



# Wheels In Motion

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

January 2024

## Director's Update

With mixed emotions I share that the New Year will bring a new director to Meals on Wheels (MOW).

The opportunity to have served as the program director has truly been a pinnacle experience for me professionally and deeply fulfilling personally. The care and passion that our staff and volunteers have for MOW's mission and clients is nothing short of inspirational. Couple that with the gratitude that our clients regularly express and – to use a holiday analogy – I feel like my heart has grown three sizes. I've included some photos here of some of our December holiday fun.

Meals on Wheels is a special program, and I am excited to share that I am not leaving Senior Life Resources. With the support of SLR's Executive Director, I am moving into another position that provides greater flexibility. A new director will be announced soon.

Wishing everyone a joyous and blessed New Year!

**Carla Martinez**



Holiday fun at Mid-Columbia Meals on Wheels



## Save the Date:

**January 1st:** New Year's Day - Closed

**January 2nd:** Last day of Subaru Share the Love Event

**January 6th:** Royal Rosca @ Red Lion Hotel Pasco Airport & Conference Center 1-4pm. Come visit us!

**January 9th:** Legacy Leadership Students Visit Café @ 12pm.

**January 15th:** Martin Luther King Jr. Day - Closed



**January 16th - January 19th:**

Congregate Dining Activity at all sites: TBD



The Subaru Share the Love Event wraps up **January 2, 2024**. As always, we are so grateful to McCurley Integrity Subaru for naming Mid-Columbia Meals on Wheels as their hometown charity, ensuring that those generous donations will be used right here in our own community for our local seniors.

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. Continuing 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.

Thank you to the entire McCurley Integrity Subaru team, Subaru of America, and Meals on Wheels America for their efforts for our seniors!

# Volunteer Spotlight Natalie Huggins, Volunteer Program Manager

Mid-Columbia Meals on Wheels is delighted to announce and thank three local businesses who have joined the “Adopt a Route” volunteer program. Banner Bank, Spotted Fox Digital, and Tri-CU Credit Union all allow staff members paid work time to complete volunteer orientation where they learn the procedures and protocols for delivering meals to homebound seniors. Once a week, each business allows one of the participating employees to leave work and deliver meals mid-day to clients on their adopted route. Banner Bank has adopted a route in Richland, and Spotted Fox Digital, & Tri-CU Credit Union have each adopted a delivery route in Kennewick. For information on joining the Meals on Wheels volunteer team as an individual or a business, phone (509) 735-1911 or email nhuggins@seniorliferesources.org.



Left to right:  
Banner Bank  
Spotted Fox Digital  
Tri-CU Credit Union

## ♥Grateful for our Newest Volunteer Team Members♥



**Madison Barney**  
Kennewick Driver



**Beth Dailey**  
Café Dining Site



**Evan Ironbear**  
Kennewick Driver



**Bill Kinner**  
Transport Driver



**Andrea Molnar**  
Richland Dining Site



**Marcos Rangel**  
Kennewick Driver



**Frankie Rivera**  
Central Kitchen



**Nathan Robertson**  
Kennewick Driver



**Amber Romagnolo**  
Substitute Driver



**Linda Root**  
Transport &  
Central Kitchen



**Brad Sappenfield**  
Kennewick Driver



**Carissa Savino**  
Café Driver



**Ana Scott**  
Substitute Driver



**Josh Smith**  
Kennewick Driver



**Alex Sommers**  
Kennewick Driver



**Erin Wharton**  
Kennewick Driver



**Heidi Young**  
Pasco 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

## Alternate 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.



## 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! 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!!

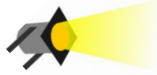
## Energy Assistance Programs

As temperatures drop, energy bills rise. We've included some helpful information here on local utility assistance programs.

Benton PUD: Visit [www.bentonpud.org/Newsroom/Benton-PUD-Low-Income-Assistance-Programs](http://www.bentonpud.org/Newsroom/Benton-PUD-Low-Income-Assistance-Programs) or call Customer Service at (509) 582-2175 in Kennewick or (509) 786-1841 in Prosser.

Benton REA: Visit [www.bentonrea.org/my-account/energy-assistance](http://www.bentonrea.org/my-account/energy-assistance) or contact Benton REA at 509-786-2913 or 800-221-6987. City of Richland: Visit [www.ci.richland.wa.us/myutilities](http://www.ci.richland.wa.us/myutilities) or contact Customer Service at 509-942-1104.

Franklin PUD: Visit [www.franklinpud.com/programs-services/low-income-senior-discount/](http://www.franklinpud.com/programs-services/low-income-senior-discount/) or contact the Customer Service Department at (509) 547-5591.



## January Staff Spotlight: Barb Richardson



Our staff spotlight this month features Barb Richardson the Pasco Site Manager. Barb is a very outgoing, caring, and compassionate person. She has a great love for the community, volunteers, and clients and always strives to go above and beyond to assist them in any way. Feel free to enjoy a meal at the First Avenue Center in

Pasco and get to know Barb, the clients, and volunteers more.

Barb grew up and has lived in Tri-Cities her entire life. She is truly an amazing asset to Meals on Wheels. Please read more about her below.

### How long have you worked for Meals on Wheels?

10 months

### What do you like best about your job?

How big my extended family has become, between my co-workers, volunteers, and clients.

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

I worked as a Food Service Coordinator for Chaplaincy Hospice House.

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

I love to travel, camp, and boat. I am also a part time pet sitter!



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

Mexican and pizza are my 2 go to's.

### What is something that is on your bucket list?

To retire living on the water/beach someplace warm year-round.

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

The Family Stone (movie).

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

I love heavy metal music.



### What is your favorite holiday and why?

Halloween!! I love the darker side of decorating!

# Donor Appreciation and Thanks

## Gesa Credit Union

Many thanks to Gesa Credit Union for recent support. Not only did they help us assemble holiday gift bags for our congregate diners, but they also presented us with a generous donation of \$1,000 dollars! We are so grateful for your support! Thank you **Gesa Credit Union!**



## Lutheran Community Services Northwest

This year Mid-Columbia Meals on Wheels partnered with **Lutheran Community Services Northwest** and their Santa for Seniors Program, in which 450 beautiful holiday gift bags were donated for our congregate diners! It was such a huge success and we want to say thank you to Lutheran Community Services Northwest for their generous donation!



## 3 Rivers Community Foundation

We're grateful for a new \$10,000 grant from **3 Rivers Community Foundation** to support our 2024 breakfast program. For a second year, we will recognize 3RCF as our breakfast sponsor.



## Richland Rotary

Thank you to all the wonderful volunteers from **Richland Rotary** who came down to spend a day at Fowler Café helping out in the kitchen, visiting with clients and making holiday cards with them. We also thank you for your generous donation of \$500 which we will use for meals and supplies! We are so grateful for your support!



## Holiday Wish List Program

December is a special time when our volunteers are loaded up with more than meals for many of our clients and last month we filled more Wish Lists than ever before!

We are so grateful for the heart of our Holiday Wish List Program, **Joan & Mary Kessner and their spectacular team of volunteer "elves"**! The tremendous love they demonstrate with their countless hours of time, care and attention they give to each request, and personal contributions is simply amazing. Thank you Joan, Mary and the MOW elf team!

The Wish List Program wouldn't be successful without additional help and support from our volunteer delivery drivers, the staff and tremendous generosity of this community. We are so grateful for everyone who touched the program enabling us to provide gifts to nearly 400 clients; gifts that our clients hold near and dear.



## Dietitian's Corner

Samantha Mason, Registered Dietitian



### Ways to be Active During Winter

Staying active during the winter is important for individuals of all ages. Engaging in physical activity offers numerous benefits that contribute to overall well-being, especially for older adults.

#### Reasons why staying active during winter is important:

- **Physical Health:** Regular exercise improves cardiovascular health, muscle strength, and joint flexibility and can help manage chronic conditions like arthritis, diabetes, and osteoporosis.
- **Mental Health:** Physical activity has been linked to improved cognitive function and reduced risk of cognitive decline and reduces symptoms of anxiety and depression, common among older adults.
- **Immune System:** Enhances immunity; crucial during winter's higher illness risk.
- **Fall Prevention:** Reduces slips and falls on icy surfaces through balance and strength training.
- **Social Interaction:** Group exercise activities or classes reduce isolation and loneliness.

#### Examples of Exercises to do during winter:

- **Yoga:** Gentle yoga routines or chair yoga for flexibility and balance.
- **Tai Chi:** A low-impact martial art that improves balance and reduces stress.
- **Mall Walking:** The Columbia Center mall opens early for walkers, providing a climate-controlled environment.
- **Online Exercise Videos:** Follow along with workout videos designed for seniors, available on platforms like YouTube.
- **Lightweight Resistance Training:** Use resistance bands or light weights for strength training at home.
- **Dance at Home:** Put on music and dance around the living room for a fun and aerobic activity.
- **Community Centers:** Check local community centers for senior-specific fitness classes, which may include activities like gentle aerobics.

**Conclusion:** It's important to choose activities that align with individual fitness levels and health conditions. Seniors should start slowly and gradually increase intensity. Consulting with a healthcare professional before beginning any new exercise program is advisable, especially for those with pre-existing health concerns.

## 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 advice 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 our office at:

**adminoffice@seniorliferesources.org or at 509-735-1911.**

### Join us for Breakfast!

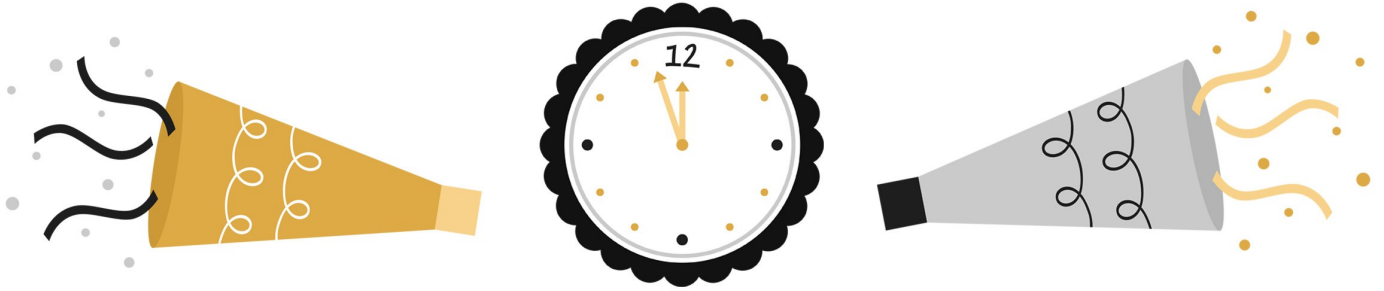
Breakfast is offered weekly on Wednesday at our Café on Fowler Street from 8-10am. Sponsored by 3 Rivers Community Foundation. Come join us!



- January 3rd - Scramble
- January 10th - Pancakes
- January 17th - Biscuits & Gravy
- January 24th - Chicken Fried Steak
- January 31st - Waffles



# HAPPY NEW YEAR!



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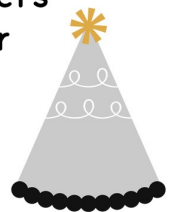
Countdown  
Confetti  
Midnight  
Balloons

Celebration  
Fireworks  
January  
Happy



New Year  
Clock  
Cheers  
Goals

Party Poppers  
Noisemaker  
Resolution  
Sparklers





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

# January 2024

## 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
1 <b>Sorry! We're CLOSED</b>	2 Beef & Bean Burrito Spanish Rice Mexican Coleslaw Fruit, Milk	3 Breaded Chicken Sandwich & Fixings Corn Chowder Broccoli Salad Fruit, Milk	4 Macaroni & Cheese Sausage Patty Garden Mix Vegetables Tossed Salad Fruit, Milk	5 Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk
8 Chicken Alfredo Italian Vegetables Breadstick Fruit, Milk	9 Pork Carnitas Mexican Coleslaw Refried Beans Corn Tortilla Fruit, Milk	10 Chili Mixed Vegetables Cornbread Fruit, Milk	11 Chicken Tostada Refried Beans Tossed Salad Fruit Cocktail Fruit, Milk	12 Tuna Noodle Casserole Lyonnaise Carrots Cookie* Milk
15 <b>Sorry! We're CLOSED</b>	16 Chicken Mole Mexican Rice Seasoned Peas Corn Tortilla Fruit, Milk	17 Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk	18 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	19 Arroz con Pollo with rice Mexican Coleslaw Fruit, Milk
22 Lemon Pepper Cod Fluffy Rice Green Peas Fruit, Milk	23 Beef Gisada Roasted Carrots Corn Tortilla Fruit, Milk	24 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	25 Turkey Mole Mexican Rice Seasoned Peas Corn Tortilla Fruit, Milk	26 Beef Stir Fry Fluffy Rice Asian Vegetables Tossed Salad Fruit, Milk
29 Herbed Chicken Mushroom Gravy Au Gratin Potatoes Tossed Salad Yogurt & Berries Milk	30 Pork Guisada Red & Green Slaw Peaches Corn Tortilla Fruit, Milk	31 Beef Lasagna Italian Vegetables Tossed Salad Garlic Bread 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.

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

# January 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>Sorry! We're CLOSED</b>	2 Beef Stroganoff Garlic Noodles Green Beans Fruit, Milk	3 Breaded Chicken Sandwich & Fixings Corn Chowder Broccoli Salad Fruit, Milk	4 Macaroni & Cheese Sausage Patty Garden Mix Vegetables Tossed Salad Fruit, Milk	5 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad Fruit, Milk
8 Chicken Alfredo Italian Vegetables Breadstick Fruit, Milk	9 Apple Pork Chop Mashed Sweet Potatoes Mixed Vegetables Fruit, Milk	10 Chili Mixed Vegetables Cornbread Fruit, Milk	11 Chicken and Rice Casserole Broccoli Fruit, Milk	12 Tuna Noodle Casserole Lyonnais Carrots Cookie* Milk
15 <b>Sorry! We're CLOSED</b>	16 Cranberry Chicken Confetti Rice Peas & Onions Fruit, Milk	17 Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk	18 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	19 Chicken Parmesan Casserole Cauliflower with Red Peppers Fruit, Milk
22 Lemon Pepper Cod Fluffy Rice Green Peas Fruit, Milk	23 Swedish Meatballs Egg Noodles Normandy Vegetables Fruit, Milk	24 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	25 Roast Turkey w/ Gravy Mashed Potatoes Green Beans Wheat Roll Fruit, Milk	26 Beef Stir Fry Fluffy Rice Asian Vegetables Tossed Salad Fruit, Milk
29 Herbed Chicken Mushroom Gravy Au Gratin Potatoes Tossed Salad Yogurt & Berries Milk	30 Smothered Pork Chop Mashed Potatoes Mixed Vegetables Fruit, Milk	31 Beef Lasagna Italian Vegetables Caesar Salad Breadstick Fruit, Milk	<p><b>You are asked to self-monitor what you consume.</b>  <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. 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 11:30am, Monday through Friday, **with advance reservations.**

<b>Kennewick Community Center</b>	<b>500 S Auburn</b>	<b>509-585-4241</b>
<b>Richland Community Center</b>	<b>500 Amon Park Dr</b>	<b>509-943-0779</b>
<b>Benton City Desert Rose Complex</b>	<b>510 14th St</b>	<b>509-588-3094</b>
<b>Pasco First Avenue Center</b>	<b>505 N 1st Ave</b>	<b>509-543-5706</b>
<b>Pasco Ray Pflueger Center</b>	<b>253 Margaret St</b>	<b>509-545-2169</b>
<b>Prosser Community Center</b>	<b>1231 Dudley</b>	<b>509-786-1148</b>
<b>Connell Community Center**</b>	<b>211 E Elm (Tues-Fri)</b>	<b>509-234-0766</b>

\*\* (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 St., Richland

509-736-0045