

Wheels In Motion

It is not about us; it is about the people we serve.

NOV 2024

(509) 735-1911

Message from the Director

As we embrace the cooler weather this fall, I want to take a moment to connect with you and remind everyone to stay safe and warm. The changing seasons bring beautiful transformations, but they also remind us to take care of ourselves and each other. Please ensure your homes are cozy and well-heated, and don't forget to bundle up in layers when you step outside. Your well-being is our top priority.

I also want to share that our homebound participants will be receiving additional emergency meals for potential severe weather or unexpected circumstances that implead our ability to deliver meals. These meals are not just about nourishment; they are a gesture of care and community, ensuring that everyone has access to what they need during challenging times.

Lastly, I want to make sure everyone is aware and prepared for the 3 November closures. All Mid-Columbia Meals on Wheels services and dining centers will be closed on November 11th, in observance of Veterans Day. The Meals on Wheels team and I would like to thank and honor our veterans for their service. Services and dining sites will also be closed on the 28th and 29th to celebrate the Thanksgiving holiday. We apologize for any inconveniences this may cause. Extra frozen meals will be distributed, if requested, in advance to accommodate for the 3 closures. Services and centers will resume as usual after these closures. - Steven Davis

The Funny Bone

Q: What do you call a belt of watches?

A: A waist of time.



Q: How do you find Will Smith in the snow?

A: You look for the fresh prints.



Q: Why did the skeleton go to the party alone?

A: He had no body to go with.



Breakfast Club

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

November 6	Waffles
November 13	Egg Scramble
November 20	Pancakes
November 27	Biscuits and Gravy



The History of Thanksgiving

In September of 1620, 102 passengers aboard the Mayflower departed Plymouth, England. They were in search of the "New World." This search was a brutal voyage that lasted 66 days, with them finally dropping anchor near Cape Cod. However, this wasn't their intended destination by any means. Roughly a month later, they crossed the Massachusetts Bay and began working on a village. Even though they had finally landed, during the brutal winter most of the passengers remained on the ship and suffered from many diseases. When spring finally arrived, only half of the passengers were still alive. A few months later, they moved ashore and were greeted by the Native Americans, who shockingly, spoke English. Nearly a week later, a Native American named Squanto greeted them. Squanto taught them how to survive in this new world. When the next fall came, it was time to harvest the corn and other crops. William Bradford organized a feast due to the success of the harvest, where he invited the Native Americans as well. This huge feast and celebration later became known as "Thanksgiving."



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

Advisory Council Spotlight

Nancy was born in Oregon, married in California, and became a mother in Colorado. She moved to Washington in 2001 and started delivering Meals on Wheels in Pasco soon after. She lives in Burbank with her husband and daughter and a cattle dog named Jingo.

Nancy is a member of the advisory council to help improve the program and ensure that the organization remains aligned with its mission and goals.



Contact Us

Senior Life Resources
Mid-Columbia Meals on Wheels

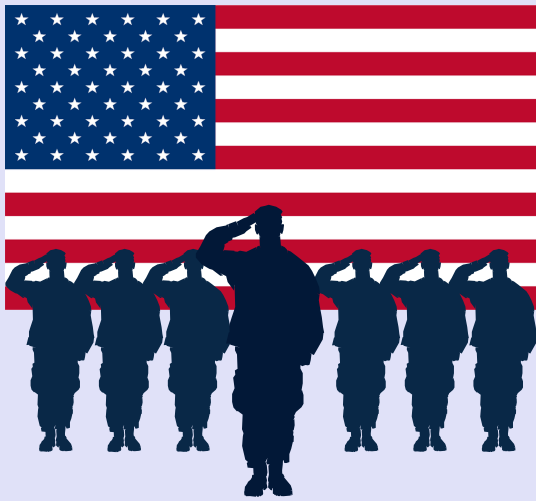
www.seniorliferesources.org

1824 Fowler St, Richland, WA
99352

(509) 735-1911



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.



Thank You Veterans!

Veterans, your dedication and bravery have safeguarded our freedoms and shaped the nation we cherish. Each of you has a unique story, filled with challenges and triumphs, and we are profoundly grateful for your service.

Let us remember to express our appreciation not just on Veterans Day, but every day, for the sacrifices made in the name of duty and honor. Thank you, veterans, for your commitment and your sacrifices. We stand with you in gratitude.



This Month in History

November 1st, 1848 - Harry Truman was targeting in an unsuccessful assassination attempt by two members of a nationalist movement.

November 4th, 1922 - King Tut's tomb was found in Egypt by an archaeologist named Howard Carter. The tomb was intact and contained many priceless items.

November 8th, 1895 - X-rays were first discovered at the University of Wuerzburg by Wilhem Roentgen.

November 12th, 1867 - Mount Vesuvius erupted in Italy, lasting for months.

November 19th, 1493 - Christopher Columbus arrived in Puerto Rico during his second expedition.

November 21st, 1783 - The first hot air balloon flew in Paris. The flight was roughly 25 minutes and carried them 6 miles at a height of around 300ft.

November 26th, 1789 - Thanksgiving, the first American holiday, was created by George Washington.

**WE WILL BE CLOSED ON
VETERANS DAY**



NEW DAILY
Menu
OPTION

Sandwich & Salad combo
Reservation Required

MID-COLUMBIA
MEALS on WHEELS

Make a reservation today at (509) 943-0779
500 Amon Park Rd N, Richland WA 99352

Dietitians Corner

Sweet potatoes can serve as the centerpiece of a satisfying meal due to their versatility, flavor, and nutritional benefits. Whether baked, roasted, or mashed, they provide a filling and nutrient-dense base for both simple and elaborate dishes. Stuffed sweet potatoes are popular, where the soft, roasted flesh is filled with toppings like black beans, quinoa, vegetables, or cheese for a hearty, balanced meal. Sweet potatoes are also packed with fiber, vitamins A and C, and antioxidants. Not a fan of sweet potatoes, feel free to try the recipe with a regular potato!

Stuffed Sweet Potato

This stuffed sweet potato is quick to make and accidentally vegetarian! It makes a tasty, filling, and healthy dinner idea that is so easy to customize with different toppings.

Prep Time: 5 minutes Cook Time: 1hour (less if microwaved) Servings: 1

Ingredients

- 1 medium sweet potato
- 2 tsp olive oil
- 2 ounces red kidney beans
- 1/4 cup cherry tomatoes sliced
- 1/4 small red onion diced
- 1/2 clove garlic minced
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/8 teaspoon chili powder optional
- 2 1/2 teaspoons lime juice
- 1/4 cup guacamole
- 2 tablespoons sour cream

Instructions

- Preheat the oven to 400F.
- Place the sweet potato on a baking tray and poke them all over with a fork. Place it on a baking sheet, brush each potato with oil, and bake for 55-60 minutes, or until tender. (Could cook in the microwave if easy, time may vary. Start with 15 minutes).
- Combine the rest of the ingredients in a bowl and oil, except for the sour cream and guacamole.
- Cut the sweet potato open and shred the flesh inside with a fork.
- Spread the guacamole over each potato, followed by the topping mixture. Spread some sour cream on top and serve warm.

Meals on Wheels Volunteer Appreciation Program

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

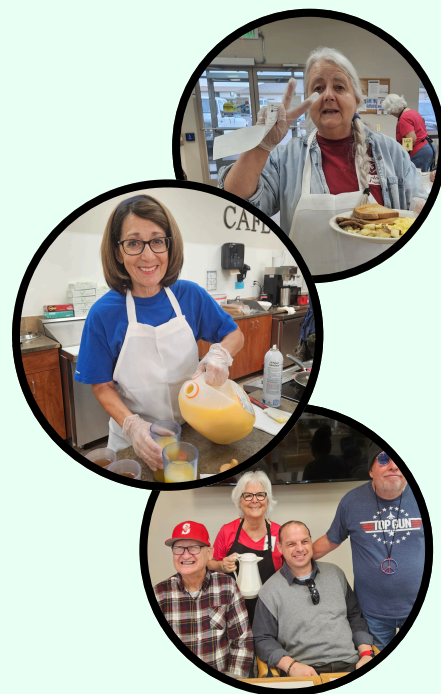
Company	Discount	Location
Les Schwab	Tire Discount	Benton & Franklin Counties
Tap & Barrel	10%	112 Keene Rd. Richland - (509) 987-4561
The Neighbor Cleaners	20% Dry Cleaning Clothes Only	8903 Gage Blvd, Kennewick - (509) 735-7145
Nothing Bundt Cakes	10%	110 Gage Blvd, Richland # 200 - (509) 392-7196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

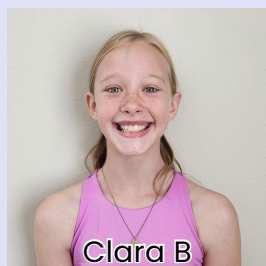
Volunteer Spotlight

Each Wednesday a group of dedicated volunteers arrive at the Café Dining Site, 1834 Fowler Street, Richland, at 7:30 am to prepare for, and serve, clients a delicious, cooked-to-order breakfast, prepared by MCMOW's Food Service Assistant, Orlando Torres. Through a grant from The Three Rivers Community Foundation, breakfast is served Wednesdays 8:00-10:00 am.

It is a joy-filled meal service and the "early rising", kind volunteers help to make this the most popular morning of the week for so many. Meals on Wheels needs additional volunteers to brighten the lives of local seniors. For information on joining the Meals on Wheels volunteer team call (509) 735-1911 or email nhuggins@seniorliferesources.org.

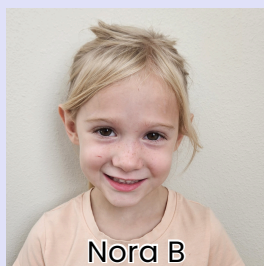


Please Welcome Our Newest Volunteers!



Clara B

Driver's Assistant



Nora B

Driver's Assistant



Joyce Brumfield

Richland Driver



Lisa Johnson

Cafe Driver



Brian Monk

Kennewick Dining Site



An Nguyen

Central Kitchen & Cafe



Mike Pen

Transport Driver



Janice Richardson

Cafe Driver

Truly Grateful for you.



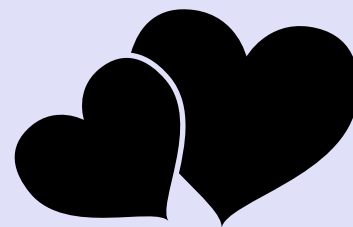
Rita Roberts

Central Kitchen & Cafe



Ray Smith

Pasco Driver



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.

AUTUMN WORD SEARCH



FIND THE WORDS ASSOCIATED TO AUTUMN. THEY MAY BE VERTICAL, HORIZONTAL OR DIAGONAL.

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

SEASONEDTIMES.COM

ACORN

OWL

SQUIRREL

DEER

SCARF

CORN

RAKE

CIDER

SCARECROW

APPLE

PUMPKIN

SUNFLOWER








Mid-Columbia Meals on Wheels

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

NOVEMBER 2024

Parkside Menu (Pasco)

MON	TUES	WED	THUR	FRI
				1 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk
4 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Yogurt & Berries Milk	5 Chicken Tinga Mexican Coleslaw Spanish Rice Tostada Fruit, Milk	6 Sweet & Sour Pork Fluffy Rice Asian Vegetables Fruit, Milk	7 Hamburger Baked Beans Apple Cabbage Slaw Fruit, Milk	8 Turkey Mole Mexican Rice Squash Medley Corn Tortilla Fruit, Milk
11 	12 Conchitas Con Carne Green Beans Corn Tortilla Fruit, Milk	13 Chicken Pot Pie Green Peas Tossed Salad Fruit, Milk	14 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	15 Pork Guisada Red & Green Slaw Peaches Corn Tortilla Fruit, Milk
18 Chicken Alfredo Italian Vegetables Breadstick Fruit, Milk	19 Pork Carnitas Mexican Coleslaw Refried Beans Corn Tortilla Fruit, Milk	20 Chili Mixed Vegetables Cornbread Fruit, Milk	21 Chicken Tostada Refried Beans Tossed Salad Fruit Cocktail Fruit, Milk	22 Tuna Noodle Casserole Lyonnaise Carrots Fruit, Milk
25 Swiss Steak Mashed Potatoes Garden Vegetables Fruit, Milk	26 Chicken w/ Red Sauce Refried Beans Spanish Rice Tossed Salad Corn Tortilla Fruit, Milk	27 Roasted Turkey Mashed Potatoes Gravy, Stuffing Green Beans Cranberry Sauce, Roll Pumpkin Bar*, Milk	28 	29 

*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 St.	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

NOVEMBER 2024

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

MON	TUES	WED	THUR	FRI
				1 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk
4 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Yogurt & Berries Milk	5 Dijon Chicken Sweet Potato Mash Seasoned Beets Fruit, Milk	6 Sweet & Sour Pork Fluffy Rice Asian Vegetables Fruit, Milk	7 Hamburger Baked Beans Apple Cabbage Slaw Fruit, Milk	8 Turkey Tetrazzini Squash Medley Tossed Salad Fruit, Milk
11 	12 Beef Stroganoff Garlic Noodles Green Beans Fruit, Milk	13 Chicken Pot Pie Green Peas Tossed Salad Fruit, Milk	14 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	15 Scrambled Eggs with Peppers Sausage Patty Chuck Wagon Potatoes Bran Muffin Fruit, Milk
18 Chicken Alfredo Italian Vegetables Breadstick Fruit, Milk	19 Apple Pork Chop Mashed Sweet Potatoes Seasoned Beets Fruit, Milk	20 Chili Mixed Vegetables Cornbread Fruit, Milk	21 Chicken and Rice Casserole Green Beans Fruit, Milk	22 Tuna Noodle Casserole Lyonnaisse Carrots Fruit, Milk
25 Swiss Steak Mashed Potatoes Garden Vegetables Fruit, Milk	26 Cranberry Chicken Confetti Rice Peas & Onions Fruit, Milk	27 Roasted Turkey Mashed Potatoes Gravy, Stuffing Green Beans Cranberry Sauce, Roll Pumpkin Bar*, Milk	28 	29 

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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!