



# WHEELS IN MOTION



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

## Message from the Director

**Happy New Year!!** Hope everyone had a great end to the year and are just as excited for 2025 as we are! We had quite the year for Mid-Columbia Meals on Wheels. We turned 50 and celebrated in style with our first ever Gala! We had our most successful Oktoberfest ever! We saw growth in our meal service programs and are honored to be serving even more members of the community! We grew our family with even more community partners and are blessed to be supported by so many wonderful organizations and community members! The list goes on and on for all the great things we achieved in 2024, and we know that 2025 is going to be even better!



We have completed our **Holiday Gift Program** for the year with a **record 473 participants!** This is an increase of 100 participants compared to 2023 and we cannot be more thankful for the wonderful group of “Elves” that put all the bags together. Thank you to each community member who helped complete the wish lists, we could not have done this without your support. Thank you to all the volunteers who helped deliver these bags and to the staff who pivoted to help as needed. This is such an incredible program, and we hope that each participant got to feel how much the community supports them.

I wanted to give a HUGE thanks to all the volunteers, staff, community partners and supporters who make Mid-Columbia Meals on Wheels such an amazing organization. Without each and every one of you we could not complete our mission! You all are the heart of the organization and are making a difference to so many! THANK YOU!!!

*- 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.*

## Breakfast Club

Wednesdays at the Café

1834 Fowler St, Richland

8:00 AM - 10:00 AM

Jan 8 - Chicken Fried Steak

Jan 15 - Waffles

Jan 22 - Scramble

Jan 29 - Pancakes



In honor of National Hat Day on January 15, Meals on Wheels will be celebrating all month long!

Wear your favorite, silliest, warmest, most interesting or most comfortable hat to be entered into the drawing.

Please share any stories you may have on how you got it, or why it is your favorite.

## Dietician's Corner - Probiotics and Health

**What are probiotics?** Probiotics are **good bacteria** that can have health benefits when consumed. Different strains of the bacteria have different effects. For example, one strain may fight against cavity-causing organisms in our mouths and one strain may help treat diarrhea. Since probiotics are already present in a normal digestive system, they are generally considered safe. There is a theoretical risk for people with impaired immune function, so it's especially important to talk to your doctor before starting a probiotic supplement.

**What are the benefits of eating foods that contain probiotics?** Studies have shown potential benefits in the treatment or prevention of: diarrhea, irritable bowel syndrome, ulcerative colitis, urinary tract infections. The use of probiotics in the treatment of diarrhea, as well as constipation, has been shown to be particularly beneficial.

**How can I eat more probiotics?** Probiotics are found in fermented foods and dietary supplements. Fermented food sources include: yogurt, kimchi, sauerkraut, kombucha, miso paste, and cottage cheese.

**How many probiotics foods do you need?** There currently is not a recommended daily intake for probiotics. A general guideline is to add as many fermented foods to your daily diet as possible. Eating yogurt as a snack or with a meal, adding miso paste in a salad dressing, and drinking a serving of kombucha for a refreshment. Many people find the easiest way to eat more probiotics is by adding yogurt to their diet. The probiotic content of yogurt products can range from 90 billion to 500 billion CFU per serving. (CFU stands for colony-forming units, which is how many bacteria can divide and form colonies.) Look for the words "live and active cultures" on the label.



# Volunteer News & Community Connections

Don't be surprised if you see a familiar face occasionally delivering meals, assisting as a breakfast cook, or serving clients in one of the Dining Sites. Former Senior Life Resources employee, Kristi Thien, has joined the Meals on Wheels volunteer team. Thien was employed with the agency for fifteen years. For nine years she served as a Service Coordinator, and five years as the Meals on Wheels Program Director before retiring in February 2023. Thien waited a full year after retirement before volunteering. Now she and her husband, Mike, are both enthusiastic substitute delivery drivers. She said, "I am inspired, and I am not unique. It speaks to the power of the program that several past staff members, after retiring, believe so much in what we do, that they return to volunteer. I do love delivering, getting to have conversations with the clients. Recently a client played the piano for me. The client said, 'You've made my day', and I responded, "On the contrary, you've made my day!" Wherever Thien can be found, the joy of being part of the Meals on Wheels team—brightening the lives of seniors—emanates from her entire presence.



## Welcome to

Tammy Elmo



Kennewick Driver

Becky Fuller



Pasco Driver

Lisa Jenkin



Benton City Driver

Cambria Nelson



Richland Driver

Phil Pinard



Café Driver

## Our Newest Volunteers

## 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>The Neighbor Cleaners</b> 8903 Gage Blvd, Kennewick (509) 735-7145	20% Dry Cleaning <i>Clothes Only</i>
<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!*

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).

# Reflecting on a Year of Generosity

We look back on a year full of warmth and community support. We delivered more than 275,000 meals thanks to the kindness of donors and volunteers; we've been able to bring nutritious meals and friendly faces to seniors like you. Your participation in this program is why we do what we do.



## Special Moments This Year

**Cruising Through the Eras 50th Gala:** This special event marked a milestone in our journey and helped us continue to support the meals program, and creating meaningful moments for seniors like you.



**OktoberFeast:** A wonderful community event that helped raise funds to support our meal program, ensuring seniors continue to receive the care they deserve.



**Meals in Motion Radiothon:** Our community came together to help cover the costs of meal trays and containers—little things that truly make a big difference.



## Why It Matters

The meals we deliver aren't just about food—they're about connecting with people who care and showing that every senior matters. We're proud to serve, but there are still many more seniors in our community who could benefit from these programs.



If you've ever thought about supporting the program, know that every little bit helps. Whether it's telling a friend about Mid-Columbia Meals on Wheels or making a small donation, your support helps us continue delivering meals and smiles to seniors across Benton and Franklin counties.



It is not about us; it is about the people we serve.  
(509) 573-1911 · [www.SeniorLifeResources.org](http://www.SeniorLifeResources.org)

# JANUARY 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 Tinga Mexican Coleslaw Spanish Rice Tostada Fruit, Milk	3 Tuna Noodle Casserole Lyonnais Carrots Cookie* Fruit, Milk
6 Swiss Steak Mashed Potatoes Garden Vegetables Fruit, Milk	7 Chicken Tostada Refried Beans Tossed Salad Fruit Cocktail Fruit, Milk	8 Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk	9 Pork Carnitas Mexican Coleslaw Refried Beans Corn Tortilla Fruit, Milk	10 Chicken Parmesan Casserole Cauliflower w/ Red Peppers Fruit, Milk
13 Swedish Meatballs Egg Noodles Normandy Vegetables Fruit, Milk	14 Fish Tacos Spanish Rice Mexican Coleslaw Corn Tortilla Fruit, Milk	15 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	16 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	17 Conchitas Con Carne Green Beans Corn Tortilla Fruit, Milk
20 	21 Pork Mole Mexican Rice Seasoned Peas Corn Tortilla Fruit, Milk	22 Beef Lasagna Italian Vegetables Caesar Salad Breadstick Fruit, Milk	23 Chicken Fajitas Rice & Beans Flour Tortilla Fruit, Milk	24 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk
27 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Fruit, Milk	28 Chicken w/ Red Sauce Refried Beans Spanish Rice Tossed Salad Corn Tortilla Fruit, Milk	29 Sweet & Sour Pork Fluffy Rice Asian Vegetables Fruit, Milk	30 Hamburger Baked Beans Apple Cabbage Slaw Fruit, Milk	31 Turkey Mole Mexican Rice Squash Medley Corn Tortilla Fruit, Milk

### 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!*



\*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. 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, no meal support.

# JANUARY 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 and Rice Casserole Green Beans Fruit, Milk	3 Tuna Noodle Casserole Lyonnaisse Carrots Cookie* Fruit, Milk
6 Swiss Steak Mashed Potatoes Garden Vegetables Fruit, Milk	7 Cranberry Chicken Confetti Rice Peas & Onions Fruit, Milk	8 Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk	9 Pulled Pork Sandwich Baked Beans Coleslaw Fruit, Milk	10 Chicken Parmesan Casserole Cauliflower w/ Red Peppers Fruit, Milk
13 Swedish Meatballs Egg Noodles Normandy Vegetables Fruit, Milk	14 Lemon Pepper Cod Fluffy Rice Green Peas Fruit, Milk	15 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	16 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	17 Beef Stir Fry Fluffy Rice Asian Vegetables Tossed Salad Fruit, Milk
20 	21 Smothered Pork Chop Mashed Potatoes Mixed Vegetables Fruit, Milk	22 Beef Lasagna Italian Vegetables Caesar Salad Breadstick Fruit, Milk	23 Chicken Fajitas Rice & Beans Flour Tortilla Fruit, Milk	24 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk
27 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Fruit, Milk	28 Dijon Chicken Sweet Potato Mash Seasoned Beets Fruit, Milk	29 Sweet & Sour Pork Fluffy Rice Asian Vegetables Fruit, Milk	30 Hamburger Baked Beans Apple Cabbage Slaw Fruit, Milk	31 Turkey Tetrazzini Squash Medley 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

**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!*