



1824 Fowler St., Richland WA, 99352

Office: (509) 735-1911

## Message from the Director

There has been a lot happening at Mid-Columbia Meals on Wheels, and we are feeling the excitement throughout the program! Here is a glimpse of what we have been up to recently:

### Volunteer Appreciation Event

This year's event, once again held at the Dust Devils Baseball Stadium, was a wonderful time! Despite the less-than-ideal weather, volunteers came out to enjoy good food and great company. A huge thank you to Catholic Charities and Dairy Queen for helping sponsor the event, as well as the Dust Devils team for hosting us! Our volunteers are truly amazing, and we could not accomplish the work we do without them.

### Subaru Share the Love

We recently hosted the McCurley Subaru team at our campus for the wrap-up of the Share the Love Campaign. We were honored to be chosen as their Hometown Charity for the 14th year! The community showed incredible support, and we received a total of \$30,000 through the fundraiser! We cannot thank McCurley Subaru and the community enough for supporting Mid-Columbia Meals on Wheels. Community partnerships like this help keep the meals flowing!

### Pints for a Purpose

Local business Sage Brewing Company recently hosted "Pints for a Purpose" at their establishment. During the event, \$1 from every beer sold was donated to Meals on Wheels! This event was held in partnership with the local National Exchange Club, and we are incredibly grateful to have been chosen as the beneficiary. A huge thank you to everyone involved and to all who came out to support!

### Celebrate Your Pet

Nearly all the bags have been delivered! The "elves" outdid themselves, ensuring every list was fulfilled and packed with care. Thank you to everyone who contributed to this campaign!

### Farmers Market

Applications have been steadily coming in, and we are working through the first uploads to the state in order to have the cards loaded. We anticipate receiving the cards soon and will begin mailing them out shortly afterward.

### Breakfast service coming to Fridays

Beginning in June, we will start serving breakfast on Fridays in the Café as well! The hours will be the same, 8am-10am. Thank you to Three Rivers Community Foundation for a grant award to fund this additional day of service of our super popular breakfast offering! No reservations are required to attend. Hope to see you there!

### New Holiday Closure

Meals on Wheels will be closed on June 19th this year in observance of Juneteenth. This is a new holiday closure for us, but frozen meals will be sent out in advance to Home Delivery clients who would like them.

*-Brian Kinner*



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.

Mid-Columbia Meals on Wheels is delivered by Generational Care (formerly Senior Life Resources)

## Dietician's Corner

In June, farmers markets will start to open all around our region. Shopping for seasonal fruits and vegetables is a great way to enjoy foods at their peak flavor, freshness, and nutritional value while also supporting local farmers. Common produce found at local farmers markets includes strawberries, cherries, asparagus, lettuce, spinach, radishes, green onions, and snap peas. Many of these foods are packed with important nutrients. Strawberries and cherries provide vitamin C and antioxidants that support the immune system, while leafy greens like spinach and lettuce are rich in vitamin A, vitamin K, and fiber for healthy digestion and heart health. Asparagus and snap peas also contain fiber, folate, and potassium, which help support energy levels and healthy blood pressure. Because local produce is harvested close to the time it is sold, it often retains more nutrients and has better flavor than produce transported long distances. Visiting the farmers market is also a fun way to try new foods and connect with the local community.

## Donor Appreciation

Thank you to the Exchange Club and Sage Brewing Company for hosting the Pints for a Purpose fundraiser on May 7th! We truly appreciate their support in our mission and generosity in offering this fundraiser for us. It is because of community members like you that we can continue to serve seniors across Benton and Franklin Counties. Not only did your fundraiser support local seniors, but you created a night to remember for participants.

## 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 from 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 156,000 soldiers.

**June 10, 1652** - John Hull, a silversmith, opened the first mint in America. The first coin was the Pine Tree Shilling, which was designed by him.

**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 14, 1951** - Univac 1, the world's first commercial electronic computer was unveiled in Philadelphia. It was installed at the Census Bureau and used a magnetic tape unit.

**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 23, 1865** - The last formal surrender of Confederate troops occurred in the Oklahoma Territory.

**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.

# Please Welcome Our Newest Volunteers!

Alma Maxinez



Central Kitchen

Cheri Smith



Central Kitchen

Fran Handy



Cafe Driver

Lizbeth Rios



Central Kitchen

Mark Langley



Pasco Driver

Andrew Garza



Cafe Driver

Caleb Rimann



Cafe Serving Seniors

Maren Ennis



Serving Seniors

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

For the month of June, we are proud to spotlight one of our incredible corporate volunteer groups: Baker Boyer and their group leader Elisabeth Holt.

Elisabeth and the Baker Boyer team have been consistent, dedicated supporters and volunteers with us for many years. Through our partnership with Lutheran Community Services, they help make our Santa for Seniors program possible three times each year. These special gift bags provide meaningful gifts and emergency supplies that we distribute directly to our clients.

Whenever it's time to assemble the bags, the Baker Boyer team shows up in force. In May alone, they volunteered more than four hours helping put everything together. Elisabeth and her crew consistently bring grace, enthusiasm, and positivity to every project. They never quit, always stay until the work is done, and walk through our doors with smiles and energy every single time.

We truly love working alongside this team. They bring such a positive light to our offices, and they have grown with us as the Santa for Seniors program has continued to expand. We simply could not accomplish this project without their generous donation of time and effort.

Thank you, Baker Boyer team, for your unwavering support and commitment to our community!

### Dining Site Event of the Month

**BINGO - Kennewick Site Only - June 24th - 11:00-1:00. Call to reserve your meal at least 24 hours in advance!**

**All Sites all month - National Say Something Nice Day takes place on June 1st. Make somebody's day brighter by saying something nice!**

### Mid-Columbia Meals on Wheels Pet Pantry

Are your pets needing veterinary or 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.

## AFTER CARE:

### AFTER GETTING YOUR VACCINE, YOU MIGHT FEEL:

- Fatigue
- Slight fever
- Soreness at injection site

### TIPS FOR HANDLING HOW YOU FEEL AFTER GETTING A VACCINE:

- Over the counter Tylenol
- Cool compress
- Luke warm bath

An allergic reaction could occur after the vaccinated person leaves the clinic. If you see signs of a severe allergic reaction (hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, or weakness), call 9-1-1 and get the person to the nearest hospital.

For other signs that concern you, call your health care provider.

## RESOURCES

YOUR FIRST STOP WHEN IT COMES TO VACCINE HEALTH IS TO ASK YOUR HEALTH CARE PROVIDER.

## RSV, FLU & COVID - 19 VACCINE INFORMATION

### WE ENCOURAGE YOU TO VISIT THE FOLLOWING WEBSITES WHEN YOU HAVE QUESTIONS:

#### WHAT VACCINES DO I NEED?



[stayintheloop.org](http://stayintheloop.org)

#### GET THE FACTS: CREDIBLE VACCINE INFORMATION FOR FAMILIES, FROM FAMILIES.



[www.voicesforvaccines.org](http://www.voicesforvaccines.org)

#### VACCINE SCHEDULES & RESOURCES



[www.bfhd.wa.gov](http://www.bfhd.wa.gov)

#### FOR ADDITIONAL DETAILS ON VACCINES, PLEASE VISIT THE FOLLOWING WEBSITES:

- [doh.wa.gov](http://doh.wa.gov)
- [www.fda.gov](http://www.fda.gov)
- [www.cdc.gov](http://www.cdc.gov)
- [www.immunize.org](http://www.immunize.org)



### Benton-Franklin Health District

BFHD HEALTH CLINIC



[WWW.BFHD.WA.GOV](http://WWW.BFHD.WA.GOV)  
7102 W. Okanogan Place  
Kennewick, WA 99336  
509.460.4200

## Breakfast Reminder

Starting this June, we will be having breakfast at the Cafe on Fridays as well! Thank you to Three Rivers Community Foundation for awarding us a grant to fund this additional day of breakfast. Breakfast on Fridays is served from 8am-10am with no reservations required.

### Breakfast Club

Wednesdays and Fridays at the Café

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

POWERED BY:



June 3rd - Pancakes

June 5 - Biscuits & Gravy

June 10th - Chicken Fried Steak

June 12th - Waffles

June 17th - Egg Scramble

June 24th - Pancakes

June 26th - Biscuits & Gravy



# 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



**Healthy Ages**  
Delivered by Generational Care

## JUNE WELLNESS WORKSHOP



# FEATURING



**JUNE 17<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

Join us for our next Healthy Ages Wellness Workshop, featuring a special guest speaker from Bergstrom Aircraft. Participants will explore the rich history of local aviation, including the story behind the Pasco Aviation Museum and the evolution of Bergstrom Aircraft's operations in our region. The presentation will include engaging visuals and personal insights bringing local history to life.

# WORD SEARCH

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

TURKEY

DINING

WHEELS

TUNAFISH

GREEN BEANS SOUP

HEART

CASSEROLE

CORN

PITCHER

HOUSE

SALT




# June Menu

Featuring Hispanic Cuisine



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

MON	TUES	WED	THUR	FRI
1 Sweet & Sour Chicken Brown Rice Asian Vegetables Fruit, Milk	2 Beef & Bean Burrito Spanish Rice Mexican Coleslaw Fruit, Milk	3 Tuna Noodle Casserole Lyonnais Carrots Berry Crisp* Fruit, Milk	4 Hamburger Baked Beans Apple Cabbage Slaw Fruit, Milk	5 Caldo de Pollo Refried Beans Spanish Rice Corn Tortilla Fruit, Milk
8 Macaroni & Cheese Sausage Patty Garden Vegetables Tossed Salad Fruit, Milk	9 Chicken w/ Red Sauce Beans & Rice Tossed Salad Corn Tortilla Fruit, Milk	10 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad Fruit, Milk	11 Turkey Mole Mexican Rice Broccoli Corn Tortilla Fruit, Milk	12 Cheese & Beef Pasta Green Beans Tossed Salad Breadstick Fruit, Milk
15 Swedish Meatballs Egg Noodles Normandy Vegetables Fruit, Milk	16 Pork Carnitas Mexican Coleslaw Refried Beans Corn Tortilla Fruit, Milk	17 Teriyaki Chicken Fluffy Rice Asian Vegetables Fruit, Milk	18 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream* Fruit, Milk	19 
22 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	23 Mexican Meatball Soup Refried Beans Corn Tortilla Fruit, Milk	24 Chef Salad Ranch Dressing Wheat Roll Pineapple Milk	25 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk	26 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Sorbet* Fruit, Milk
29 Turkey Tetrazzini Vegetable Medley Tossed Salad Fruit, Milk	30 Chicken 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!*

# 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
1 Sweet & Sour Chicken Brown Rice Asian Vegetables Fruit, Milk	2 Meatloaf Mashed Potatoes Brown Gravy Mixed Vegetables Fruit, Milk	3 Tuna Noodle Casserole Lyonnaise Carrots Berry Crisp* Fruit, Milk	4 Hamburger Baked Beans Apple Cabbage Slaw Fruit, Milk	5 Chicken Caesar Salad Breadstick Cottage Cheese & Pineapple Milk
8 Macaroni & Cheese Sausage Patty Garden Vegetables Tossed Salad Fruit, Milk	9 Chicken Pot Pie Cauliflower & Red Pepper Fruit, Milk	10 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad Fruit, Milk	11 Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk	12 Cheese & Beef Pasta Green Beans Tossed Salad Breadstick Fruit, Milk
15 Swedish Meatballs Egg Noodles Normandy Vegetables Fruit, Milk	16 Apple Pork Bites Mashed Sweet Potatoes Mixed Vegetables Fruit, Milk	17 Teriyaki Chicken Fluffy Rice Asian Vegetables Fruit, Milk	18 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream* Fruit, Milk	19 
22 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	23 Beef Stroganoff Garlic Noodles Green Beans Fruit, Milk	24 Chef Salad Ranch Dressing Wheat Roll Pineapple Milk	25 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk	26 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Sorbet* Fruit, Milk
29 Turkey Tetraxini Vegetable Medley Tossed Salad Fruit, Milk	30 Cranberry Chicken Confetti Rice Peas & Onions 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