



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

Summer is flying by, and the days have been HOT!

But the heat hasn't slowed us down we're busier than ever! As temperatures rise, so has the number of people utilizing our services, which is fantastic. However, with more clients to serve, we need more volunteers to keep everything running smoothly. If you or someone you know have a little extra time, check out the volunteer opportunities below:

Transporter: help package, load, and deliver meals from our Central Kitchen to one of our dining centers.

Monday – Richland Transporter, report time: 8:30 a.m.

Drive one of our Meals on Wheels vans filled with the day's meals and supplies.

Typical shift: 2.5 hours

Wednesday – Connell Transporter, report time: 9:45 a.m.

Drive our Subaru Outback to deliver meals to Connell.

Typical shift: 2 hours

Route Driver

We currently have 11 open routes!

Report time: 10:30 a.m.

Use your own vehicle to deliver meals directly to clients' homes.

Typical shift: 2 hours

Dining Site Server

Help serve meals at one of our Dining Centers.

Report times vary by location.

Typical shift: 1.5 hours

Substitute

Can't commit to a regular shift? Join our substitute list! We need subs for routes, serving, packaging, and transport. Let us know if you'd like to be added. If you're available to help with any of these roles, please contact our Volunteer Program Manager, Janine Jackson, at 509-735-1911 or volunteerprogrammanager@seniorliferesources.org.

We are endlessly grateful for our volunteers. Without you, we simply couldn't serve so many people in our community. THANK YOU!

Brian Kinner



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.

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.

Please Welcome Our Newest Volunteers!

Linda Pischel



Central Kitchen

Victoria Bright



Pasco Driver

Stephanie Rehfield



Richland Driver

Thomas Lindholm



Pasco Driver

Dustin Hemperly



Richland Driver

Melissa Herron



Richland Driver

Katie Blacketter



Pasco Driver

Jennie Williams



Pasco Driver

Jessica Lopez



Richland 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.

Donor Appreciation

Mid-Columbia Meals on Wheels extends our heartfelt thanks to Hanford Mission Integration Solutions (HMIS) for their generous donation to our program. HMIS has also donated their time and effort into delivering meals to homebound seniors across two different counties. Support like yours plays a vital role in helping us continue to serve seniors in our community. Your contribution directly impacts the lives of those we serve by ensuring they receive not only nutritious meals, but also the companionship and care they deserve. Thanks to your generosity, we are able to continue delivering more than just food. We bring comfort, connection, and compassion to those who need it most. Thank you, HMIS, for helping us serve our seniors with dignity and dedication.



Save the Date!

August 6th - National Root beer float day - All congregate diners are welcome to enjoy a special treat to beat the heat on August 6th by celebrating National Root Beer Float Day!

Volunteer Spotlight

Every Wednesday, the Richland Meals on Wheels site is a little brighter thanks to Joanie Seip. Faithfully serving in the kitchen each week, Joanie brings not only her helping hands but also her beautiful spirit and even her own floral arrangements to share with our congregate clients. Her thoughtful touches never go unnoticed.

Joanie approaches every task with quiet excellence, whether she's pouring milk with care for a client or scrubbing coffee stains off mugs to keep things shining. No detail is too small, and her heart for service is evident in everything she does.

As one team member shared, "She is a woman whose worth is far above rubies." We couldn't agree more.

We are deeply thankful for Joanie and all she contributes to the Richland site. Her dedication, warmth, and personal touch make a lasting impact on everyone she meets.

Thank you, Joanie!

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

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

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 we get older, our sense of thirst decreases, making it easy to forget to drink enough water. But staying hydrated is essential; it helps keep your energy up, supports digestion, and can even reduce the risk of urinary tract infections and confusion.

Tips to Stay Hydrated:

Aim for 6–8 cups of fluid daily. Water is best, but other beverages like tea, coffee, milk, and juice count as well.

Eat water-rich foods like cucumbers, melons, and oranges. Keep a water bottle nearby as a reminder to sip throughout the day. If you're taking medications like diuretics, ask your doctor if you need to drink extra fluids. Most people don't need special hydration powders as many are high in sodium and not necessary for everyday use.

Try This Refreshing Hydration Booster:

Cucumber-Mint Water

Ingredients:

½ cucumber, thinly sliced

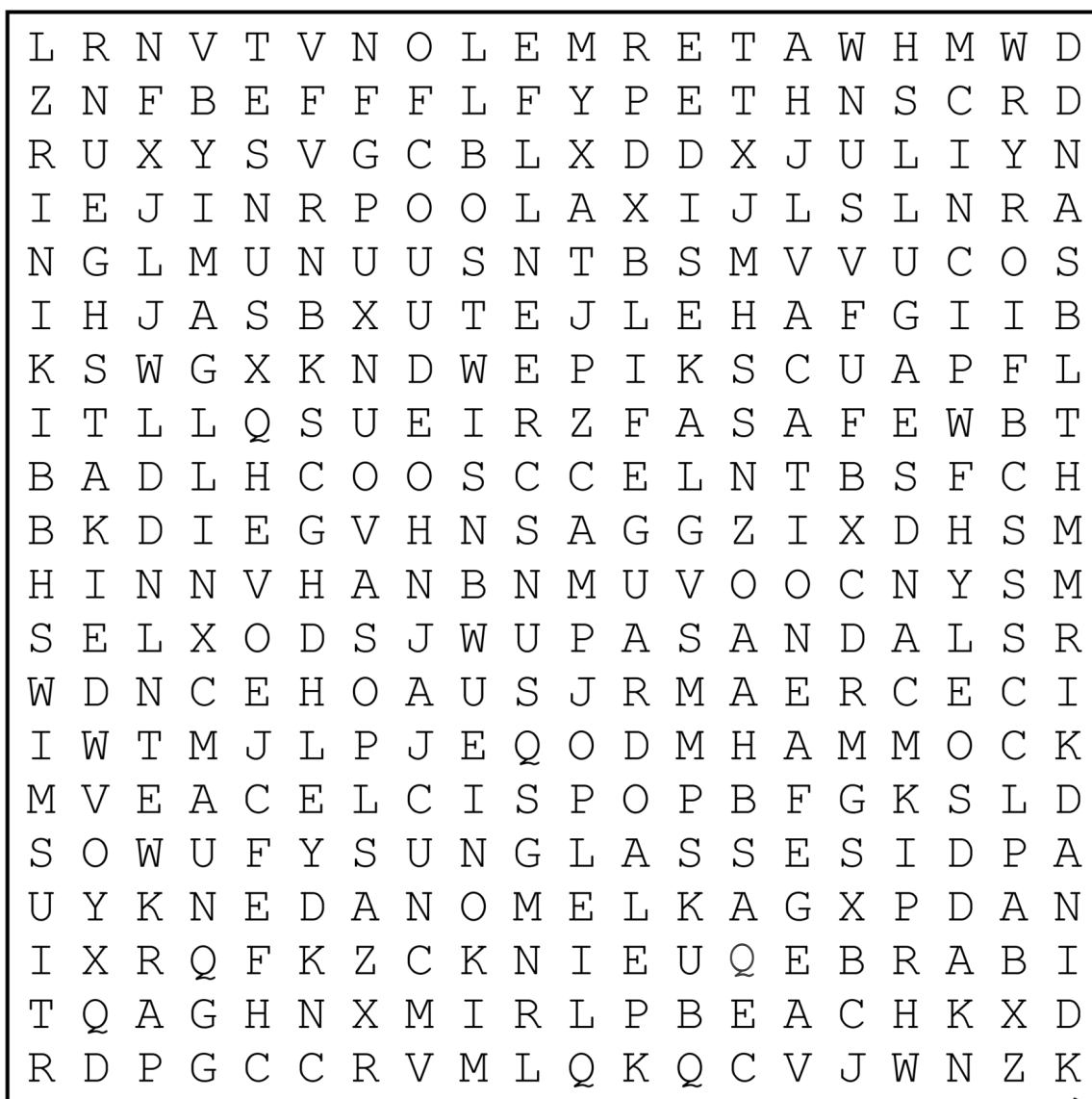
A few fresh mint leaves

4 cups cold water

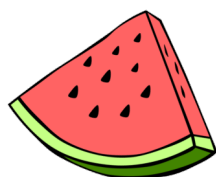
Optional: lemon slices or berries

Instructions:

Add cucumber and mint to a pitcher of cold water. Let sit in the fridge for at least 30 minutes to infuse. Enjoy throughout the day for a flavorful, refreshing twist!



Word list:



BARBEQUE
BASEBALL
BEACH
BIKINI
CAMP
HAMMOCK
ICECREAM

LAKESIDE
LEMONADE
LIFEGUARD
PARK
PICNIC
POOL
POPSICLE

RELAX
SAND
SANDALS
SEAGULLS
SEASHELLS
SHADE
SUN

SUNSET
SUNGLASSES
SUNSCREEN
SUNSHINE
SWIMSUIT
VACATION
WATERMELON

**Breakfast Club**

Wednesdays at the Café

1834 Fowler St, Richland

8:00 AM - 10:00 AM

POWERED BY:



August 6 - Biscuits and Gravy

August 13 - Chicken Fried Steak

August 20 - Waffles

August 27 - Egg Scramble

AUGUST 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 Salad Sandwich Pea & Cheese Salad Fruit, Milk
4 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	5 Beef & Bean Burrito Spanish Rice Mexican Coleslaw Fruit, Milk	6 Chef Salad Ranch Dressing Wheat Roll Pineapple Milk	7 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk	8 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Cookie*, Milk
11 Turkey Tetrazzini Green Peas Tossed Salad Fruit, Milk	12 Chicken Tinga Mexican Coleslaw Spanish Rice Tostada Fruit, Milk	13 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk	14 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	15 Tuna Tostada Mexican Rice Seasoned Carrots Tossed Salad Fruit, Milk
18 Spaghetti & Meat Sauce Green Beans Breadstick Fruit, Milk	19 Fish Tacos Spanish Rice Mexican Coleslaw Corn Tortilla Fruit, Milk	20 Chicken Chop Salad Salad Greens Carrot Sticks Fruit, Milk	21 Mexican Meatball Soup Refried Beans Corn Tortilla Fruit, Milk	22 Roast Turkey w/ Gravy Mashed Potatoes Green Beans Wheat Roll Fruit, Milk
25 Sweet & Sour Chicken Brown Rice Asian Vegetables Fruit, Milk	26 Conchitas Con Carne Green Beans Corn Tortilla Fruit, Milk	27 Tuna Noodle Casserole Lyonnais Carrots Cake* Milk	28 Hamburger Baked Beans Apple Cabbage Slaw Fruit, Milk	29 Chicken Tostada Refried Beans Tossed Salad Pineapple 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!*

AUGUST 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 Chicken Salad Sandwich Pea & Cheese Salad Fruit, Milk
4 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	5 Beef Stroganoff Garlic Noodles Green Beans Fruit, Milk	6 Chef Salad Ranch Dressing Wheat Roll Pineapple Milk	7 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk	8 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Cookie*, Milk
11 Turkey Tetrzzini Green Peas Tossed Salad Fruit, Milk	12 Cranberry Chicken Confetti Rice Peas & Onions Fruit, Milk	13 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk	14 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	15 Tuna Pasta Salad Broccoli Salad Crackers Fruit, Milk
18 Spaghetti & Meat Sauce Green Beans Breadstick Fruit, Milk	19 Baked Cod w/Dill Sauce Herbed Potatoes Squash Medley Fruit, Milk	20 Chicken Chop Salad Salad Greens Carrot Sticks Fruit, Milk	21 Three Bean Chili Chuckwagon Corn Cornbread Fruit, Milk	22 Roast Turkey w/ Gravy Mashed Potatoes Green Beans Wheat Roll Fruit, Milk
25 Sweet & Sour Chicken Brown Rice Asian Vegetables Fruit, Milk	26 Meatloaf Mashed Potatoes Brown Gravy Mixed Vegetables Fruit, Milk	27 Tuna Noodle Casserole Lyonnaise Carrots Cake* Milk	28 Hamburger Baked Beans Apple Cabbage Slaw Fruit, Milk	29 Chicken Caesar Salad Breadstick Cottage Cheese & Pineapple Milk



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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