

Wheels In Motion

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

AUGUST 2024

(509) 735-1911

Message from the Director

As part of our commitment to your safety and well-being, we are pleased to inform you that each home delivery client will be receiving five shelf-stable emergency meals in preparation for possible power outages during the wildfire season.

In recent years, wildfires have become an increasingly significant concern in our region. These natural disasters can pose serious threats to communities, including disruptions to food supplies and access to essential resources. With support from our amazing partners at ALTC, we have taken proactive steps to ensure that you are equipped with the necessary supplies to sustain you during emergencies.

The shelf-stable meals we are providing have been carefully selected for their nutritional value, long shelf life, and ease of preparation. These meals are designed to be stored for extended periods without refrigeration, making them ideal for emergency situations where access to traditional food sources may be limited.

Our goal is to support you in being well-prepared for any potential wildfire-related disruptions. By having these emergency meals on hand, you can have peace of mind knowing that you have a reliable source of sustenance should the need arise.

Thank you for allowing us to serve you and for prioritizing safety and preparedness. We look forward to continuing to support you.



Dietitians Corner



The Importance of Magnesium for Older Adults

Magnesium is essential for seniors, playing a crucial role in maintaining overall health and preventing various age-related conditions. This vital mineral supports muscle and nerve function, and promotes bone health, reducing the risk of osteoporosis. Additionally, magnesium aids in heart health by maintaining a steady heartbeat and reducing blood pressure. A deficiency can lead to muscle cramps, fatigue, and increased susceptibility to chronic diseases. The daily recommended dietary allowance of magnesium is 420 mg for men and 320 mg for women. Adequate magnesium intake can be obtained through a balanced diet rich in leafy greens, nuts, seeds, and whole grains.

Attend & Learn

Alzheimer's Education

10 Warning Signs of Dementia
August 13, 2024
1:00pm - 2:00pm
Richland Public Library

Memory loss, forgetting recently learned information, may be a symptom of Alzheimer's or another dementia. Join us to learn to 10 early warning signs and symptoms.

Lymphedema

What you need to know
August 22, 2024
1:00pm - 2:30pm
Richland Public Library

Please attend, August 22 as Tyrell Sainsbury, PT, DPT, CLT-LANA, will discuss the functions of the lymphatic system, how the lymph system interacts with our circulatory system, how to recognize the signs and ways to manage your condition.

Zentangle Art Class

August 16, 2024
2:00pm - 3:30pm
Richland Public Library

Unwind and tap into your creativity by joining our Zentangle workshop! Learn the relaxing and meditative art of Zentangle, a simple yet powerful drawing technique that promotes mindfulness and stress relief. No artistic experience needed—just bring your curiosity and willingness to explore!



Presented by



Join us for Mid-Columbia Meals on Wheels' annual 5K Fundraiser event!

Saturday, October 5th, 10:00 am - 2:00 pm
2588 N Columbia Center BLVD., Richland WA



- 5K Fun Run along the beautiful Columbia River trail
- Root beer and Bavarian lunch for all participants
- Kid Zone with family fun for all ages
- Beer Garden available for ages 21+ following the race
- Dogs welcome | Stroller friendly route

If you are interested in becoming a sponsor, please contact **Amanda Le Blanc**: 509-736-0038 or aleblanc@seniorliferesources.org



A special thanks to the Energy Northwest Human Resource Department for their donations to the Pet Pantry Program.

The Mid-Columbia Meals on Wheels Pet Pantry program ensures seniors receiving food services also have a means to support their companion animals to combat loneliness and isolation.



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.

2024 Senior Farmer's Market

Tri-Cities' Farmers Markets are filled with wonderful, fresh, nutritious, locally-grown produce! Now is the prime time to get out to the markets to access all kinds of seasonal fruits and veggies. Our Farmers Market Nutrition Voucher Program is here to help.

If you or someone you know is a senior age 60+, residing in Benton or Franklin Counties, who meets the income eligibility requirements you are encouraged to fill out an application. Application forms are available on a table in front of our office, located at 1824 Fowler Street in south Richland. They are also located on our website for download.

Income requirements for the program are:

- 60 or older OR Native American 55+
- \$27,861 annually or \$2,322 Monthly for a single person
- \$37,814 annually or \$3,151 Monthly for 2 people
- Larger households, add \$829 per additional person
- Resident of Washington



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.

Breakfast Club

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

- Aug 7 Pancakes
- Aug 14 Biscuits & Gravy
- Aug 21 Chicken Fried Steak
- Aug 28 Waffles





DSHS Mobile Office Oficina Móvil is Coming!

Connell Dining Site

August 9, 2024
10:00am - 1:00pm

211 E. Elm St.
Connell, WA

Prosser Dining Site

August 14, 2024
10:30am - 1:30pm

1231 Dudley Ave.
Prosser, WA

Kennewick Dining Site

August 23, 2024
10:00am - 1:30pm

500 S. Auburn St.
Kennewick, WA

Apply inside • Solicitar adentro

Food • Cash • Medical

Comida • Efectivo • Médico

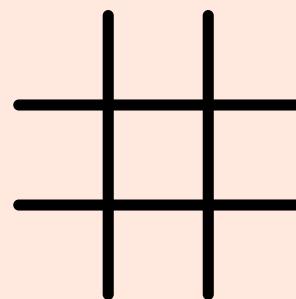
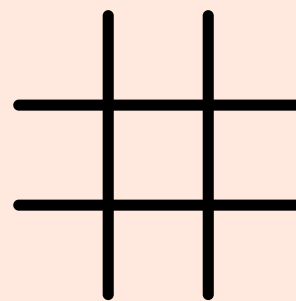
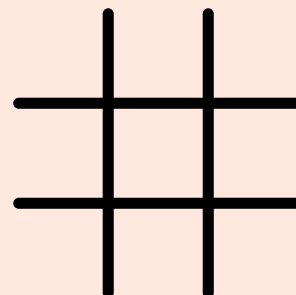
You can also drop off paperwork, complete a review, make changes to an existing case or request an EBT card.

También puede entregar documentos, realizar una revisión, hacer cambios a un caso existente o solicitar una tarjeta EBT.

washingtonconnection.org



Let's Play Tic Tac Toe



Healthy Ages - Mall Walking Program

Mall Walking is for anyone and everyone who wants to walk in a safe, temperature-controlled environment. To become an official Mall Walker, sign up at the Columbia Center Food Court, Monday through Friday from 9:30-11:00am.

Members submit any miles walked in their neighborhood or at the mall to be recorded in their Mall Walkers data. Walkers can record their mileage by emailing catherine.manderbach@kadlec.org or calling (509) 942-2700 by the end of each month.

Mall miles can be recorded during the first hour and half of the mall opening on Monday thru Friday. Please see the volunteer stationed in the food court to record your miles or to learn more about the Healthy Ages Mall Walking Program.

This Month in History

August 2nd - Declaration of Independence formally signed by 56 members (1776)

August 6th - In 1945, at 8:15 a.m., the first atomic bomb was deployed over the heart of Hiroshima. Detonating approximately 1,800 feet above ground, the bomb caused the deaths of more than 105,000 people and devastated the city.

August 7th - In 1964, after an assault on two U.S. destroyers in the Gulf of Tonkin near North Vietnam, the U.S. Congress passed the Gulf of Tonkin Resolution. This resolution authorized President Lyndon B. Johnson to take any actions deemed necessary to defend U.S. forces from armed attacks and to prevent further aggression.

August 14th - In 1935, President Roosevelt signed into law the Social Security Act, creating a system that ensures pensions for individuals retiring at age 65.

August 28th - The 1st locomotive races a horse-drawn car. The horse won (1830)

August 29th - Hurricane Katrina hits the U.S. Gulf Coast and causes roughly \$115 Billion in damages (2005)



Meals on Wheels Closure

Mid-Columbia Meals on Wheels will be closed on August 21, 2024, for all staff training. We apologize for any inconvenience this may cause. Regular business hours and services will resume the following day. Thank you for your understanding and continued support!

No Congregate or Home Delivered meals will be serviced on August 21, 2024



Interested in making a meaningful difference in our community?
Help support aging adult nutrition and isolation.

- Volunteering options are open and available
- Food Delivery Driver Volunteer
 - Dining Site Volunteer (Greet and Serve)
 - Food Packaging Volunteer
 - Transport Volunteer

Contact Natalie Today!

509-735-1911

NHUGGINS@SENIORLIFERESOURCES.ORG

amentum

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



Services: In addition to home delivery and dine-in meal service, Mid-Columbia Meals on Wheels provides critical well-checks, socialization, 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.

Prosser Dining Site

The Prosser dining site for Mid-Columbia Meals on Wheels is located at 1231 Dudley Ave in Prosser, WA. It is located in the Prosser Community Center and lunch is served Monday through Friday, from 11:30 AM - 12:00 PM.

In addition to your daily lunch, you are welcome to come in and play bingo each Wednesday from 9:00-10:30 AM.

Reservations are required 24 hours in advance. You may call the site at 509-786-1148 and speak with site manager Stephenie or stop by to schedule your lunch reservation. Great food, wonderful friends, and a fun time are something to look forward to when attending lunch at a Meals on Wheels dining site. Call and schedule your reservation today!

Save the Date!

Prosser

Every Wednesday 9:00-10:30 AM - Bingo

August 16th - Birthday Cupcake Day

Pasco

August 9th - 1-3 PM - Bingo

August 23rd - 1-3PM - Bingo

August 7th - 1-3 PM - Karaoke

August 21st - 1-3PM - Karaoke

All Sites

August 16th - Hat day

Hat Day!

August 16th

Clients are encouraged to wear a fun hat. Whether it's a cool summer hat, a bedazzled cap, or something unique and special that showcases your personality, come to lunch in your most memorable hat! All participating clients will be entered into a drawing for a chance to win an amazing raffle prize!



Donor Appreciation

We extend our heartfelt gratitude to our incredible partners who have supported Mid-Columbia Meals on Wheels. We truly appreciate and are thankful for each and every one of you!

We are deeply grateful for the generous support of Center Vision & Contact Lens Clinic, CC West Properties, and Bethel Church. Your contributions have made a significant impact on our mission and community. Thanks to you, we are able to continue our efforts and make a difference in the lives of many. Thank you for being a part of our journey and helping us create a better future!



The Funny Bone

Q: Why don't skeletons fight each other?

A: They don't have the guts.

Q: Why did the golfer bring two pairs of pants?

A: In case he got a hole in one.

Ha
Ha
Ha
Ha
Ha

Q: What does a grape say when it gets stepped on?

A: Nothing, it just lets out a little wine.

Contact Us

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

Volunteer Spotlight

Volunteers at Meals on Wheels are essential for providing free services to local seniors. Mid-Columbia Meals on Wheels currently has eight volunteer transport drivers supporting our Monday-Friday services. They begin as early as 7:30 am at the Central Kitchen, where they pack and deliver hot meals, fruit, milk, and other items to home bound and congregate clients across Benton and Franklin Counties. They also handle special deliveries like gift bags to dining sites.

Two of these drivers, Herb McGilton and Jim Phifer, deliver meals to specific sites twice a week. McGilton enjoys outdoor activities like hiking and kayaking, while Phifer's hobbies include golf, hiking, and recent travels to Italy. Both emphasize the rewarding community work and supportive atmosphere at Meals on Wheels. The organization appreciates all volunteers who contribute their time to improve the lives of local seniors. For those interested in joining the volunteer team, contact (509) 735-1911 or nhuggins@seniorliferesources.org

Delivering and Serving Kindness!



Jim Phifer



Herb McGilton



Let's Welcome our Newest Volunteers!



Marie Bang
Cafe Dining Site



Vivian Bunch
Central Kitchen



Ron Campbell
Kennewick Driver



Adelina Craven
Central Kitchen &
Kennewick Driver



Jaye Lynn Hall
Benton City
Driver



Ron Hall,
Benton City Driver



Kristi Harless
Richland Driver



Brad Hasty
Cafe & Richland
Driver



Lexi Jackson
Cafe Dining Site



Don Jacobsen
Pasco Driver



Sid McCord
Substitute Driver



Bradley Mewes
Transport &
Kennewick Driver



Trish Reed
Benton City
Dining Site



Karin Sanney
Cafe Dining Site



Tony Tewell
Substitute Driver



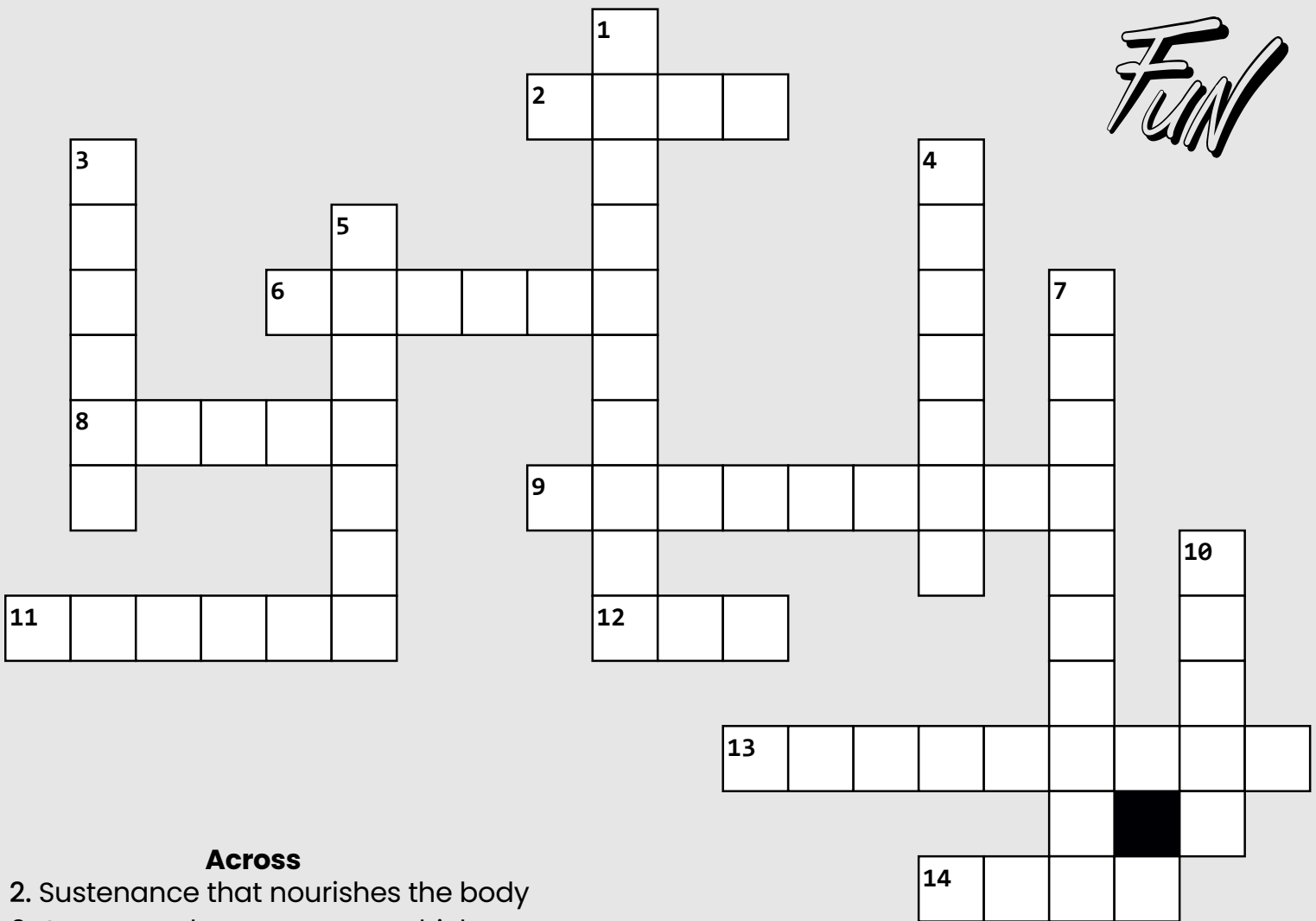
Claire Thompson
Central Kitchen



Thank you!

Meals on Wheels Crossword

Fun

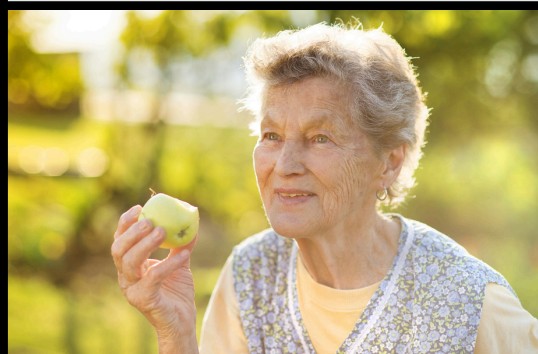


Across

- 2. Sustenance that nourishes the body
- 6. A person who operates a vehicle
- 8. A place to sit at
- 9. Emotions experienced when in a state of well-being
- 11. Facial expressions of happiness
- 12. A food that can be boiled, scrambled, or fried
- 13. Someone who freely offers to do something
- 14. An eating utensil with prongs

Down

- 1. Gathering together in a group
- 3. A starchy vegetable that grows in the ground
- 4. A place where food is prepared
- 5. Companions who support and share good times
- 7. An article that is released routinely
- 10. A round object used on vehicles






Mid-Columbia Meals on Wheels

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

AUGUST 2024

Parkside Menu (Pasco)

MON	TUES	WED	THUR	FRI
			1 Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk	2 Chicken Salad Sandwich Pea & Cheese Salad Fruit, Milk
5 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	6 Beef & Bean Burrito Spanish Rice Mexican Coleslaw Fruit, Milk	7 Chef Salad Ranch Dressing Wheat Roll Pineapple Milk	8 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk	9 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Cookie*, Milk
12 Turkey Tetrazzini Green Peas Tossed Salad Fruit, Milk	13 Chicken Tinga Mexican Coleslaw Spanish Rice Tostada Fruit, Milk	14 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk	15 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	16 Tuna Tostada Mexican Rice Seasoned Carrots Tossed Salad Fruit, Milk
19 Spaghetti & Meat Sauce Green Beans Breadstick Fruit, Milk	20 Fish Tacos Spanish Rice Mexican Coleslaw Corn Tortilla Fruit, Milk	21 	22 Mexican Meatball Soup Refried Beans Corn Tortilla Fruit, Milk	23 Roast Turkey w/ Gravy Mashed Potatoes Green Beans Wheat Roll Fruit, Milk
26 Sweet & Sour Chicken Brown Rice Asian Vegetables Fruit, Milk	27 Conchitas Con Carne Green Beans Corn Tortilla Fruit, Milk	28 Tuna Noodle Casserole Lyonnaisse Carrots Berry Crisp* Milk	29 Hamburger Baked Beans Apple Cabbage Slaw Fruit, Milk	30 Chicken Tostada Refried Beans Tossed Salad Pineapple 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.

Congregate 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

AUGUST 2024

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

MON	TUES	WED	THUR	FRI
			1 Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk	2 Chicken Salad Sandwich Pea & Cheese Salad Fruit, Milk
5 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	6 Beef Stroganoff Garlic Noodles Green Beans Fruit, Milk	7 Chef Salad Ranch Dressing Wheat Roll Pineapple Milk	8 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk	9 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Cookie*, Milk
12 Turkey Tetrazzini Green Peas Tossed Salad Fruit, Milk	13 Cranberry Chicken Confetti Rice Peas & Onions Fruit, Milk	14 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk	15 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	16 Tuna Pasta Salad Broccoli Salad Crackers Fruit, Milk
19 Spaghetti & Meat Sauce Green Beans Breadstick Fruit, Milk	20 Baked Cod w/Dill Sauce Herbed Potatoes Squash Medley Fruit, Milk	21 	22 Three Bean Chili Chuckwagon Corn Cornbread Fruit, Milk	23 Roast Turkey w/ Gravy Mashed Potatoes Green Beans Wheat Roll Fruit, Milk
26 Sweet & Sour Chicken Brown Rice Asian Vegetables Fruit, Milk	27 Meatloaf Mashed Potatoes Brown Gravy Mixed Vegetables Fruit, Milk	28 Tuna Noodle Casserole Lyonnaisse Carrots Berry Crisp* Milk	29 Hamburger Baked Beans Apple Cabbage Slaw Fruit, Milk	30 Chicken Caesar Salad Breadstick Cottage Cheese & Pineapple Milk

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Home Delivered Meal Service

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!