



# WHEELS IN MOTION



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

## Message from the Director

**Welcome February!** It is hard to believe that we are already in the second month of the year! We have been tallying the results from our Annual Survey and wanted to thank everyone who provided their feedback. This information helps us to identify areas for improvement, areas that are going well, and helps give us an overall view of how our participants feel about our program. One main area that was identified as needing some attention is our menu. We are going to be working on identifying other meal options to replace some of our less desired meals and hope that these changes will be received well. We are specifically focusing on our pork chop meals and tuna noodle casserole.

Our program experienced growth in 2024, and I would like to share some statistics with you:

- Total clients served – 2,518!  
*Up nearly 4% compared to 2023*
- Total meals served – 249,959!  
*Up 6.5% compared to 2023*

We welcome all our new participants and our excited to serve you!

We strive to provide the best service we can and always appreciate feedback on how we are doing!

**Happy Valentine's Day to you all!**

*– 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.**

*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.*

## Dietician's Corner

How about a **Heart-Healthy Dark Chocolate & Almond Trail Mix** that's easy to make, delicious, and perfect for a little Valentine's treat! This snack combines the rich flavor of dark chocolate with heart-boosting almonds, making it a sweet and satisfying option to celebrate the day of love.



### Ingredients:

- 1/2 cup dark chocolate chips (70% cocoa or higher)
- 1/2 cup raw almonds (unsalted)
- 1/4 cup dried cranberries or cherries
- 1/4 cup unsweetened coconut flakes
- 1/4 cup sunflower seeds

### Instructions:

1. In a large bowl, combine the almonds, dried cranberries or cherries, coconut flakes, and sunflower seeds.
2. Gently melt the dark chocolate chips in the microwave, stirring every 20-30 seconds until smooth.
3. Drizzle the melted dark chocolate over the nut and fruit mixture, stirring gently to coat everything evenly.
4. Let the trail mix cool for about 15 minutes to allow the chocolate to harden.
5. Enjoy immediately or store in an airtight container for a convenient, heart-healthy snack!

This mix is packed with antioxidants from the dark chocolate and sunflower seeds, healthy fats from the almonds, and fiber from the dried fruit, making it the perfect sweet, nourishing treat.

## Breakfast Club

Wednesdays at the Café

1834 Fowler St, Richland

8:00 AM - 10:00 AM

POWERED BY:  3 RIVERS  
COMMUNITY FOUNDATION

## February Breakfast Menu

Feb. 5 - Biscuits & Gravy

Feb. 12 - Chicken Fried Steak

Feb. 19 - Waffles

Feb 26. - Scramble

# Please Welcome Our Newest Volunteers

Cornelia Brim



Cafe Dining Site

Marian Kellett



Richland Driver

Kim Passey



Cafe Dining Site

Vince Pickering



Kennewick Driver

Diane Richardson



Richland Driver

Gary Richardson



Richland Driver

Easton S.



Driver's Assistant

Isabella Salas



Cafe Dining Site

Jessica Southwick



Cafe Driver

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).



Dedicated hearts like yours are not easy to find.

It takes a special person to be so generous and kind.

To care so much for others is a quality all too rare.

Yet you give of your time and talents, for all in need to share.

Thank you for being a volunteer, we're honored to work with you.

We want you to know how appreciated you are, not just today, but the whole year through!

—Adopted from Unknown Author

## 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	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!*

# Leadership Students Visit

LEGACY HIGH SCHOOL



## Bridging Generations:

Enjoy a Meal, Spark a Connection!



Thursday, February 13



11:45 AM - 12:15 PM



Mid-Columbia Meals on Wheels Café  
1834 Fowler Street  
Richland, WA 99352

# Share the Love

ALL MONTH LONG

ENTER TO WIN  
A PRIZE

Supplies to handcraft a card will be available at all Mid-Columbia Meals on Wheels dining sites throughout February. Friends and family come in all forms—let's spread the love all month and remind them how much they mean to you.

# FEBRUARY 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
3 Chicken Pot Pie Green Peas Tossed Salad Fruit, Milk	4 Beef Soup Green Beans Flour Tortilla Fruit, Milk	5 Scrambled Eggs with Peppers Sausage Patty Chuck Wagon Potatoes Bran Muffin Fruit, Milk	6 Caldo de Pollo Refried Beans Spanish Rice Corn Tortilla Fruit, Milk	7 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad Fruit, Milk
10 Chicken Alfredo Italian Vegetables Breadstick Fruit, Milk	11 Pork Guisada Red & Green Slaw Peaches Corn Tortilla Fruit, Milk	12 Chili Mixed Vegetables Cornbread Fruit, Milk	13 Chicken Tostada Refried Beans Tossed Salad Fruit Cocktail Fruit, Milk	14 Tuna Noodle Casserole Lyonnais Carrots Berry Crisp* Milk
17 	18 Chicken Tinga Mexican Coleslaw Spanish Rice Tostada Fruit, Milk	19 Pulled Pork Sandwich Baked Beans Coleslaw Fruit, Milk	20 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	21 Turkey Mole Mexican Rice Broccoli Corn Tortilla Fruit, Milk
24 Swedish Meatballs Egg Noodles Normandy Vegetables Cookie* Milk	25 Fish Tacos Spanish Rice Mexican Coleslaw Corn Tortilla Fruit, Milk	26 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	27 Roast Turkey w/ Gravy Mashed Potatoes Green Beans Wheat Roll Fruit, Milk	28 Mexican Meatball Soup Refried Beans 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.

**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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# FEBRUARY 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
3 Chicken Pot Pie Green Peas Tossed Salad Fruit, Milk	4 Beef Stroganoff Garlic Noodles Green Beans Fruit, Milk	5 Scrambled Eggs with Peppers Sausage Patty Chuck Wagon Potatoes Bran Muffin Fruit, Milk	6 Breaded Chicken Sandwich & Fixings Corn Chowder Broccoli Salad Fruit, Milk	7 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad Fruit, Milk
10 Chicken Alfredo Italian Vegetables Breadstick Fruit, Milk	11 Apple Pork Chop Mashed Sweet Potatoes Seasoned Beets Fruit, Milk	12 Chili Mixed Vegetables Cornbread Fruit, Milk	13 Chicken and Rice Casserole Green Beans Fruit, Milk	14 Tuna Noodle Casserole Lyonnais Carrots Berry Crisp* Milk
17 	18 Cranberry Chicken Confetti Rice Peas & Onions Fruit, Milk	19 Pulled Pork Sandwich Baked Beans Coleslaw Fruit, Milk	20 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	21 Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk
24 Swedish Meatballs Egg Noodles Normandy Vegetables Cookie* Milk	25 Lemon Pepper Cod Fluffy Rice Green Peas Fruit, Milk	26 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	27 Roast Turkey w/ Gravy Mashed Potatoes Green Beans Wheat Roll Fruit, Milk	28 Beef Stir Fry Fluffy Rice Asian Vegetables Tossed Salad 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**

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

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