



# 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 the year comes to a close, I can't help but feel deep gratitude and pride as I reflect on our work here at Mid-Columbia Meals on Wheels. Our program has continued to grow, and we are thrilled to be serving more people in our community than ever before. None of this would be possible without our dedicated staff, volunteers, and community partners. Thank you all for the commitment you bring to our mission every single day.

### **This month is packed with activity!**

The Holiday Wish List program is wrapping up! Our elves have been hard at work packing gift bags, and distribution has already begun. We hope these gifts bring some joy and comfort to each recipient. A huge thank-you to the incredible team of elves who make this program happen, and to all the generous donors who support it each year.

The annual survey has been distributed. Please take a moment to share your honest feedback—it truly helps us improve our services. You can return your completed survey through your volunteer driver or by giving it to a Dining Site Lead. Thank you in advance for your input!

Gift bags for our Congregate Participants will also be distributed this month. These are generously provided by our community partner, Lutheran Community Services Northwest, through their *Santa for Seniors* program. We are deeply grateful for their continued support.

*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!



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

## Volunteer Spotlight

This month, we are proud to shine our Volunteer Spotlight on Leah Miller, a cherished member of our Meals on Wheels family and a true example of kindness in action. As a home delivery driver, Leah brings far more than a nutritious meal to the clients on her route she brings warmth, joy, and genuine human connection. Clients regularly share how much they love seeing Leah at their door. Her visits are often the highlight of their day, and it's easy to see why. Leah is known for going above and beyond, sometimes surprising clients with flowers from her own garden. A simple gesture that brightens their homes and their hearts. Her generosity doesn't stop there. She frequently steps in to sub on other routes, always willing to help wherever she's needed. Leah's heart of gold shines through in everything she does. Her kindness brings smiles not only to our clients, but also to our staff and fellow volunteers. We are incredibly grateful for the compassion, spirit, and joy she brings to Mid-Columbia Meals on Wheels. Thank you, Leah, for making our community a warmer, more caring place, one delivery at a time.

## Save the Date!

**All month, all sites** - Snowflake studio, come make a one-of-a-kind snowflake!

**December 25 - CLOSED, MERRY CHRISTMAS**

**Santa Visits Sites!**

**Dec 10th** - Richland Site

**Dec 11th** - Kennewick Site

**Dec 18th** - Cafe Site

## Mid-Columbia Meals on Wheels Pet Pantry

Are your pets 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.

## Foot Exercises

Improving foot health is an important part of maintaining balance, mobility, and preventing falls. Keeping feet strong and flexible through regular stretching and strengthening exercises can enhance stability and coordination. Wearing properly fitted, supportive shoes helps to distribute weight evenly and reduces the risk of slipping or tripping. It's also important to check feet regularly for changes such as pain, swelling, or loss of sensation, which can affect balance and movement. By caring for the feet and practicing regular exercises, individuals can maintain better posture, stability, and confidence while walking, reducing the likelihood of falls. Here are some great exercises to get you started!

### 1. Ankle Circles

Ankle circles are a great way of improving your ankle mobility. Here's how to do them:

Step 1: While sitting, perform slow and controlled ankle circles in the clockwise direction.

Step 2: Repeat the move on the same feet in the counterclockwise direction.

Step 3: Perform the move five times in each direction.

### 2. Toe Pulls

Toe pulls are an excellent way of building foot control and stabilizing your pace when walking. Here's how to do them:

Step 1: Standing or sitting, try lifting only your big toe off the ground while keeping your other four toes on the ground.

Step 2: Now try repeating the move with each of your other toes.

Step 3: Aim to lift each toe five times.

### 3. Calf Raises

Calf raises primarily strengthen your calf muscles (on the back of your lower leg), which support your weight and activity. Here's how to do them:

Step 1: Stand near a wall for support.

Step 2: Lift your heels off the ground and stand on your toes to engage your calf muscles. Start with both feet on the ground. As you get stronger, try keeping only one foot on the ground at a time.

Step 3: Return to the starting position.

Step 4: Aim for 10 repetitions on each leg.

### 4. Towel Curls

Towel curls mobilize and strengthen the plantar fascia muscles located in the soles of your feet. Here's how to do them:

Step 1: Sitting in a chair, place a long towel under your right foot.

Step 2: Using your toes and keeping your heel on the ground, curl the towel toward you until it is bunched up.

Step 3: Perform five repetitions for each foot.



# Christmas Word Search



CANDY CANE  
 CAROLS  
 CHRISTMAS  
 DECEMBER  
 ELVES  
 GINGERBREAD  
 JINGLE

HOLLY  
 LIGHTS  
 MERRY  
 NORTH POLE  
 ORNAMENTS  
 PRESENTS  
 REINDEER

SANTA  
 SLEIGH  
 STOCKING  
 TREE  
 WINTER  
 WREATH



## Breakfast Club

Wednesdays at the Café

1834 Fowler St, Richland

8:00 AM - 10:00 AM

POWERED BY:



December 3rd - Egg Scramble

December 10th - Pancakes

December 17th - Biscuits & Gravy

December 24th - Chicken Fried Steak

December 31st - Waffles

# DECEMBER 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 Swedish Meatballs Egg Noodles Normandy Vegetables Fruit, Milk	2 Fish Tacos Spanish Rice Mexican Coleslaw Corn Tortilla Fruit, Milk	3 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	4 Scrambled Eggs with Peppers Sausage Patty Chuck Wagon Potatoes Bran Muffin Fruit, Milk	5 Beef Soup Green Beans Flour Tortilla Fruit, Milk
8 Herbed Chicken Mushroom Gravy Au Gratin Potatoes Tossed Salad Yogurt & Berries Milk	9 Pork Mole Mexican Rice Seasoned Peas Corn Tortilla Fruit, Milk	10 Beef Lasagna Italian Vegetables Caesar Salad Breadstick Fruit, Milk	11 Chicken Fajitas Rice & Beans Flour Tortilla Fruit, Milk	12 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk
15 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Yogurt & Berries Milk	16 Caldo de Pollo Refried Beans Spanish Rice Corn Tortilla Fruit, Milk	17 Sweet & Sour Pork Fluffy Rice Asian Vegetables Fruit, Milk	18 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	19 Turkey Tostada Mexican Rice Squash Medley Tossed Salad Fruit, Milk
22 Chicken Pot Pie Green Peas Tossed Salad Fruit, Milk	23 Beef & Bean Burrito Spanish Rice Mexican Coleslaw Fruit, Milk	24 Macaroni & Cheese Sausage Patty Garden Vegetables Tossed Salad Fruit, Milk	25 	26 Baked Ham Raisin Sauce Au Gratin Potatoes Green Bean Casserole Wheat Roll, Milk Spiced Cake*
29 Orange Chicken Fluffy Rice Broccoli Fruit, Milk	30 Pork Guisada Red & Green Slaw Peaches Corn Tortilla Fruit, Milk	31 Chili Mixed Vegetables Cornbread Cinnamon Roll* 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.

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**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!*

# DECEMBER 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 Swedish Meatballs Egg Noodles Normandy Vegetables Fruit, Milk	2 Lemon Pepper Cod Fluffy Rice Green Peas Fruit, Milk	3 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	4 Scrambled Eggs with Peppers Sausage Patty Chuck Wagon Potatoes Bran Muffin Fruit, Milk	5 Beef Stir Fry Fluffy Rice Asian Vegetables Tossed Salad Fruit, Milk
8 Herbed Chicken Mushroom Gravy Au Gratin Potatoes Tossed Salad Yogurt & Berries Milk	9 Smothered Pork Bites Mashed Potatoes Mixed Vegetables Fruit, Milk	10 Beef Lasagna Italian Vegetables Caesar Salad Breadstick Fruit, Milk	11 Chicken Fajitas Rice & Beans Flour Tortilla Fruit, Milk	12 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk
15 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Yogurt & Berries Milk	16 Dijon Chicken Sweet Potato Mash Seasoned Beets Fruit, Milk	17 Sweet & Sour Pork Fluffy Rice Asian Vegetables Fruit, Milk	18 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	19 Turkey Tetrazzini Squash Medley Tossed Salad Fruit, Milk
22 Chicken Pot Pie Green Peas Tossed Salad Fruit, Milk	23 Beef Stroganoff Garlic Noodles Green Beans Fruit, Milk	24 Macaroni & Cheese Sausage Patty Garden Vegetables Tossed Salad Fruit, Milk	25 	26 Baked Ham Raisin Sauce Au Gratin Potatoes Green Bean Casserole Wheat Roll, Milk Spiced Cake*
29 Orange Chicken Fluffy Rice Broccoli Fruit, Milk	30 Apple Pork Bites Mashed Sweet Potatoes Seasoned Beets Fruit, Milk	31 Chili Mixed Vegetables Cornbread Cinnamon Roll* 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

510 14th St  
(509) 588-3094

### Pasco Ray Pflueger Center

235 Margaret St.  
(509) 545-2169