

1824 Fowler St., Richland WA, 99352

Office: (509) 735-1911

Message from the Director

Celebrating Our Volunteers

Here at Meals on Wheels, we are constantly reminded how fortunate we are to have such an incredible group of volunteers. These dedicated individuals generously give their time to serve our community and help us make a difference in the lives of so many people every day. April is National Volunteer Appreciation Month, and we want to extend a heartfelt thanks to each and every volunteer who supports our mission. Your kindness, reliability, and dedication make our work possible. You show up each day with smiles and a willingness to help others, and that spirit truly makes our program special. If you are one of our clients, we encourage you to join us in thanking these amazing community members who help deliver not only meals but also care and connection.

Thank You and Congratulations to Donna McClure

We would also like to recognize a very special member of the Meals on Wheels team, Donna McClure, who will be retiring at the end of this month. Donna has served as the Lead Cook in our central kitchen for nearly 30 years, dedicating her career to preparing the delicious meals we are proud to serve throughout the community. She has been part of every stage of our program's growth and even helped us open our own central kitchen in 2016. Donna's passion, hard work, and commitment have touched countless lives, and she will be deeply missed by staff, volunteers, and clients alike. While we will miss her greatly, we are excited for her as she begins a new chapter filled with well-deserved relaxation and time with family. Thank you, Donna, for everything you have done for our program and our community.

Spring & Summer Menu Returns

With warmer weather on the way, our Spring/Summer menu cycle is returning! Some seasonal favorites will soon be back in the rotation, including Chef Salad, Chicken Salad Sandwich, and other refreshing meal options. Don't worry, our popular favorites like Roast Beef and Hamburger meals will still be on the menu as well!

Senior Farmers Market Nutrition Program Returns

The Washington State Senior Farmers Market Nutrition Program is back for the season. These benefits are available to qualified seniors who live in Benton and Franklin Counties. Participants must complete a new application this year. If you would like to receive one, please call our office at 509-735-1911. Applications will also be available at all Meals on Wheels dining centers and at our administrative office. Benefit cards are distributed on a first-come, first-served basis, so it is important to fully complete and return your application as soon as possible. Completed applications can be mailed or dropped off at any dining site or at our administrative office.

Mail applications to:

Mid-Columbia Meals on Wheels
1824 Fowler Street
Richland, WA 99352



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.

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.

Dietician's Corner

Strength training is an important way for older adults to stay healthy and independent. As people age, they naturally lose muscle mass, a condition known as sarcopenia. This can make everyday tasks like climbing stairs or carrying groceries more difficult. Strength training helps maintain muscle, improve balance, and make daily activities easier.

Strength training exercises use resistance to work the muscles. This can include hand weights, resistance bands, weight machines, or bodyweight exercises such as squats or wall push-ups. These exercises can also support bone health and help reduce the risk of osteoporosis.

Experts recommend that older adults perform strength training exercises two to three times per week, focusing on major muscle groups. Starting with light resistance and proper form is important to prevent injury. Even small amounts of strength training can help improve strength, mobility, and overall quality of life. Always talk to your doctor/healthcare provider before starting a new exercise regimen.

Celebrate Your Pet! 2026

May is National Pet month; thanks to our dedicated and greatly appreciated volunteers, Mid-Columbia Meals on Wheels is thrilled to bring back the Celebrate Your Pet! wish list for another year! This special initiative offers a wonderful opportunity to show your beloved companions some extra love and care. **Here's a quick reminder that Celebrate Your Pets! forms are due by April 11th!**

This Month In History

April 1, 1865 - During the American Civil War, Confederate troops of George Pickett were defeated and cut off at Five Forks Virginia. This event brought the war to a quicker end.

April 4, 1949 - Twelve nations signed a treaty creating the North Atlantic Treaty Organization (NATO). They united for military defense against the threat of expansion by Soviet Russia.

April 6, 1896 - After a break of 1500 years, the first Olympics of the modern era were held in Athens, Greece.

April 11, 1970 - Apollo 13 was launched. Fifty-six hours later, an oxygen tank exploded. John Swigert saw the warning light and said, "Houston, we've had a problem here."

April 18, 1775 - The Midnight Ride of Paul Revere and William Dawes occurred as the two men rode out of Boston at about 10 pm to warn patriots at Lexington and Concord that the British were approaching.

April 23, 1564 - William Shakespeare was born in Stratford-on-Avon, England. He was acknowledged as the most influential writer in the English language. Shakespeare created 36 plays and 154 sonnets.

April 26, 1986 - At the Chernobyl nuclear power plant in Ukraine, an explosion set off a meltdown of the nuclear fuel and spread a radioactive cloud into the surrounding atmosphere, eventually covering most of Europe. A 300 square mile area around the plant had to be evacuated.

April 30, 1789 - George Washington became the first President of the United States on the balcony of the Federal Hall.



BASEBALL GAME FUNDRAISER

WED APRIL 15

Gates Open at 5:30 PM
First Pitch at 6:30 PM



SCAN CODE FOR TICKETS

\$2 from every ticket goes to support Mid-Columbia Meals on Wheels



Please Welcome Our Newest Volunteers!

Ana Rodriguez



Parkside Serving Seniors

Charlene Lynch



Pasco Driver

Karen Tran



Richland Serving Seniors

Lorna Pinter Brown



Prosser Serving Seniors

Lucia Vergara-Trejo



Prosser Serving Seniors

Wendy Hague



Cafe 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

Since joining Mid-Columbia Meals on Wheels in 2018, Keith Vendramin has been a shining example of dedication and compassion in action. A consistent and reliable volunteer, Keith serves seniors in our Café dining room two days every week, bringing not just his time but his heart to every shift. Keith is known for his friendly smile and the kind words he shares with everyone he meets. His genuine care for our clients is clear in the way he takes time to chat, share a joke, and brighten someone's day. Those conversations often become the highlight of a meal for many of the seniors he serves. One of the friendliest volunteers you could ever meet, Keith's positive energy is truly infectious. He approaches every moment with warmth, enthusiasm, and a willingness to go above and beyond to make others feel welcome and valued. Volunteers like Keith are what make our community so special. His kindness, reliability, and commitment to serving others make a lasting impact on both our clients and our team. We are truly lucky to have Keith as part of the Mid-Columbia Meals on Wheels volunteer family!

Donor Appreciation

We want to take this month to give a HUGE thank you to Benton Pud for choosing us for their annual Cookies for a Cause. During this fundraiser, employees volunteer to make cookies and then sell them. When offering to donate their leftover cookies to an assisted living home, the owner of the home was moved by the purpose of the fundraiser and donated an additional \$100. We also want to thank Benton PUD for coming to our facility and agreeing to tour our kitchen and campus. We also want to thank Act Now DME for their generous donation of senior nutritional drinks. Because of them, we are able to continually provide these nutritional drinks at no cost to our clients. Lastly, a huge thank you to Catholic Charities and Dairy Queen for supporting our Volunteer Appreciation day! We appreciate the support for our amazing volunteers!

Save the Date!

April 11th - Celebrate Your Pets! forms are due

April 20th - Celebrate National Look-alike Day. Celebrate by dressing like someone you will see that day, or select a celebrity to dress up as, or dress as twins with another diner!

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.



Home Care SERVICES
Delivered by Generational Care

Serving the southeastern parts of Washington State, including Kittitas, Yakima, Benton, Franklin, Walla Walla, Columbia, Garfield, and Asotin counties, as well as Nez Perce County in Idaho.

By providing an array of professional supportive care services, Home Care Services offers an alternative to institutional care.



2,106

Individuals of all generations cared for at home.



979,011

Total Hours of support care served.



808

Trained and licensed Providers.

(509) 735-7840 | HomeCare@GenCare.org | GenCare.org

Breakfast Club

Wednesdays at the Café

1834 Fowler St, Richland
8:00 AM - 10:00 AM

POWERED BY:



April 1st - Biscuits & Gravy

April 8th Chicken Fried Steak

April 15th - Waffles

April 22nd - Egg Scramble

April 29th - Pancakes



WELLNESS WORKSHOP

MOVE: THE BENEFITS OF PHYSICAL ACTIVITY



APRIL 15TH 2026

Wednesday
1:00 - 2:00 PM



CUP CHURCH

1124 Stevens Dr
Richland, WA



REGISTER TODAY

(509) 736-0035
HealthyAges@GenCare.org




Healthy Ages
Delivered by Generational Care

Featured Speaker



CLINIC

Join Dr. Takagi for an informative session on the importance of staying active. This workshop will explore the many physical and mental health benefits of regular movement. Whether you are just getting started or looking to stay motivated, you will leave with practical knowledge and inspiration to keep moving.

This workshop is sponsored in part by  **Greater Health Now**

WORD SEARCH

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

HOMEBOUND

DINE

CONNECTION

APPLE

FROZEN

COOLER

CARE

DELIVERY

VAN

MILK

HOME

SENIORS



April Menu

Featuring Hispanic Cuisine



Parkside (Ray Pfleuger Center)
253 Margaret St Pasco | (509) 545-2169

MON	TUES	WED	THUR	FRI
		1 Chef Salad Dressing Wheat Roll Pineapple Milk	2 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk	3 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Fruit, Milk Berry Crisp*
6 Turkey Tetrazzini Green Peas Tossed Salad Fruit, Milk	7 Caldo de Pollo Refried Beans Spanish Rice Corn Tortilla Fruit, Milk	8 Sloppy Joes Mixed Vegetables Apple Cabbage Slaw Fruit, Milk	9 Pork Guisada Red & Green Slaw Peaches Corn Tortilla Fruit, Milk	10 Tuna Pasta Salad Broccoli Salad Crackers Fruit, Milk
13 Spaghetti w/ Meat Sauce Green Beans Breadstick Fruit, Milk	14 Fish Tacos Spanish Rice Mexican Coleslaw Corn Tortilla Fruit, Milk	15 Chicken Chop Salad Salad Greens Carrot Sticks Fruit, Milk	16 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	17 Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk
20 Sweet & Sour Chicken Brown Rice Asian Vegetables Cookie* Fruit, Milk	21 Conchitas Con Carne Mixed Vegetables Corn Tortilla Fruit, Milk	22 Chicken Caesar Salad Breadstick Cottage Cheese & Pineapple Milk	23 Hamburger Baked Beans Apple Cabbage Slaw Fruit, Milk	24 Beef Soup Green Beans Flour Tortilla Fruit, Milk
27 Macaroni & Cheese Sausage Patty Garden Vegetables Tossed Salad Fruit, Milk	28 Chicken w/ Red Sauce Beans & Rice Tossed Salad Corn Tortilla Fruit, Milk	29 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad Fruit, Milk	30 Turkey Mole Mexican Rice Seasoned Corn 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!*

APRIL 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 Chef Salad Dressing Wheat Roll Pineapple Milk	2 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk	3 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Fruit, Milk Berry Crisp*
6 Turkey Tetrazzini Green Peas Tossed Salad Fruit, Milk	7 Cranberry Chicken Confetti Rice Garden Vegetables Fruit, Milk	8 Sloppy Joes Mixed Vegetables Apple Cabbage Slaw Fruit, Milk	9 Cubed Pork Bites Mashed Potatoes Pork Gravy Beets Fruit, Milk	10 Tuna Pasta Salad Broccoli Salad Crackers Fruit, Milk
13 Spaghetti w/ Meat Sauce Green Beans Breadstick Fruit, Milk	14 Baked Cod Dill Sauce Herbed Potatoes Squash Medley Fruit, Milk	15 Chicken Chop Salad Salad Greens Carrot Sticks Fruit, Milk	16 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	17 Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk
20 Sweet & Sour Chicken Brown Rice Asian Vegetables Cookie* Fruit, Milk	21 Meatloaf Mashed Potatoes Brown Gravy Mixed Vegetables Fruit, Milk	22 Chicken Caesar Salad Breadstick Cottage Cheese & Pineapple Milk	23 Hamburger Baked Beans Apple Cabbage Slaw Fruit, Milk	24 3 Bean Chili Chuckwagon Corn Cornbread Fruit, Milk
27 Macaroni & Cheese Sausage Patty Garden Vegetables Tossed Salad Fruit, Milk	28 Chicken Pot Pie Cauliflower & Red Pepper Fruit, Milk	29 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad Fruit, Milk	30 Turkey & Rice Casserole Broccoli 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