

Wheels In Motion

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

OCTOBER 2024

(509) 735-1911

Message from the Director

We are delighted to extend a warm invitation to you for our highly anticipated fall event – **OktoberFeast!** Scheduled for Saturday, October 5th, 2024, at 10 AM, this exciting 5K fun run and community gathering will take place along the picturesque Columbia River.

This year, we have set an ambitious goal to surpass 500 participants, and we warmly invite you to be part of this remarkable event. **OktoberFeast** is designed to cater to a wide range of interests and abilities, whether you are an avid runner, a casual walker, a family seeking a day of enjoyment, or a dog lover who wants to include your furry companion in the festivities.

- **Run or Walk:** Participants can select between a competitive timed race for those seeking a challenge or a more relaxed walk, all while soaking in the breathtaking views of the Columbia River.
- **Post-Race Celebration:** After crossing the finish line, join us at the Mid-Columbia Meals on Wheels campus for a delectable Bavarian-style lunch. Our talented kitchen team will be serving a variety of dishes designed to delight your palate and provide a satisfying conclusion to your race experience.
- **Family-Friendly Activities:** Our event will feature a Kid Zone packed with engaging games and activities, ensuring that younger participants have a great time. Additionally, there will be a designated dog corner where your pets can enjoy some fun and socialization.
- **Biergarten and Special Treats:** Enjoy a refreshing beverage at our biergarten, which will offer a selection of the finest local craft brews as well as root beer. Don't forget to visit the popular Lamb Weston Fry Truck for an array of delicious fried treats that are sure to be a hit with attendees of all ages.

OktoberFeast 2024 is more than just a day of fitness and festivities; it is a celebration of community and support for a cause that is integral to our mission. By participating in this event, you are contributing to the continued success and impact of Mid-Columbia Meals on Wheels, helping us to provide essential services to those in need.

We look forward to welcoming you to **OktoberFeast** and making this event a memorable and meaningful occasion for everyone involved. Thank you for your support, and we can't wait to see you there!



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.



Gardening Provides Health Benefits at Any Age



Gardening has been shown to have many **physical and mental health benefits**. For many seniors, gardening is a great way for them to **improve flexibility, strength, and mobility** without the worry of injury. By getting outside and being in nature, you are also **reducing stress** and improving your overall **state of mind/wellbeing**. Getting outside and getting some **Vitamin D** is crucial for the health of bones and many other vital bodily functions. Some studies have shown that gardening can even help to **improve memory** and cognitive function as well as **boost self-esteem**. If you are feeling lonely or wanting more social interaction, gardening is also for you. Gardening gives ways to **socialize** and **connect with others** and can also give you opportunities to **bond** over a shared activity.

Breakfast Club

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

October 2nd	Waffles
October 9th	Egg Scramble
October 16th	Pancakes
October 23rd	Biscuits and Gravy
October 30th	Chicken Fried Steak



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.

Thank You City of Kennewick!

Meals on Wheels would like to extend out heartfelt gratitude to city of Kennewick for providing us with 100 hygiene and grooming kits for our senior clients! These grooming and hygiene kits will be given to seniors that are in need of such kits.

THANK YOU!



Contact Us

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

MID-COLUMBIA MEALS ON WHEELS

PET PANTRY IS STILL ACCEPTING DONATIONS!

BRING DONATIONS TO:
1824 FOWLER STREET,
RICHLAND WA

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.

LAST DAY FOR FARMER'S MARKET IS OCTOBER 31ST

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



Save the Date!

All sites

OktoberFeast - 10/5 - 10am - 2pm

Congregate Dining Activity - Luau Day- TBD

Pasco

Bingo 1-3pm - 10/2 & 10/16

Karaoke 1-3pm - 10/9 and 10/23

Prosser

Bingo - Wednesdays from 9:00-10:30am

Birthday cupcake day - 10/18 during lunch

This Month in History

October 3, 1863 - President Abraham Lincoln officially issues a proclamation to make the last Thursday in November as Thanksgiving Day.

October 7, 1765 - The Stamp Act was created in New York City with nine colonies protesting the British Stamp Act which signified the first taxing by the British upon the American colonies.

October 8, 1871 - The Great Fire of Chicago was started. Legend has it, a cow kicked over a lantern on DeKoven Street. The fire destroyed 17,450 buildings.

October 11, 1939 - Albert Einstein warned Franklin D. Roosevelt that his theories could allow Nazi Germany to develop an atomic bomb. This led Einstein to suggest that the U.S. developed their own bomb.

October 14, 1912 - Theodore Roosevelt was shot and saved by his overcoat, a glasses case, and a folded piece of paper. He later made a speech with the bullet still lodged in his chest.

October 17, 1777 - British General John Burgoyne and his army of 5,700 surrendered to American forces, which marked the first significant victory for the American forces.

Benton PUD Senior Day 2024

Senior day is October 16th from 9:00 a.m. - 1:00 p.m. in the auditorium in Kennewick and Prosser. Meals on Wheels will have booths in both Prosser and Kennewick. We hope to see you there!



Dietitians Corner

Here are some inexpensive food items that can stretch your grocery budget while still providing nutrition and versatility:

1. **Rice:** Rice is inexpensive and can be used in a wide variety of dishes, from stir-fries to soups. Brown rice offers more fiber, while white rice is quicker to cook.
2. **Dried or Canned Beans and Lentils:** These are excellent sources of protein and fiber and are often much cheaper than meat. They can be used in soups, stews, salads.
3. **Pasta:** Affordable and versatile, pasta can be paired with simple sauces, vegetables, or proteins for filling meals. Whole wheat pasta offers more nutrients for a similar price.
4. **Canned Tomatoes:** Canned tomatoes are budget-friendly and a great base for sauces, soups, and casseroles. They're also rich in vitamins and antioxidants.
5. **Frozen Vegetables:** Frozen veggies are often cheaper than fresh ones and have a long shelf life.
6. **Oats:** A budget-friendly breakfast option, oats are nutritious, filling, and can be used in recipes like oatmeal, granola, or baked goods.
7. **Eggs:** Eggs are a relatively inexpensive source of high-quality protein and take very little preparation time for cooking.
8. **Canned Tuna or Sardines:** These are affordable sources of protein and omega-3 fatty acids. They can be added to salads, sandwiches, or pasta dishes.
9. **Potatoes:** Potatoes are inexpensive and filling, and can be used in various dishes. Sweet potatoes are also nutrient-dense and affordable.
10. **Bananas:** One of the cheapest fresh fruits, bananas are great for snacking, baking, or adding to smoothies.

These items provide a solid base for creating healthy, budget-conscious meals.

Site Spotlight

Kennewick Dining Site Located in the Keewaydin Community Center in downtown Kennewick @ 500 S. Auburn St.

Mid-Columbia Meals on Wheels serves lunch Monday-Friday from 11:30 AM-12:00 PM.

This beautiful community center is a great place to meet friends for lunch, make new friends, and plan time to walk the park, or feed the ducks.

Take a look at the menu and plan a day to have lunch at the Kennewick Dining Site. Site manager Shawna would love to schedule your reservation. Please call 509-585-4241 to schedule your reservation at least 24 hours in advance.



The Funny Bone

Q: Why don't oysters donate to charity?
A: Because they're shellfish.

Ha
Ha
Ha
Ha
Ha
Ha

Q: Why did the coffee file a police report?
A: It got mugged.
Q: Why don't seagulls fly over the bay?
A: Because then they'd be called bagels.

Donor Appreciation

We extend our heartfelt thanks to HUB, Sagewater Financial, Plateau Produce, and DQ Stony Lake Enterprise for their generous contributions to Mid-Columbia Meals on Wheels. Your support directly impacts the lives of seniors in our community, ensuring they receive nutritious meals and the care they deserve. With your donations, we continue to deliver not only food but also companionship and comfort to those who need it most. Thank you for helping us serve with heart!



Sagewater Financial

WE LOVE OUR DONORS

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



FIND 10 DIFFERENCES



The History of Halloween



Halloween dates all the way back to the Celts who lived nearly 2,000 years ago in modern day Ireland. These ancient people celebrated their new year on November 1. This day was the end of summer and harvest and the beginning of the cold and dreadful winter - which in these times was often associated with human death. On October 31st they celebrated Samhain where they would dress up as animals and dance around bonfires in an attempt to tell each other's fortunes. This eventful day was later spread to America where the idea was similar, but the intentions were drastically different.

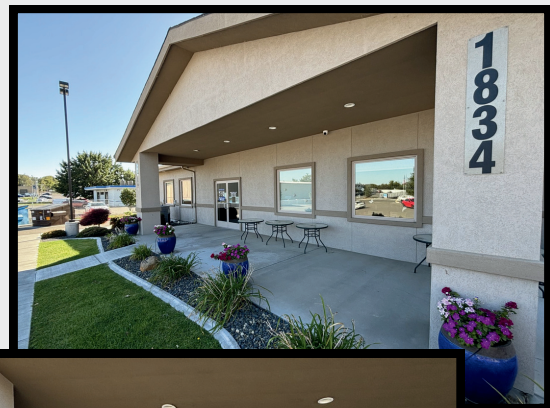
Cafe Dining Site

Come join us for a delicious meal free of charge at our cafe dining sight! Monthly menus can be found in the cafeteria and in the newsletter. Meals are served every Mon-Fri from 11am-1pm with breakfasts being served on Wednesdays from 8-10am. A friendly atmosphere, good food, and great people are just some of the things that one can look forward to when eating at one of our locations! The cafe address is 1834 Fowler St., Richland and is one of our many dining sites. No notice is required at our cafe, so drop by and come hang out with us! Breakfast is sponsored by 3 Rivers Community Foundation.

MID-COLUMBIA



MEALS on WHEELS





Volunteer Spotlight



The ways in which Meals on Wheels' volunteers answer the call for assistance in brightening the lives of local seniors is boundless. On May 4th, 2024, six volunteers and several staff members joined with members of Pasco's Vine Church to plant herbs, vegetable and melon seeds in their beautiful raised garden beds. This wonderful, unique partnership has Vine Church donating the harvest's bounty every Wednesday to Mid-Columbia Meals on Wheels. All summer dedicated Meals on Wheels volunteers have arrived every Wednesday at 7:30 am to pick the vegetables and melons at the garden and deliver the produce to the Fowler Street campus for use in the Café Salad bar, warm vegetable side dishes, and to send home with congregate clients. With community partners like Vine Church and kind, committed volunteers, Mid-Columbia Meals on Wheels continues to innovate and grow its services to local seniors.



Please Welcome Our Newest Volunteers!



Ryan Bodey
Central Kitchen



Derek C
Driver's Assistant



Emily
Cervantes-Simon
Kennewick Driver



Don Harless
Pasco Driver



Lisa Lang
Richland Driver



Nate Stevens
Kennewick Driver



Ron Walls
Richland Driver



Shannon Chiesa
Pasco Driver

THANK YOU!

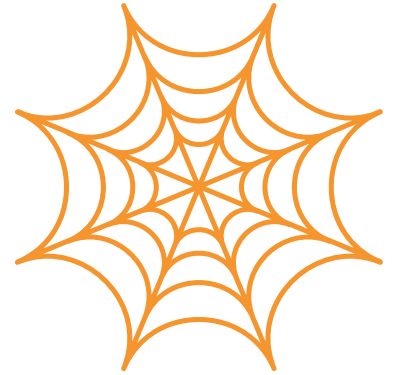


Jackie Stout
Kennewick
Dining Site



FOLLOW THE NUMBERS

Find the path from one flower to the other by following the numbers from 1 to 55.



3	1	2	4	10	13	12	17	23	5	29	51
3	2	9	5	9	10	11	21	19	16	9	50
4	3	6	7	8	26	12	13	14	15	26	49
5	4	5	6	9	4	13	19	41	42	24	48
24	23	22	21	10	15	14	39	40	43	14	47
6	24	4	20	11	16	20	38	9	44	45	46
12	25	5	19	18	17	6	37	20	45	21	3
45	26	27	28	20	12	10	36	37	46	47	11
14	27	4	31	32	33	34	35	10	3	48	22
38	28	29	30	15	8	23	52	51	50	49	33
8	29	30	31	27	30	54	53	7	51	16	28
17	30	31	32	18	22	55	9	13	52	53	25







Mid-Columbia Meals on Wheels

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

OCTOBER 2024

Parkside Menu (Pasco)

MON	TUES	WED	THUR	FRI
	1 Chicken Tinga Mexican Coleslaw Spanish Rice Tostada Fruit, Milk	2 Scrambled Eggs with Peppers Sausage Patty Chuck Wagon Potatoes Bran Muffin Fruit, Milk	3 Chicken Tostada Refried Beans Tossed Salad Fruit Cocktail Fruit, Milk	4 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad Fruit, Milk
7 Chicken Alfredo Italian Vegetables Breadstick Fruit, Milk	8 Pork Mole Mexican Rice Beets Corn Tortilla Fruit, Milk	9 Chili Mixed Vegetables Cornbread Fruit, Milk	10 Chicken w/ Red Sauce Refried Beans Spanish Rice Tossed Salad Corn Tortilla Fruit, Milk	11 Tuna Noodle Casserole Lyonnaisse Carrots Berry Crisp Milk
14 Swiss Steak Mashed Potatoes Garden Vegetables Fruit, Milk	15 Caldo de Pollo Refried Beans Spanish Rice Corn Tortilla Fruit, Milk	16 Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk	17 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	18 Pork w/ Potatoes in Tomatillo Sauce Mixed Vegetables Fruit, Milk
21 Swedish Meatballs Egg Noodles Normandy Vegetables Cookie Milk	22 Fish Tacos Spanish Rice Mexican Coleslaw Corn Tortilla Fruit, Milk	23 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	24 Turkey Mole Mexican Rice Seasoned Peas Corn Tortilla Fruit, Milk	25 Beef Stir Fry Fluffy Rice Asian Vegetables Tossed Salad Fruit, Milk
28 Herbed Chicken Mushroom Gravy Au Gratin Potatoes Tossed Salad Yogurt & Berries Milk	29 Pork Carnitas Mexican Coleslaw Refried Beans Corn Tortilla Fruit, Milk	30 Beef Lasagna Italian Vegetables Caesar Salad Breadstick Fruit, Milk	31 Chicken Fajitas Rice & Beans Flour Tortilla Fruit, Milk	

*Dessert items are served occasionally, and all clients receive the dessert unless they have explicitly indicated that they do not want desserts. We apologize if we inadvertently serve you a dessert in error, and we ask you to please dispose of the item.

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

OCTOBER 2024

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

MON	TUES	WED	THUR	FRI
	1 Chicken Pot Pie Cauliflower with Red Peppers Fruit, Milk	2 Scrambled Eggs with Peppers Sausage Patty Chuck Wagon Potatoes Bran Muffin Fruit, Milk	3 Breaded Chicken Sandwich & Fixings Corn Chowder Broccoli Salad Fruit, Milk	4 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad Fruit, Milk
7 Chicken Alfredo Italian Vegetables Breadstick Fruit, Milk	8 Apple Pork Chop Mashed Sweet Potatoes Seasoned Beets Fruit, Milk	9 Chili Mixed Vegetables Cornbread Fruit, Milk	10 Chicken and Rice Casserole Green Beans Fruit, Milk	11 Tuna Noodle Casserole Lyonnaisse Carrots Berry Crisp Milk
14 Swiss Steak Mashed Potatoes Garden Vegetables Fruit, Milk	15 Cranberry Chicken Confetti Rice Peas & Onions Fruit, Milk	16 Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk	17 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	18 Pulled Pork Sandwich Baked Beans Coleslaw Fruit, Milk
21 Swedish Meatballs Egg Noodles Normandy Vegetables Cookie Milk	22 Lemon Pepper Cod Fluffy Rice Green Peas Fruit, Milk	23 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	24 Roast Turkey w/ Gravy Mashed Potatoes Green Beans Wheat Roll Fruit, Milk	25 Beef Stir Fry Fluffy Rice Asian Vegetables Tossed Salad Fruit, Milk
28 Herbed Chicken Mushroom Gravy Au Gratin Potatoes Tossed Salad Yogurt & Berries Milk	29 Smothered Pork Chop Mashed Potatoes Mixed Vegetables Fruit, Milk	30 Beef Lasagna Italian Vegetables Caesar Salad Breadstick Fruit, Milk	31 Chicken Fajitas Rice & Beans Flour Tortilla 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!