



# 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

April is Volunteer Appreciation Month, and it can be hard to find the words to express our gratitude for our AMAZING volunteers. Their dedication and commitment to the community and our mission is inspiring! From delivering the meals, serving in our dining centers, to helping in the administrative office, our volunteers step in wherever is needed! Please join us in giving our volunteers a friendly thank you for everything they do!

We are transitioning to our Spring/Summer Menu Cycle. Popular items like our Mac & Cheese, Chef Salad, and Chicken Salad Sandwich meals are returning! We also hope to be introducing some new menu items soon so be on the lookout!

Celebrate Your Pet wish lists have been coming in steadily. Please remember to get those back to us by April 11th to allow our volunteers time to get those filled. We will be delivering those bags in May! We try to fill every wish but cannot guarantee that we will be able to grant each one. If you are in need of a wish list, please speak with a Site Lead at a dining center or call our administrative office at 509-735-1911.

The Washington State Senior Farmers Market Nutrition Program is kicking off once again and we will administer the program on their behalf. These benefits are for qualified seniors who are residents of Benton and Franklin Counties. Participants are required to complete a new application each year, to be included on the list to receive one, please call our office at 509-735-1911. We will also have applications available at all of our dining centers and administrative office. Benefit cards are provided on a first-come, first-served basis, so it is important to FULLY complete and return the application as soon as possible. You can mail your applications in or drop them off at our administrative office or your closest dining site.

### You can mail your completed applications to:

Mid-Columbia Meals on Wheels

1824 Fowler Street

Richland, WA 99352

*Brian Kinner*



**Mid-Columbia  
Meals on Wheels**

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.

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

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

### Dietician's Corner

Managing diabetes through diet is essential for seniors to maintain stable blood sugar levels, prevent complications, and improve overall well-being. A well-balanced diet that focuses on whole, nutrient-dense foods can help regulate glucose levels.

One of the key principles for managing diabetes is controlling carbohydrate intake. Choose healthy carbohydrates, such as whole grains, legumes, fruits and vegetables, which provide fiber and can help slow down sugar absorption. Avoiding refined sugars, sweetened beverages, and ultra-processed foods can prevent spikes in blood sugar. Protein-rich foods like lean meats, fish, eggs, and plant-based proteins help maintain muscle mass and promote satiety. Heart healthy fats, such as those from avocados, nuts, and olive oil, to round out a balanced diet.

Meal timing is another important factor. Eating consistent meals throughout the day can prevent drastic fluctuations in blood sugar, and it is best to avoid skipping meals. Even small changes can lead to better diabetes management and reduce the risk of complications.

## Volunteer Spotlight

In a report for a class assignment, Alexi J., freshman at Richland High School, reflected upon her volunteer experience with her grandmother at Mid-Columbia Meals on Wheels Café. In her presentation, Alexi shared that at Meals on Wheels' dining sites seniors are able to "walk in, order a meal for free, and socialize with other seniors while being cared for by the volunteers. On special holidays the dining sites are 'dressed up' and they host special meals and even a monthly birthday meal." Alexi continued that all of these services make seniors feel happy and they have something to look forward to in their day. "At Meals on Wheels seniors develop friendships that help them navigate the difficult times. Meals on Wheels gives them the opportunity to be somewhat independent, with no cost (to them) and they can continue to live independently. For me, while working in the Café, I have noticed it makes the clients feel good and happy to see someone of my age taking time out of their day to help them. I have been grateful enough to experience how kind and joyful they are for my help. Many share stories, advice, and overall gratitude to me for just being there."

If you would like to brighten the lives of local seniors as Alexi has done, find out how you can join the team by contacting Volunteer Program Manager, Natalie Huggins, (509) 735-1911; [nhuggins@seniorliferesources.org](mailto:nhuggins@seniorliferesources.org).

### 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.



# Please Welcome Our Newest Volunteers!

Janet Bond



Kennewick Driver

Becky Broadbent



Richland Driver

Howard Broadbent



Richland Driver

Anna Grigsby



Kennewick Driver

Sheila Kramer



Central Kitchen

Jim Lacey



Kennewick Driver

Pat Lacey



Kennewick Driver

April Manis



Central Kitchen

Wesley R



Pasco Driver Assistant

Ernie Vinson



Richland Driver

Sally Witt



Prosser Dining Site

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

PRESENTED BY: CORNERSTONE WEALTH STRATEGIES

# LIGHTS CAMERA IMPACT

MAY 30, 2025 / 6PM-9PM / at Michele's

[Get Tickets](#) SeniorLifeResources.org/gala



## Save the Date!

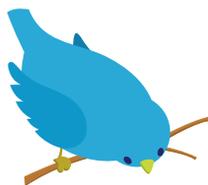
**April 21st-25th** - National Volunteer Appreciation week!

**April 25th** - Closed for All-Staff Training

**April 30th, 11:45 am-12:15 pm** - Legacy High School leadership students visit cafe.

**All month, all sites** - Get to know your fellow diners with bingo!

Over the month, find other diners that fit the item in the space and mark it off. Once a diner has a **bingo**, they can enter into the **prize bag drawing!**



# SPRING



CAN YOU FIND THE SPRING-RELATED WORDS HIDDEN IN THE PUZZLE?

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

FLOWERS

BLOSSOM

BUTTERFLY

SUNNY

BREEZE

PICNIC

RAINBOW

BEE

LADYBUG

SPROUTS

RAIN

GROW



SEASONEDTIMES.COM

## Breakfast Club

Wednesdays at the Café

1834 Fowler St, Richland

8:00 AM - 10:00 AM

POWERED BY:



April 2nd - Egg Scramble

April 9th - Pancakes

April 16th - Biscuits & Gravy

April 23rd - Chicken Fried Steak

April 30th - Waffles

# APRIL 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 Beef Soup Green Beans Flour Tortilla Fruit, Milk	2 Chef Salad Dressing Wheat Roll Pineapple Milk	3 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk	4 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Fruit, Milk Berry Crisp*
7 Turkey Tetrazzini Green Peas Tossed Salad Fruit, Milk	8 Caldo de Pollo Refried Beans Spanish Rice Corn Tortilla Fruit, Milk	9 Sloppy Joes Mixed Vegetables Apple Cabbage Slaw Fruit, Milk	10 Pork Guisada Red & Green Slaw Peaches Corn Tortilla Fruit, Milk	11 Tuna Pasta Salad Broccoli Salad Crackers Fruit, Milk
14 Spaghetti w/ Meat Sauce Green Beans Breadstick Fruit, Milk	15 Fish Tacos Spanish Rice Mexican Coleslaw Corn Tortilla Fruit, Milk	16 Chicken Chop Salad Salad Greens Carrot Sticks Fruit, Milk	17 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	18 Tuna Tostada Mexican Rice Seasoned Corn Tossed Salad Fruit, Milk
21 Sweet & Sour Chicken Brown Rice Asian Vegetables Fruit, Milk	22 Conchitas Con Carne Mixed Vegetables Corn Tortilla Fruit, Milk	23 Tuna Noodle Casserole Lyonnaisse Carrots Fruit, Milk Cookie*	24 Hamburger Baked Beans Apple Cabbage Slaw Fruit, Milk	25 
28 Macaroni & Cheese Sausage Patty Garden Vegetables Tossed Salad Fruit, Milk	29 Chicken w/ Red Sauce Beans & Rice Tossed Salad Corn Tortilla Fruit, Milk	30 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad 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.

**Meal Guidelines and Food Safety:** Please be aware that we are unable to accommodate specialized or allergy-specific diets. We ask that you carefully monitor what you eat. If you require a substitute meal, a frozen option can be provided if requested with adequate notice. Once a meal leaves our care, Meals on Wheels cannot be responsible for its safety or quality. Leftover food should be refrigerated right away and eaten within 2 days to ensure freshness. *Thank you for your cooperation and enjoy!*



**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.

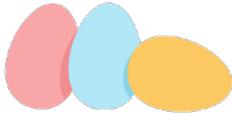
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# APRIL MENU

## 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 Beef Stroganoff Garlic Noodles Green Beans Fruit, Milk	2 Chef Salad Dressing Wheat Roll Pineapple Milk	3 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk	4 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Fruit, Milk Berry Crisp*
7 Turkey Tetrazzini Green Peas Tossed Salad Fruit, Milk	8 Cranberry Chicken Confetti Rice Garden Vegetables Fruit, Milk	9 Sloppy Joes Mixed Vegetables Apple Cabbage Slaw Fruit, Milk	10 Roast Pork Mashed Potatoes Pork Gravy Beets Fruit, Milk	11 Tuna Pasta Salad Broccoli Salad Crackers Fruit, Milk
14 Spaghetti w/ Meat Sauce Green Beans Breadstick Fruit, Milk	15 Baked Cod Dill Sauce Herbed Potatoes Squash Medley Fruit, Milk	16 Chicken Chop Salad Salad Greens Carrot Sticks Fruit, Milk	17 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	18 3 Bean Chili Chuckwagon Corn Cornbread Fruit, Milk
21 Sweet & Sour Chicken Brown Rice Asian Vegetables Fruit, Milk	22 Meatloaf Mashed Potatoes Brown Gravy Mixed Vegetables Fruit, Milk	23 Tuna Noodle Casserole Lyonnaise Carrots Fruit, Milk Cookie*	24 Hamburger Baked Beans Apple Cabbage Slaw Fruit, Milk	25 
28 Macaroni & Cheese Sausage Patty Garden Vegetables Tossed Salad Fruit, Milk	29 Chicken Pot Pie Cauliflower & Red Pepper Fruit, Milk	30 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad Fruit, Milk		



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

<b>Meals on Wheels Cafe</b> Hours: 11:00 AM-1:00 PM 1834 Fowler St (509) 736-0045 No reservation required	<b>Richland Community Center</b> 500 Amon Park Dr (509) 943-0779	<b>Kennewick</b> 500 S Auburn St (509) 585-4241	<b>Pasco First Avenue Center</b> 505 N 1st Ave (509) 543-5706
<b>Prosser Community Center</b> 1231 Dudley (509) 786-1148	<b>Benton City</b> Desert Rose Complex 510 14th St (509) 588-3094	<b>Connell Community Center</b> Open Tuesday - Friday 211 E Elm (509) 234-0766	<b>Pasco Ray Pfleuger Center</b> 235 Margaret St. (509) 545-2169

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