and then became the Richland Site Manager in October of 2022. Deb brings enthusiasm, compassion, and dedication to work on a daily basis. She is always willing to go above and beyond for the program, clients, volunteers, and co-workers.

Deb was born and raised in Colorado and moved to Tri-Cities in 2002. She is a wife of 39 years, a mother of 2 boys, and grandmother of 3 wonderful children. Deb also has 2 yorkies, 1 black lab, 1 cat, and 7 chickens. Please get to know more about Deb by reading below.

What do you like best about your job?

I enjoy being able to help seniors in the community get meals that they might not be able to get otherwise. I really enjoy talking with them when they call the site.

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

I was a dental assistant for 38 years. When COVID hit, I took early retirement and helped care for my father-in-law who has dementia.

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

I love camping, biking, crafting, and spending time with kids and grandkids.



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

I love a good salad! I dislike tuna/fish dishes.

What is something that is on your bucket list?

To travel to Ireland, Scotland, and New Zealand! Also, to see Wicked on Broadway!

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

I love to read anything by Danielle Steele. My favorite TV show is Big Bang Theory! My favorite movie is Beauty and the Beast and Miracle on 34th Street, both old and new versions.

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

I raised hockey players and love the sport. I was even thrown out of the rink during one of my son's games.

What is your favorite holiday and why?

Christmas! I love decorating, watching holiday Hallmark movies, love and enjoy being with my family.



Say hello to **Joseph Zimmerman**! Joseph is a prep cook in the Central Kitchen at Meals on Wheels and has been a valued part of the team for 10 months. Joseph grew up in Richland and West Richland. He is a pet lover and has had pets most of his life, mostly dogs. Currently, he has 3 dogs and 5 cats. Please read more about Joseph below:



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

The ability to go back in time.

Where is your ideal vacation destination?

Norway, I've always wanted to go and connect with family there.

What was your first job? How old were you?

I worked at an arcade/card shop in the mall, I was 18.

What is your favorite meal that we serve?

Probably the Mac and Cheese.



What is your favorite season?

Fall/Winter, the best time to snuggle in a blanket with some hot cocoa.

What is your favorite song, artist, or band?

Volbeat

If you could go back in time, where would you go and what would you do?

The 70's and 80's, so I could see Queen live.

What is your favorite animal?

I love Capybaras. They just vibe everywhere.



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!

12/6 – Pancakes

12/13 – Biscuits & Gravy

12/20 – Chicken Fried Steak

12/27 – Waffles



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!!

Donor Appreciation



Big thanks to **Big 95.7 and Stephens Media Group** for hosting our Meals in Motion Telethon! With **Devfuzion** doubling donations, **Bechtel** leading the Silent Auction, and **Tsunami Catering** providing delicious meals, we raised over \$15,000. A fantastic first-ever event, made possible by incredible community support!



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.

Dietitian's Corner

Samantha Mason, Registered Dietitian

Nourishing Your Holiday Season: A Guide to Healthy Eating for Older Adults

The holiday season is a time for joy, celebration, and coming together with loved ones. It's also a time when delicious, indulgent foods and treats are in abundance. While it's tempting to let go of your dietary concerns during this festive time, it's important to remember that maintaining a healthy eating routine can be especially crucial for older adults. With a few mindful choices, you can enjoy the holidays without compromising your well-being.

1. Incorporate Physical Activity: Include activities like walks, dancing, or gentle yoga in your holiday routine to boost mood and overall health.

2. Opt for Healthier Cooking Methods: Choose baking, grilling, steaming, or roasting over frying to retain nutrients. Experiment with herbs for flavor.

3. Include Fiber-Rich Foods: Add whole grains, legumes, and vegetables to aid digestion, maintain weight, and support gut health.



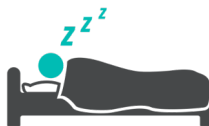
4. Choose Lean Proteins: Opt for turkey, chicken, fish, beans, or legumes for essential amino acids and muscle support.

5. Enjoy Healthy Snacking: Keep nutritious snacks like nuts, seeds, yogurt with fruits, or cut-up vegetables on hand to satisfy hunger.

6. Socialize Away from the Buffet Table: Minimize mindless snacking by engaging in conversations away from food at holiday gatherings.

7. Be Mindful of Alcohol Consumption: Consume alcoholic beverages in moderation and alternate with water or non-alcoholic options to prevent dehydration and excess calories.

8. Get Sufficient Sleep: Ensure proper rest to handle festivities, make healthier choices, and manage stress.



9. Plan Indulgences Mindfully: Enjoy favorite treats in small portions, savoring each bite mindfully.

10. Consider Dietary Restrictions: Communicate specific dietary needs or health concerns with event hosts to ensure suitable options are available.

By incorporating these tips, older adults can navigate the holiday season with a focus on enjoyment and health.

active4life
invites you to our annual
HOLIDAY LUNCHEON

Lunch catered by The Opportunity Kitchen:
Loaded mac & cheese with chicken, warm veggies and a bread stick
Beverages: coffee, tea, water, soda and hot cocoa
Sweet desserts!

TICKETS \$5 EACH

BINGO! PRIZES!

SCAN ME

ACTIVE4LIFE.TICKETLEAP.COM/SENIOR-HOLIDAY-LUNCHEON/

Proceeds to benefit

2023

DECEMBER	7	THURSDAY
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11 AM - 2PM

RICHLAND COMMUNITY CENTER
500 AMON DRIVE, RICHLAND

WE ARE HAVING A FOOD DRIVE. PLEASE BRING A NON-PERISHIBLE FOOD ITEM FOR DONATION TO THE LOCAL FOOD BANK

sponsored by
family resource home care

Get your picture taken with me

Mark your calendars for December 7th for the annual Holiday Luncheon put together by active4Life! This is a great event to have some holiday fun, socialize, and enjoy a delicious meal! Use the barcode to purchase your ticket or contact active4life @ 509-392-4434.

Note to congregate diners: Due to the event, meals will be provided but on a **take-out basis only. Thank you!*

Wanted: Advisory Council Members

Want to join a small group of committed members to help shape the Meals on Wheels (MOW) program? Consider becoming a member of the MOW Advisory Council. Program participants and/or volunteers desired. The Council receives first-hand program updates and provides advise to the director on the program and supporting services. The Council meets at least quarterly at a MOW dining site (locations rotate). Membership terms are for two years. If interested, please contact Carla Martinez at cmartinez@seniorliferesources.org or at 509-735-1911. Help make a difference!

WINTER WORD SEARCH



Created by
Sue Lindlauf
Grand Forks Herald
2010

W	E	A	T	H	E	R	W	G	S	F	P	S	F	M
O	H	J	V	O	L	J	O	N	J	V	H	N	J	J
K	F	R	A	C	S	M	E	O	K	O	L	O	M	G
D	R	H	B	P	T	T	D	P	V	B	P	W	W	N
I	E	L	J	Q	T	O	I	E	L	J	Q	F	O	I
W	E	P	N	I	W	K	L	I	P	N	S	L	K	T
S	Z	Q	M	W	Q	D	S	D	Q	M	F	A	D	A
N	I	A	K	S	B	I	U	W	A	K	F	K	I	K
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W	W	X	I	D	S	N	O	W	X	I	R	B	U	X
O	C	C	U	F	D	D	P	C	C	U	A	D	D	C
N	V	D	O	M	G	G	N	I	D	D	E	L	S	D
S	B	E	P	I	C	C	R	E	T	N	I	W	C	E
F	S	L	I	P	P	E	R	Y	R	T	A	H	H	R

See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

- | | | | |
|------------|--------------|--------------|--------------|
| 1. Snow | 5. Shovel | 9. Slippery | 13. Scarf |
| 2. Snowman | 6. Cold | 10. Slide | 14. Hat |
| 3. Winter | 7. Freezing | 11. Sledding | 15. Earmuffs |
| 4. Weather | 8. Snowflake | 12. Skating | 16. Mittens |



Mid-Columbia Meals on Wheels

A program of Senior Life Resources NW

www.seniorliferesources.org or 509-735-1911

1824 Fowler St. Richland, WA

December 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 Tuna Noodle Casserole Lyonnaise Carrots Fruit, Milk</p>
<p>4 Swiss Steak Mashed Potatoes Garden Vegetables Fruit, Milk</p>	<p>5 Cranberry Chicken Confetti Rice Peas & Onions Fruit, Milk</p>	<p>6 Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk</p>	<p>7 Pulled Pork Sandwich Baked Beans Coleslaw Fruit, Milk</p>	<p>8 Chicken Parmesan Casserole Cauliflower with Red Peppers Fruit, Milk Oat Bar*</p>
<p>11 Lemon Pepper Cod Fluffy Rice Green Peas Fruit, Milk</p>	<p>12 Swedish Meatballs Egg Noodles Broccoli Fruit, Milk</p>	<p>13 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk</p>	<p>14 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll, Fruit Ice Cream*, Milk</p>	<p>15 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk</p>
<p>18 Herbed Chicken Mushroom Gravy Au Gratin Potatoes Tossed Salad Yogurt & Berries Milk</p>	<p>19 Smothered Pork Chop Mashed Potatoes Mixed Vegetables Fruit, Milk</p>	<p>20 Beef Lasagna Italian Vegetables Caesar Salad Breadstick Fruit, Milk</p>	<p>21 Baked Ham Raisin Sauce Au Gratin Potatoes Green Bean Casserole Wheat Roll, Milk Spiced Cake*</p>	<p>22 Chicken Fajitas Rice & Beans Flour Tortilla Fruit, Milk</p>
<p>25 Sorry! We're CLOSED</p>	<p>26 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Fruit, Milk</p>	<p>27 Dijon Chicken Sweet Potato Mash Seasoned Beets Fruit, Milk</p>	<p>28 Sweet & Sour Pork Fluffy Rice Asian Vegetables Fruit, Milk</p>	<p>29 Turkey Tetrazzini Garden Vegetables Tossed Salad 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 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



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

December 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

<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 Tuna Noodle Casserole Lyonnaise Carrots Fruit, Milk</p>
<p>4 Swiss Steak Mashed Potatoes Garden Vegetables Fruit, Milk</p>	<p>5 Chicken w/ Red Sauce Refried Beans, Spanish Rice Tossed Salad Corn Tortilla Fruit, Milk</p>	<p>6 Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk</p>	<p>7 Beef & Bean Burrito Spanish Rice Mexican Coleslaw Fruit, Milk</p>	<p>8 Chicken Parmesan Casserole Cauliflower with Red Peppers Fruit, Milk Oat Bar*</p>
<p>11 Lemon Pepper Cod Fluffy Rice Green Peas Fruit, Milk</p>	<p>12 Mexican Meatball Soup Refried Beans Corn Tortilla Fruit, Milk</p>	<p>13 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk</p>	<p>14 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll, Fruit Ice Cream*, Milk</p>	<p>15 Pork Guisada Red & Green Slaw Peaches Corn Tortilla Fruit, Milk</p>
<p>18 Chicken Fajitas Rice & Beans Flour Tortilla Fruit, Milk</p>	<p>19 Pork w/ Potatoes in Tomatillo Sauce Mixed Vegetables Fruit, Milk</p>	<p>20 Beef Lasagna Italian Vegetables Tossed Salad Garlic Bread Fruit, Milk</p>	<p>21 Baked Ham Raisin Sauce Au Gratin Potatoes Green Bean Casserole Wheat Roll, Milk Spiced Cake*</p>	<p>22 Fish Tacos Spanish Rice Mexican Coleslaw Corn Tortilla Fruit, Milk</p>
<p>25 </p>	<p>26 Conchitas Con Carne Green Beans Corn Tortilla Fruit, Milk</p>	<p>27 Dijon Chicken Sweet Potato Mash Seasoned Beets Fruit, Milk</p>	<p>28 Pork Mole Mexican Rice Seasoned Peas Corn Tortilla Fruit, Milk</p>	<p>29 Turkey Tetrazzini Garden Vegetables Tossed Salad 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.

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