

Wheels In Motion

It's not about us, it's about the people we serve

MARCH 2024

(509) 735-1911

Save The Date

March 2024

All Sites

March 12: Legacy HS student visit
(Cafe Only)

March 15: Wear your favorite
shade of green

March 18 - 22: Show your team
pride for March Madness

March 26: Legacy HS student visit
(Cafe only)

Pasco Site

Bingo: March 1st & 15th

Prosser Site

Bingo: Every Wednesday & the
first Friday night of the month

Birthday Cupcakes: The first
Friday of the month



Director's Update

In an important step to sustain and upgrade the Meals on Wheels central Kitchen, we are excited to be entering into a partnering agreement with Lamb Weston for a generous \$150,000 donation. This amazing partnership will support kitchen improvements, including upgrades and expansion. In recognition of the donation, the central kitchen will be named the Lamb Weston Kitchen through 2029.

We extend our heartfelt gratitude for having the support and trust of Lamb Weston. Together, we can achieve greatness in preserving and enhancing the quality of life at home, with dignity and care for seniors within Benton and Franklin counties.

Press Release can be found on pg. 6

Breakfast Club

Breakfast is offered weekly at our Cafe on Fowler Street from 8-10 a.m. Sponsored by 3 Rivers Community Foundation.

3/6 - WAFFLES

3/13 - SCRAMBLE

3/20 - PANCAKES

3/27 - BISCUITS & GRAVY



DID YOU KNOW ?



Over 700 warm meals are prepared and delivered, daily, to homebound seniors in Benton & Franklin Counties.

TO HELP





Frequently Asked Questions

What should I do if I don't receive my meal?

If you haven't received your meal by 12:00 noon, please contact your dining site manager. Staff will let you know why there is a delay. If you are unable to contact your site dining center, please call the office at 735-1911.

Advisory Council

Help Shape the Meals on Wheels Program

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 5 times a year at a MOW dining site. Membership terms are for two years. If interested, please contact our office at 509-735-1911.

Magic Word Search

T S H S E E V E W O R C D M N
 T U O P S G A T R O F I T E I
 C O O E S R N U N I U R N D F
 A R L C T S I I D E F C I O F
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- CLIMAX
- COFFIN
- COINS
- DEXTEROUS
- DOVES
- EXCITING
- FIRE
- HOUDINI
- HYPNOSIS
- LEVITATE
- PODIUM
- RABBIT
- RINGS
- ROPE
- SECRET
- SHOW
- SPECTATORS
- SPEED
- STAGE
- STREET
- UNDERWATER ACT
- VANISH



Please Welcome our Newest Volunteers



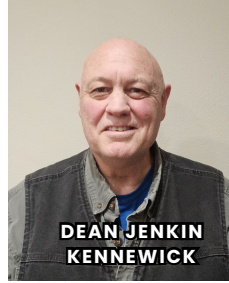
ANGEL PIATT
SUBSTITUTE



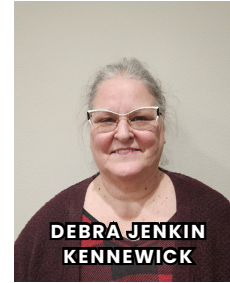
CAROL KERKOW
KENNEWICK



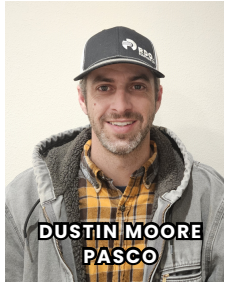
DAVE ZEITZ
PASCO



DEAN JENKIN
KENNEWICK



DEBRA JENKIN
KENNEWICK



DUSTIN MOORE
PASCO



EDGAR RUESGA
PASCO



FREYA COFFEY
PASCO



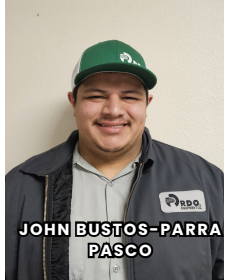
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KENNEWICK



JARROD BAILEY
PASCO



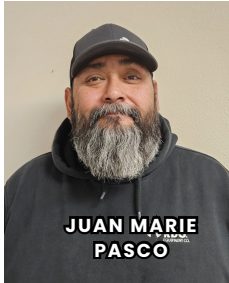
JEAN-CLAUDE PIERRÉ
PASCO



JOHN BUSTOS-PARRÁ
PASCO



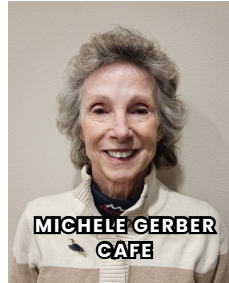
JON SANDOVAL
PASCO



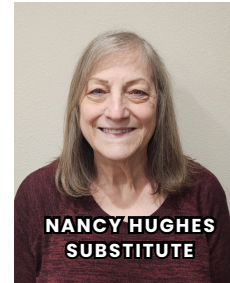
JUAN MARIE
PASCO



JUSTIN WELSH
PASCO



MICHELE GERBER
CAFE



NANCY HUGHES
SUBSTITUTE



PATRICK DITCH
PASCO



ROSHELLE PALVIN
PROSSER



SANDY NELSON
CAFE



TAYT LAWSON
RICHLAND



TERI MILLER
KENNEWICK



VOLUNTEER SPOTLIGHT



We are very grateful to Sandy Weber for her dedicated, friendly, enthusiastic support of Mid-Columbia Meals on Wheels. Sandy began volunteering with Meals on Wheels in July of 2015. She can be seen weekly in the central kitchen packaging meals, and several times a week in the Administrative Office completing data entry, compiling materials for volunteer orientations and trainings, preparing client mailings, answering phones, greeting visitors, and helping to facilitate

special events. In 2023, Sandy donated 376 hours of service to Meals on Wheels. A staff member who has worked closely with Sandy shared, "Sandy is amazing! She is cheerful, reliable and she pays great attention to detail. She is happy to help with anything that we ask of her in service to our senior clients." When not volunteering, Sandy enjoys Mandala painting on canvas, diamond painting, tending to her flower garden, and reading. Please join us in celebrating and thanking Sandy Weber ♥!

Meals on Wheels Volunteer Appreciation Program

Thank you to the businesses that support us and our volunteers!

Company	Discount	Location
Les Schwab	Tire Discount	Benton & Franklin Counties
Tap & Barrel	10%	112 Keene Rd. Richland - (509) 987-4561
The Neighbor Cleaners	20%	8903 Gage Blvd, Kennewick - (509) 735-7145
Nothing Bundt Cakes	10%	110 Gage Blvd, Richland # 200 - (509) 392-7196
Sub Zero Nitrogen Ice Cream	20%	321 N Columbia Center Blvd - (509) 396-9402

Show your volunteer badge when patronizing these businesses to receive the discount.

Donor Appreciation

A special thank you goes to the **Kennewick Lions Club** and **Tri-Cities Sunrise Rotary** for their generous donations. Your support of Mid-Columbia Meals on Wheels allows us to continue to provide daily nutrition to homebound seniors throughout Benton and Franklin Counties.

As costs of food and gas continue to rise, Mid-Columbia Meals on Wheels faces a daunting challenge. Community and corporate financial support are indispensable to us, as we strive to ensure that our senior citizens are not only well-fed but also empowered to age gracefully in the comforts of their homes.

Thank you!



Connell Dining Site

The Connell site is open for lunch Tuesday - Friday from 11:30 am to 12:00 pm at the Connell Community center, 211 East Elm Street. With a great dining hall and plenty of space, this is the ideal location to have a delicious meal while connecting with or making friends.

Rose, the Site Manager, has a wonderful rapport with our guests and volunteers. Stop by and see for yourself.

If you live in Connell, or plan to visit, call the dining site at (509) 234-0766 to schedule a reservation. All reservations need to be made 24 hours in advance to guarantee a meal.

It's Coming

CELEBRATE YOUR PET



Dietitians Corner

The Basics of Dietary Fat

Fats occur naturally in food and play an important role in health. In our body, fat is used to store energy, insulate body tissues, and transport vitamins (A, E, D, and K). In cooking, fats and oils help enhance flavor. When selecting which oils and fats to use, aim to choose heart healthy fats as often as possible.

Healthy Fats

Monounsaturated fats: Can help decrease high cholesterol when replacing saturated fats.

Omega 3: Omega 3 fats help reduce inflammation, keep arteries pliable and promote physical and mental health. Our body does not make Omega 3 fats and we can only get them from food. Good sources of omega 3 fatty acids are flaxseeds, chia seeds, fatty fish such as mackerel, salmon, sardines, tuna, trout, nuts and seeds, such as walnuts, and plant oils, such as flaxseed oil and canola oil.

Unhealthy fats

Saturated Fats and Trans fatty acids: Both types of fats are known to raise cholesterol and increase risk for diseases such as cancer and heart disease. Whole milk, butter, high fat cuts of meat, and pastries are often high in saturated fat.

Tips to add healthy fats as part of your lifestyle:

Cooking: Use olive oil, avocado oil, canola oil, or peanut oil. Bake or broil instead of frying.

Meats: Eat fish, especially oily fish, twice a week.

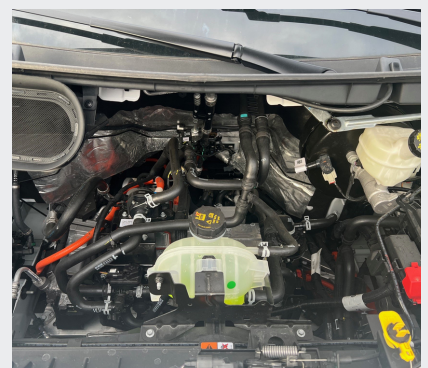
Meal Planning:

- Consider vegetables the "main course" and meat the "side dish".
- Have one or two vegetarian (cheese and meat free) based dinners per week.
- Snack on nuts or add them to your cooking.
- Add avocado to salads or as a spread on sandwiches.

Modernizing the Fleet

The future is now! With much thanks to the City of Kennewick, Meals on Wheels has received our first fully electric transport van.

This van will be used daily to transport food from our newly named Lamb Weston Kitchen to the Kennewick Community Center for distribution.





Mid-Columbia Meals on Wheels and Lamb Weston Announce Kitchen Partnership

Richland, WA – Mid-Columbia Meals on Wheels is making and serving more meals than ever before. In an important step to sustain and upgrade critical kitchen equipment, Mid-Columbia Meals on Wheels has entered into a partnering agreement with Lamb Weston, a global leader in frozen potato products with offices and manufacturing locations in the Tri Cities.

Through the agreement, Lamb Weston has made a generous \$150,000 donation for kitchen improvements, including equipment upgrades and expansion. In recognition of the donation, the Mid-Columbia Meals on Wheels central kitchen will be named the Lamb Weston Kitchen through 2029.

“Lamb Weston is a long-time supporter of Meals on Wheels,” said Brandy Hickey, Senior Life Resources Northwest Executive Director. “We’re so grateful for this new partnership which will help us meet the continuing need for more meals.”

“As a food company, Lamb Weston knows the joy food brings, and how much a warm meal can mean. We’re continually impressed by the work Mid-Columbia Meals on Wheels does for the Tri Cities community, and we’re proud to partner with them and provide this donation to keep their kitchen in top working condition,” said Shelby Stoolman, spokesperson for Lamb Weston.

In 2023, Meals on Wheels prepared and served more than 257,000 meals, a new annual record. Recent and projected growth heightens the need to enhance the kitchen to meet rising demand.

Established in 1974, Mid-Columbia Meals on Wheels, a key program of Senior Life Resources, is dedicated to delivering essential meals and fostering social connections for the elderly in Benton and Franklin counties. Thanks to Lamb Weston’s generous donation, the kitchen is undergoing significant improvements, allowing Meals on Wheels to amplify our impact by providing 1,000 nutritionally rich meals daily to seniors in need. This support is crucial to our commitment to the well-being of the elderly and enhancing community connections.

As Mid-Columbia Meals on Wheels looks forward to a future strengthened by Lamb Weston's donation, we remain dedicated to our mission of addressing nutritional needs and fostering connections within our elderly community. This partnership exemplifies the positive influence corporate support can have on organizations striving to make a difference.

Brandy Hickey
Executive Director
509-554-6910
bhickey@seniorliferesources.org
Seniorliferesources.org
1824 Fowler St., Richland, WA 99352

The Funny Bone

Have you heard about the chocolate record player?

It sounds pretty sweet.

Home Care Services

From meal preparation, to transportation, errands, homemaking, medication reminders or respite for family caregivers, these and other personal care services are available to secure the support you need in your own home. For more information, please call (509) 735-7840.

Services: In addition to home delivery and dine-in meal service, Meals on Wheels provides critical well-checks, socialization and education opportunities, birthday and holiday celebrations, a pet program, a senior farmers market voucher program and more. Meal funding is provided by SE WA Aging & Long Term Care, grant sources and private donations.



Mid-Columbia Meals on Wheels

A program of Senior Life Resources NW

www.seniorliferesources.org or 509-735-1911

1824 Fowler St. Richland, WA

March 2024

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>				1 Chicken Parmesan Casserole Cauliflower with Red Peppers Fruit, Milk
4 Swedish Meatballs Egg Noodles Normandy Vegetables Cookie* Milk	5 Lemon Pepper Cod Fluffy Rice Green Peas Fruit, Milk	6 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	7 Roast Turkey w/ Gravy Mashed Potatoes Green Beans Wheat Roll Fruit, Milk	8 Beef Stir Fry Fluffy Rice Asian Vegetables Tossed Salad Fruit, Milk
11 Chicken and Rice Casserole Broccoli Fruit, Milk	12 Roast Pork with Gravy Mashed Potatoes Steamed Beets Fruit, Milk	13 Beef Lasagna Mixed Vegetables Caesar Salad Breadstick Fruit, Milk	14 Corned Beef & Cabbage Herb Roasted Potatoes Seasoned Carrots Dinner Roll Green Poke Cake* Milk	15 Chicken Fajitas Rice & Beans Flour Tortilla Fruit, Milk
18 Cheese & Beef Pasta Green Beans Tossed Salad Breadstick Fruit, Milk	19 Chicken Pot Pie Green Peas Biscuit Fruit, Milk	20 Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk	21 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	22 Macaroni & Cheese Sausage Patty Garden Mix Vegetables Tossed Salad Fruit, Milk
25 Sloppy Joes Squash Medley Coleslaw Fruit, Milk	26 Apple Pork Chop Mashed Sweet Potatoes Mixed Vegetables Fruit, Milk	27 Teriyaki Chicken Fluffy Rice Asian Vegetables Fruit, Milk	28 Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk	29 Chicken Salad Sandwich Pea & Cheese Salad Fruit, Milk

*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.

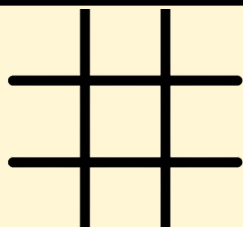
Client Eligibility: 60+ years old, primarily homebound, unable to cook, no meal support.

Hot and/or frozen meals are available, up to 7 meals per week.

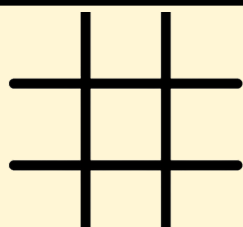
Senior Dining Centers: Meals are served at 11:30, Monday through Friday, with advance reservations.

Kenewick 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)

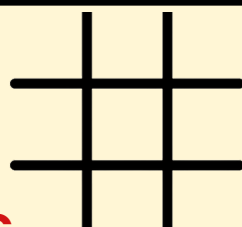
Meals on Wheels Café: Meals are served 11 am to 1pm, Monday—Friday. No reservations are required at this location only.



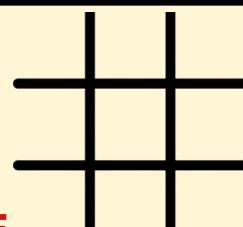
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Mid-Columbia Meals on Wheels

A program of Senior Life Resources NW

www.seniorliferesources.org or 509-735-1911

1824 Fowler St. Richland, WA

March 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

<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. Thank you!</i></p>				
4	5	6	7	8
<p>Swedish Meatballs Egg Noodles Normandy Vegetables Cookie* Milk</p>	<p>Fish Tacos Spanish Rice Mexican Coleslaw Corn Tortilla Fruit, Milk</p>	<p>BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk</p>	<p>Turkey Mole Mexican Rice Green Beans Corn Tortilla Fruit, Milk</p>	<p>Chicken Parmesan Casserole Cauliflower with Red Peppers Fruit, Milk</p>
11	12	13	14	15
<p>Chicken and Rice Casserole Broccoli Fruit, Milk</p>	<p>Pork Carnitas Mexican Coleslaw Refried Beans Corn Tortilla Fruit, Milk</p>	<p>Beef Lasagna Italian Vegetables Tossed Salad Garlic Bread Fruit, Milk</p>	<p>Corned Beef & Cabbage Herb Roasted Potatoes Seasoned Carrots Dinner Roll Green Poke Cake* Milk</p>	<p>Chicken Fajitas Rice & Beans Flour Tortilla Fruit, Milk</p>
18	19	20	21	22
<p>Cheese & Beef Pasta Green Beans Tossed Salad Breadstick Fruit, Milk</p>	<p>Chicken Tostada Refried Beans Tossed Salad Fruit Cocktail Fruit, Milk</p>	<p>Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk</p>	<p>Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk</p>	<p>Beef & Bean Burrito Spanish Rice Mexican Coleslaw Fruit, Milk</p>
25	26	27	28	29
<p>Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk</p>	<p>Pork Mole Mexican Rice Mixed Vegetables Corn Tortilla Fruit, Milk</p>	<p>Teriyaki Chicken Fluffy Rice Asian Vegetables Fruit, Milk</p>	<p>Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk</p>	<p>Chicken Caesar Salad Breadstick Cottage Cheese & Pineapple 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.

Servimos comidas calientes de lunes a Viernes en ocho centros comunitarios en los condados de Benton y Franklin.

Llama al 509-735-1911 para obtener mas informacion.

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