

# Wheels In Motion

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

MAY 2024

(509) 735-1911

## Message From the Director

The State of Washington is once again funding the Senior Farmers Market Nutrition Program, and we will administer the program on their behalf for the 2024 season. We will distribute these benefits to qualified seniors who are residents of Benton and Franklin Counties. Funds provided will be pre-loaded on to a card with a quick-response (QR) code for use at the market.

The Farmer's Market program provides funds via electronic card for low-income seniors to use at approved Farmers Markets. Seniors must be age 60 or older, meet the income requirements and be residents of the State of Washington.

Participants are required to complete a new application each year. To be included on the list to receive an application, please call our office at 509-735-1911. We expect to mail applications on Monday, May 6.

You can mail your completed applications to:  
Mid-Columbia Meals on Wheels  
1824 Fowler Street  
Richland WA 99352

Benefit cards are provided on a first-come, first-served basis, so it's important to fully complete and return the application as soon as possible. You can mail your applications in or drop them off at our office or your closest dining site. The State of Washington has set June 1 as the first date the cards will be activated, so seniors who qualify will receive their cards in early June.



## Transportation Support Has Arrived

Are you struggling with not being able to purchase Transit or Dial-A-Ride fare?

Do you currently have no, low, or limited income and not eligible for other transportation assistance programs?

If so, Mid-Columbia Meals on Wheels can help with the support of People for People and 2-1-1.

For more information, please call Katrina at (509) 735-1911

## Older Americans Month 2024

Every May, ACL leads the nation's observance of Older Americans Month (OAM). This year's theme is Powered by Connection, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being.

For more information, visit,  
[acl.gov/oam/2024/older-americans-month-2024](https://acl.gov/oam/2024/older-americans-month-2024)



# What is Basic Food?

Basic Food (formerly known as Food Stamps) is a USDA program that helps families and individuals increase their access to nutritious foods. Eligible households receive an Electronic Benefit Transfer (EBT) Card that looks like a credit card. You can use your "EBT card to shop at participating stores, farmers markets, and buy producing plants or seeds.

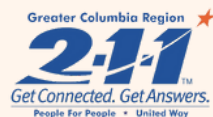
Frequently asked questions:

- Can I own my house and a car and still be eligible? - Yes, only your monthly gross income is considered.
- Are there other benefits available? If you receive Basic Food, you may qualify for a free cell phone.

Do you have questions about eligibility? Call 2-1-1, 877-211-5445, for free information or Mid-Columbia Meals on Wheels, 509-735-1911, and speak with one of our service coordinators.

Income Guidelines for April 1, 2024 - March 31, 2025

Household Size	Monthly Gross Income
1	\$2,510
2	\$3,407
3	\$4,303
4	\$5,200



# Dietitians Corner

## Top Foods Rich in Vitamin B12 for Optimal Health

As we age, maintaining adequate levels of essential nutrients becomes increasingly important for overall health and vitality. One such nutrient that is vital for seniors is vitamin B12. This crucial vitamin plays a key role in maintaining nerve function, supporting red blood cell production, and preserving cognitive health. Let's explore a variety of foods rich in vitamin B12.

Lean Meats: Lean meats such as beef, pork, and lamb are excellent sources of vitamin B12. It's important to choose lean cuts to minimize saturated fat intake and promote heart health.

Poultry: Poultry, including chicken and turkey, is another nutritious source of vitamin B12. Grilled or baked chicken breasts, canned chicken, turkey cutlets, or roasted turkey can provide a flavorful and vitamin-rich protein option.

Fish and Seafood: Fish and seafood are not only rich in protein but also high in vitamin B12. Fatty fish such as salmon, trout, tuna, and mackerel are particularly good sources of this essential vitamin. These foods also contain omega-3 fatty acids which are beneficial for heart and brain health.

Eggs: Both the yolk and the white of eggs contain vitamin B12, making them an excellent source of this essential nutrient.

Dairy Products: Dairy products such as milk, yogurt, and cheese are rich sources of vitamin B12, as well as other essential nutrients like calcium and protein.

Fortified Foods: In addition to natural food sources, vitamin B12 can be found in fortified foods such as breakfast cereals, plant-based milk alternatives (e.g., soy milk, almond milk), and nutritional yeast. Fortified foods are a convenient option for seniors, especially those following vegetarian or vegan diets, to ensure they meet their vitamin B12 requirements.

**Follow Mid-Columbia Meals on Wheels**



# Donor Appreciation

Mid-Columbia Meals on Wheels extends our deepest appreciation to our esteemed partners who stand as pillars of support in our mission to serve the community.

To RBC Management, Petersen Hastings Investment Management, Highstreet Insurance, and Pasco Kennewick Rotary, we extend our heartfelt thanks for your unwavering commitment. Your generosity enables us to provide nourishment, companionship, and hope to those in need. Together, we make a difference, one meal at a time. Thank you for standing with us.



Club of  
Pasco-Kennewick

## A Place to Meet

### Marcee's Corner

Are you part of a group with no meeting place? Would you like to have a meeting with an option for lunch? Have you considered a breakfast meeting?

If so, there is an amazing opportunity available at the Mid-Columbia Meals on Wheels Café. Whether it's for a large or small group, this may be the answer you have been looking for.

Lunch is served daily from 11:00 am- 1:00 pm in the Café, with menu options for a traditional meal, soup and salad combo, or an amazing chef salad!

Breakfast is served every Wednesday from 8:00 am-10:00 am in the Café.

Group reservations can be made for Marcee's Corner by contacting 509-736-0045. Please let us know the date, time, and number of people in your group when you call to reserve Marcee's Corner.

## Breakfast Club

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

May 1	Biscuits & Gravy
May 8	Chicken Fried Steak
May 15	Waffles
May 22	Scramble
May 29	Pancakes



## Contact Us

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

# Meals on Wheels Volunteer Appreciation Program

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

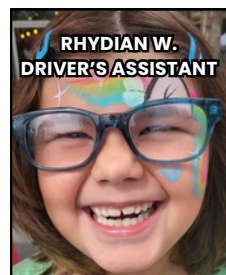
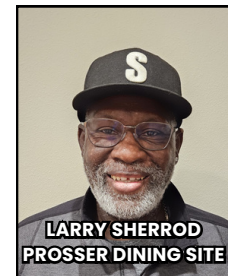
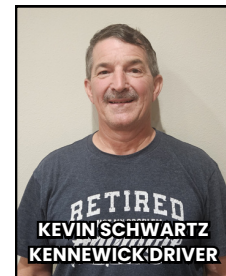
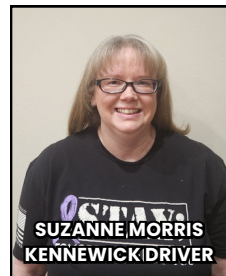
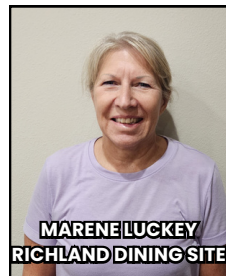
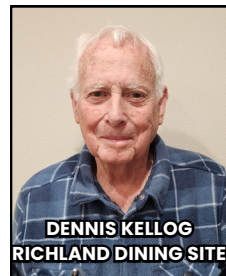
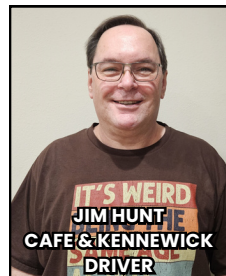
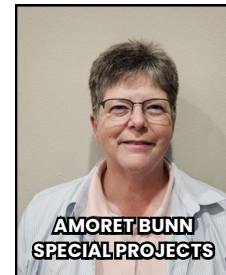
Company	Discount	Location
Les Schwab	Tire Discount	Benton & Franklin Counties
Tap & Barrel	10%	112 Keene Rd. Richland - (509) 987-4561
The Neighbor Cleaners	20% Dry Cleaning Clothes Only	8903 Gage Blvd, Kennewick - (509) 735-7145
Nothing Bundt Cakes	10%	110 Gage Blvd, Richland # 200 - (509) 392-7196
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.**

## Please Welcome our Newest Volunteers



Thank you for being  
so caring  
Thank you for being  
so loving  
Thank you for being  
so helpful  
Thank you for being  
so thoughtful  
Thank you for being  
so selfless  
Thank you for volunteering  
Your actions are priceless...



## Home Care Services

Take a moment and hear how our Home Care services are making a difference in the lives of seniors in our community.



"I am writing this to share how grateful and appreciative I have been for my mother's care with her caregiver, Daniela. We have been working with Daniela for a few months now and she has been very consistent with the duties of caregiving for my mom. It isn't too often that you find someone that can have this effect. If you are lucky, it may take time to find the right fit. Daniela came in, and from the start she has always provided wonderful, consistent, and genuine care for my mother.

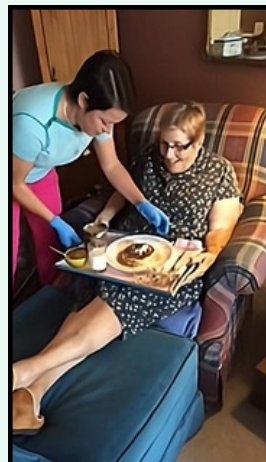
My mother is not always the easiest person to be around, but somehow Daniela has managed to learn about my mom, get to know her likes and dislikes and all the details that come with her behavior and she continues to come in and brighten my mom's day. Daniela provides all the have to's about care, clean up, light housekeeping, driving mom to appointments, feeding, and bathing her, etc...and yet, in all those activities, she performs them so delicately and with genuine care and compassion, that it feels extra special; not only to me, but to my mother. This has made a tremendous difference in my mother's behavior, her outlook, and her mood.

Daniela just adds such a beautiful element to her caregiving, her skills, her bedside manner, her compassion is exceptional. It is important to me that you know how valuable she is, and happy she has made us during this difficult phase of life."

Many Thanks - Maggie Miranda



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



## Tips for Smart Snacking

Snacks are great ways to add food groups and nutrients to your day. Healthy snacks are usually made of a combination of different foods that provide various benefits. Try to choose foods that contain protein and carbohydrates to create filling and satisfying snacks. Protein helps keep you full, and carbohydrates give you energy to get through the rest of your day.

1. Fruits and vegetables make great snacks. Apples, pears, canned fruit (in fruit juice or light syrup), carrots, tomato wedges, bell pepper slices, broccoli, or cauliflower.
2. Nuts, peanut butter, cottage cheese, lowfat yogurt, roasted chickpeas are just a few examples of protein sources that can be paired with fruits, veggies, or whole grains for a filling snack.
3. Focus on fiber. A few ideas for high fiber snacks include air popped popcorn, whole wheat crackers, or even half a sandwich made with whole wheat bread. Foods like oatmeal, nuts, vegetables, and fruit are also sources of fiber.
4. Have a sweet tooth? Try a frozen banana, frozen grapes, a baked apple, a small handful of unsweetened dried fruit.
5. Snack mindfully. Don't eat in front of the tv or while multitasking. Instead, stop what you are doing so you can focus on enjoying the flavors and textures of your snack.

## The Funny Bone

What vegetable is cool, but not that cool?



A Rad-ish!



## Spring Holiday Gift Bags

Special thanks to Lutheran Family Services NW for providing every home delivery and congregate client a Spring Holiday Gift Bag. Each bag contains a spring umbrella, a coloring book, and a blossom kit.

## Save the Date

### All Sites

May 5 (Sunday): Cinco De Mayo. Recognition meal to be served on Friday May 3

May 27 (Monday): All MOW offices and sites will be closed to observe Memorial Day

### Pasco Site

May 3 & 17 (Friday): Bingo from 1:00 pm - 3:00 pm

May 1 & 15 (Wednesday): Karaoke from 1:00 pm - 3:00 pm

May 29 (Wednesday): Cookie Decorating

### Prosser Site

Every Wednesday: Bingo from 9:00 am - 10:30 am

May 24 (Friday): Birthday Cupcake Day

## Pasco Dining Site

### Ray Pflueger Center - Parkside

This Pasco dining site is located at 253 Margaret St. in the Ray Pflueger Center.

Lunch is offered Monday through Friday from 11:30 am- 12:00 pm. Reservations can be made by calling 509-545-2169 24 hours in advance.

Twice a week an authentic Hispanic meal is prepared onsite and served hot and fresh by Zulema Zavala, the Parkside manager for the past 20 years.

This unique Mid-Columbia Meals on Wheels dining experience deserves your attention. Once you've indulged the amazing food, don't be surprised when you become a repeat customer.

The Parkside menu can be found towards the back of the newsletter.

## EXERCISE YOUR WAY TO HEALTHY AGING!

- 1 Being physically active lowers your risk of getting chronic conditions like heart illness, dementia, diabetes and some forms of cancer.
- 2 Exercising can greatly improve your balance, body coordination and stability lowering falling and tripping risks.
- 3 It's also good for your mental wellness.



30 minutes, 5 days a week are all you need. Go and be active!



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.

## Volunteer Spotlight

The dictionary defines “team” as “a group of people working together to accomplish a common mission or achieve a goal”. Here at Mid-Columbia Meals on Wheels the 500 active volunteers are INTEGRAL members of our team. It is not hyperbolic when we say that packaging, serving, and delivering between five to seven meals weekly, at no charge, to over one thousand seniors in Benton and Franklin Counties would be impossible without our volunteers. Their dedicated volunteer service makes it possible for us to put into action our mission--“to preserve and enhance the quality of life for seniors, at home, with dignity and care”.

Under contractual agreement with Aging and Long-Term Care, Mid-Columbia Meals on Wheels is required to offer two volunteer trainings each year. Because we value the volunteers as team members, the 2024 spring training will provide volunteers an opportunity for professional development--similar to the type of in-service training paid staff receives. The spring training will be facilitated by Wanda Kontur, MSW, who has, for over 20 years, provided education and support to those experiencing loss and are grieving. In our own lives, and the lives of clients, loss can be related to that of independence, mobility, a pet, a relationship, or a family member. Kontur’s training will assist volunteers in recognizing common reactions related to loss and how to develop skills to effectively support a grieving person.

Meals on Wheels volunteers are invited to register for the Training Session that best works in their schedule. Trainings will be:

- Monday, May 6th, 2:00–3:30 pm; Kennewick Site, 500 South Auburn
- Tuesday, May 7th, 8:30–10:00 am; Benton City Site, 510 14th Street
- Friday, May 17th, 2:00–3:30; Café Dining Site, 1834 Fowler Street, Richland
- Wednesday, May 22nd, 2:00–3:30 pm, Pasco Site, 505 North 1st Avenue
- Friday, May 24th, 8:30–10:00 am; Richland Site, 500 Amon Park Drive
- Tuesday, May 28th, 1:00–2:30 Connell Site, 211 East Elm
- Thursday, May 30th, 8:30–10:00 am, Prosser Site, 1231 Dudley

Volunteers can register for a training by contacting Natalie Huggins @ (509) 735-1911 or [nhuggins@seniorliferesources.org](mailto:nhuggins@seniorliferesources.org).



## 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

Program funding is partially 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.

## Rock Star Award

John F. Kennedy once said, "As we express our gratitude, we must never forget that the highest appreciation is not to uttered words, but to live by them".

This is something Service Coordinator, Jessica, does every day as she promotes and demonstrates the Mid-Columbia Meals on Wheels mission.

Jessica's infectious energy and willingness to help anyone, at any time, is a testament to who she is and why she is an integral part of our team. Thank you!



## Basic Food Program

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

Eligibility	Washington	Nutrition	Fruit
balanced	National	Veggies	Fish
Income	Plants	Support	Food
Breads	Poultry	Grain	Eggs
Dairy	Basic	Seeds	Self
Meat			

## Kadlec Healthy Ages Program

Kadlec Healthy Ages is a FREE health membership program expressing Kadlec Regional Medical Center's continued commitment to the health care needs and concerns of the 50+ population.

Member benefits include:

- Medicare Trained Staff
- Medicare Information and advocacy
- Monthly Wellness Program
- Newsletters
- Mall Walkers
- Vial of Life

You may become a free member of the Healthy Ages program by filing out the online form or by calling our office. If you would like more information about us, please call 509-942-2700.

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.



Mid-Columbia  
Meals on  
Wheels





## Active Older Adults

The Tri-Cities Family YMCA knows that exercise is important to influencing the length and quality of a person's life. The Active Older Adults program is for today's active adults 55 and older. It is a way to attain, or maintain, good physical and mental health necessary for a mobile independent life-style free of reliance on relatives, friends or institutional care. It equips a person to withstand the stresses of life and reduces mental fatigue, tension, strain and boredom. It also helps a person to look, feel and act younger.

The YMCA offers programs designed for seniors who desire a fun place to come together to connect with their peers while they become healthier and prevent some of the negative aspects of aging.

It's never too late to feel great! Group exercise provides a supportive and safe environment to help increase one's strength, endurance, flexibility and balance.

Contact Tri-Cities Family YMCA and ask for more information about the Active Older Adults Program.

## This Month in History

May 5, 1961 - Alan Shepard became the first American in space. He piloted the spacecraft Freedom 7 during a 15-minute 28-second suborbital flight that reached an altitude of 116 miles above the earth.

May 6, 1937 - The German airship Hindenburg burst into flames at 7:20 p.m. as it neared the mooring mast at Lakehurst, New Jersey, following a trans-Atlantic voyage.

May 14, 1607 - The first permanent English settlement in America was established at Jamestown, Virginia.

May 17, 1954 - In *Brown v. Board of Education*, the U.S. Supreme Court unanimously ruled that segregation of public schools "solely on the basis of race" denies black children "equal educational opportunity" even though "physical facilities and other 'tangible' factors may have been equal.

May 29, 1787 - At the Constitutional Convention in Philadelphia the Virginia Plan was proposed calling for a new government consisting of a legislature with two houses, an executive chosen by the legislature and a judicial branch.

## Hope on a Plate

Thank you to everyone who supported our April Hope on a Plate campaign.

Both April and Hope on a Plate may have come to an end but there is always an opportunity to support Mid-Columbia Meals on Wheels and our mission.



### EATING FOR A **HEALTHY HEART**

**LIMIT** daily intake of saturated fats (fatty meats, full fat dairy, some plant fats)



**REPLACE** saturated fats with more unsaturated fats (nuts, seeds, avocados, fatty fish, olive oil)



**AVOID** replacing saturated fats only with carbohydrates, especially refined and processed carbohydrate foods



**AVOID** trans-fats (processed foods made with partially hydrogenated oils).



## **Adult Coloring**

Adult coloring, also known as art therapy coloring or adult color therapy, is a creative and relaxing activity that involves coloring intricate designs, patterns, or illustrations using colored pencils, markers, or other coloring mediums (gel pens, markers, etc).

As a readily accessible and user-friendly activity, coloring therapy combines elements of creativity, cognitive engagement, and emotional satisfaction, making it an effective tool for promoting well-being and mental calmness.

Try it out and have some fun.



## **Warm Weather Reminder**

Each season brings new challenges and benefits for older adults. In the spring, you may feel excited to get outdoors and participate in your favorite warm-weather activities such as walking, gardening, and bird watching. It's essential to keep these spring health concerns in mind as you gear up for sunnier days. Remember to use sunscreen, wear protective clothes, a hat, and sunglasses to minimize risks.




## Mid-Columbia Meals on Wheels

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

# MAY 2024

## Parkside Menu (Pasco)

MON	TUES	WED	THUR	FRI
		1 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad Fruit, Milk	2 Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk	3 Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk
6 Swedish Meatballs Egg Noodles Normandy Vegetables Fruit, Milk	7 Pork Carnitas Mexican Coleslaw Refried Beans Corn Tortilla Fruit, Milk	8 Teriyaki Chicken Fluffy Rice Asian Vegetables Oat Bar*, Milk	9 Conchitas Con Carne Green Beans Corn Tortilla Fruit, Milk	10 Chicken Salad Sandwich Pea & Cheese Salad Fruit, Milk
13 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	14 Beef & Bean Burrito Spanish Rice Mexican Coleslaw Fruit, Milk	15 Chef Salad Ranch Dressing Wheat Roll Pineapple Milk	16 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	17 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk
20 Turkey Tetrazzini Green Peas Tossed Salad Fruit, Milk	21 Chicken Tostada Refried Beans Tossed Salad Fruit Cocktail Fruit, Milk	22 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk	23 Pork w/ Potatoes in Tomatillo Sauce Beets Fruit, Milk	24 Chicken & White Bean Chili Cornbread Cookie*, Milk
27 	28 Mexican Meatball Soup Refried Beans Corn Tortilla Fruit, Milk	29 Chicken Chop Salad Salad Greens Carrot Sticks Fruit, Milk	30 Pork Mole Mexican Rice Seasoned Corn Corn Tortilla Fruit, Milk	31 Roast Turkey w/ Gravy Mashed Potatoes Green Beans Wheat Roll 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

# MAY 2024

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

MON	TUES	WED	THUR	FRI
		1 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad Fruit, Milk	2 Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk	3 Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk
6 Swedish Meatballs Egg Noodles Normandy Vegetables Fruit, Milk	7 Apple Pork Chop Mashed Sweet Potatoes Mixed Vegetables Fruit, Milk	8 Teriyaki Chicken Fluffy Rice Asian Vegetables Oat Bar*, Milk	9 Cheese & Beef Pasta Green Beans Tossed Salad Breadstick Fruit, Milk	10 Chicken Salad Sandwich Pea & Cheese Salad Fruit, Milk
13 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	14 Beef Stroganoff Garlic Noodles Green Beans Fruit, Milk	15 Chef Salad Ranch Dressing Wheat Roll Pineapple Milk	16 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	17 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk
20 Turkey Tetrazzini Vegetable Medley Tossed Salad Fruit, Milk	21 Cranberry Chicken Confetti Rice Peas & Onions Fruit, Milk	22 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk	23 Roast Pork with Gravy Mashed Potatoes Steamed Beets Fruit, Milk	24 Chicken & White Bean Chili Cornbread Cookie*, Milk
27 	28 Spaghetti & Meat Sauce Garden Vegetables Breadstick Fruit, Milk	29 Chicken Chop Salad Salad Greens Carrot Sticks Fruit, Milk	30 Three Bean Chili Chuckwagon Corn Cornbread Fruit, Milk	31 Roast Turkey w/ Gravy Mashed Potatoes Green Beans Wheat Roll 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.

### 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. 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!