

Wheels In Motion

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

JUNE 2024

(509) 735-1911

June is **Alzheimer's Awareness Month**, a time dedicated to raising awareness about Alzheimer's disease and supporting those affected by it. This month, we emphasize the importance of recognizing the signs and seeking help early.

The Alzheimer's Association offers invaluable resources and support for individuals and families navigating this challenging journey. For more information and to learn about the 10 warning signs of Alzheimer's. Together, we can make a difference in the fight against Alzheimer's.



Message from the Director

Excitement is in the air at Mid-Columbia Meals on Wheels as we move towards the summer months and the prospects of coming together and sharing experiences. There are several opportunities to share time with friends, family, peers, friends to be (strangers), community members, and others during the next several months. Below is a list of activities/opportunities to spend time with others and the Mid-Columbia Meals on Wheels family.

- **Community Garden Volunteer**

- Every Wednesday, starting in early June, the Vine church is hoping for volunteers to assist in weeding and harvesting their community garden. Veggies, fruit, and herbs will be donated to MCMOW to be used in meals for senior clients.

- **Dust Devils** – Senior's Day, June 19th

- MCMOW has partnered with Providence to host Senior's Day with the Dust Devils. The first 250 guests at the gate receive a free Mid-Columbia Meals on Wheels re-useable tote bag. Gates open at 5:30 pm with the game starting at 6:30 pm.

- **Celebrate Your Pet Bags**

- Another successful Celebrate Your Pet campaign is winding down. Most of the wish list bags have gone out, with a few still waiting to be delivered. Thank you to everyone who helped support this campaign. What an absolute amazing program.

- **Farmers Market Program**

- Applications are rolling in for the 2024 Washington State Senior Farmers Market Nutrition Program. The Farmers Market Program provides \$80 in benefits for low-income seniors to use at approved Farmers Markets. To qualify for participation, seniors must be aged 60 or older, meet the income requirements, and be residents of Benton or Franklin Counties. For more information contact Jose at 509-735-1911

- **Congregate Dining**

- If you haven't had the opportunity to indulge in the amazing food and conversation at one of our eight dining sites, I highly recommend you find the time and join the party. The food is always fresh, and the conversations are always fun and engaging.

If transportation costs are limiting your opportunity to spend time out in the community or joining us and some of the events we have planned, don't forget we can help supplement Ben Franklin Transit transportation costs through a partnership with People for People and 2-1-1. If you're interested or would like to know more, please contact Katrina at 509-735-1911.

Dietitians Corner

In, June, Washington state experiences a bounty of fresh fruits and vegetables. Here are some examples of what you might find during this time:

Fruits

Strawberries
Cherries
Blueberries
Raspberries
Rhubarb
Apricots
Blackberries
Peaches

Vegetables

Asparagus
Zucchini
Summer Squash
Lettuce and Spinach
Cauliflower
Radishes
Beets
Carrots
Broccoli

Keep in mind that availability can vary depending on the weather conditions each year. Many local grocery stores highlight fresh produce, and local farmers markets are a great place to find the freshest offers of the season.

MORE REASONS TO EAT FRUIT



Apricots help your body fight infection



Blackberries help your body's production of red and white blood cells



Cantaloupe helps protect against strokes



Figs help control your heart rate



Grapefruits help heal wounds



Guavas prevent skin damage



Lemons aid in digestion



Pears can help treat arthritis



Raspberries help your body with your metabolism

Vegetable Tart Recipe

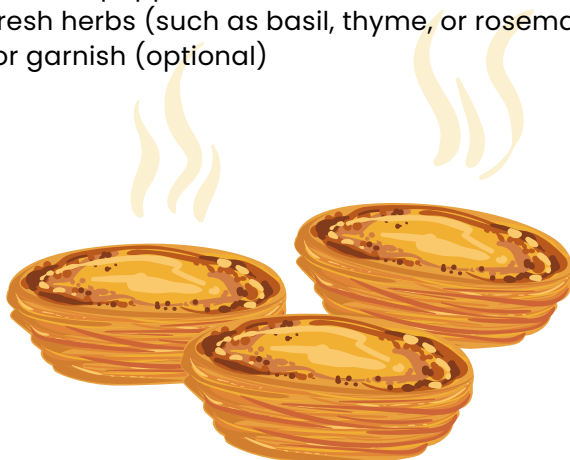
If you find yourself with a hankering for a treat, this Tart recipe will hit the spot!

Ingredients:

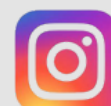
- 1 sheet of puff pastry, thawed if frozen
- 1 cup of ricotta cheese
- 1-2 cloves of garlic, minced
- 1 tablespoon of olive oil
- Assorted fresh vegetables (such as cherry tomatoes, zucchini, bell peppers, red onion, mushrooms, spinach, etc.)
- Salt and pepper to taste
- Fresh herbs (such as basil, thyme, or rosemary) for garnish (optional)

Instructions:

1. Preheat your oven to 400°F (200°C).
2. Roll out the puff pastry sheet on a lightly floured surface to fit your tart pan or baking sheet. Transfer the rolled-out pastry to the tart pan or baking sheet lined with parchment paper.
3. In a small bowl, mix the ricotta cheese with minced garlic, olive oil, salt, and pepper. Spread this mixture evenly over the puff pastry, leaving about a 1-inch border around the edges.
4. Prepare your vegetables by slicing them thinly or cutting them into bite-sized pieces.
5. Arrange the sliced vegetables on top of the ricotta mixture in an attractive pattern. You can alternate colors and textures for a visually appealing tart.
6. Drizzle a little olive oil over the vegetables and season with salt and pepper.
7. Bake the tart in the preheated oven for 20-25 minutes, or until the pastry is golden brown and the vegetables are tender.
8. Once baked, remove the tart from the oven and let it cool slightly before slicing. Garnish with fresh herbs if desired, then slice and serve warm or at room temperature



Follow Mid-Columbia Meals on Wheels



Donor Appreciation

We extend our heartfelt gratitude to Utz Quality Foods, Center Vision & Contact Lens Clinic, Western Restaurant Supply, BMO, Benton PUD, Kadlec Regional Medical Center, HMIS, Yoke's, Cornerstone Wealth Strategies, Indian Eyes LLC, and Energy Northwest for their generous support.

Your contributions are vital to our mission, and we are deeply thankful for your unwavering commitment to our community. Each of you has played an indispensable role in helping us achieve our goals and make a meaningful impact. Your generosity not only aids us in our immediate endeavors but also inspires us to strive for excellence and reach new heights in serving those in need.



A Place to Meet

Marcee's Corner

Are you part of a group in need of a meeting place? Would you be interested in meeting with an option for lunch?

Have you thought about holding a breakfast meeting? If so, we have an excellent opportunity for you at the Mid-Columbia Meals on Wheels Café. Whether your group is large or small, this could be the perfect solution you've been searching for. Please be mindful and consider the number of attendees to ensure a comfortable experience for everyone.

Lunch is served daily in the Café from 11:00 am to 1:00 pm, offering a variety of menu options including a traditional meal, a soup and salad combo, or a delectable chef salad! Breakfast is available every Wednesday from 8:00 am to 10:00 am in the Café.

For group reservations, contact Katrina at 509-735-1911 to book Marcee's Corner. Please provide the date, time, and number of attendees when you call.

Breakfast Club

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

June 5	Biscuits & Gravy
June 12	Chicken Fried Steak
June 19	Waffles
June 26	Breakfast Scramble



Contact Us

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

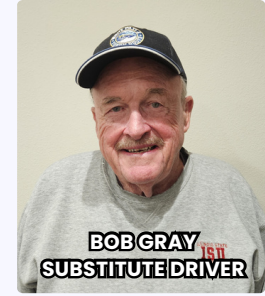
Meals on Wheels Volunteer Appreciation Program

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

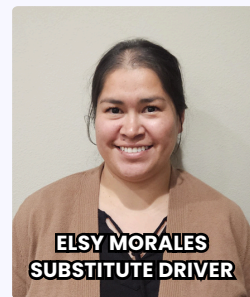
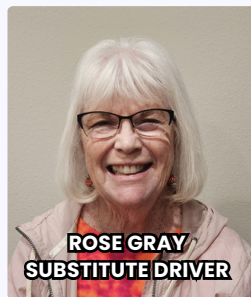
Company	Discount	Location
Les Schwab	Tire Discount	Benton & Franklin Counties
Tap & Barrel	10%	112 Keene Rd. Richland - (509) 987-4561
The Neighbor Cleaners	20% Dry Cleaning Clothes Only	8903 Gage Blvd, Kennewick - (509) 735-7145
Nothing Bundt Cakes	10%	110 Gage Blvd, Richland # 200 - (509) 392-7196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

Let's Welcome our Newest Volunteers



**THANK
YOU**



Being a volunteer is a demanding task, so thank you for contributing so much of your time, energy, and efforts to it!

*We ♥ our
Volunteers*

Home Care Services

Let's take a moment to acknowledge our Home Care Services team!

This is a photograph showcasing our dedicated Home Care Management team, featuring our seven exceptional Office Managers, four highly skilled Program Specialists, our Regional Manager, and the esteemed Program Director. These individuals represent just a fraction of the professional and compassionate staff we proudly employ across our nine counties in Southeastern Washington. Each member of this team brings a wealth of experience, unwavering dedication, and a profound commitment to providing the highest standard of care to our clients. Their collaborative efforts and expertise ensure that we deliver personalized and effective home care solutions, addressing the unique needs of every individual we serve. We take immense pride in the exceptional service and support our team provides, which reflects our core values and mission to enhance the quality of life for our clients and their families throughout the region.



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

The Funny Bone

Why did the man put wheels on his rocking chair?

Because he wanted to
Rock and Roll!



Stay active, Stay Healthy

Staying active is crucial as it helps maintain physical health, improve mobility, and enhance mental well-being. Regular exercise can reduce the risk of chronic diseases, improve balance and strength, and boost overall quality of life, allowing you to remain independent and engaged in their communities.

Here are some activities you can do to maintain an active lifestyle:

Walking

Regular brisk walks in the park or around the neighborhood.

Swimming

Low-impact aerobic exercise that improves cardiovascular health.

Yoga

Gentle stretching and balance exercises to enhance flexibility and strength.

Strength Training

Light weightlifting or resistance band exercises.

Tai Chi

Slow, meditative movements to improve balance and coordination.

Cycling

Riding a stationary or regular bike for cardiovascular health.

Dancing

Social dancing classes like ballroom or line dancing.

Gardening

Light gardening activities for physical movement and mental well-being.

Water Aerobics

Low-impact exercises performed in water to reduce joint stress.

Stretching

Regular stretching routines to maintain flexibility and prevent stiffness.

Cafe Dining Site

Breakfast is considered the most important meal of the day, fueling your body with energy and nutrients.

Come in and try the amazing breakfast, incredible atmosphere, and meet great people. This is a fantastic opportunity to make new connections and see old friends.

Every Wednesday from 8:00 AM - 10:00 AM, breakfast is served in the Café. Menu items vary each week, and à la carte is always available.

This is a great time to start a new tradition, come out and enjoy breakfast, you will not be disappointed.

The café is located at 1834 Fowler St. We look forward to serving you soon.



Celebrate your Pet bags

We are incredibly grateful for the overwhelming generosity and support you have shown towards our Pet Program. To everyone who contributed, your kindness and compassion have truly made a difference. Thank you for being a vital part of this wonderful community effort.

Save the Date

All Sites

Root Beer Float Day: Friday June 21st during lunch service.

Attendance Raffle: will be conducted during the week of June 17-21st. *All diners that have lunch at a site will be entered into raffle drawing for a chance to win.*

Pasco

Bingo: June 7th & 21st 1:00 - 3:00 PM

Karaoke: June 5th & 19th 1:00 - 3:00 PM

Prosser

Bingo: June 5th & 12th 10:00 - 11:00 AM

Birthday Cupcake Day: June 21st

 Providence
Medicare Advantage Plans


Mid-Columbia
Meals on Wheels

WE'RE GOING TO A
DUST DEVILS GAME!



JOIN US FOR SENIOR DAY WITH THE DUST DEVILS

PRESENTED BY
PROVIDENCE MEDICARE ADVANTAGE PLANS | MID-COLUMBIA MEALS ON WHEELS

WEDNESDAY, JUNE 19

GATE OPENS 5:30 PM / FIRST PITCH 6:30 PM

FIRST 250 AT THE GATE RECEIVE A FREE REUSABLE TOTE BAG - MORE GIVEAWAYS THROUGHOUT THE GAME

Services: In addition to home delivery and dine-in meal service, Mid-Columbia 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 Mid-Columbia Meals on Wheels staff was thrilled and honored to host a Volunteer Appreciation Celebration April 26th at our Fowler Street Campus. Nearly 200 volunteers were in attendance, and we hope they felt the L♥VE that we have for their kind, skilled, devoted service to brightening the lives of local seniors. For information on how to join this awesome team, contact Volunteer Program Manager, Natalie Huggins, (509) 735-1911; nhuggins@seniorliferesources.org.



Special Thanks to our Volunteer Sponsors

Door Prize Donors

- Barnard Griffin Winery
- Blue Dolphin Car
- Divots Golf
- Fiesta Mexican Restaurant
- Grace Kitchen
- Great Harvest Bread Co.
- Hedges Family Estate
- Honey Baked Ham
- Hops N Drops
- Island View Market & Deli
- Richland Providence Medicare Advantage
- Kadlec Clinic
- Tri-City Dust Devils
- WWW.INF24.US

Additional Gratitude to Our In-Kind Sponsors:

- Ken Jean - Sysco Foods
- Richard Miller - Hormel Foods
- Kevin Riordan - Stone Ground Bakery
- Nothing Bundt Cakes
- Sub Zero Ice Cream
- WWW.INF24.US
- Coca-Cola Co.
- Joan Kessner - Girls Scout Cookies
- Amoret Bunn - Girl Scout Cookies
- Beth Conrad Girl Scout Cookies
- Mike & Nikki Sims - Richland Grocery Outlet
- US Foods CHEF'SSTORE
- Safeway
- New Vintage Church

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.

Memory Cafe of Richland

At the Memory Cafe, persons living with Alzheimer's or other dementias and their loved ones enjoy socializing in a relaxed cafe setting. There is no set agenda. Families meet and socialize in an environment that is accepting and non-judgmental.



If you're interested please visit The Peacock Coffee Roasting Co at 707 The Parkway, Richland on the 4th sunday of every month from 1:00 PM - 3:00 PM

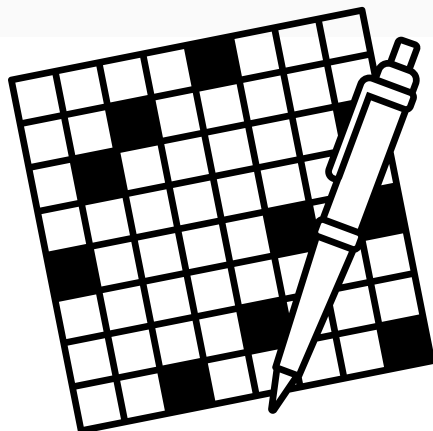
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armadillo
 baboon
 cat
 chicken
 chinchilla
 cow
 dog
 ferret
 frog

fruit fly
 gerbil
 goat
 goldfish
 goose
 guinea pig
 hamster
 horse
 lizard

lobster
 marine sponge
 monkey
 mouse
 opossum
 pig
 pigeon
 quail
 rabbit

rat
 salamander
 sea urchin
 sheep
 snake
 turtle
 woodchuck



Vintage Themed Bingo

Vintage Bingo Night at the Richland Community Center! Food, fun, and friendly competition!

When

Wednesday, June 12th
 11 AM - 1 PM

Where

Richland Community
 Center

Tickets

\$5

Enjoy the vintage theme
 and good luck!

For more information
 call: [509-947-6561](tel:509-947-6561)

Beat the Heat with Water

As the temperature rises in the Tri-Cities, it is important to remember to drink enough water. Why is it necessary to get enough water each day? Our bodies are composed of 60-70% water. Water plays a key role in regulating body temperature, transporting oxygen to our cells, and removing waste.

How much do we need?

The recommendation is to drink 8-10 glasses / day (64 ounces) This can come from water, milk, juices or other caffeine-free beverages. Other foods that are liquid at room temperature can also boost your liquid intake.

Tips to stay well and hydrated

- 1. Get plenty of plain old water. Don't like the taste? Try adding lemon, lime, orange, cucumber slices or fresh rosemary and mint.
- 2. Bottled water is not healthier than tap water
- 3. Any liquid at body temperature contributes to your daily fluid needs; water, juice, milk, Jell-O, ice cream, tea, coffee and soda.

Cruising Through the Eras

As our 50th anniversary event approaches, we can't help but feel excited at the opportunity to look back at how far we've come. We can't wait to enjoy the buffet, dance floor, dessert dash, and live auction events. It's truly going to be one you won't want to miss. As much a celebration of us as it is about you. Without everyone's support, 50 years would have been a dream not a reality.



FRUITS



Play a critical role in lowering the chances of getting serious diseases and conditions late in life. These include hypertension, heart disease, cancer, stroke, and digestive issues.

VEGETABLES



vegetables are at the core of a balanced diet. These foods have been shown to reduce the risk of heart disease and stroke, lower blood pressure, prevent digestive issues, and even protect against cancer.

WHOLE GRAINS



Help in prevent some diseases and other conditions common among older adults. Whole grains come from built-in protein, fiber, B vitamins, antioxidants, iron, zinc, copper, and magnesium. In short, whole grains are packed with health-enhancing nutrients..

This Month in History

June 6, 1944; Known as D-Day - The Allied invasion of Normandy during World War II, which was a turning point in the war. Many seniors may remember this as a pivotal moment in history.

June 2, 1953 - The formal crowning of Queen Elizabeth II, marking the beginning of her long reign, which many seniors have witnessed over the decades.

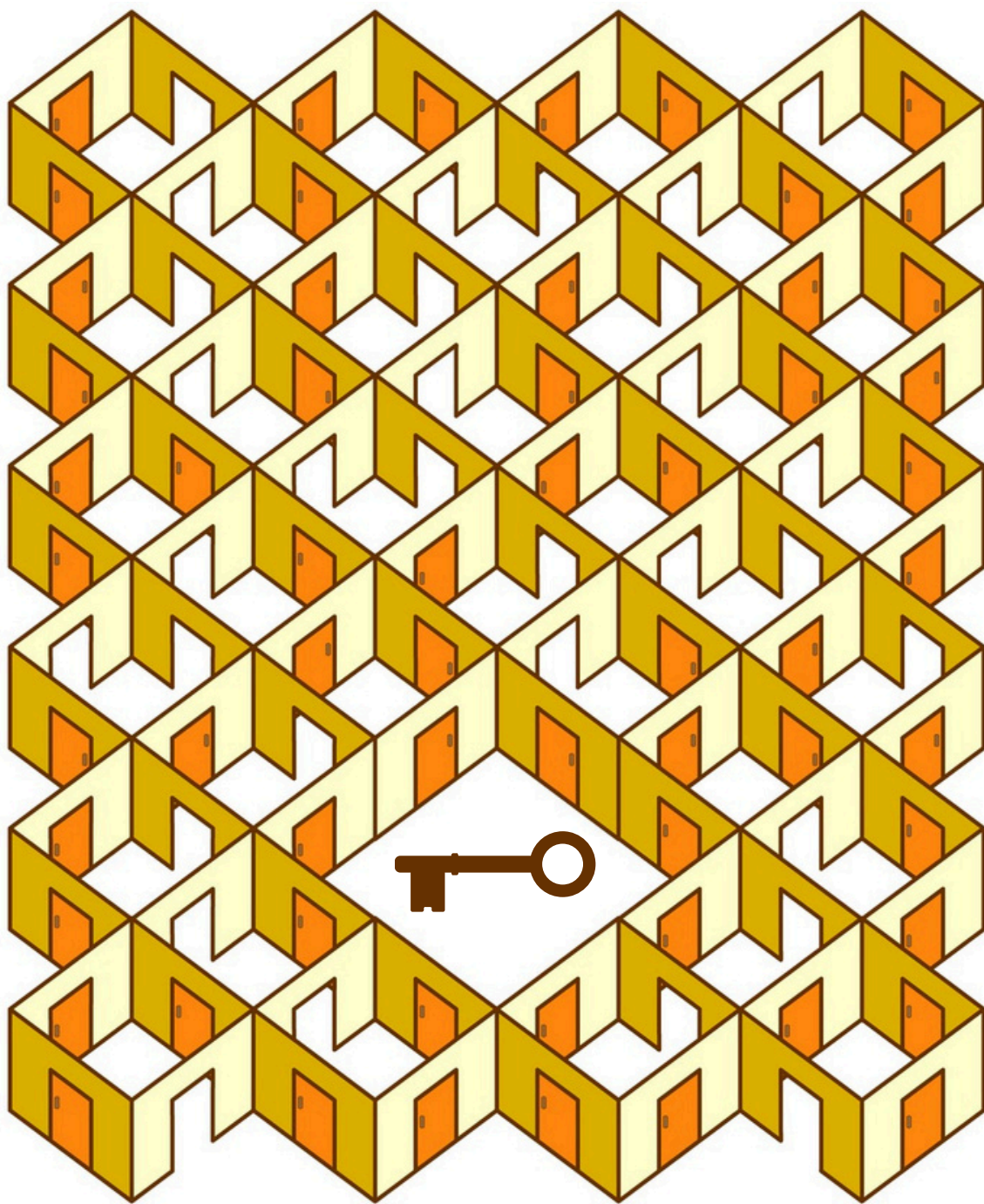
June 19, 1964 - President Lyndon B. Johnson signed this landmark legislation, which outlawed discrimination based on race, color, religion, sex, or national origin.

May 18, 1980; aftermath in June - The catastrophic eruption of Mt St. Helens Eruptions affected much of the surrounding area throughout June, with ash dispersing across the United States.

June 17, 1994 - The televised slow-speed chase of O.J. Simpson's Ford Bronco, which captivated the nation and marked the beginning of a highly publicized trial.

LOCKED DOORS

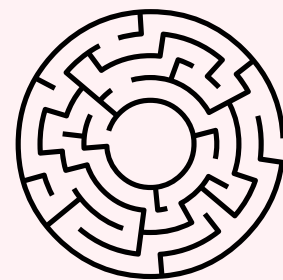
The key only fits in ONE door. Can you get through the maze unlocking the right door?



Solving Mazes

Solving mazes requires mental agility, problem-solving skills, and spatial awareness. It stimulates various cognitive functions such as memory, attention, and executive function, which are essential for maintaining mental sharpness as we age.

Solving mazes can be a fun and fulfilling activity, providing a sense of accomplishment and satisfaction upon completion. Engaging in enjoyable activities is essential for emotional well-being, which in turn can have positive effects on cognitive health.



Warm Weather Reminder

Each season brings new challenges and benefits for older Americans. 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

JUNE 2024

Parkside Menu (Pasco)

MON	TUES	WED	THUR	FRI
3 Sweet & Sour Chicken Brown Rice Asian Vegetables Fruit, Milk	4 Conchitas Con Carne Mixed Vegetables Corn Tortilla Fruit, Milk	5 Tuna Noodle Casserole Lyonnais Carrots Berry Crisp* Milk	6 Hamburger Baked Beans Apple Cabbage Slaw Fruit, Milk	7 Caldo de Pollo Refried Beans Spanish Rice Corn Tortilla Fruit, Milk
10 Macaroni & Cheese Sausage Patty Garden Vegetables Tossed Salad Fruit, Milk	11 Chicken Tostada Refried Beans Tossed Salad Fruit Cocktail Fruit, Milk	12 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad Fruit, Milk	13 Turkey Mole Mexican Rice Broccoli Corn Tortilla Fruit, Milk	14 Cheese & Beef Pasta Green Beans Tossed Salad Breadstick Fruit, Milk
17 Swedish Meatballs Egg Noodles Normandy Vegetables Fruit, Milk	18 Pork Guisada Red & Green Slaw Peaches Corn Tortilla Fruit, Milk	19 Teriyaki Chicken Fluffy Rice Asian Vegetables Fruit, Milk	20 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	21 Chicken Tinga Mexican Coleslaw Spanish Rice Tostada Fruit, Milk
24 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	25 Beef & Bean Burrito Spanish Rice Mexican Coleslaw Fruit, Milk	26 Chef Salad Ranch Dressing Wheat Roll Pineapple Milk	27 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk	28 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Sorbet*, 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

JUNE 2024

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

MON	TUES	WED	THUR	FRI
3 Sweet & Sour Chicken Brown Rice Asian Vegetables Fruit, Milk	4 Meatloaf Mashed Potatoes Brown Gravy Mixed Vegetables Fruit, Milk	5 Tuna Noodle Casserole Lyonnaisse Carrots Berry Crisp* Milk	6 Hamburger Baked Beans Apple Cabbage Slaw Fruit, Milk	7 Chicken Caesar Salad Breadstick Cottage Cheese & Pineapple Milk
10 Macaroni & Cheese Sausage Patty Garden Vegetables Tossed Salad Fruit, Milk	11 Chicken Pot Pie Cauliflower & Red Pepper Fruit, Milk	12 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad Fruit, Milk	13 Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk	14 Cheese & Beef Pasta Green Beans Tossed Salad Breadstick Fruit, Milk
17 Swedish Meatballs Egg Noodles Normandy Vegetables Fruit, Milk	18 Apple Pork Chop Mashed Sweet Potatoes Mixed Vegetables Fruit, Milk	19 Teriyaki Chicken Fluffy Rice Asian Vegetables Fruit, Milk	20 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	21 Chicken Salad Sandwich Pea & Cheese Salad Fruit, Milk
24 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	25 Beef Stroganoff Garlic Noodles Green Beans Fruit, Milk	26 Chef Salad Ranch Dressing Wheat Roll Pineapple Milk	27 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk	28 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Sorbet*, Milk

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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!