



# WHEELS IN MOTION



*Delivered by Generational Care*

*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

May has arrived, along with the national observance of Older Americans Month. The 2026 theme, "Champion Your Health," encourages individuals to take an active role in their well-being; advocating for themselves, utilizing preventive care, and making informed decisions that support independence.

At Meals on Wheels, we are proud to support this mission by providing nutritious, balanced meals that serve as a strong foundation for healthy living. Just as important are the social connections our program fosters. Whether through visits from our volunteer drivers or shared meals at our dining centers, these interactions help reduce isolation and keep our community connected. We are also well-versed in local resources and are always happy to help connect individuals with additional support. As we age it is important to stay proactive, especially when it comes to health.

### Farmers Market Update:

This year, we will be receiving fewer cards than in previous years. We encourage you to submit your completed application as soon as possible, as cards will be distributed on a first-come, first-served basis. If you still need an application, please call us or visit one of our dining centers. As a reminder, cards will not be distributed until early June.



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

### Managing High Blood Pressure With the DASH Eating Plan

What you eat can help lower your blood pressure and reduce your risk for stroke and heart disease.

The Dietary Approaches to Stop Hypertension (DASH) eating plan has been shown to reduce blood pressure. This diet is low in saturated fat, cholesterol, and total fat. The diet emphasizes fruits, vegetables, and low-fat dairy products. These foods contain nutrients that have been shown to help reduce blood pressure.

The DASH eating plan is naturally low in salt and limits sodium to less than 2,300 mg. (One teaspoon of salt contains 2,300 mg of sodium.)

### How to follow the DASH plan

The DASH plan is 2,000 calories and includes:

Six to 8 daily servings of grains and grain products, such as whole-wheat bread, cereal, oatmeal, crackers, unsalted pretzels, and popcorn. A serving size is 1 slice of bread, 1 cup of ready-to-eat cereal, or 1/2-cup of rice, pasta, or cereal.

Four to 5 daily servings of vegetables, the darker in color, the better. A serving size is 1 cup of raw leafy vegetables, a 1/2-cup of cooked vegetables, or 6 ounces of vegetable juice.

Four to 5 daily servings of fruit. A serving is 1 medium fruit, 1/4-cup of dried fruit, 1/2-cup of fresh, frozen, or canned fruit, or 6 ounces of fruit juice.

Two or 3 daily servings of low-fat or fat-free dairy products. A serving is 8 ounces of milk, 1 cup of yogurt, or 1½ ounces of cheese.

Six or fewer daily servings of lean meat, poultry, or fish. A serving is 1 ounce of cooked meats, skinless poultry, or fish.

Four to 5 servings per week of nuts, seeds, and dry beans. A serving is 1/3-cup or 1½ ounces of nuts, 1 tablespoon or 1/2-ounce of seeds, or 1/2-cup cooked dried beans.

Two to 3 small daily servings of fats and oils like olive oil and low-fat salad dressing. A serving is 1 teaspoon soft margarine, 1 tablespoon low-fat mayonnaise, 2 tablespoons light salad dressing, or 1 teaspoon vegetable oil. Don't have fats that are saturated (animal fats) or trans fats.

Five or fewer servings per week of sweets like maple syrup, sorbet, or gelatin. A serving is 1 tablespoon sugar, 1 tablespoon jelly or jam, 1/2-ounce jellybeans, or 8 ounces of lemonade.

### Moving forward

It may help to adopt the DASH plan slowly. You'll be more likely to stick to it long term. For example, add 1 more serving of vegetables at lunch and dinner if you eat only 1 or 2 servings a day now. You might also add fruit to meals and snacks if you now only have juice for breakfast. Slowly increase your dairy products to 3 servings per day. Try drinking skim milk with lunch or dinner, instead of soda, alcohol, or tea.

*Adopted from The StayWell Company, LLC on Sanfordhealth.com*

## Donor Appreciation

Thank you to Cornerstone Wealth Strategies for partnering with us during our Hope on a Plate campaign. This campaign will include a paper plate art installation in our Cafe where clients and volunteers will be able to write what a full plate means to them. Cornerstone Wealth Strategies is also generously matching donations to this campaign up to a certain amount! We are incredibly grateful for their support during this meaningful campaign, we couldn't do it without them.

## Please Welcome Our Newest Volunteers!

Andrew Brooks



Cafe Driver

Careina Brooks



Cafe Driver

Kristine Gray



Serving Seniors

Martha Sanchez-Raj



Cafe Driver

Sue Smith



Prosser 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](mailto:volunteer@gencare.org)

### Volunteer Spotlight

#### Volunteer Spotlight: Dan Carter

As Volunteer Program Manager, I have the privilege of working alongside so many incredible volunteers. One of the most rewarding parts of my role is getting a glimpse into the experiences they create for the clients they serve.

Recently, I had the opportunity to drive a route in Richland, one that Dan Carter drives each week. It didn't take long to see the impact he's made. At nearly every stop, clients asked about him, wanting to make sure he was okay. It was genuinely moving to witness.

I was happy to let them know Dan was simply away on a planned trip. Many immediately smiled and said, "Oh yes, he told me he'd be gone." That alone speaks volumes about the connections he's built. These aren't just deliveries; these are meaningful relationships grounded in trust and consistency.

Clients shared how much they look forward to seeing Dan each week, and how much they enjoy their conversations with him. While they were kind and welcoming to me, it was clear that Dan brings something special to their day. In their own way, many expressed that it just wasn't quite the same without him.

Moments like these highlight the true heart of volunteering. Dan's dedication goes far beyond completing a route. He brings companionship, reliability, and genuine care to each person he visits.

Thank you, Dan, for the joy and connection you bring to our community. Your impact is deeply felt and truly appreciated.

### 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. Celebrate Your Pet! bags will be going out in May and should be wrapped up by the end of the month. If you have any questions please call us at 509-735-1911.

# Improve Your Access to Nutritious Food With the Basic Food Program!



PEOPLE FOR PEOPLE

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.
- Are there other benefits available? If you receive Basic Food, you may qualify for free wireless phone service and help with energy bills.

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](http://WashingtonConnection.org). To apply by phone, call People for People at 509-271-1344 and speak to a referral specialist.

Income Guidelines April 1, 2026 – March 31, 2027	
Household Size	Monthly Gross Income
1	\$2,660
2	\$3,607
3	\$4,553
4	\$5,500

**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.

### Breakfast Club

Wednesdays at the Café

1834 Fowler St, Richland

8:00 AM - 10:00 AM

POWERED BY:



May 6th - Biscuits & Gravy

May 13th - Chicken Fried Steak

May 20th - Waffles

May 27th - Egg Scramble



# 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

# WELLNESS WORKSHOP

## STROKE AWARENESS



**MAY 13<sup>TH</sup> 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 Speakers*



Join **Carrie Ruff** from Kadlec Regional Medical Center for an informative session on stroke awareness, including key facts, symptoms, prevention, and care.

**Courtney Armstrong** will also highlight available stroke support groups and aftercare resources to help navigate recovery beyond treatment.

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

# WORD SEARCH

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

NEWSLETTER

ORANGE

HOME

WELLNESS

ROUTE

SALAD

SPRING

FRIENDSHIP

KITCHEN

TABLE

APPRECIATION

SUPPORT

## May Nutrition Education Sessions

**Topic: Healthy Snacks**

- May 5th - Richland Dining Site
- May 12th - Kennewick Dining Site
- May 14th - Cafe Dining Site

## Save the Date!

- May 5** - Cinco de Mayo celebration  
(Parkside Dining Site only)
- May 25th** - ALL SITES CLOSED




# May Menu

Featuring Hispanic Cuisine



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

MON	TUES	WED	THUR	FRI
				1 Cheese & Beef Pasta Green Beans Tossed Salad Breadstick Fruit, Milk
4 Swedish Meatballs Egg Noodles Normandy Vegetables Fruit, Milk	5 Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk	6 Teriyaki Chicken Fluffy Rice Asian Vegetables Oat Bar* Fruit, Milk	7 Pork w/ Potatoes in Tomatillo Sauce Mixed Vegetables Fruit, Milk	8 Chicken Salad Sandwich Pea & Cheese Salad Fruit, Milk
11 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	12 Conchitas Con Carne Green Beans Corn Tortilla Fruit, Milk	13 Chef Salad Ranch Dressing Wheat Roll Pineapple Milk	14 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Cookie* Fruit, Milk	15 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk
18 Turkey Tetrazzini Vegetable Medley Tossed Salad Fruit, Milk	19 Chicken Tinga Mexican Coleslaw Spanish Rice Tostada Fruit, Milk	20 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk	21 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream* Fruit, Milk	22 Chicken Tostada Refried Beans Tossed Salad Pineapple Fruit, Milk
25 	26 Fish Tacos Spanish Rice Mexican Coleslaw Corn Tortilla Fruit, Milk	27 Chicken Chop Salad Salad Greens Carrot Sticks Fruit, Milk	28 Spaghetti & Meat Sauce Green Beans Breadstick Fruit, Milk	29 Turkey Tostada Refried Beans Tossed Salad Fruit Cocktail 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!*

# MAY 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 Cheese & Beef Pasta Green Beans Tossed Salad Breadstick Fruit, Milk
4 Swedish Meatballs Egg Noodles Normandy Vegetables Fruit, Milk	5 Apple Pork Bites Mashed Sweet Potatoes Mixed Vegetables Fruit, Milk	6 Teriyaki Chicken Fluffy Rice Asian Vegetables Oat Bar* Fruit, Milk	7 Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk	8 Chicken Salad Sandwich Pea & Cheese Salad Fruit, Milk
11 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	12 Beef Stroganoff Garlic Noodles Green Beans Fruit, Milk	13 Chef Salad Ranch Dressing Wheat Roll Pineapple Milk	14 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Cookie* Fruit, Milk	15 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk
18 Turkey Tetrazzini Vegetable Medley Tossed Salad Fruit, Milk	19 Cranberry Chicken Confetti Rice Peas & Onions Fruit, Milk	20 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk	21 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream* Fruit, Milk	22 Chicken & White Bean Chili Cornbread Cookie* Fruit, Milk
25 	26 Lemon Pepper Cod Fluffy Rice Green Peas Fruit, Milk	27 Chicken Chop Salad Salad Greens Carrot Sticks Fruit, Milk	28 Spaghetti & Meat Sauce Green Beans Breadstick Fruit, Milk	29 Roast Turkey w/ Gravy Mashed Potatoes Green Beans Wheat Roll 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.

**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