



# WHEELS IN MOTION



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

1824 Fowler St., Richland WA, 99352

Office: (509) 735-1911

## Message from the Director

### July is here, and the year is already halfway through!

We've had an exciting year so far—and there's still so much more to come! Our staff and volunteers continue to strive for excellence in serving this amazing community. We're thrilled to see more community members taking advantage of our services. Our dining centers are busier than ever, which is wonderful! We love seeing friendships blossom and rooms filled with smiling faces. We're also serving more Home Delivery participants, and we couldn't do it without our incredible community partners, devoted volunteers, and dedicated staff. Thank you all for making this possible!

### The 2025 Farmers Market Program is off to a great start!

We've received many applications, and we're happy to report that everything has been running smoothly this year. If you're just learning about the program, it provides \$80 in benefits for low-income seniors to use at approved Farmers Markets. To qualify, individuals must be aged 60 or older, meet income guidelines, and live in Benton or Franklin Counties. Applications are available at all of our dining centers, or you can call us at (509) 735-1911 to request one by mail. If you have any questions about the program or how to apply, don't hesitate to reach out.

### Mark your calendars—Oktoberfest is coming!

Our annual Oktoberfest event will take place on October 4th at our campus off Fowler Street. The event features a 5K run (or walk—your choice!), traditional German food, a beer garden, a kid zone, and so much more. We're even bringing back the Dunk Tank this year! Keep an eye out for more information on how to register and other event details. It's going to be a fun-filled day for the whole family!

*-Brian Kinner*



### ABOUT MID-COLUMBIA MEALS ON WHEELS

Mid-Columbia Meals on Wheels serves Benton and Franklin counties. We offer nutritious meals for adults age 60 or older. This service often makes it possible for individuals to remain in their homes with the support of volunteers through meal delivery.

**Home delivered meal service is available** in Tri-Cities, Benton City, & Prosser 5 days a week, Monday through Friday. Connell offers home delivery with meals served Tuesday through Friday. Hot and/or frozen meals are available, up to 7 meals per week for all locations. **Home delivery client eligibility:** 60+ years old, primarily homebound, unable to cook, no meal support.

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 Southeast Washington Aging & Long Term Care Council of Governments, grant sources and private donations.**

## Please Welcome Our Newest Volunteers!

Debra Carlisle



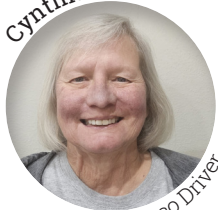
Cafe Driver

Marisol Castillo



Pasco Driver

Cynthia Cox



Pasco Driver

Josh Deluna



Pasco Driver

Carol Flanagan



Kennewick Driver

Susan Hood



Central Kitchen

Cecily Lehmann



Richland Driver

Sharon Mitchell



Cafe Driver

Sharron Wiens



Kennewick Driver

**For information on how to join the incredible volunteer team at Mid-Columbia Meals on Wheels call (509) 735-1911 or email [volunteerprogrammanager@seniorliferesources.org](mailto:volunteerprogrammanager@seniorliferesources.org).**

### Donor Appreciation

Richland, WA - Mid-Columbia Meals on Wheels, a program of Senior Life Resources Northwest, is proud to announce it has been awarded a \$10,000 grant from Battelle, which operates Pacific Northwest National Laboratory (PNNL) in Richland, WA. This generous grant will support the Sustainable Kitchen Project, an initiative aimed at enhancing long-term food preparation infrastructure and efficiency in service to seniors throughout Benton and Franklin counties.

This project is part of the organization's ongoing commitment to nourish lives, reduce food insecurity, and promote independence for seniors by providing reliable, nutritious meals every week - no matter the circumstances.

"We are incredibly grateful for the support from Battelle and PNNL," said Brandy Hickey, Executive Director of Senior Life Resources Northwest. "This funding strengthens our ability to meet growing needs and ensures our kitchen operations can remain resilient and sustainable for years to come."

The Sustainable Kitchen Project will focus on improving equipment, processes, and food sourcing methods that promote long-term sustainability while maintaining the high quality of service Mid-Columbia Meals on Wheels is known for.

For more information about Senior Life Resources Northwest or to support Mid-Columbia Meals on Wheels, please visit: [www.seniorliferesources.org](http://www.seniorliferesources.org)

### Save the Date!

All sites - July 4th - **CLOSED**

**All sites, all month** - Share a story or memory of your favorite 4th of July celebration. Or, if you are a veteran, share why the holiday is important to you.

**The Keewaydin Community Center will be closed for in person dining Thursday, July 10th.**





# GAME DAY!

**IN PROSSER**

At 1231 Dudley Ave

# PLINKO

**JULY  
17TH**

**Games**  
10-12 PM

**Lunch**  
11:30 - 12 PM

PRIZES, GIFTS CARDS, AND MORE

Please RSVP 24 Hrs. Prior to Site Lead Karin

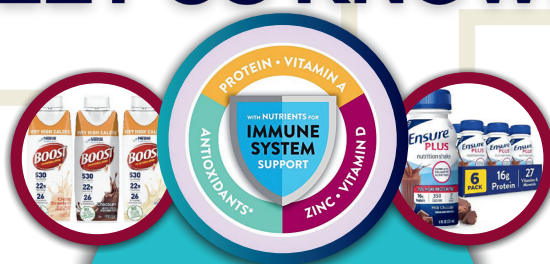
(509) 786-1148

**AGE 60+ IS NO COST, UNDER 60 \$9.25**



**Prosser**  
**United Good Neighbors**  
*Game Day Sponsor*

**NEED BOOST OR ENSURE?**  
**LET US KNOW!**



**Call Us: 509-735-1911**



## Volunteer Spotlight

We're thrilled to recognize HMIS as this month's Volunteer Spotlight! Through their employee volunteer program, this incredible team has shown how companies can be powerful forces for good.

From delivering meals to sponsoring our very own Oktober Feast, the employees of HMIS consistently go above and beyond to support our mission and uplift our community. Studies show that companies that prioritize social responsibility see increased employee engagement, stronger team morale, and deeper connections with their communities. In fact, according to Deloitte, 89% of working Americans believe companies that sponsor volunteer activities offer a better overall working environment.

HMIS is a shining example of this. Their culture of giving back creates real-world impact — and it shows.

So far, HMIS employees have taken on 3+ delivery routes with us, making a difference in the lives of seniors in our community.

We're grateful for the heart, energy, and commitment of every HMIS volunteer. Thank you for standing with us and helping build a better future — one volunteer shift at a time.

## Mid-Columbia Meals on Wheels Pet Pantry

Are your dogs or cats needing food assistance? Meals on Wheels offers pet support through our Pet Pantry. If you are needing or would like to donate food, please call our main office: (509) 735-1911.

## Dietician's Corner

As temperatures rise this summer, you might find yourself with less energy or motivation to cook. These no-cook meal ideas are nutritious, easy to prepare, and perfect for hot days or when you just need something simple.

### Tuna or Chicken Salad Plate

Mix canned tuna or canned chicken with Greek yogurt or mayo, celery, and a dash of mustard. Serve with whole-grain crackers, sliced tomatoes, and fruit.

### Cottage Cheese Bowl

Top cottage cheese with fresh fruit (peaches, berries) or sliced cucumber and cherry tomatoes. Add a handful of nuts or sunflower seeds for crunch.

### Egg Salad on Whole Wheat Bread or Lettuce Wraps

Use store-bought eggs (available at most stores) or boil your own. Add finely chopped celery and a bit of mayo or mashed avocado.

### Peanut Butter & Banana Sandwich

On whole grain bread or rice cakes. Pair with a glass of milk or fortified plant-based milk.

### Hummus & Veggie Plate

Hummus with sliced cucumbers, carrots, bell peppers, and cherry tomatoes. Add pita wedges or whole grain crackers.

### Greek Yogurt Parfait

Layer plain or vanilla yogurt with fruit and a sprinkle of granola or oats. Add chia seeds or flaxseeds for fiber.

### Cheese, Fruit & Nut Plate

Soft cheeses (like mozzarella or cheddar), grapes or apple slices, and almonds or walnuts. Add whole grain crackers for more substance.

These ideas prioritize fiber, protein, and ease of preparation, with options that can be tailored to personal preferences or dietary needs.

## Volunteer Appreciation Program

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

All participating locations are listed below.

Company & Participating Location	Discount
<b>Les Schwab</b> Benton & Franklin Counties	Tire Discount
<b>Tap &amp; Barrel</b> 112 Keene Rd Richland (509) 987-4561	10%
<b>Nothing Bundt Cakes</b> 110 Gage Blvd, #200 Richland (509) 392-7196	10%
<b>Sub Zero Nitrogen Ice Cream</b> 321 N Columbia Center Blvd Kennewick (509) 396-9402	20%

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



## AFTER CARE:

### AFTER GETTING YOUR VACCINE, YOU MIGHT FEEL:

- Fatigue
- Slight fever
- Soreness at injection site

### TIPS FOR HANDLING HOW YOU FEEL AFTER GETTING A VACCINE:

- Over the counter Tylenol
- Cool compress
- Lukewarm bath

An allergic reaction could occur after the vaccinated person leaves the clinic. If you see signs of a severe allergic reaction (hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, or weakness), call 9-1-1 and get the person to the nearest hospital.

For other signs that concern you, call your health care provider.

## RESOURCES

YOUR FIRST STOP WHEN IT COMES TO VACCINE HEALTH IS TO ASK YOUR HEALTH CARE PROVIDER.

## RSV, FLU & COVID - 19 VACCINE INFORMATION

### WE ENCOURAGE YOU TO VISIT THE FOLLOWING WEBSITES WHEN YOU HAVE QUESTIONS:

#### WHAT VACCINES DO I NEED?



stayintheloop.org

#### GET THE FACTS: CREDIBLE VACCINE INFORMATION FOR FAMILIES, FROM FAMILIES.



www.voicesforvaccines.org

#### VACCINE SCHEDULES & RESOURCES



www.bfhd.wa.gov

#### FOR ADDITIONAL DETAILS ON VACCINES, PLEASE VISIT THE FOLLOWING WEBSITES:

doh.wa.gov

www.fda.gov

www.cdc.gov

www.immunize.org



### Benton-Franklin Health District BFHD HEALTH CLINIC



WWW.BFHD.WA.GOV  
7102 W. Okanogan Place  
Kennewick, WA 99336  
509.460.4200

## Covid-19

COVID-19 vaccine can prevent COVID-19 disease. Vaccination can help reduce the severity of COVID-19 disease if you get sick.

If an infected person has symptoms, they may appear **2 to 14 days after exposure** to the virus.

**Symptoms Include:** fever or chills, cough, shortness of breath or difficulty breathing, fatigue (tiredness), muscle or body aches, headache.

**Older adults and people with certain underlying medical conditions (like heart or lung disease or diabetes) are more likely to get very sick from COVID-19**

#### Covid-19 Vaccine Updates: CDC recommends

Covid-19 vaccine is recommended for **everyone 6 months of age and older**



## RSV

RSV vaccine can prevent lower respiratory tract disease caused by **respiratory syncytial virus (RSV)**. RSV is a common respiratory virus that usually causes mild, cold-like symptoms.

**RSV can cause illness in people of all ages but may be especially serious for infants and older adults.**

**Symptoms include:** runny nose, decrease in appetite, coughing, sneezing, fever, or wheezing. In very **young infants symptoms** include fussiness, decreased activity, or pauses in breathing for more than 10 seconds

#### RSV Vaccine Updates: CDC recommends

- **Adults 60 years of age and older** have the option to receive a single dose of RSV vaccine, based on discussions between the patient and their health care provider.
- Single dose of RSV vaccine for **pregnant people from week 32 through week 36 of pregnancy** for the prevention of RSV disease in infants under 6 months of age.

## FLU

Influenza vaccine can prevent influenza (flu). Flu is a **contagious disease** that spreads around the United States every year, usually **between October and May**.

#### Symptoms Include:

fever and chills, sore throat, muscle aches, fatigue, cough, headache, and runny or stuffy nose. Some people may have vomiting and diarrhea, though this is more common in children than adults

**In an average year, thousands of people in the United States die from flu, and many more are hospitalized. Flu vaccine prevents millions of illnesses and flu related visits to the doctor each year.**

#### Flu Vaccine Updates: CDC recommends

- **Everyone 6 months and older get vaccinated every flu season.** Children 6 months through 8 years of age may need 2 doses during a single flu season. Everyone else needs only 1 dose each flu season.



# 4<sup>TH</sup> OF JULY

## WORD SEARCH

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

America	Fireworks	Independence	Red	United
Blue	Flag	July	Sparklers	White
Britain	Fourth	Liberty	Stars	
Celebrate	Freedom	Parade	Stripes	
Declaration	Holiday	Picnic	Summer	

### Breakfast Club

Wednesdays at the Café

1834 Fowler St, Richland

8:00 AM - 10:00 AM

POWERED BY:



July 2nd - Chicken Fried Steak

July 9th - Waffles

July 16th - Egg Scramble



July 23rd - Pancakes

# JULY MENU

Pasco Ray Pfleuger Center (Parkside)

253 Margaret St, Pasco | (509) 545-2169

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

MON	TUES	WED	THUR	FRI
	1 Chicken w/ Red Sauce Refried Beans Spanish Rice Tossed Salad Corn Tortilla Fruit, Milk	2 Sloppy Joes Mixed Vegetables Coleslaw Rainbow Sherbet* Fruit, Milk	3 Pork Mole Mexican Rice Seasoned Corn Corn Tortilla Fruit, Milk	4 
7 Spaghetti & Meat Sauce Green Beans Breadstick Fruit, Milk	8 Fish Tacos Spanish Rice Mexican Coleslaw Corn Tortilla Fruit, Milk	9 Chicken Chop Salad Salad Greens Carrot Sticks Fruit, Milk	10 Beef Soup Green Beans Flour Tortilla Fruit, Milk	11 Roast Turkey w/ Gravy Mashed Potatoes Green Beans Wheat Roll Fruit, Milk
14 Sweet & Sour Chicken Brown Rice Asian Vegetables Fruit, Milk	15 Conchitas Con Carne Mixed Vegetables Corn Tortilla Fruit, Milk	16 Tuna Noodle Casserole Lyonnais Carrots Fruit, Milk	17 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream* Milk, Fruit	18 Caldo de Pollo Refried Beans Spanish Rice Corn Tortilla Fruit, Milk
21 Macaroni & Cheese Sausage Patty Garden Vegetables Tossed Salad Fruit, Milk	22 Chicken Tostada Refried Beans Tossed Salad Fruit Cocktail Fruit, Milk	23 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad Fruit, Milk	24 Turkey Mole Mexican Rice Broccoli Corn Tortilla Fruit, Milk	25 Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk
28 Swedish Meatballs Egg Noodles Normandy Vegetables Cookie* Fruit, Milk	29 Pork Carnitas Mexican Coleslaw Refried Beans Corn Tortilla Fruit, Milk	30 Teriyaki Chicken Fluffy Rice Asian Vegetables Frosted Cake* Milk	30 Beef & Bean Burrito Spanish Rice Mexican Coleslaw Fruit, Milk	



\*Dessert items are served occasionally, and all clients will receive them unless they have specifically requested not to. If a dessert is served to you in error, we apologize and kindly ask that you dispose of the item.



**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.

**Home Delivery Client Eligibility:** 60+ years old, primarily homebound, unable to cook, and no meal support at home.

*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.*


**Meal Guidelines and Food Safety:** Please note, we cannot accommodate specialized or allergy-specific diets. If needed, a frozen meal can be provided with advance notice. Meals on Wheels is not responsible for the safety or quality once a meal leaves our care. Leftovers should be refrigerated immediately and eaten within 2 days for freshness. *Thank you and enjoy!*

# JULY MENU

## Mid-Columbia Meals on Wheels

Dine-In meals require 24-hour advanced reservation.

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

MON	TUES	WED	THUR	FRI
	1 Cranberry Chicken Confetti Rice Peas & Onions Fruit, Milk	2 Sloppy Joes Mixed Vegetables Coleslaw Rainbow Sherbet* Fruit, Milk	3 Roast Pork with Gravy Mashed Potatoes Steamed Beets Fruit, Milk	4 
7 Spaghetti & Meat Sauce Green Beans Breadstick Fruit, Milk	8 Baked Cod w/Dill Sauce Herbed Potatoes Squash Medley Fruit, Milk	9 Chicken Chop Salad Salad Greens Carrot Sticks Fruit, Milk	10 Three Bean Chili Chuckwagon Corn Cornbread Fruit, Milk	11 Roast Turkey w/ Gravy Mashed Potatoes Green Beans Wheat Roll Fruit, Milk
14 Sweet & Sour Chicken Brown Rice Asian Vegetables Fruit, Milk	15 Meatloaf Mashed Potatoes Brown Gravy Mixed Vegetables Fruit, Milk	16 Tuna Noodle Casserole Lyonnaise Carrots Fruit, Milk	17 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream* Fruit, Milk	18 Chicken Caesar Salad Breadstick Cottage Cheese & Pineapple Milk
21 Macaroni & Cheese Sausage Patty Garden Vegetables Tossed Salad Fruit, Milk	22 Chicken Pot Pie Cauliflower & Red Pepper Fruit, Milk	23 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad Fruit, Milk	24 Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk	25 Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk
28 Swedish Meatballs Egg Noodles Normandy Vegetables Cookie* Fruit, Milk	29 Apple Pork Chop Mashed Sweet Potatoes Mixed Vegetables Fruit, Milk	30 Teriyaki Chicken Fluffy Rice Asian Vegetables Frosted Cake* Milk	31 Cheese & Beef Pasta Green Beans Tossed Salad Breadstick Fruit, Milk	



\*Dessert items are served occasionally, and all clients will receive them unless they have specifically requested not to. If a dessert is served to you in error, we apologize and kindly ask that you dispose of the item.

**Congregate Dining Sites | Meals served daily at 11:30 AM, Monday- Friday, upon advanced reservation.**

### Meals on Wheels Cafe

Hours: 11:00 AM-1:00 PM

1834 Fowler St

(509) 736-0045

No reservation required

### Richland Community Center

500 Amon Park Dr

(509) 943-0779

### Kennewick

500 S Auburn St

(509) 585-4241

### Pasco First Avenue Center

505 N 1st Ave

(509) 543-5706

### Prosser Community Center

1231 Dudley

(509) 786-1148

### Benton City

Desert Rose Complex

510 14th St

(509) 588-3094

### Connell Community Center

Open Tuesday - Friday

211 E Elm

(509) 234-0766

### Pasco Ray Pfleuger Center

235 Margaret St.

(509) 545-2169