



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

Here's a look at what's been happening at Mid-Columbia Meals on Wheels as we head into summer!

Things are bustling around here, and we have so much to be thankful for. We're incredibly grateful to our volunteers, community partners, and supporters who make this program so special. Here are some recent highlights:

Volunteer Appreciation Night with the Dust Devils

Wow—what a night! It was such a joy to bring our amazing volunteers together for an evening of celebration. A huge thank-you to Catholic Charities for co-sponsoring the event, and to the Dust Devils team for their warm hospitality. Everything went off without a hitch—including our very own volunteer, Ray Colella, who threw the first pitch! The feedback we've received has been fantastic.

Celebrate Your Pet Campaign

This campaign is wrapping up, and most of the special bags have been delivered. Thank you to everyone who donated, delivered, or helped pack the bags—especially our incredible team of “elves” who made it all happen!

Washington State Senior Farmers Market Program

Applications are coming in steadily! This program offers \$80 in benefits for eligible low-income seniors to use at participating farmers markets across Washington State. To qualify, seniors must be 60 or older (55+ for Native Americans), meet income guidelines, and live in Benton or Franklin Counties. For more info, give us a call at 509-735-1911.

Annual Gala

What a moving and memorable evening! It was inspiring to see so many come together in support of our program and the community we serve. Thank you to our sponsors, attendees, volunteers, and staff for making the event truly special.

Spring Gift Bags from Santa for Seniors

The gift bags are going out, thanks to the generosity of the Santa for Seniors program by Lutheran Community Services NW – Greater Puget Sound. We're so grateful to them for providing the gifts, to the volunteers who assembled the bags, and to everyone helping with delivery.

We are filled with gratitude and joy for all the support we've received. We hope our work brings even a little bit of sunshine to the lives of those we serve—because they truly deserve it.

– 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 nhuggins@seniorliferesources.org.

June is Alzheimer's and Brain Awareness Month!

Alzheimer's is the only disease that cannot be prevented, cured, or even slowed. This disease kills more people each year than prostate and breast cancer combined. June is a month dedicated to raising awareness and supporting individuals affected by it. If you would like to support this cause, consider wearing purple during this month. The Alzheimer's Association offers resources to those struggling or supporting individuals with Alzheimer's. For more information, please visit alz.org.

Donor Appreciation

We extend our heartfelt thanks to all who joined us for our Beautiful Gala on May 30th. A special thank you goes out to our incredible partners: Cornerstone Wealth Strategies, Indian Eyes LLC, Devfuzion, Sysco, Ben Franklin Transit, Lamb Weston, BMO, Highstreet Insurance Partners, Gesa Credit Union, Trios Health and Lourdes Health, Kadlec, and Premera Blue Cross for their generous support. Your commitment made this unforgettable evening possible and continues to drive our mission forward. We are also deeply grateful to every donor and guest who celebrated with us. You helped make the night truly meaningful.



Dietician's Corner

With many local farmers markets opening in June, it's the perfect time to focus on eating more fruits and vegetables. Whether fresh, canned, or frozen, increasing your intake offers numerous benefits for older adults, supporting physical health and quality of life.

Improved Immune Function: Fruits and vegetables are rich in vitamins like C and A, which help strengthen the immune system and protect against illness.

Better Digestive Health: High in fiber, produce helps maintain regular bowel movements and can prevent constipation.

Healthy Weight Management: Low in calories and high in nutrients, fruits and veggies can help maintain a healthy weight, reducing strain on joints and improving mobility.

Enhanced Brain Health: Antioxidants found in colorful fruits and vegetables, like berries and leafy greens, may support memory and reduce the risk of cognitive decline.

Stronger Bones: Produce like oranges, broccoli, and leafy greens provide key nutrients such as calcium, potassium, and vitamin K, which are important for bone health.

Better Vision: Carotenoids in orange and dark green vegetables (like carrots and spinach) support eye health and may reduce the risk of age-related vision problems.

Incorporating more fruits and vegetables into daily meals is a simple yet powerful way to support an active, independent lifestyle and overall well-being.



Congregate Dining Activity

All sites - Trivia! Answer the trivia questions correctly to earn an entrance into the prize bag drawing!

Mid-Columbia Meals on Wheels Pet Pantry

Are your dogs or cats 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.

Ray Colella, MOW Volunteer, after throwing the first pitch standing with Dusty.

Mid-Columbia Libraries Homebound Deliveries

Did you know the library can come to you? Mid-Columbia Library offers services for seniors, people with disabilities or severe illness, and those who are homebound. Even if you can't visit a library in person, you can still enjoy borrowing books, audiobooks, DVDs, and magazines with extended borrowing periods and no overdue fees.

Once you are set up, it's as easy as letting us know what you like to read, watch, or listen to, and we'll deliver to your door. Our staff make it easy to keep you connected to all the great stories and entertainment your library has to offer.

To enroll, call Homebound Services directly at 509-737-6323 or email us at homebound@midcolumbialibraries.org.

Discover the impact of our service through the words of someone who's experienced it firsthand:



HOME BOUND DELIVERY FROM MID COLUMBIA LIBRARY HAS BEEN A LIFE CHANGER FOR ME. BEING A SHUT IN, I AM UNABLE TO CHECK OUT BOOKS FROM ANY LIBRARY. THE PERSONALIZED SERVICE FROM THE STAFF OF MCL PROVIDES THE TYPE OF BOOK I LIKE AND KEEPS A RECORD OF WHAT I'VE ALREADY READ. THEY ARE COURTEOUS AND DEPENDABLE AND COME ONCE A MONTH..... LOREE SWARTZ



Pictured are just a few of the hundreds of volunteers that celebrated with us on Dusty's Deck.

This Month in History

June 5, 1783 - The first sustained flight occurred in Annonay, France, when Joseph and Jacques Montgolfier launched a hot air balloon. Their hot air balloon ascended nearly 6,000 feet.

June 5, 1958 - Robert F. Kennedy was shot and wounded during his departure of a hotel in Los Angeles. He would pass away at 1:44am the next day.

June 6, 1944 - D-Day - the largest amphibious landing in history. Operation Overlord was planned for months and included roughly 1,527,000 soldiers.

June 14, 1777 - John Adams mandated a United States flag, saying, "...that the flag of the thirteen United States shall be thirteen stripes, alternate red and white; that the union be thirteen stars, white on a blue field, representing a new constellation."

June 18, 1812 - The U.S. Senate voted 19 to 13, favoring the declaration of war against Great Britain. This led to the war of 1812 officially starting the next day.

June 30, 1971 - The 26th Amendment was enacted, giving persons over the age of 18 the right to vote in federal, state, and local elections.



Volunteer Spotlight

Volunteers are the heart, soul, and backbone of what makes Mid-Columbia Meals on Wheels' (MCMOW) life-affirming services to thousands of seniors in Benton and Franklin Counties possible. On May 1st, with a HUGE ASSIST from Catholic Charities/Retired Senior Volunteer Program/AmeriCorps, MCMOW volunteers were hosted for their 2025 Volunteer Appreciation Celebration at the Dust Devils baseball game, with a complimentary all-you-can-eat buffet with dinner, beverages, and a reserved seat for the game. MCMOW volunteer of 22 + years, Ray Colella, thrilled the crowd by throwing the first pitch! A great night of laughter and camaraderie was shared by the 171 individuals who attended the celebration. For information on how to join the Meals on Wheels volunteer team phone (509) 735-1911 or email admin@seniorlifereources.org

Volunteer Appreciation Program

Show your volunteer badge at these local businesses to receive the listed discounts. All participating locations are listed below.

Company & Participating Location	Discount
Les Schwab Benton & Franklin Counties	Tire Discount
Tap & Barrell 112 Keene Rd Richland (509) 987-4561	10%
Nothing Bundt Cakes 110 Gage Blvd, #200 Richland (509) 392-7196	10%
Sub Zero Nitrogen Ice Cream 321 N Columbia Center Blvd Kennewick (509) 396-9402	10%

Thank you to the businesses that support us and our volunteers!



SUMMER WORD SEARCH



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

SEASONEDTIMES.COM

AUGUST
 BEACH
 CAMP
 FIREWORKS
 HOT



JULY
 JUNE
 PICNIC
 POOL
 RELAX



SWIM
 SWIMSUIT
 TRAVEL
 VACATION
 WATERMELON

Breakfast Club

Wednesdays at the Café

1834 Fowler St, Richland

8:00 AM - 10:00 AM

POWERED BY:



June 4th - Waffles

June 11th - Egg Scramble

June 18th - Pancakes

June 25th - Biscuits & Gravy

JUNE 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
2 Sweet & Sour Chicken Brown Rice Asian Vegetables Fruit, Milk	3 Conchitas Con Carne Mixed Vegetables Corn Tortilla Fruit, Milk	4 Tuna Noodle Casserole Lyonnaise Carrots Berry Crisp* Milk	5 Hamburger Baked Beans Apple Cabbage Slaw Fruit, Milk	6 Caldo de Pollo Refried Beans Spanish Rice Corn Tortilla Fruit, Milk
9 Macaroni & Cheese Sausage Patty Garden Vegetables Tossed Salad Fruit, Milk	10 Chicken Tostada Refried Beans Tossed Salad Fruit Cocktail Fruit, Milk	11 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad Fruit, Milk	12 Turkey Mole Mexican Rice Broccoli Corn Tortilla Fruit, Milk	13 Cheese & Beef Pasta Green Beans Tossed Salad Breadstick Fruit, Milk
16 Swedish Meatballs Egg Noodles Normandy Vegetables Fruit, Milk	17 Pork Guisada Red & Green Slaw Peaches Corn Tortilla Fruit, Milk	18 Teriyaki Chicken Fluffy Rice Asian Vegetables Fruit, Milk	19 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	20 Chicken Tinga Mexican Coleslaw Spanish Rice Tostada Fruit, Milk
23 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	24 Beef & Bean Burrito Spanish Rice Mexican Coleslaw Fruit, Milk	25 Chef Salad Ranch Dressing Wheat Roll Pineapple Milk	26 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk	27 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Sorbet*, Milk
30 Turkey Tetrazzini Vegetable Medley Tossed Salad 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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JUNE 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 Sweet & Sour Chicken Brown Rice Asian Vegetables Fruit, Milk	3 Meatloaf Mashed Potatoes Brown Gravy Mixed Vegetables Fruit, Milk	4 Tuna Noodle Casserole Lyonnaise Carrots Berry Crisp* Milk	5 Hamburger Baked Beans Apple Cabbage Slaw Fruit, Milk	6 Chicken Caesar Salad Breadstick Cottage Cheese & Pineapple Milk
9 Macaroni & Cheese Sausage Patty Garden Vegetables Tossed Salad Fruit, Milk	10 Chicken Pot Pie Cauliflower & Red Pepper Fruit, Milk	11 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad Fruit, Milk	12 Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk	13 Cheese & Beef Pasta Green Beans Tossed Salad Breadstick Fruit, Milk
16 Swedish Meatballs Egg Noodles Normandy Vegetables Fruit, Milk	17 Apple Pork Chop Mashed Sweet Potatoes Mixed Vegetables Fruit, Milk	18 Teriyaki Chicken Fluffy Rice Asian Vegetables Fruit, Milk	19 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	20 Chicken Salad Sandwich Pea & Cheese Salad Fruit, Milk
23 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	24 Beef Stroganoff Garlic Noodles Green Beans Fruit, Milk	25 Chef Salad Ranch Dressing Wheat Roll Pineapple Milk	26 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk	27 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Sorbet*, Milk
30 Turkey Tetrazzini Vegetable 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

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