



# 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 Thanksgiving!

This season always reminds me to express gratitude for the amazing people who help make Mid-Columbia Meals on Wheels such a special program. Our team is made up of wonderful and generous individuals; volunteers, donors, grant funders, and staff all dedicating their time and energy to fulfilling our mission. Without everyone coming together, the program wouldn't be what it is today. On behalf of Senior Life Resources NW, thank you!

### Oktoberfest Recap

The Oktoberfest event was a tremendous success! Hundreds of people came together to support Meals on Wheels, and the day was filled with fun and community spirit. Thanks to everyone's generosity, we raised \$50,000 for the program. We are so grateful for your support!

### Annual Client Survey

In November, we'll be distributing our Annual Client Survey. Your feedback helps us improve our services, so please take a few minutes to complete the survey and share your thoughts. Your input truly makes a difference!

### Holiday Gift Program

A reminder to our home-delivered meal clients: please return your completed wish lists so our elves can prepare and deliver your holiday gift bags. We're so thankful for the elves who bring a little extra cheer to our clients each year! Cut off for list return is November 1st.

### November Closures

Meals on Wheels will be closed on November 11 (Veterans Day) and November 27-28 (Thanksgiving). Frozen meals are available to cover these days for our homebound clients. If you're unsure whether you're set to receive a frozen meal replacement, please contact your Site Lead for assistance.

Wishing you all a warm and joyful Thanksgiving!

*-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.



### Volunteer Spotlight

We are thrilled to shine this month's Volunteer Spotlight on Kevin and Sherri Schwartz, a dynamic duo who have been making a big impact with Meals on Wheels for over a year now. Kevin and Sherri drive a permanent route out of our Kennewick site, consistently delivering meals and smiles to the seniors we serve. Their dedication goes beyond their regular route. They're always willing to jump in and cover open routes when needed, showing incredible flexibility and commitment.

Most recently, Kevin and Sherri brought their energy and warmth to our Abadan Smash fundraiser, where they poured beverages and lifted spirits. Their friendly, outgoing personalities made them the perfect fit for the event. They greeted guests, made new friends, and helped raise around \$1,500 in support of our mission. We couldn't have done it without them!

Shortly after the fundraiser, Kevin and Sherri were off to Las Vegas for their next adventure—a softball tournament! Kevin is a passionate and competitive softball player, and we love seeing our volunteers living life to the fullest both on and off the field.

Thank you, Kevin and Sherri, for your generosity, enthusiasm, and unwavering support. We're so lucky to have you on our team!

### 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 [volunteerprogrammanager@seniorliferesources.org](mailto:volunteerprogrammanager@seniorliferesources.org).**

### Save the Date!

**All Sites - All Month** - Share what you are thankful for! Decorate a branch on the gratitude tree!

**Veteran's Expo** - November 14  
- 9:00AM - 3:00PM

**Veterans Day - November 11th - ALL SITES CLOSED**

**November 27-28 - HAPPY THANKSGIVING - ALL SITES CLOSED**

### 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.

### Dietician's Corner

#### Diabetes and Nutrition for Older Adults

Diabetes is a common and serious health concern among older adults, affecting the body's ability to regulate blood sugar levels. As people age, changes in metabolism, physical activity, and body composition can make it harder to maintain normal glucose control. Managing diabetes in later life often requires careful coordination of diet, medication, and physical activity, while also considering other chronic conditions and medications. Regular monitoring and support from healthcare providers, along with healthy lifestyle habits, can help older adults maintain stable blood sugar levels and prevent complications.

A few important nutrition tips to remember:

Carbohydrate foods such as fruit, grains, breads, cereal, pasta, starchy vegetables, milk, and yogurt are great sources of nutrients and energy—it's just important to be mindful of portionsizes.

Desserts and sweets can be enjoyed occasionally—just make sure to account for the carbohydrates they contain.

Check food labels carefully on "sugar-free" products like chocolates and cookies; these often have the same amount of carbohydrates as regular versions but cost more.

Choose lean proteins like fish, poultry, and beans to help maintain muscle mass, and include healthy fats from foods such as nuts, olive oil, and avocado to support heart health.

Eat regular meals and practice portion control to help keep blood sugar levels steady throughout the day.



After 28 years of cooking up love at Mid-Columbia Meals on Wheels, Donna (middle) finally got something she has been wishing for, a storage shed for all the kitchen needs. Huge thanks to Indian EYES LLC and our awesome team for making it happen.

# November

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



AUTUMN  
CHILLY  
FAMILY  
FEAST

FOOTBALL  
FRIENDS  
GATHER  
LEAVES

PUMPKINS  
THANKSGIVING  
THIRTY DAYS  
VETERAN'S DAY

## Breakfast Club

Wednesdays at the Café

1834 Fowler St, Richland

8:00 AM - 10:00 AM

POWERED BY:



November 5th - Pancakes

November 12th - Biscuits & Gravy

November 19th - Chicken Fried Steak

November 26th - Waffles

# NOVEMBER 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 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Yogurt & Berries Milk	4 Chicken Tinga Mexican Coleslaw Spanish Rice Tostada Fruit, Milk	5 Sweet & Sour Pork Fluffy Rice Asian Vegetables Chocolate Cake* Fruit, Milk	6 Hamburger Baked Beans Apple Cabbage Slaw Fruit, Milk	7 Turkey Mole Mexican Rice Broccoli Corn Tortilla Fruit, Milk
10 Chicken Pot Pie Green Peas Tossed Salad Fruit, Milk	11 	12 Beef Stroganoff Garlic Noodles Green Beans Fruit, Milk	13 Beef Soup Green Beans Flour Tortilla Fruit, Milk	14 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad Fruit, Milk
17 Chicken Alfredo Broccoli Normandy Breadstick Fruit, Milk	18 Pork Guisada Red & Green Slaw Peaches Corn Tortilla Fruit, Milk	19 Chili Mixed Vegetables Cornbread Fruit, Milk	20 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream* Fruit, Milk	21 Arroz Con Pollo Squash Medley Breadstick Fruit, Milk
24 Swiss Steak Mashed Potatoes Garden Vegetables Fruit, Milk	25 Chicken Tostada Refried Beans Tossed Salad Fruit Cocktail Fruit, Milk	26 Roasted Turkey Mashed Potatoes Gravy, Stuffing Green Beans Cranberry Sauce, Roll Pumpkin Bar*, Milk	27 	28 



\*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!*

# NOVEMBER 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 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Yogurt & Berries Milk	4 Dijon Chicken Sweet Potato Mash Seasoned Beets Fruit, Milk	5 Sweet & Sour Pork Fluffy Rice Asian Vegetables Chocolate Cake* Fruit, Milk	6 Hamburger Baked Beans Apple Cabbage Slaw Fruit, Milk	7 Turkey Tetrazzini Squash Medley Tossed Salad Fruit, Milk
10 Chicken Pot Pie Green Peas Tossed Salad Fruit, Milk	11 	12 Beef Stroganoff Garlic Noodles Green Beans Fruit, Milk	13 Breaded Chicken Sandwich & Fixings Corn Chowder Broccoli Salad Fruit, Milk	14 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad Fruit, Milk
17 Chicken Alfredo Broccoli Normandy Breadstick Fruit, Milk	18 Apple Pork Bites Mashed Sweet Potatoes Seasoned Beets Fruit, Milk	19 Chili Mixed Vegetables Cornbread Fruit, Milk	20 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream* Fruit, Milk	21 Arroz Con Pollo Squash Medley Breadstick Fruit, Milk
24 Swiss Steak Mashed Potatoes Garden Vegetables Fruit, Milk	25 Cranberry Chicken Confetti Rice Peas & Onions Fruit, Milk	26 Roasted Turkey Mashed Potatoes Gravy, Stuffing Green Beans Cranberry Sauce, Roll Pumpkin Bar*, Milk	27 	28 



\*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.

### 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