

Wheels In Motion

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

APRIL 2024

(509) 735-1911

amentum >

Thank you for being a pillar of nutrition and human connection for the seniors throughout our community.



Message From the Director

2023 was an amazing year. Mid-Columbia Meals on Wheels achieved record highs in seniors served and total meals served. Additionally, 126 new seniors have already started receiving services through February 2024. Amazing!

A key part of fulfilling our mission is providing meals with at least 1/3 of the U.S. recommended dietary allowances for calories and nutrients. The menus created and the meals served have been approved by our Dietician and Certified Food Protection Manager. With over 2,500 seniors' receiving meals, it's important participants self-manage dietary restrictions or preferences. The Home Delivered Meals Participant Guide states, *"all diet restrictions will be self-monitored by each client and each client is responsible for managing their own dietary intake."*

If you're a home delivery client, at the beginning of each month, take a moment to review the menu and contact your Site Manager for any meals you would like replaced with a frozen meal. Site phone's numbers can be found on the monthly menu or call (509) 735-1911 for assistance.

Please help us ensure you receive a nutritious meal that meets your dietary restrictions or preferences. - Steven Davis, Director

Thank You!

Why Did the Chicken...

For the past few years, we've tried to find a solution to the chicken breasts drying out. We sampled and tested many products without finding an adequate solution. We then explored chicken thighs, and we believe we found our replacement. So far, the feedback has been highly positive, and we are pleased with the results! Thank you for providing us feedback so we could better your dining experience.



Volunteer Spotlight

Natalie Huggins, Volunteer Program Manager

April 22nd-April 26 is National Volunteer Appreciation week. The staff and clients of Mid-Columbia Meals on Wheels L♥VE the wonderful volunteers—over 500 strong—who make our services to seniors possible. It can't be stated too often or too passionately that Meals on Wheels volunteers positively impact the lives of thousands of local seniors every day! In honor of the caring, dedicated Mid-Columbia Meals on Wheels volunteers we share this poem, again, with you.

Ode to Meals on Wheels Volunteers

We call, we email, we ask for your time,
and you give of it so generously, never expecting a dime.
Even at the last minute, you always come through...
This program would be nothing without each of you!

We see you working each shift just as hard as a person can,
please know that we, the staff & clients of Mid-Columbia Meals on Wheels, are
your biggest fans.

Kitchen volunteers package nutritious meals that can't be beat,
because no matter what, each and every day, we all have to eat.

Drivers become a familiar face, one clients look forward to seeing,
the friendly visit and front door chats, can be oh so healing.
At eight different Dining Sites volunteers greet and serve seniors
making mid-day mealtime connections grow even deeper.

You bring joy to grateful seniors, who might otherwise feel blue.
Phone buddies, provide a listening ear, making old stories come anew.

Volunteers are busy completing "special projects" galore,
They fill bags with pet supplies and holiday gifts the clients adore!

We all extend a heart-filled "shout-out" of gratitude
For each and every volunteer and all that you do!
THANK YOU!

For information on how to join the volunteer program, contact Natalie Huggins
@ (509) 735-1911; nhuggins@seniorliferesources.org.



Please Welcome our Newest Volunteers



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% Clothes Only	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.



**Farmer's Market is
Coming in May!**

Save the Date

All Sites

April 15 - 19: Bring a Guest Week - All diners that bring a guest will be entered into a raffle drawing. Remember, Reservations must be made for guests at all sites except the Cafe.

Pasco Site

April 5 & 19 (Friday): Bingo from 1:00 pm - 3:00 pm
April 3 & 17 Wednesday): Karaoke from 1:00 pm - 3:00 pm

Prosser Site

Every Wednesday: Bingo from 9:00 am - 10:30 am
April 19 (Friday): Birthday Cupcake Day

Donor Appreciation

We extend our sincerest gratitude to Active4Life, Lamb Weston, and Amentum for their incredible support of Mid-Columbia Meals on Wheels.

Their generosity enables us to provide essential meals and vital companionship to those in need, touching the hearts of our community profoundly. Their kindness sets a beautiful example for us all, inspiring greater acts of compassion and solidarity.



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.

Dietitians Corner

National Walking Day is April 3, 2024. The American Heart Association established this event to encourage walking and increase awareness of the health benefits of walking. Walking is great for seniors' health in many ways, but it's always best to talk to your doctor before starting any new exercise routine. Once you get the green light, walking can become a regular part of your routine. It is an easy and gentle way to keep the heart healthy. Plus, it helps to make bones stronger and improves balance, which can prevent falls. Remember, exercise is one of the best ways to keep your body healthy and release stress. Regular physical activity boosts your mood, gives you energy and improves your quality of sleep. So, taking a walk is not just good for the body; it's good for the mind and soul too!

The Funny Bone

What do you call two birds' falling in love?

Tweet Hearts!

What do you get if you cross a beetle and an Australian cattle dog?

Dingo Starr!

Benton City Dining Site

The Benton City Dining Site is located at 510 14th St. in the Desert Rose Complex.

Lunch is offered Monday through Friday from 11:30 am- 12:00 pm. Reservations can be made by calling 509-588-3094 24 hours in advance.

Cathy Spurgin is the dedicated site manager who has been serving clients at this location for 8 years. Her upbeat personality, smile, and kindness are evident each time you see or speak with her.

Whether you're within walking distance, driving, or just visiting the area, take some time and enjoy lunch at the Benton City Dining Site. Cathy would love to see you daily at lunch or for coffee on Thursdays at 9:30 am.

You will have an opportunity to meet some amazing people, make new friends, and develop community relationships. Call and schedule your reservation today!



Meet Jose, Marketing Specialist

Hello, my name is Jose Cervantes. I'm a professional with a diverse background spanning public relations, marketing, and videography. For three years, I navigated the PR and marketing world, crafting strategic campaigns and fostering connections between brands, donors, and audiences. Simultaneously, my seven-year journey in videography allowed me to capture moments with depth and emotion, from cinematic weddings to product advertisement. With a passion for storytelling across multiple mediums, I strive to create impactful narratives that resonate and endure. I'm so excited to join the team and help narrate the Meals on Wheels mission.

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.

A World of Thanks to Our Volunteers!



You and a guest are cordially invited to join us for an appreciation celebration. Prepare yourself for some delicious food, music, door prizes, and heaps of gratitude.



When:

Friday, April 26, 2:30 pm to 4:00 pm



Where:

Meals on Wheels Campus & Parking Lot
1824 Fowler Street, Richland



Why:

To Celebrate You and All Our Wonderful
Volunteers



Please RSVP your attendance to
nhuggins@seniorliferesources.org or call
(509) 735-1911 by Monday, April 22.

Please park at 2588 North Columbia Center
Blvd., Richland



Senior Times Expo

This year's annual Spring Senior Times Expo is on April 16 from 9 am to 2 pm. It features bingo, a fashion show, food for purchase, and some of your favorite Meals on Wheels staff.

Take the opportunity to learn more about senior-focused services and grab some free vendor goodies.

***Don't forget to stop by the Meals on
Wheels booth and say hi.***

Bring A Guest to Lunch

For the week of April 15th–19th, all diners are encouraged to invite a guest for lunch! Please invite a neighbor, family member, or friend to dine with you and enjoy a nutritious meal, socialization, and new friends!

All diners that bring a guest will be entered into a drawing for a prize. The raffles will be completed at each site with one prize being awarded per site.

We look forward to new faces joining us for lunch!

Reservations are required and meals do cost \$8.50 for participants under the age of 60.



Breakfast Club

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

April 3	Chicken Fried Steak
April 10	Waffles
April 17	Scramble
April 24	Pancakes



Home Care Services

Did you know Home Care services are available in the following communities.

Richland (Tri-Cities)

Our Kennewick (Tri-Cities) service region includes Benton and Franklin Counties.

- 1824 Fowler St., Richland, WA 99352
- (509) 735-7840
- richland@seniorliferesources.org

Clarkston-Lewiston

Our Clarkston-Lewiston service region includes the Aston, Garfield, and Nez Perce Counties.

- 1332 12th., Clarkston, WA 99403
- (509) 758-1458
- Clarkston@seniorliferesources.org

Ellensburg

Our Ellensburg service region includes Kittitas County.

- 1206 North Dorarway Suite 118, Ellensburg, WA 98926
- (509) 962-6242
- ellensburg@seniorliferesources.org

Sunnyside

Our Sunnyside service region includes Yakima and Benton Counties.

- 911 E. Edison, Sunnyside, WA 98944
- (509) 837-8982
- yakima@seniorliferesources.org

Walla Walla

Our Walla Walla service region includes Walla Walla and Columbia counties.

- 2316 Eastgate St. #125, Walla Walla, WA 99362
- (509) 529-9541
- wallawalla@seniorliferesources.org

Yakima

Our Yakima service region includes Yakima county.

- 3408 W. Nob Hill Blvd., Yakima, Wa 98902
- (509) 453-8946
- yakima@seniorliferesources.org

MID-COLUMBIA MEALS ON WHEELS

PET PANTRY IS STILL ACCEPTING DONATIONS!

BRING DONATIONS TO:
1824 FOWLER STREET,
RICHLAND WA



Community Resources

Adult Protective Services	(877) 734-6277
Aging & Long-Term Care	(509) 735-0315
Basic Food Program	(509) 735-7119
Catholic Charities	(509) 946-4645
Dial-A-Ride	(509) 735-0160
Grace Clinic	(509) 735-2300
Home Care Services	(509) 735-7840
Kennewick Food Bank	(509) 586-0688
Richland Food Bank	(509) 943-2795
Second Harvest Food Bank	(509) 585-9324

A gold circular ribbon with a red border and a red ribbon tail. The words "Thank you" are written in a cursive font inside the circle.

Thank
you

Contact Us

Senior Life Resources
Mid-Columbia Meals on Wheels
www.seniorliferesources.org
1824 Fowler St, Richland, WA 99352
(509) 735-1911

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.

In Case You Missed It...

A quick glance at some of March's most engaging social media posts.

MEALS ON WHEELS

CELEBRATE YOUR PET

Helping is easy! Please check out our Amazon wish list or you can also make a donation to the Celebrate your Pet fund

DONATIONS ACCEPTED

MAR 4TH - APR 30TH



Wish list

Mid-Columbia



Meals on Wheels



MEALS ON WHEELS

VOLUNTEER APPRECIATION

As a way to say thank you, here are some businesses who see and acknowledge the work our volunteers do.

- Les Schwab
- Tap & Barrel
- The Neighbor Cleaners
- Nothing Bundt Cakes
- Sub Zero Nitrogen Ice Cream

JUST SHOW YOUR VOLUNTEER BADGE FOR DISCOUNTED PRICES

Mid-Columbia



Meals on Wheels



Mid-Columbia
Meals on Wheels

FRIDAY, MARCH 15

Spring

INTO LUNCH

BY WEARING YOUR FAVORITE SHADE OF GREEN



Mid-Columbia Meals on Wheels Crossword

- Congregate
- Nutrition
- Kennewick
- Pot Roast
- Connell
- kitchen
- Wheels
- Senior
- Spoon
- Benton City
- Parkside
- Kindness
- Prosser
- Frozen
- Meals
- Cafe
- Menu
- Volunteer
- Community
- Richland
- Delivery
- Potato
- Pasco
- Fork

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








Mid-Columbia Meals on Wheels

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

APRIL 2024

Parkside Menu (Pasco)

MON	TUES	WED	THUR	FRI
1 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	2 Beef Soup Green Beans Flour Tortilla Fruit, Milk	3 Chef Salad Dressing Wheat Roll Pineapple Milk	4 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk	5 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Cookie*, Milk
8 Turkey Tetrazzini Green Peas Tossed Salad Fruit, Milk	9 Caldo de Pollo Refried Beans Spanish Rice Corn Tortilla Fruit, Milk	10 Sloppy Joes Mixed Vegetables Apple Cabbage Slaw Fruit, Milk	11 Pork Guisada Red & Green Slaw Peaches Corn Tortilla Fruit, Milk	12 Tuna Pasta Salad Broccoli Salad Crackers Fruit, Milk
15 Spaghetti w/ Meat Sauce Green Beans Breadstick Fruit, Milk	16 Fish Tacos Spanish Rice Mexican Coleslaw Corn Tortilla Fruit, Milk	17 Chicken Chop Salad Salad Greens Carrot Sticks Fruit, Milk	18 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	19 Tuna Tostada Mexican Rice Seasoned Corn Tossed Salad Fruit, Milk
22 Sweet & Sour Chicken Brown Rice Asian Vegetables Fruit, Milk	23 Conchitas Con Carne Mixed Vegetables Corn Tortilla Fruit, Milk	24 Tuna Noodle Casserole Lyonnaisse Carrots Berry Crisp* Milk	25 Hamburger Baked Beans Apple Cabbage Slaw Fruit, Milk	26 Chicken Tinga Mexican Coleslaw Spanish Rice Tostada Fruit, Milk
29 Macaroni & Cheese Sausage Patty Garden Vegetables Tossed Salad Fruit, Milk	30 Chicken w/ Red Sauce Beans & Rice Tossed Salad Corn Tortilla 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.

Senior Dining Centers

Meals are served at 11:30am, 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

Meals on Wheels Café: Meals are served 11 am to 1 pm, Monday – Friday. No reservations are required at this location only. Cafe is located at 1834 Fowler St., Richland. To contact the cafe please call 509-736-0045.

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.

If you would like a copy of the menu served at other locations, please ask the Site Manager.

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!






Mid-Columbia Meals on Wheels

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

APRIL 2024

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

MON	TUES	WED	THUR	FRI
1 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	2 Beef Stroganoff Garlic Noodles Green Beans Fruit, Milk	3 Chef Salad Dressing Wheat Roll Pineapple Milk	4 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk	5 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Cookie*, Milk
8 Turkey Tetrazzini Green Peas Tossed Salad Fruit, Milk	9 Cranberry Chicken Confetti Rice Garden Vegetables Fruit, Milk	10 Sloppy Joes Mixed Vegetables Apple Cabbage Slaw Fruit, Milk	11 Roast Pork Mashed Potatoes Pork Gravy Beets Fruit, Milk	12 Tuna Pasta Salad Broccoli Salad Crackers Fruit, Milk
15 Spaghetti w/ Meat Sauce Green Beans Breadstick Fruit, Milk	16 Baked Cod Dill Sauce Herbed Potatoes Squash Medley Fruit, Milk	17 Chicken Chop Salad Salad Greens Carrot Sticks Fruit, Milk	18 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	19 3 Bean Chili Chuckwagon Corn Cornbread Fruit, Milk
22 Sweet & Sour Chicken Brown Rice Asian Vegetables Fruit, Milk	23 Meatloaf Mashed Potatoes Brown Gravy Mixed Vegetables Fruit, Milk	24 Tuna Noodle Casserole Lyonnaisse Carrots Berry Crisp* Milk	25 Hamburger Baked Beans Apple Cabbage Slaw Fruit, Milk	26 Chicken Caesar Salad Breadstick Cottage Cheese & Pineapple Milk
29 Macaroni & Cheese Sausage Patty Garden Vegetables Tossed Salad Fruit, Milk	30 Chicken Pot Pie Cauliflower & Red Pepper Fruit, Milk			

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

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

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!