



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

As summer winds down, we're counting down the days to our annual OktoberFeast celebration! This year's event will be held on October 4th, and we are deeply grateful to HMIS and the many other generous supporters who make it possible. OktoberFeast is both family, and pet-friendly, so bring the whole crew. We can't wait to see you there!

Labor Day is coming up on September 1st, a day to honor the countless contributions workers have made to America. At Mid-Columbia Meals on Wheels, we feel privileged to serve thousands of clients who spent their careers strengthening not just our community, but our nation as a whole. We thank you for your dedication and service!

Round Table Pizza is hosting Pizza Night with a Purpose on September 1st from 4pm to 8pm at 1769 Leslie Rd. Join us for a delicious slice (or two) and help us serve even more seniors in our community.

We close twice each year for mandatory staff training. Our next training closure will be on September 25th. Home delivery participants will automatically receive a frozen meal in advance.

In October, we'll be distributing our annual client survey. This important tool helps us gather valuable feedback so we can evaluate our services and adapt to changing needs. If you receive a survey, please take a few minutes to complete it. Your input makes a real difference.

-Brian Kinner

SAT OCTOBER 4 | 10AM - 2PM

OktoberFeast
Still Outrunning Senior Hunger

OKTOBER FEAST
Family Friendly, Fun Run, Food & Biergarten

2600 N COLUMBIA CENTER BLVD - RICHLAND

PRESENTED BY

HMIS
HANFORD MISSION INTEGRATION SOLUTIONS



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.

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

Please Welcome Our Newest Volunteers!



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

Thank you, Tri-CU!

We are incredibly grateful to Tri-CU for their generous donation and ongoing support of Mid-Columbia Meals on Wheels. Not only have they contributed financially, but their team has also volunteered with us for nearly 8 years, delivering meals, smiles, and compassion to the seniors in our community. Their commitment truly makes a difference. Thank you, Tri-CU, for being such a valued partner to us and our community.



This Month in History

September 2, 1666 - The Great Fire of London started in a Bakery. Within 3 days, over 13,000 houses were destroyed. It was believed that only 6 lives were lost in this fire.

September 3, 1838 - Frederick Douglass escaped from slavery by boarding a train dressed as a sailor. He would later find protection in the Underground Railway.

September 11, 2001 - The worst terrorist attack in the U.S. occurred. Four passenger planes were hijacked, with two hitting the twin towers one crashing into the Pentagon, and one crashing into a field in Pennsylvania.

September 16, 1810 - The Mayflower departed for America with its 102 passengers and small crew.

September 28, 1542 - Juan Rodriguez Cabrillo discovered California while arriving in San Diego Bay.

Save the Date!

September 1 - Labor Day - **CLOSED**

September 1 - Round Table Fundraiser from 4:00-8 pm. Join us for pizza to help serve seniors in our community.

September 15-19th - Fan-Mania Event week. Show off or represent your favorite football team during this week to be entered into the drawing for a prize bag.

September 25 - **CLOSED** for all staff training.

Volunteer Spotlight

If you've spent any time in our Meals on Wheels kitchen lately, chances are you've been greeted with a big smile and a cheerful hello from Ryan Bodey. For the past year, Ryan has been a valued member of our volunteer team, working diligently on the packaging line two days a week—and always ready to lend a hand when extra help is needed.

Whether it's responding quickly to a call for volunteers or simply bringing positive energy to the kitchen, Ryan is someone we can always count on. He takes the time to learn the names of fellow volunteers and staff, and he makes a point of greeting everyone with genuine warmth. His friendliness and dedication make the kitchen a better place for everyone.

Beyond his helpful spirit and hard work, it's always a joy to chat with Ryan about his love for cartoon shows—especially SpongeBob SquarePants! His enthusiasm is infectious, and his conversations often bring a smile to those around him.

Thank you, Ryan, for being such a dependable, kind-hearted, and fun part of the Meals on Wheels family. We're lucky to have you on the team!



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.

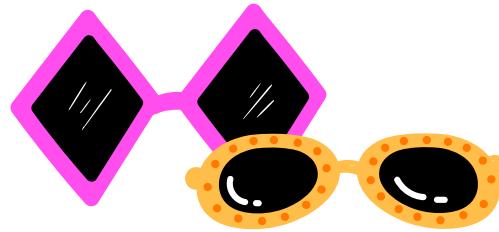
Dietitian's Corner

Which spread is better for my heart; butter or margarine?

This question can be complicated to answer. It's typically best to assess an individual's diet and then come to a decision. Individualized nutrition is not always possible, so let's compare the two products. Margarine is a blend of oils that are mostly unsaturated fat. Butter is made from cream or milk. The type of fat found in animal products, such as cream, is mostly saturated fat. Replacing saturated fat with unsaturated fat may lower the risk of cardiovascular disease. Fat in plant oils lowers total cholesterol and low-density lipoprotein cholesterol, or "bad" cholesterol, when it takes the place of saturated fat. The finding is very strong for oils made mostly of polyunsaturated fats, such as soybean oil, when they replace saturated fat. But some margarines are better than others. Depending on the oils and the recipe, margarines have different amounts of saturated fat, salt and vitamins. The more solid the margarine, the more saturated fat it has. Stick margarines often have more saturated fat than tub margarines. So skip the stick and choose soft or liquid margarine instead. Look for a spread that has the least amount of saturated fat. The best choice is to find one with less than 10% of the daily value for saturated fat. You can find this on the nutrition facts label. You also can check labels to see which spread has the least amount of salt. Whichever product you choose, it's usually best to limit the amount of margarine or butter you use to limit the calories.

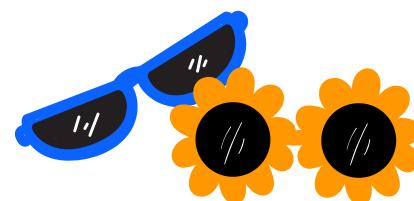
Adapted from the Mayo Clinic website, April 2025.

SUMMER ATTIRE WORD SEARCH



SEASONTIMES.COM

HAT	DRESS	SHORTS	FLIP-FLOPS
CAP	BIKINI	T-SHIRT	BATHING SUIT
SKIRT	TRUNKS	SANDALS	SUNGASSES



Breakfast Club

Wednesdays at the Café

1834 Fowler St, Richland

8:00 AM - 10:00 AM

POWERED BY:
 3 RIVERS
COMMUNITY FOUNDATION

September 3rd - Biscuits and Gravy

September 10th - Chicken Fried Steak

September 17th - Waffles

September 24th - Egg Scramble

SEPTEMBER 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 	2 Chicken w/ Red Sauce Refried Beans Spanish Rice Tossed Salad Corn Tortilla Fruit, Milk	3 Macaroni & Cheese Sausage Patty Garden Vegetables Tossed Salad Fruit, Milk	4 Turkey Mole Mexican Rice Broccoli Corn Tortilla Fruit, Milk	5 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad Fruit, Milk
8 Swedish Meatballs Egg Noodles Normandy Vegetables Fruit, Milk	9 Pork w/ Potatoes in Tomatillo Sauce Mixed Vegetables Fruit, Milk	10 Teriyaki Chicken Fluffy Rice Asian Vegetables Fruit, Milk Oat Bar*	11 Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk	12 Chicken Salad Sandwich Pea & Cheese Salad Fruit, Milk
15 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	16 Beef Soup Green Beans Flour Tortilla Fruit, Milk	17 Chef Salad Ranch Dressing Wheat Roll Pineapple Milk	18 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Fruit, Milk Ice Cream*	19 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk
22 Turkey Tetrazzini Green Peas Tossed Salad Fruit, Milk	23 Caldo de Pollo Refried Beans Spanish Rice Corn Tortilla Fruit, Milk	24 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk	25 	26 Pork Guisada Red & Green Slaw Peaches Corn Tortilla Fruit, Milk Cookie*
29 Spaghetti & Meat Sauce Green Beans Breadstick Fruit, Milk	30 Fish Tacos Spanish Rice Mexican Coleslaw Corn Tortilla 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. We deliver meals in Connell on Tuesdays, with only frozen meals being available. 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!

SEPTEMBER 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 	2 Chicken Pot Pie Cauliflower & Red Pepper Fruit, Milk	3 Macaroni & Cheese Sausage Patty Garden Vegetables Tossed Salad Fruit, Milk	4 Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk	5 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad Fruit, Milk
8 Swedish Meatballs Egg Noodles Normandy Vegetables Fruit, Milk	9 Apple Pork Chop Mashed Sweet Potatoes Mixed Vegetables Fruit, Milk	10 Teriyaki Chicken Fluffy Rice Asian Vegetables Fruit, Milk Oat Bar*	11 Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk	12 Chicken Salad Sandwich Pea & Cheese Salad Fruit, Milk
15 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	16 Beef Stroganoff Garlic Noodles Green Beans Fruit, Milk	17 Chef Salad Ranch Dressing Wheat Roll Pineapple Milk	18 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Fruit, Milk Ice Cream*	19 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk
22 Turkey Tetrazzini Green Peas Tossed Salad Fruit, Milk	23 Cranberry Chicken Confetti Rice Peas & Onions Fruit, Milk	24 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk	25 	26 Tuna Pasta Salad Broccoli Salad Crackers Fruit, Milk Cookie*
29 Spaghetti & Meat Sauce Green Beans Breadstick Fruit, Milk	30 Baked Cod w/Dill Sauce Herbed Potatoes Squash Medley Fruit, 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

510 14th St
(509) 588-3094

Pasco Ray Pfleuger Center

235 Margaret St.
(509) 545-2169