



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

October is here and so is our annual OktoberFeast event!! October 4th from 10am to 2pm at 1824 Fowler St in Richland. Please note that parking for the event will be at 2600 Columbia Blvd. This is where the run will start from and there is an entrance to our campus from the lot as well for easy access to the festivities. Please come join us for this exciting event filled with delicious food and great company, all while supporting a great cause!

So, what is Oktoberfeast? It is a casual 5k fun run event designed to have something for every member of your family, even the pups! After the run, the event really kicks off at our Meals on Wheels campus.

Run or Walk: Participants can choose to run a competitive, timed race or a more relaxed walk. Dogs, strollers, all are welcome to join in.

Post-Race Celebration: Root beer, Lamb Weston fry trailer, Bavarian-style lunch, and so much more.

Kid-Zone: Packed with fun games and activities, even the younger ones can have a great time.

Dog Corner: Place where the furry friends can enjoy some fun and socialization.

Biergarten: Serving up some cold brews. Grab a seat and relax with some friends while enjoying a cool beverage.

Dunk Tank: Think you've got good aim? Test your throwing arm at our dunk tank for a chance to drop a brave volunteer into the splash zone!! Every toss helps support our mission.

OktoberFeast is more than just a day for exercise and great food, it is a celebration. Coming together to support a cause that is a blessing to so many in our community. By participating, you are contributing to the continued success and impact of Mid-Columbia Meals on Wheels, further allowing us to provide essential services to those in need.

We are looking forward to gathering with everyone on October 4th! Come help make this year this biggest and best OktoberFeast yet!

-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!



Angela Merino

Packaging Line



Brianna Jorgenson

Serving Seniors



James Kee

Kitchen/Packaging Line



Jan Carter

Driver



Leanna Collins

Driver



Sam May

Volunteer



Larry Russell

Kitchen/Serving Seniors

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.

Volunteer Spotlight

This month, we're thrilled to shine the spotlight on two of our most dedicated and dependable volunteers, Deb Carlisle and Sharon Mitchell.

Deb and Sharon consistently go above and beyond in their service. They faithfully drive their regular route out of our Richland site, ensuring our clients receive the care and connection they count on. But their commitment doesn't stop there — they're always willing to step in and cover open routes, whether it's on different days or out of our other sites. Their flexibility and teamwork make them true standouts in our volunteer community.

Deb and Sharon are not only an incredible asset to our team, but also a true blessing to our clients. Their kindness, reliability, and willingness to serve wherever needed make a lasting impact every day.

Thank you, Deb and Sharon, for all that you do. We are so grateful to have you on our team!

Save the Date!

October 4 - Oktoberfest

October 10 - Caregiver Conference

Fall Fiesta (at dining site)

Pasco - 10/30

Parkside - 10/23

Costume Contest - All Sites - 10/27-31

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

Antioxidant-Rich Foods and Their Role in Cancer Prevention

Cancer often develops when cells are damaged by free radicals—unstable molecules produced by normal metabolism, pollution, tobacco, or UV radiation. This damage, called oxidative stress, can increase cancer risk. Antioxidants help by neutralizing free radicals before they harm cells. While no single food prevents cancer, diets rich in antioxidant-containing foods support cell health and may lower cancer risk.

Key Antioxidant-Rich Foods

Berries – Vitamin C and anthocyanins help protect DNA. Cruciferous Vegetables – Broccoli, kale, and cauliflower contain compounds that support natural detoxification. Leafy Greens – Spinach and collard greens provide carotenoids like lutein and beta-carotene. Nuts and Seeds – Almonds, walnuts, and flaxseeds offer vitamin E and selenium. Colorful Fruits and Vegetables – Tomatoes (lycopene), carrots (beta-carotene), and bell peppers (vitamin C). Green Tea – Catechins with strong antioxidant properties. Legumes and Whole Grains – Beans, lentils, oats, and brown rice supply fiber and polyphenols. Pumpkin – Rich in beta-carotene, which the body converts to vitamin A for immune support and cancer protection.

Beyond Antioxidants: The Power of Whole Foods

While antioxidant supplements haven't consistently shown cancer-preventive effects in studies, whole foods rich in antioxidants consistently support health. This is because foods provide a mix of vitamins, minerals, fiber, and plant compounds that work together in ways supplements cannot replicate.

Creamy Pumpkin Soup Recipe Adapted from the kitchn.com

Prep time: 5 minutes Cook time: 20 minutes Serves: 4

Ingredients

1 medium yellow onion	3 cloves garlic
1 large bunch fresh thyme	2 tablespoons olive oil
1 (15-ounce) can pumpkin purée	3/4 teaspoon kosher salt
1/2 teaspoon ground cumin	1/4 teaspoon freshly ground black pepper
1/8 teaspoon ground ginger	1/8 teaspoon cayenne pepper
2 cups low-sodium vegetable broth	2 tablespoons maple syrup
2 tablespoons heavy cream	Toasted pumpkin seeds and flaky sea salt, for serving

Instructions

1. Prep the ingredients. Very finely chop 1 medium yellow onion. Finely grate 3 garlic cloves. Pick the leaves from 1 large bunch fresh thyme until you have 2 tablespoons.
2. Cook the aromatics. Heat 2 tablespoons olive oil in a medium saucepan over medium heat until shimmering. Add the onion and garlic and cook until fragrant, 3 to 4 minutes.
3. Add the pumpkin and spices. Add the thyme, 1 (15-ounce) can pumpkin purée, 3/4 teaspoon kosher salt, 1/2 teaspoon ground cumin, 1/4 teaspoon black pepper, 1/8 teaspoon ground ginger, and 1/8 teaspoon cayenne pepper. Cook over medium-low until steaming and fragrant, about 5 minutes.
4. Add the vegetable broth. Add 2 cups low-sodium vegetable broth and cook, stirring constantly, for 3 to 4 minutes. (The mixture will bubble.)
5. Add the maple syrup and cream. Remove the pot from the heat. Add 2 tablespoons maple syrup and 2 tablespoons heavy cream, and stir to combine. (At this point, for a creamier soup, you can use an immersion blender or transfer to a blender to purée until it reaches your desired consistency.)
6. Garnish and serve. Serve warm, garnished with toasted pumpkin seeds, flaky salt, fresh thyme leaves, and more black pepper.
7. Storage: Leftovers can be refrigerated for up to 5 days or frozen for up to 2 months.



Healthy Ages

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

EVENTS

Annual Party

October 4th - More information to come

Caregiver Conference

October 10th

Medicare Classes

- September 30th
- October 24th and 29th
- November 14th
- December 10th

Wellness Programs

- October 8th - Cancer Prevention and Treatment
- November 19th - Medicare and the Importance of Drug Comparisons

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

Improve your access to nutritious food with the Basic Food Program!



Mid-Columbia Meals on Wheels | 1824 Fowler St, Richland, WA 99352 | (509) 735-1911

The Basic Food Program

Basic Food, previously called “Food Stamps,” is a USDA program that helps families and individuals increase their access to nutritious food. Eligible households receive an Electronic Benefits Transfer (EBT) Card that looks just like a credit card.

Frequently asked questions:

- Can I own my house and a car and still be eligible? **YES**. Only your monthly gross income is considered.
- Do you have to be a US citizen? **NO**. Washington State pays the Basic Food benefits to legal immigrants who do not meet the citizen rules for the federal program.
- Are there other benefits available? If you receive Basic Food, you may qualify for a free cell phone.

For more information, please call Mid-Columbia Meals on Wheels at 509-735-1911 to speak with one of our Service Coordinators. If you have internet access, applications can be completed online at WashingtonConnection.org. To apply by phone, please dial 211 to speak to a Referral Specialist.

Income Guidelines April 1, 2025– March 31, 2026	
Household Size	Monthly Gross Income
1	\$2,608
2	\$3,525
3	\$4,442
4	\$5,358

Nondiscrimination Statement - In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

October



AUTUMN
CORN MAZE
FOLIAGE
HALLOWEEN

HARVEST
HAUNTED HOUSE
HAYRIDE
LEAVES

ORANGE
RAKE
SCARECROW
THIRTY-ONE

Breakfast Club

Wednesdays at the Café

1834 Fowler St, Richland

8:00 AM - 10:00 AM

POWERED BY:



October 1st - Pancakes

October 8th - Biscuits and Gravy

October 15th - Chicken Fried Steak

October 22nd - Waffles

October 29th - Egg Scramble

OCTOBER 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 Three Bean Chili Chuckwagon Corn Cornbread Fruit, Milk	2 Chicken Tostada Refried Beans Tossed Salad Fruit Cocktail Fruit, Milk	3 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad Fruit, Milk
6 Chicken Alfredo Italian Vegetables Breadstick Fruit, Milk	7 Pork Mole Mexican Rice Beets Corn Tortilla Fruit, Milk	8 Chili Mixed Vegetables Cornbread Fruit, Milk	9 Chicken w/ Red Sauce Refried Beans Spanish Rice Tossed Salad Corn Tortilla Fruit, Milk	10 Tuna Noodle Casserole Lyonnaisse Carrots Berry Crisp* Fruit, Milk
13 Swiss Steak Mashed Potatoes Garden Vegetables Fruit, Milk	14 Caldo de Pollo Refried Beans Spanish Rice Corn Tortilla Fruit, Milk	15 Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk	16 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream* Fruit, Milk	17 Pork w/ Potatoes in Tomatillo Sauce Mixed Vegetables Fruit, Milk
20 Swedish Meatballs Egg Noodles Normandy Vegetables Cookie* Fruit, Milk	21 Fish Tacos Spanish Rice Mexican Coleslaw Corn Tortilla Fruit, Milk	22 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	23 Turkey Mole Mexican Rice Seasoned Peas Corn Tortilla Fruit, Milk	24 Beef Stir Fry Fluffy Rice Asian Vegetables Tossed Salad Fruit, Milk
27 Herbed Chicken Mushroom Gravy Au Gratin Potatoes Tossed Salad Yogurt & Berries Milk	28 Pork Carnitas Mexican Coleslaw Refried Beans Corn Tortilla Fruit, Milk	29 Beef Lasagna Italian Vegetables Caesar Salad Breadstick Fruit, Milk	30 Chicken Fajitas Rice & Beans Flour Tortilla Fruit, Milk	31 Sloppy Joes Mixed Vegetables Coleslaw 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.

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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!*

OCTOBER 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 Three Bean Chili Chuckwagon Corn Cornbread Fruit, Milk	2 Breaded Chicken Sandwich & Fixings Corn Chowder Broccoli Salad Fruit, Milk	3 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad Fruit, Milk
6 Chicken Alfredo Italian Vegetables Breadstick Fruit, Milk	7 Harvest Apple Pork Mashed Sweet Potatoes Seasoned Beets Fruit, Milk	8 Chili Mixed Vegetables Cornbread Fruit, Milk	9 Chicken and Rice Casserole Green Beans Fruit, Milk	10 Tuna Noodle Casserole Lyonnais Carrots Berry Crisp* Fruit, Milk
13 Swiss Steak Mashed Potatoes Garden Vegetables Fruit, Milk	14 Cranberry Chicken Confetti Rice Peas & Onions Fruit, Milk	15 Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk	16 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream* Fruit, Milk	17 Pulled Pork Sandwich Baked Beans Coleslaw Fruit, Milk
20 Swedish Meatballs Egg Noodles Normandy Vegetables Cookie* Fruit, Milk	21 Lemon Pepper Cod Fluffy Rice Green Peas Fruit, Milk	22 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	23 Roast Turkey w/ Gravy Mashed Potatoes Green Beans Wheat Roll Fruit, Milk	24 Beef Stir Fry Fluffy Rice Asian Vegetables Tossed Salad Fruit, Milk
27 Herbed Chicken Mushroom Gravy Au Gratin Potatoes Tossed Salad Yogurt & Berries Milk	28 Smothered Pork Mashed Potatoes Mixed Vegetables Fruit, Milk	29 Beef Lasagna Italian Vegetables Caesar Salad Breadstick Fruit, Milk	30 Chicken Fajitas Rice & Beans Flour Tortilla Fruit, Milk	31 Sloppy Joes Mixed Vegetables Coleslaw 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