



# Wheels In Motion

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



February 2024

## Meet our new Director: Steven Davis

I've spent the past 14 years working in public transportation with Ben Franklin Transit (BFT). While with BFT, I had the opportunity to participate in almost all aspects of the organization including customer service, marketing, safety and training as well as serving as the Assistant Director of Operations. I'm excited to join the Meals on Wheels family and be a part of an organization that has such a positive impact on the Tri-Cities Community.

My free moments are filled with all of the activities that come *along* with raising three kids. My wife and I stay busy attending Taekwondo events and basketball games while squeezing in as many music festivals and concerts as we can. We also enjoy day trips throughout the state to enjoy many of the small-town adventures and excellent restaurants we can find.

I look forward to this new chapter in my career and can't wait to see how Meals on Wheels can continue to grow and service our community.



### Save the Date: February 2024

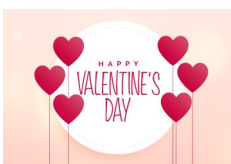
**February 2nd:** Birthday Cake Celebration @ **Prosser Site**. Bingo every Wednesday 9-10am @ **Prosser Site**.

**February 2nd and 16th:** Bingo @ **Pasco First Avenue Center** from 12-1pm (Call to RSVP and reserve meal)

**February 12th –16th** - Valentines Day Card Making @ **all Congregate Dining Sites**. All clients who participate, will be entered into a raffle!

**February 13th** - Legacy Highschool Students visit **Fowler Café** from 12pm-12:30pm.

**February 19th** - All sites **CLOSED** due to Presidents Day



### 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!

**2/7-** Egg Scramble

**2/14** - Pancakes

**2/21** - Biscuits and Gravy

**2/28** - Chicken Fried Steak



# Volunteer Spotlight

Natalie Huggins, Volunteer Program Manager

February, the month of L♥VE! Here at Mid-Columbia Meals on Wheels we love our volunteers every day of the year! In 2023, Mid-Columbia Meals on Wheels had 560 active volunteers! Collectively those 560 caring, committed individuals donated 38,419 hours of volunteer service brightening the lives of our 2,459 senior clients. The volunteers' efforts helped to make possible that 57,754 congregate meals were served in our 8 Dining Sites, and drivers drove 138,419 miles delivering over 199,900 meals to homebound seniors. For information on joining the much beloved Meals on Wheels volunteer team, contact Natalie Huggins, (509) 735-1911 or nhuggins@seniorliferesources.org .

## ♥Please Welcome our Newest Volunteers!♥



**Bill Baker**  
Kennewick Driver



**Leslie Boydston**  
Prosser Driver



**Rick Boydston**  
Prosser Driver



**Susan Burrup**  
Café Driver



**Janet Clausen**  
Richland Dining Site



**Mark Gehlen**  
Substitute Driver



**Paula Gehlen**  
Substitute Driver



**Marianne Hejlik**  
Café Driver



**Jenna Holt**  
Richland Driver



**Jennifer Humble**  
Cafe Driver



**Debra Klecker**



**Heather Kraemer**  
Café Driver



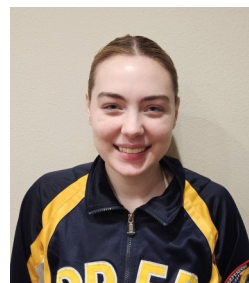
**Quinn K**  
Driver's Assistant



**Sandra Lagace**  
Central Kitchen



**Mathew L**  
Driver's Assistant



**Madi Parish**  
Central Kitchen



**Michelle Robertson**  
Cafe Driver



**Paul Sack**  
Kennewick Driver



**Lance Sawyer**  
Kennewick Driver



**Sandra Villalobos**  
Kennewick Driver



**Roni Wilcox**  
Kennewick Driver



**Ivy Wright**  
Kennewick Driver



**Dalene Zabel**  
Substitute 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

# Business After Hours

Last month, Mid-Columbia Meals on Wheels hosted its first Business After Hours Event, organized through **Tri-City Regional Chamber**. It was an amazing opportunity for us to showcase all the wonderful things we do for our seniors, as well as meet other professionals in the area. This event took place at the Fowler Café, and guests were able to tour our amazing kitchen, as well as learn about our home delivery services, congregate dining options, volunteering, and special programs such as Holiday Gift Program and Farmers Market Vouchers. An amazing time was had and we want to thank everyone who contributed to the success of this event! Special thanks to our door prize sponsors: **Grace Kitchen, Rocco's Pizza (Kennewick,) and Nothing Bundt Cakes!**



# Dietitians Corner



By: *Samantha Mason, Registered Dietitian*

## Nourishing Your Heart: A Guide to Heart-Healthy Eating

February is American Heart Month, a dedicated time to raise awareness about cardiovascular health. One of the most effective ways to care for your heart is through heart-healthy eating habits. In this article, we will explore the key components of a heart-healthy diet and how making informed food choices can significantly impact your cardiovascular well-being.



### The Foundation: Fruits and Vegetables

A colorful plate is a heart-healthy plate. Fruits and vegetables are rich in essential vitamins, minerals, and antioxidants that play a crucial role in maintaining heart health. Aim to fill half your plate with a variety of colorful fruits and vegetables.



### Choose Whole Grains

Swap refined grains for whole grains to enhance your heart health. Whole grains like brown rice, quinoa, and oats contain fiber, which helps lower cholesterol levels and regulates blood sugar. Incorporate whole grains into your meals for a heartier and more nutritious option.



### Lean Proteins

Opt for lean sources of protein to reduce saturated fat intake. Fish, skinless poultry, legumes, lean beef and pork, and tofu are excellent choices. Fatty fish like salmon and trout are rich in omega-3 fatty acids, which contribute to a healthy heart by lowering triglycerides.



### Healthy Fats in Moderation

Not all fats are created equal. Choose heart-healthy fats like those found in olive oil, avocados, and nuts. These fats, particularly monounsaturated and polyunsaturated fats, can help lower bad cholesterol levels.

Even small changes can have a big impact on your overall health. A great resource for heart healthy recipes is the American Heart Association website, [heart.org](http://heart.org).

# Donor Appreciation



Thank you to **Hapo Community Credit Union** for their generous donation of \$3,500! Donations like these help to ensure that we're able to continue our mission in serving seniors in our community.



Big shout out to **Les Schwab Tire Center** for their generous van sponsorship check! Pictured above, is Les Schwab Manager, **Bart Hill**, and our Executive Director, **Brandy Hickey**. We are so thankful for this partnership and know that it will help to bring big smiles to seniors all across Benton and Franklin Counties!

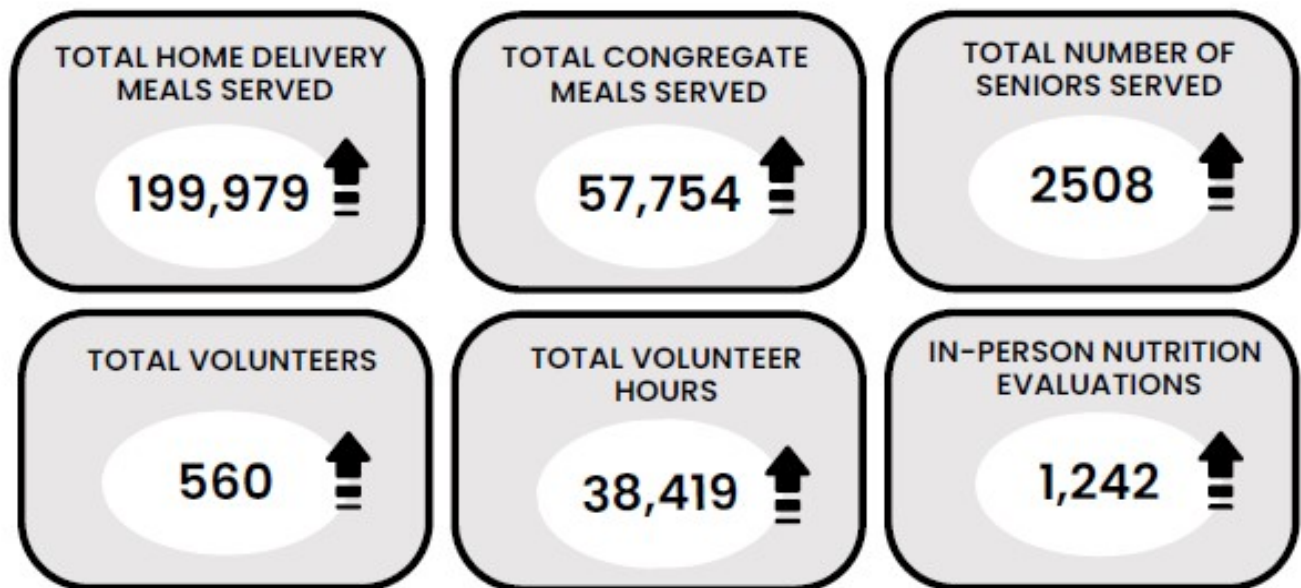


# THANK YOU



*As the new year begins, we want to extend a heartfelt thanks to everyone who supported Meals on Wheels throughout 2023. Your contribution and volunteerism were instrumental in the lives of so many seniors in Benton and Franklin counties.*

*Your generosity is a testament to the strength of our community and the catalyst that drives Meals on Wheels to successfully achieve our mission.*



*With support from 84 generous business partners and 626 amazing individual contributors, Mid-Columbia Meals on Wheels was able to raise \$415,866 to support senior nutrition in Benton & 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. It is an unmistakable testament to the compassion and care our community extends to these treasured individuals, safeguarding their overall well-being.*





- AQUARIUS
- CANDLELIGHT
- CARNATION
- CHOCOLATE
- COZY
- CUPID
- FEBRUARY
- FIREPLACE
- FRIENDSHIP
- GROUNDHOG DAY
- HEART
- HUG
- KISS
- LEAP YEAR
- LOVE
- MARDI GRAS
- PINK
- PISCES
- PRESIDENTS DAY
- RED
- ROMANCE
- ROSES
- SKIING
- SNOW
- SWEETHEART
- VALENTINE
- WINTER

WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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



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

# February 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><b>You are asked to self-monitor what you consume.</b><br/>           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.<br/>           Thank you!</p> |   |  | 1  | 2   |
|  |   |  | Chicken Fajitas<br>Rice & Beans<br>Flour Tortilla<br>Fruit, Milk                               | Sloppy Joes<br>Mixed Vegetables<br>Coleslaw<br>Fruit, Milk                              |
| 5  | 6   | 7  | 8  | 9   |
| Salisbury Steak<br>Mashed Potatoes<br>Brown Gravy<br>Broccoli<br>Yogurt & Berries<br>Milk  | Chicken Tinga<br>Mexican Coleslaw<br>Spanish Rice<br>Tostada<br>Fruit, Milk           | Sweet & Sour<br>Pork<br>Fluffy Rice<br>Asian Vegetables<br>Fruit, Milk                 | Turkey Mole<br>Mexican Rice<br>Seasoned Peas<br>Corn Tortilla<br>Berry Crisp*<br>Milk          | Hamburger<br>Baked Beans<br>Apple Cabbage Slaw<br>Lettuce, Tomato, Onion<br>Fruit, Milk |
| 12   | 13  | 14   | 15   | 16  |
| Chicken Pot Pie<br>Green Peas<br>Tossed Salad<br>Fruit, Milk   | Beef Soup<br>Green Beans<br>Flour Tortilla<br>Fruit, Milk                             | Breaded Chicken<br>Sandwich & Fixings<br>Corn Chowder<br>Broccoli Salad<br>Fruit, Milk | Roast Beef w/ Gravy<br>Mashed Potatoes<br>Italian Vegetables<br>Wheat Roll<br>Ice Cream*, Milk | Pork w/ Potatoes in<br>Tomatillo Sauce<br>Mixed Vegetables<br>Fruit, Milk               |
| 19   | 20  | 21   | 22   | 23  |
| <p><b>Sorry!</b><br/> <b>We're</b><br/> <b>CLOSED</b></p>  | Pork Guisada<br>Red & Green Slaw<br>Peaches<br>Corn Tortilla<br>Fruit, Milk           | Chili<br>Mixed Vegetables<br>Cornbread<br>Fruit, Milk                                  | Caldo de Pollo<br>Refried Beans<br>Spanish Rice<br>Corn Tortilla<br>Fruit, Milk                | Tuna Noodle<br>Casserole<br>Lyonnaise Carrots<br>Fruit, Milk                            |
| 26   | 27  | 28   | 29   |   |
| Swiss Steak<br>Mashed Potatoes<br>Garden Vegetables<br>Cookie*<br>Milk   | Chicken w/ Red Sauce<br>Refried Beans<br>Spanish Rice<br>Corn Tortilla<br>Fruit, Milk | Turkey & Rice<br>Casserole<br>Broccoli<br>Tossed Salad<br>Fruit, Milk                  | Pulled Pork Sandwich<br>Baked Beans<br>Coleslaw<br>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.

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

# February 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<br>Chicken Fajitas<br>Rice & Beans<br>Flour Tortilla<br>Fruit, Milk                                | 2<br>Sloppy Joes<br>Mixed Vegetables<br>Coleslaw<br>Fruit, Milk   |
| 5<br>Salisbury Steak<br>Mashed Potatoes<br>Brown Gravy<br>Broccoli<br>Yogurt & Berries<br>Milk   | 6<br>Dijon Chicken<br>Sweet Potato Mash<br>Seasoned Beets<br>Fruit, Milk              | 7<br>Sweet & Sour<br>Pork<br>Fluffy Rice<br>Asian Vegetables<br>Fruit, Milk                  | 8<br>Turkey Tetrazzini<br>Green Beans<br>Tossed Salad<br>Berry Crisp*<br>Milk                        | 9<br>Hamburger<br>Baked Beans<br>Apple Cabbage Slaw<br>Lettuce, Tomato, Onion<br>Fruit, Milk                |
| 12<br>Chicken Pot Pie<br>Green Peas<br>Tossed Salad<br>Fruit, Milk   | 13<br>Beef Stroganoff<br>Garlic Noodles<br>Green Beans<br>Fruit, Milk                 | 14<br>Breaded Chicken<br>Sandwich & Fixings<br>Corn Chowder<br>Broccoli Salad<br>Fruit, Milk | 15<br>Roast Beef w/ Gravy<br>Mashed Potatoes<br>Italian Vegetables<br>Wheat Roll<br>Ice Cream*, Milk | 16<br>Scrambled Eggs with<br>Peppers<br>Sausage Patty<br>Chuck Wagon Potatoes<br>Bran Muffin<br>Fruit, Milk |
| 19<br><b>Sorry!<br/>We're<br/>CLOSED</b>   | 20<br>Apple Pork Chop<br>Mashed Sweet<br>Potatoes<br>Garden Vegetables<br>Fruit, Milk | 21<br>Chili<br>Mixed Vegetables<br>Cornbread<br>Fruit, Milk                                  | 22<br>Chicken and Rice<br>Casserole<br>Broccoli<br>Fruit, Milk                                       | 23<br>Tuna Noodle<br>Casserole<br>Lyonnaise Carrots<br>Fruit, Milk  |
| 26<br>Swiss Steak<br>Mashed Potatoes<br>Garden Vegetables<br>Cookie*<br>Milk   | 27<br>Cranberry Chicken<br>Confetti Rice<br>Peas & Onions<br>Fruit, Milk              | 28<br>Turkey & Rice<br>Casserole<br>Broccoli<br>Tossed Salad<br>Fruit, Milk                  | 29<br>Pulled Pork Sandwich<br>Baked Beans<br>Coleslaw<br>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.

|  |                             |                       |                         |
|--|-----------------------------|-----------------------|-------------------------|
| <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> | <b>** (Tues—Friday)</b> |

**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