

# Wheels In Motion

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

SEPTEMBER 2024

(509) 735-1911

## Message from the Director

As autumn approaches, it's a great time to think about preparing for the new season and ensuring your well-being. With the cooler temperatures and shorter days, making a few adjustments can help you stay comfortable and healthy.

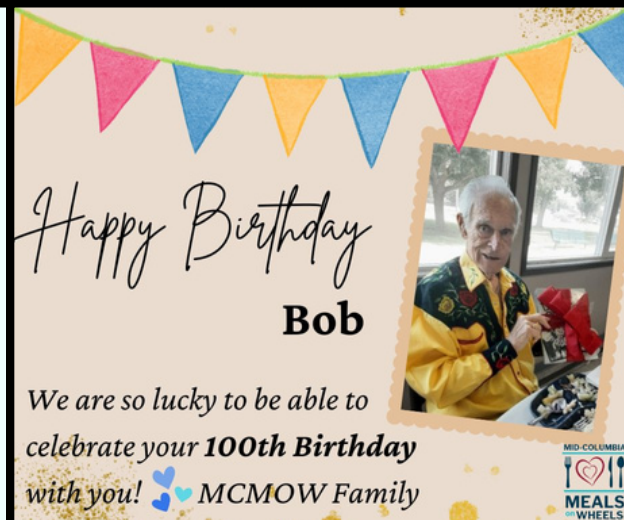
### Autumn Preparations

- **Home Safety:** Check your heating system to ensure it's working properly before the cold weather sets in. Also, consider using a humidifier to keep the air comfortable and prevent dryness.
- **Prevent Slips and Falls:** With fallen leaves and potentially increased precipitation, be cautious when walking outside. Keeping walkways clear and using non-slip mats can help reduce the risk of falls.
- **Layer Up:** The weather can be unpredictable in fall. Dressing in layers allows you to adjust your clothing as needed to stay warm and comfortable.

### Proper Nutrition

- **Stay Hydrated:** Even as temperatures drop, it's important to drink plenty of water. Proper hydration supports overall health and well-being.
- **Balanced Diet:** Include a variety of seasonal fruits and vegetables in your diet. Foods like apples, squash, and root vegetables are not only nutritious but also rich in vitamins and minerals.
- **Comfort Foods:** Enjoy hearty soups and stews that are both nourishing and comforting during the cooler months.
- **Vitamin D:** With less sunlight, it's important to get enough vitamin D. Foods like fortified dairy products, fatty fish, and even supplements can help maintain healthy levels.

By taking proactive steps to address both health and safety, you can enjoy greater peace of mind and continue to engage in activities during autumn. Wishing you a cozy and healthy autumn!



## The Importance of Social Interaction

It wards off stress and depression, both of which contribute to memory loss. Stress and depression have also been linked to shorter life spans and worse overall health.

A study has shown that lonely people are nearly twice as likely to develop the dementia linked to Alzheimer's in their later life.

Socializing & spending time with others can improve your immune system and keep illnesses away.



## How to Improve Balance

Almost anything that puts you on your feet and moving, like walking, helps to improve and maintain your balance.

### Weight Shifts

- Stand with feet shoulder-width apart and evenly spread weight
- Shift your weight to your left side, then lift your right foot off the ground. If unstable, hold on to the back of a chair for stability.
- Hold the position as long as you can whilst still maintaining good balance
- Return to the starting position and repeat on the other side

### Single Leg Balance

- Stand with your feet shoulder-width apart and equal weight distribution. Place your hands on your hips and lift your right leg off the ground and bend your knee, bringing your foot back.
- Hold this position for as long as you can
- You can also reach out with your foot as far as you can, but without touching the floor
- Return to the starting position and repeat on the other side
- To make this more difficult you can stand on an unstable surface such as a pillow or a seat cushion

## Breakfast Club

Breakfast is offered every Wednesday morning at our Cafe on Fowler Street from 8:00-10:00 a.m. Sponsored by 3 Rivers Community Foundation.

September 4th	Egg Scramble
September 11th	Pancakes
September 18th	Biscuits & Gravy
September 25th	Chicken Fried Steak



## 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



## 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



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.

# Donor Appreciation

Mid-Columbia Meals on Wheels Expresses Heartfelt Gratitude to Volunteers and Donors.

This month, Mid-Columbia Meals on Wheels wants to shine a spotlight on our incredible volunteers and individual donors. While we often highlight our business partnerships, this month we want to thank the amazing individuals whose selfless contributions truly make a difference.

Our volunteers are the heart and soul of MCMOW, delivering nutritious meals and warm smiles to our seniors. Their dedication brings hope and comfort to those who might otherwise feel alone.

Equally important are our generous donors. Your financial support ensures we can continue our mission, providing essential services to our community's seniors. Every donation, big or small, makes a real impact.

We are blessed with wonderful individuals who embody the spirit of giving and compassion. Thank you for your unwavering support. You are the reason we can continue to serve and uplift our community.



*Thank You Thank You Thank You Thank You Thank You Thank You*

## Meals on Wheels Volunteer Appreciation Program

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

<b>Company</b>	<b>Discount</b>	<b>Location</b>
Les Schwab	<b>Tire Discount</b>	Benton & Franklin Counties
Tap & Barrel	<b>10%</b>	112 Keene Rd. Richland - (509) 987-4561
The Neighbor Cleaners	<b>20% Dry Cleaning Clothes Only</b>	8903 Gage Blvd, Kennewick - (509) 735-7145
Nothing Bundt Cakes	<b>10%</b>	110 Gage Blvd, Richland # 200 - (509) 392-7196
Sub Zero Nitrogen Ice Cream	<b>20%</b>	321 N Columbia Center Blvd - (509) 396-9402

**Show your volunteer badge when patronizing these businesses to receive the discount.**

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.

## Dietitan's Corner

National Guacamole Day, celebrated annually on September 16th, is a festive occasion dedicated to enjoying the creamy, flavorful dip made primarily from avocados. Guacamole, a dish with deep roots in Mexican cuisine, has become a popular favorite around the world. The day encourages people to savor this delicious blend of avocados, lime, cilantro, and various seasonings, whether as a dip, spread, or part of a larger dish. It's an opportunity to appreciate not only the rich taste of guacamole but also the numerous health benefits that its star ingredient, the avocado, offers.

Avocados are often hailed as a superfood, and for good reason. They are packed with heart-healthy monounsaturated fats, which can help reduce bad cholesterol levels and lower the risk of heart disease. Additionally, avocados are a great source of dietary fiber, aiding digestion and helping to maintain a healthy weight. They are also rich in essential vitamins and minerals, such as vitamin E, potassium, and folate, which support overall health and well-being. With their high antioxidant content, avocados can help protect the body from oxidative stress and inflammation, making them a nutritious choice for anyone looking to enhance their diet.

*Delicious Avocados*

## This Month in History

**September 3, 1833** - The New York Sun debuted, initiating the era of the 'penny press'—affordable newspapers sold by newsboys. Known for sensationalism and human-interest stories, it became the top-selling paper in the U.S. by 1836.

**September 8, 1883** - The Northern Pacific Railroad that crossed the U.S. was finally completed.

**September 9, 1776** - The U.S. Congress officially changed the name of the nation from the United Colonies to The United States of America. (1776)

**September 11th, 2001** - The deadliest terrorist attack in U.S. history occurred when four hijacked planes crashed, killing nearly 3,000 people. Two jets were flown into the World Trade Center towers, causing their collapse and resulting in 2,752 deaths. Another plane hit the Pentagon, killing 125 people, while the fourth plane crashed in Pennsylvania after passengers tried to retake control.

**September 16, 1620** - the Mayflower set sail from England. After enduring perilous storms, the ship arrived in Provincetown, Massachusetts, on November 21.

## Site Spotlight

Come join us for lunch at the Pasco First Avenue Center located at 505 N. 1st Ave! Lunch is served Monday through Friday from 11:30 a.m. to 12:00 p.m. In addition to lunch there is so much more to do at the center such as painting, playing pool, card games, bingo, karaoke, and more. This is a great place to meet up with old friends, meet new friends, and enjoy time socializing and being creative. Call 509-543-5706 and schedule a reservation with site manager Barb.

**Come for the food and stay  
for the fun!**



WE WILL BE  
*Closed*  
SEPTEMBER 2ND  
IN HONOR OF  
**LABOR DAY**

# Volunteer Spotlight

## To Our Volunteers

I see & I feel how good you are.  
I know I don't have to look too far.

You provide amazingly kind service to other people's moms and dads,  
I know it's true, a better group cannot be had!

I know the seniors know it too

I see and hear it in their expressions of gratitude for you!

I know I learn from all of you each day—it's a fact in more than just one way.

But wait, it's not just me that says "thanks with a smile"

It's ALL of US, because you go that extra mile!

Y♥U make Meals on Wheels a joyful place.

Thanks from ALL of us for your partnership and grace!

--Adapted from author Unknown

For information on joining the Meals on the Wheels Volunteer Program,  
call or email Natalie at (509) 735-1911 or [nhuggins@seniorliferesources.org](mailto:nhuggins@seniorliferesources.org).



## Welcome New Volunteers



**Angela Capriole**  
Richland Driver



**Stella F**  
Driver's Assistant



**Mark Hasty**  
Substitute Driver



**Carol Latorre**  
Kennewick Driver



**Sherri Matrin**  
Pasco Driver



**Miranda Mercado**  
Central Kitchen



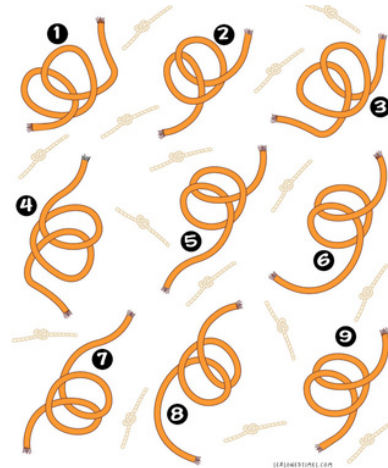
**Laura Ogle**  
Cafe



**Tracy Veronte**  
Kennewick Driver

## Knot It

Which rope will form a knot when pulled.



## The Funny Bone

Q: Why was the computer cold?

A: It left its windows open.

Q: Why do cows wear bells?

A: Because their horns don't work.

Q: What did the 0 say to the 8?

A: "Nice belt!"

## OktoberFeast 2024 Pricing

**OktoberFeast Bundle - \$50**  
(5k, meal, shirt, drink)

**5k Only - \$10**  
(no shirt, meal, or drink)

**5k + Shirt - \$35**  
(no meal or drink)

**10 and under Kids - \$0**  
(5k + lunch only)



**Register Now!**

<https://runsignup.com/Race/WA/Richland/Oktoberfeast>

## Celebrating Hat Day

On Friday August 16th our congregating dining sites participated in hat day and had a great time. Come join us at any of our 8-dining sites for a nutritious meal and fun times with amazing people. See you soon.



## Save the Date!

### Pasco

9/4 & 9/18-Karaoke 1:00 PM - 3:00 PM

9/6 & 9/20-Bingo 1:00 PM - 3:00 PM

### Prosser

Bingo- Wednesdays from 9:00 AM -10:30 AM  
August 16 during lunch - Birthday Cupcake Day

### DSHS Mobile

9/13/24- Café- 10:00 AM- 1:00 PM

9/19/24- Benton City -10:00 AM- 1:00 PM

## 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

# Oktoberfest 2024

**Food Fun Run Games**

OCTOBER 5TH | 10AM - 2PM

Bounce House

Biergarten

Dunk Tank

Root Beer

Bavarian Lunch

Family Friendly

Dog Friendly



Presented By:  
HANFORD MISSION

**SIGN UP**



Making Communities Healthier®



## Be Aware of Fraud

Fraud is an increasing worry in today's world and unfortunately everyone is at risk. HAPO Community Credit Union wants to make sure that you have the tools and resources on hand to help prevent scams and protect your information and finances. The HAPO team will be visiting select Tri-Cities dining centers during the month of September so that you can ask questions in-person and learn more about how to protect yourself from fraudsters.



### **HAPO visitation schedule:**

Friday the 6th at the Café 1824 Fowler in Richland

Thursday the 12th at the Kennewick Senior center

Thursday the 19th at the Pasco Senior Center - Hablo Español

Friday the 27th at the Richland Community Center

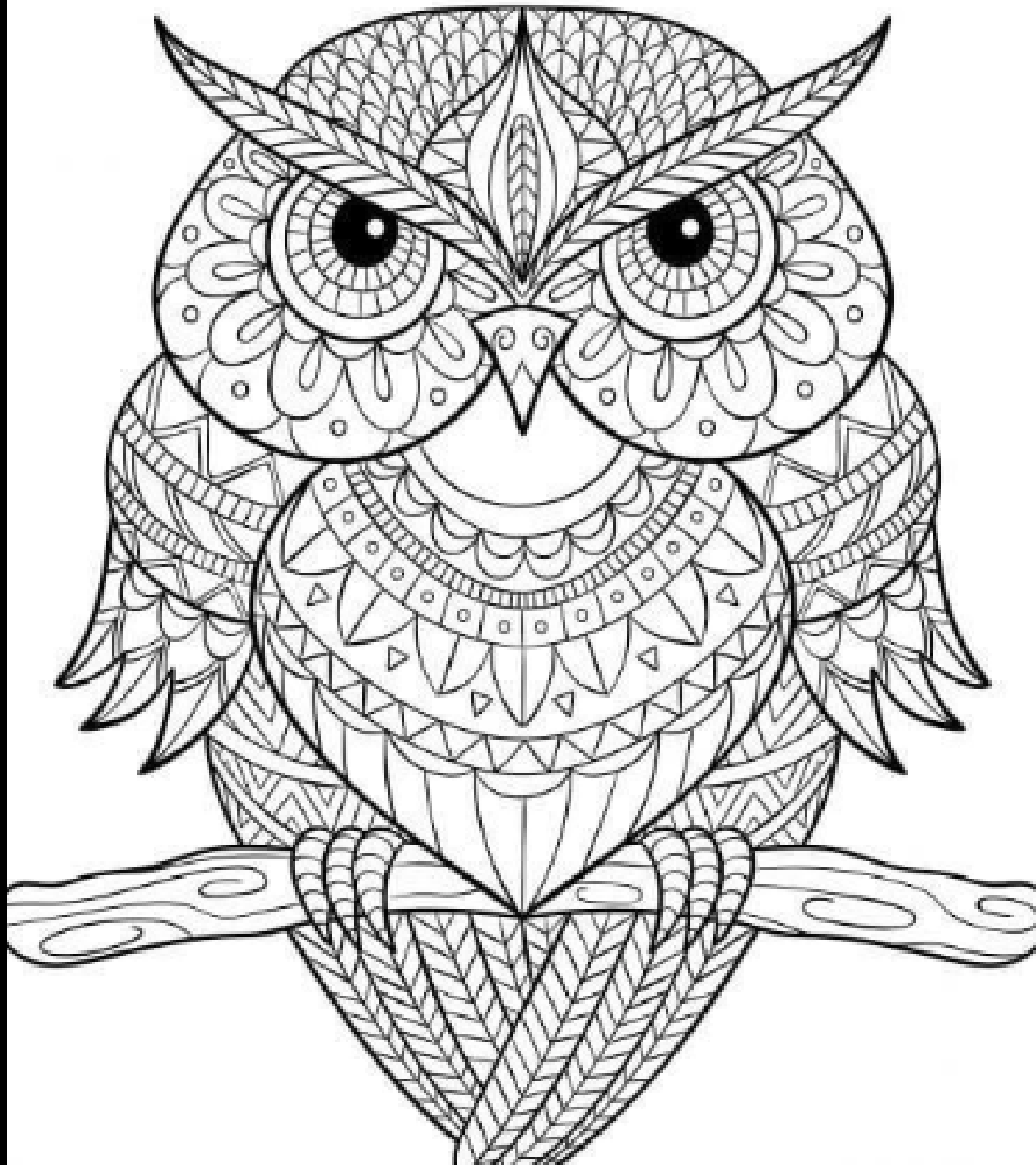
Federally insured by NCUA

## 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 wellbeing and mental calmness.

Try it out and have some fun.








## Mid-Columbia Meals on Wheels

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

# SEPTEMBER 2024

## Parkside Menu (Pasco)

MON	TUES	WED	THUR	FRI
2 	3 Chicken w/ Red Sauce Refried Beans Spanish Rice Tossed Salad Corn Tortilla Fruit, Milk	4 Macaroni & Cheese Sausage Patty Garden Vegetables Tossed Salad Fruit, Milk	5 Turkey Mole Mexican Rice Broccoli Corn Tortilla Fruit, Milk	6 Cheese & Beef Pasta Green Beans Tossed Salad Breadstick Fruit, Milk
9 Swedish Meatballs Egg Noodles Normandy Vegetables Fruit, Milk	10 Pork w/ Potatoes in Tomatillo Sauce Mixed Vegetables Fruit, Milk	11 Teriyaki Chicken Fluffy Rice Asian Vegetables Fruit, Milk	12 Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk	13 Chicken Salad Sandwich Pea & Cheese Salad Fruit, Milk
16 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	17 Beef Soup Green Beans Flour Tortilla Fruit, Milk	18 Chef Salad Ranch Dressing Wheat Roll Pineapple Milk	19 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	20 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk
23 Turkey Tetrazzini Green Peas Tossed Salad Fruit, Milk	24 Caldo de Pollo Refried Beans Spanish Rice Corn Tortilla Fruit, Milk	25 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk	26 Pork Guisada Red & Green Slaw Peaches Corn Tortilla Fruit, Milk	27 Tuna Pasta Salad Broccoli Salad Crackers Fruit, Milk
30 Spaghetti & Meat Sauce Green Beans Breadstick 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

# SEPTEMBER 2024

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

MON	TUES	WED	THUR	FRI
2 	3 Chicken Pot Pie Cauliflower & Red Pepper Fruit, Milk	4 Macaroni & Cheese Sausage Patty Garden Vegetables Tossed Salad Fruit, Milk	5 Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk	6 Cheese & Beef Pasta Green Beans Tossed Salad Breadstick Fruit, Milk
9 Swedish Meatballs Egg Noodles Normandy Vegetables Fruit, Milk	10 Apple Pork Chop Mashed Sweet Potatoes Mixed Vegetables Fruit, Milk	11 Teriyaki Chicken Fluffy Rice Asian Vegetables Fruit, Milk	12 Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk	13 Chicken Salad Sandwich Pea & Cheese Salad Fruit, Milk
16 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	17 Beef Stroganoff Garlic Noodles Green Beans Fruit, Milk	18 Chef Salad Ranch Dressing Wheat Roll Pineapple Milk	19 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	20 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk
23 Turkey Tetrazzini Green Peas Tossed Salad Fruit, Milk	24 Cranberry Chicken Confetti Rice Peas & Onions Fruit, Milk	25 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk	26 Roast Pork with Gravy Mashed Potatoes Steamed Beets Fruit, Milk	27 Tuna Pasta Salad Broccoli Salad Crackers Fruit, Milk
30 Spaghetti & Meat Sauce Green Beans Breadstick Fruit, 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!