



WHEELS IN MOTION

Delivered by Generational Care

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



1824 Fowler St., Richland WA, 99352

Office: (509) 735-1911

Message from Brandy Hickey, Executive Director

I'm excited to share some very special news with you. Beginning last November, Senior Life Resources has been transitioning to a new name of Generational Care.

This change is more than just a new name. It's a reflection of the heart and history that built us where every founder, volunteer, supporter, team member, and client has made our mission possible. Each generation has helped shape who we are today and continues to inspire the care we have provided for over 50 years.

Our mission remains to preserve and enhance quality of life for every generation with dignity and care. Guided by our guiding principle of It is not about us; it is about the people we serve, we will continue connecting health, home, and heart through every meal delivered and every act of kindness shared.

While our focus will always be on serving older adults, our work naturally extends beyond age. We support caregivers, families, and neighbors because every generation is touched by care. Each meal, each visit, and each smile brings people together and reminds us that compassion knows no boundaries.

Generational Care is for everyone. Generational Care is for you.

With this transition, our newsletter will now include updates and stories from all of our programs that include Mid-Columbia Meals on Wheels, Home Care Services, and Healthy Ages. You'll be able to stay connected with all that's happening and see how each program supports the others in creating a network of compassionate care.

Thank you for being part of our journey and for allowing us to be part of yours. Together, we are carrying forward a legacy of compassion, connection, and community that grows stronger with every generation.

With heartfelt gratitude,

Brandy Hickey



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. 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.

Message From the Director

I would like to share some exciting news about our program's Pet Pantry. Through a grant we secured that was offered by Meals on Wheels of America, we are now able to help with other pet services beyond just food! There are some restrictions and limitations to the support we can provide, but we are excited to be able to help with basic pet supplies (cat litter, carriers, leashes, etc.), veterinary care (restrictions apply), and other pet services (grooming) depending on funding levels. If you are in need of support for your pets, please reach out to us so we can explore options with you. We are extremely grateful to Meals on Wheels of America for providing this grant opportunity to help out your furry companions!

-Brian Kinner



Dietician's Corner

February is American Heart Month, making it a great time to focus on meals that support cardiovascular health. Heart-healthy eating emphasizes fruits and vegetables, whole grains, lean proteins, and healthy fats while limiting excess sodium, saturated fat, and added sugars. For breakfast, consider oatmeal topped with berries and walnuts. Oats provide soluble fiber, which can help lower cholesterol, while berries are rich in antioxidants and walnuts supply heart-healthy omega-3 fats. Another option is whole-grain toast with avocado and an egg. A lentil and vegetable soup paired with a side salad is another warming February option that is low in saturated fat and high in fiber and plant-based protein. This would be great for a lunch or dinner. For dinner, aim for baked or grilled salmon with roasted vegetables and brown rice. Salmon is an excellent source of omega-3 fatty acids, which can help reduce inflammation and support heart health. Heart-healthy snacks can include fresh fruit, unsalted nuts, yogurt with flaxseed, or hummus with vegetables. Choosing balanced meals like these throughout February can help support a healthy heart while still being satisfying and flavorful.

Please Welcome Our Newest Volunteer!

Kristi Flyg



For information on how to join the incredible volunteer team at Mid-Columbia Meals on Wheels call (509) 736-0032 or email volunteer@gencare.org

Volunteer Spotlight

Mid-Columbia Meals on Wheels is incredibly fortunate to have volunteers like Judy Curnutt, whose dedication and heart for service shine through in everything she does. Judy is a familiar and welcome face across our operations. She is a regular driver out of the Café, helping ensure meals reach those who depend on them. Every Tuesday, you'll also find her at our Café location carefully packaging frozen meals for home delivery, making sure everything is prepared and ready with care. And when the main kitchen needs an extra set of hands, Judy is right there in the dish pit, keeping things clean, organized, and moving smoothly so the whole team can do their best work. Time and time again, Judy has gone above and beyond. She is a true hard worker who is always willing to jump in wherever she's needed, even on short notice. Her calm energy, reliability, and incredible work ethic bring something truly special to the Meals on Wheels team. She makes busy days feel more manageable and reminds us what teamwork and dedication really look like. We are deeply grateful for Judy both in the kitchen and at the Café. Thank you, Judy, for everything you do to support our mission and the community we serve.

Save the Date!

All month all sites - Celebrate National Polar Bear day with trivia and prizes!

February 16 - Closed - President's Day

February 25th - Healthy Ages Wellness Session

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.

Breakfast Club

Wednesdays at the Café

1834 Fowler St, Richland

8:00 AM - 10:00 AM

POWERED BY:



February 4th - Waffles

February 11th - Egg Scramble

February 18th - Pancakes

February 25th - Biscuits & Gravy



Home Care SERVICES

Delivered by Generational Care

Serving the southeastern parts of Washington State, including Kittitas, Yakima, Benton, Franklin, Walla Walla, Columbia, Garfield, and Asotin counties, as well as Nez Perce County in Idaho.

By providing an array of professional supportive care services, Home Care Services offers an alternative to institutional care.



2,106

Individuals of all generations cared for at home.



979,011

Total Hours of support care served.



808

Trained and licensed Providers.

(509) 735-7840 | HomeCare@GenCare.org | GenCare.org

Donor Appreciation

We would like to extend our gratitude out to a few community based organizations: Subaru and Hayden Homes.

Subaru chose Mid-Columbia Meals on Wheels as their non-profit for the Share the Love event. When purchasing a car from Subaru, customers could opt in to have a portion of their payment go to Mid-Columbia Meals on Wheels. Not only did Subaru organize a fundraiser, but they also took turns volunteering and driving routes! Thank you Subaru for putting together this fundraiser, volunteering, and all you do for the community. We truly appreciate the support.

We extend our sincere gratitude to Hayden Homes Tri-Cities for their generous support of our mission. Their commitment to strengthening the local community helps ensure that seniors and neighbors in need continue to receive nutritious meals and vital connection. Partners like Hayden Homes Tri-Cities make a meaningful difference, and we are truly thankful for their ongoing dedication to serving the Tri-Cities area.



PROGRAMS

Monthly Wellness Sessions

Located at Central United Protestant Church

Medicare Education

Continued by Cathy at the Kadlec HealthPlex

End of Life Planning

Three Times a Year at
Mid-Columbia Meals on Wheels Cafe

Mall Walkers

Continues as Usual, Five Days Weekly

Medicare Open Enrollment Consultations

October 15th - December 7th Every Year

UPCOMING EVENTS

Medicare Classes

- February 6th
- March 20th

Wellness Programs

- January 14th 2026:
Featuring Generational Care
- February 25th
Sleep Apnea, Dental Hygiene & Physical Health
- March 18th
Dementia with Aging and Long Term Care
- April 15th
Loneliness or importance of exercise

End of Life Conference

- January 15th
Mid-Columbia Meals on Wheels Cafe.

HEALTHY AGES APPLICATION

Please Return to Mid-Columbia Meals on Wheels Volunteer/Employee

First Name:

Last Name:

Mailing Address:

Email Address:

Phone Number:

I would like to learn more about the other programs and resources offered by Generational Care

Contact Generational Care for more information: (509) 736-0035 | HealthyAges@GenCare.org
Visit us at GenCare.org

WORD SEARCH

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

MEAL

KNIFE

SERVICE

HEALTH

SPOON

WHEELS

VOLUNTEER

CARE

PLATE

DELIVERY

NUTRITION

COMMUNITY



February Menu

Featuring Hispanic Cuisine



Parkside (Ray Pfleuger Center)
253 Margaret St Pasco | (509) 545-2169

MON	TUES	WED	THUR	FRI
2 Chicken Pot Pie Green Peas Tossed Salad Fruit, Milk	3 Beef Soup Green Beans Flour Tortilla Fruit, Milk	4 Scrambled Eggs with Peppers Sausage Patty Chuck Wagon Potatoes Bran Muffin Fruit, Milk	5 Caldo de Pollo Refried Beans Spanish Rice Corn Tortilla Fruit, Milk	6 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad Fruit, Milk
9 Chicken Alfredo Italian Vegetables Breadstick Fruit, Milk	10 Pork Guisada Red & Green Slaw Peaches Corn Tortilla Fruit, Milk	11 Chili Mixed Vegetables Cornbread Fruit, Milk	12 Chicken Tostada Refried Beans Tossed Salad Fruit Cocktail Fruit, Milk	13 Tuna Noodle Casserole Lyonnaise Carrots Berry Crisp* Fruit, Milk
16 	17 Chicken Tinga Mexican Coleslaw Spanish Rice Tostada Fruit, Milk	18 Pulled Pork Sandwich Baked Beans Coleslaw Fruit, Milk	19 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream* Fruit, Milk	20 Turkey Mole Mexican Rice Broccoli Corn Tortilla Fruit, Milk
23 Swedish Meatballs Egg Noodles Normandy Vegetables Cookie* Fruit, Milk	24 Fish Tacos Spanish Rice Mexican Coleslaw Corn Tortilla Fruit, Milk	25 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	26 Roast Turkey w/ Gravy Mashed Potatoes Green Beans Wheat Roll Fruit, Milk	27 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.



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!*

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
2 Chicken Pot Pie Green Peas Tossed Salad Fruit, Milk	3 Beef Stroganoff Garlic Noodles Green Beans Fruit, Milk	4 Scrambled Eggs with Peppers Sausage Patty Chuck Wagon Potatoes Bran Muffin Fruit, Milk	5 Breaded Chicken Sandwich & Fixings Corn Chowder Broccoli Salad Fruit, Milk	6 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad Fruit, Milk
9 Chicken Alfredo Italian Vegetables Breadstick Fruit, Milk	10 Apple Pork Bites Mashed Sweet Potatoes Seasoned Beets Fruit, Milk	11 Chili Mixed Vegetables Cornbread Fruit, Milk	12 Chicken and Rice Casserole Green Beans Fruit, Milk	13 Tuna Noodle Casserole Lyonnaise Carrots Berry Crisp* Fruit, Milk
16 	17 Cranberry Chicken Confetti Rice Peas & Onions Fruit, Milk	18 Pulled Pork Sandwich Baked Beans Coleslaw Fruit, Milk	19 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream* Fruit, Milk	20 Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk
23 Swedish Meatballs Egg Noodles Normandy Vegetables Cookie* Fruit, Milk	24 Lemon Pepper Cod Fluffy Rice Green Peas Fruit, Milk	25 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	26 Roast Turkey w/ Gravy Mashed Potatoes Green Beans Wheat Roll Fruit, Milk	27 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

510 14th St
(509) 588-3094

Pasco Ray Pflueger Center

235 Margaret St.
(509) 545-2169