



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

Happy New Year!

2025 was filled with excitement and meaningful milestones, and we are confident that the year ahead will be even better. We are deeply grateful to everyone who contributed to the success of our mission, and we look forward to continuing this important work together in 2026.

We are thrilled to share that our Holiday Gift Program has officially wrapped up for the year, and what an incredible success it was! Nearly 400 clients received customized gift bags designed to brighten their holidays. The overwhelming generosity from our community made it clear just how loved and supported our clients truly are.

We would like to extend our heartfelt thanks to everyone who helped make the Holiday Gift Program possible:

Joan Kessner and her incredible team, who organized and packaged each gift bag

Community members who generously contributed requested items and gift cards

Our volunteers who delivered gift bags alongside daily meal deliveries

Our staff who took on additional responsibilities like distributing lists, answering questions, coordinating logistics, and ensuring gifts were delivered on the correct routes; all while continuing their regular duties

This program would not be nearly as successful without each of you. Thank you for your hard work, dedication, and commitment to making the holidays extra special for every recipient.

Annual Survey Update

We have now received nearly all our annual surveys back. Thank you to everyone who took the time to complete the survey and share honest feedback. Our team will review the results carefully to identify opportunities for improvement while also recognizing what is working well.

Wishing everyone a healthy and happy 2026. It is truly an honor to serve this amazing community!

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!



Asa Brown

Volunteer



Britt Arnott

HMS Driver



Dulcie Allen

HMS Driver



Frank Easterly

Kennewick Driver



Jamie Heiman

Richland Driver



Jen Henriksen

HMS Driver



Kamie Mahoney

Richland Driver



Lorena Gutierrez

Volunteer



Martina Holt

Volunteer



Michelle Daniels

Kennewick Driver



Nancy Milligan-Mock

Volunteer



Stacie Egelhoff

Volunteer



Wil Daniels

Kennewick Driver

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

Clint and Tonya Ethington embody the true spirit of volunteerism, and we are incredibly grateful for the impact they make through their service with Meals on Wheels. What makes their involvement especially meaningful is that they've turned volunteering into a family affair, bringing their children along on their delivery route and sharing the value of service across generations. Staff and clients alike look forward to every interaction with the Ethington family. Their kindness, warmth, and genuine care shine through in every visit, leaving lasting smiles and meaningful connections along the way. For the children, it's a powerful lesson in compassion; for our clients, it's a reminder that they are truly seen and cared for. The Ethington's consistently go above and beyond what is asked. Recently, another volunteer noticed that a client's yard, previously covered in a large collection of fallen leaves, had been completely cleaned up and neatly bagged. The client later shared that Clint, Tonya, and their family had taken it upon themselves to return and clear the leaves, helping remove a potential hazard and ensuring the client's safety. This act is just one example of the many ways the Ethington family extends their care beyond meal delivery. We are deeply thankful for Clint and Tonya's dedication, their generosity of time and heart, and their commitment to serving others together as a family. Their willingness to help, lead by example, and serve across generations truly makes our community stronger.

Save the Date!

Congregate Activity - Celebrate National Rubber Ducky Day (Jan 13th) all month long with rubber duck related games.

January 1st - All Sites - Closed

January 19th - All Sites - Closed

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.



Currently Serving

Nine Counties in SE WA & ID

Providing care to support dignity, choice, and independent.

Currently Available in

Benton & Franklin Counties

Serving nutritious meals and connection.

Currently Available in

Tri-Cities & Remotely

Offering education and wellness to support informed aging.

Independent Living Support

Providing professional assistance that helps individuals live safely and independently in their own homes.

Around-the-Clock Services

Offering 24/7 support that may include personal care, meal assistance, medication reminders, and mobility help.

Household Assistance

Delivering help with light cleaning, shopping, errands, and other daily tasks to maintain a comfortable home environment.

Companionship & Relief

Creating opportunities for social connection, supervision, and respite for family caregivers to ensure overall well-being.

ESTABLISHED 1977

Meals Without Barriers

Offering nutritious meals to adults 60 and older, ensuring no one is denied service based on their ability to contribute.

Trusted Nutrition

Providing balanced, nutrient-conscious meals developed under the guidance of a Registered Dietitian.

Pet Pantry Support

Supplying food and essential items that help seniors care for their beloved pets, because healthy seniors depend on healthy pets.

Regular Wellness Checks

Delivering more than meals through consistent visits that foster connection, care, and safety for every recipient.

ESTABLISHED 1974

Monthly Wellness Sessions

Covering health, safety, and wellness topics that keep participants informed and empowered.

Medicare Support

Offering classes and one-on-one guidance to help navigate Medicare options and benefits with confidence.

Mall Walkers

Encouraging regular movement, goal setting, and connection in a climate controlled environment

End-of-Life Planning

Providing thoughtful seminars with local experts to help individuals and families prepare with clarity and peace of mind.

Acquired in 2025
ESTABLISHED 1987



Dietician's Corner

Dietary fiber is the part of plant foods that your body cannot digest or absorb. Dietary fiber is found naturally in fruits, vegetables, whole grains, and legumes. There are two types of fiber, soluble and insoluble. Soluble fiber dissolves in water and forms a gel. It helps improve digestion and can lower cholesterol levels. It is found in oats, beans, lentils, apples, pears, and barley. Insoluble fiber does not dissolve in water. It helps prevent constipation and is found in whole wheat products, vegetables, nuts, and seeds. Most high-fiber foods contain a mixture of both types, so variety is important.

Daily Fiber Recommendations

Women over 50: 21 grams/day - Men over 50: 30 grams/day

Tips for Increasing Fiber

- Add fruit or vegetables as snacks.
- Choose whole-grain bread with ≥ 3 grams of fiber per slice.
- Pick breakfast cereals with ≥ 5 grams of fiber per serving.
- Add nuts or seeds to yogurt, salads, or cereal.
- Eat beans often, they are high in fiber and protein.
- Increase fiber slowly and drink water to avoid gas, bloating, or constipation.

High-Fiber Sample Menu:

Breakfast

1 cup oatmeal – 4 g

$\frac{1}{2}$ cup yogurt – 0 g (varies by type; most yogurts have little fiber)

Snack

1 large pear – 7 g

Lunch

Turkey sandwich on whole-wheat bread – 4 g
(assuming the bread provides ~ 2 g per slice)

Small salad (lettuce, cucumber, tomato) – 3 g

Snack

1 oz almonds – 3.5 g

Dinner

Roasted pork with vegetables and rice – 3 g
(depends on the amount of vegetables)

This menu provides approximately 24.5 grams of fiber. This meets the daily goal for women over 50 and comes close for men.





Healthy Ages

Delivered by Generational Care

PROGRAMS

Monthly Wellness Sessions

Located at Central United Protestant Church

Medicare Education

Continued by Cathy at the Kadlec HealthPlex

Vial of Life

Pick Up at Senior Life Resources

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

- January 9th
- February 6th

Wellness Programs

- January 14th 2026:
Featuring Generational Care

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 Senior Life Resources

Contact us for more information: (509) 736-0035 | HealthyAges@SeniorLifeResources.org

Visit us at SeniorLifeResources.org

Word Search

Find the hidden winter words.

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

MITTENS

HAT

SKIS

SNOW

BLANKET

ICICLES

SNOWBALL

JANUARY

SNOWMAN

EARMUFFS

SNOWFLAKE

FIREPLACE

Breakfast Club

Wednesdays at the Café

1834 Fowler St, Richland

8:00 AM - 10:00 AM

POWERED BY:



January 7th - Egg Scramble

January 14th - Pancakes

January 21st - Biscuits & Gravy

January 28th - Chicken Fried Steak

MON	TUES	WED	THUR	FRI
			1 	2 Caldo de Pollo Refried Beans Spanish Rice Corn Tortilla Fruit, Milk
5 Swiss Steak Mashed Potatoes Garden Vegetables Fruit, Milk Cookie*	6 Chicken w/ Red Sauce Refried Beans Spanish Rice Tossed Salad Corn Tortilla Fruit, Milk	7 Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk	8 Pulled Pork Sandwich Baked Beans Coleslaw Fruit, Milk	9 Chicken Tostada Refried Beans Tossed Salad Fruit Cocktail Fruit, Milk
12 Swedish Meatballs Egg Noodles Normandy Vegetables Fruit, Milk	13 Fish Tacos Spanish Rice Mexican Coleslaw Corn Tortilla Fruit, Milk	14 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	15 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	16 Arroz Con Pollo Squash Medley Breadstick Fruit, Milk
19 	20 Pork Carnitas Mexican Coleslaw Refried Beans Corn Tortilla Fruit, Milk	21 Beef Lasagna Italian Vegetables Caesar Salad Breadstick Fruit, Milk	22 Chicken Fajitas Rice & Beans Flour Tortilla Fruit, Milk	23 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk
26 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Fruit, Milk	27 Chicken Tinga Mexican Coleslaw Spanish Rice Tostada Fruit, Milk	28 Sweet & Sour Pork Fluffy Rice Asian Vegetables Fruit, Milk Poke Cake*	29 Hamburger Baked Beans Apple Cabbage Slaw Fruit, Milk	30 Turkey Mole Mexican Rice Seasoned Peas 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!*

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 Alfredo Italian Vegetables Breadstick Fruit, Milk
5 Swiss Steak Mashed Potatoes Garden Vegetables Fruit, Milk Cookie*	6 Cranberry Chicken Confetti Rice Peas & Onions Fruit, Milk	7 Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk	8 Pulled Pork Sandwich Baked Beans Coleslaw Fruit, Milk	9 Chicken Parmesan Casserole Cauliflower w/ Red Peppers Fruit, Milk
12 Swedish Meatballs Egg Noodles Normandy Vegetables Fruit, Milk	13 Lemon Pepper Cod Fluffy Rice Green Peas Fruit, Milk	14 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	15 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	16 Arroz Con Pollo (Chicken & Rice) Squash Medley Breadstick Fruit, Milk
19 	20 Smothered Pork Bites Mashed Potatoes Mixed Vegetables Fruit, Milk	21 Beef Lasagna Italian Vegetables Caesar Salad Breadstick Fruit, Milk	22 Chicken Fajitas Rice & Beans Flour Tortilla Fruit, Milk	23 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk
26 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Fruit, Milk	27 Dijon Chicken Sweet Potato Mash Seasoned Beets Fruit, Milk	28 Sweet & Sour Pork Fluffy Rice Asian Vegetables Fruit, Milk Poke Cake*	29 Hamburger Baked Beans Apple Cabbage Slaw Fruit, Milk	30 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

510 14th St
(509) 588-3094

Pasco Ray Pfleuger Center

235 Margaret St.
(509) 545-2169