

Message from the Director

It's hard to believe we are already halfway through the year! Thanks to the support of our community, we have served more than 120,000 meals to over 1,800 seniors so far this year. Half of those meals were delivered directly to the homes of seniors throughout our service area. We are incredibly grateful to the volunteers, donors, community partners, and staff who help us fulfill our mission each day.

We officially launched our second day of breakfast service on June 5th, serving more than 50 participants a delicious meal. Breakfast is now served every Wednesday and Friday at our Fowler Street Café in Richland. Our team does a fantastic job, and we would love to welcome some new faces, so come join us for breakfast!

We have also been working diligently to administer the Washington State Senior Farmers Market Nutrition Program. More than 1,000 benefit cards have been distributed, and we have now issued all of the cards allocated to us by DSHS. We are continuing to accept applications and have established a waitlist. If additional cards become available, we will begin issuing them to individuals on the waitlist in the order their applications were received.

Please note that Meals on Wheels will be closed on Friday, July 3rd, in observance of the Independence Day holiday. We will resume normal operations on Monday, July 6th. We wish everyone a safe and happy Fourth of July!

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.

Dietician's Corner

During the summer, easy meals that do not require the oven can help keep the kitchen cool while still providing balanced nutrition. Cold salads made with leafy greens, grilled chicken, beans, or tuna are quick to prepare and can be made ahead of time for several meals. Wraps filled with vegetables, hummus, turkey, or cheese are another convenient option that requires little preparation and can be customized to fit different tastes and dietary needs. Other simple summer meals include yogurt parfaits with fresh fruit and granola, cottage cheese with sliced vegetables, or pasta salads prepared in advance and served chilled. These meals are easy to store, require minimal cooking, and can incorporate seasonal produce such as tomatoes, cucumbers, berries, and peaches. By focusing on fresh ingredients and simple preparation methods, it is possible to enjoy nutritious meals without using the oven.

Dense Bean Salad, adapted from foodwithfeeling.com | Prep time: 25 minutes Servings: 6

Ingredients for the salad

- 1 can chickpeas, drained and rinsed
- 1 can cannellini beans, drained and rinsed
- 1 red bell pepper, finely diced
- 1 orange or yellow bell pepper, finely diced
- 2 Persian cucumbers, or half an English cucumber
- ½ small red onion, heaping half cup
- ⅓ cup fresh parsley, finely chopped
- ½ cup kalamata olives
- ½ cup feta cheese, crumbled

For the dressing (or use your favorite store bought salad dressing)

- ¼ cup red wine vinegar
- 1 ½ tsp honey or pure maple syrup
- 1 ½ tsp dried oregano
- 3 cloves garlic, minced
- ¾ tsp fine salt
- ¼ tsp freshly ground black pepper
- ¼ cup extra virgin olive oil

Instructions

Make the dressing by whisking together red wine vinegar, honey (or maple syrup), oregano, garlic, salt, and pepper. Slowly whisk in the olive oil until combined. In a large mixing bowl, add beans, bell peppers, cucumbers, red onion, parsley, olives, and feta. Pour the dressing over the salad and toss gently until everything is evenly coated. Chill and serve. For best flavor, cover and refrigerate for at least 30 minutes before serving. Stir again before enjoying.

Donor Appreciation

There's still time to join the movement! From now until the end of June, Cornerstone Wealth Strategies is generously investing in our community by matching donations (up to a certain amount) for our Hope on a Plate campaign. All money raised will stay local for our seniors meals helping fight hunger and isolation. Consider donating and/or check out the Hope on a Plate art installation in the Richland Cafe where community members have written what having a full plate means to them. Meals on Wheels delivers more than a meal, it delivers hope.

Please Welcome Our Newest Volunteers!

Alicia Kary



Richland Server

Dorri Liikala



Server

Holly Kania-Black



Substitute Server

Paul Mascall



Server

Llanira Quinanes



Server

Belinda Sanchez



Server

John Scheer



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

Our July Volunteer Spotlight comes straight from our Central Kitchen. Jenny, one of our fantastic Prep Cooks, reached out to praise a trio of ladies who make a positive impact every time they volunteer. Alma Maxinez, Mayra Lozano, and Cheri Smith show up on Fridays to help in one of the busiest and most important areas of the kitchen, our dish pit. Jenny had this to say about the group: "The ladies that come in on Friday to help with dishes are amazing. They come in and get to work, all while smiling. They get our dishwasher caught up fast. They are friendly and always happy to help. It's nice to see such smiling faces on Friday." Thank you, Alma, Mayra, and Cheri, for your hard work, positive attitudes, and dedication to supporting our mission!

Dining Site Event of the Month

All sites, all month - Celebrate America's 250th Birthday. Complete the Dining Site activity for a chance to win a prize bag.

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.

Our Volunteer Opportunities (Monday - Friday)

Make a difference in a senior's life and help us bring quality care to all the seniors in our community. We offer a variety of ongoing volunteer opportunities!

- Central Kitchen
- Transport Driving
- Home Delivery Driver
- Serving Seniors
- Bagging Frozen Meals
- Serving Breakfast

This Month in History

July 1, 1863 - The Battle of Gettysburg started during the American Civil War.

July 1, 1862 - President Abraham Lincoln signed the first income tax bill. This bill was a 3% income tax on annual incomes of \$600-\$10,000 and a 5% tax on incomes over \$10,000.

July 2, 1776 - The Continental Congress in Philadelphia adopted the following resolution, introduced on June 7 by Richard Henry Lee: "Resolved, that these United Colonies are, and of right ought to be, free and independent States, that they are absolved from all allegiance to the British Crown, and that all political connection between them and the State of Great Britain is, and ought to be, totally dissolved..."

July 4, 1776 - Congress approved the Declaration of Independence. Fireworks would later become a tradition in 1777.

July 8, 1776 - The first public reading of the Declaration of Independence occurred as John Nixon read it to a Philadelphia crowd.

July 11, 1767 - John Quincy Adams was born in Braintree, Massachusetts. He was the son of the 2nd president, John Adams. He served 17 years as a member of Congress and later died in 1848 while in the House of Representatives.

July 16, 1945 - "Fat Boy," an experimental Atomic bomb was set off at 5:30 am in New Mexico desert. The explosion created a mushroom cloud that rose roughly 41,000 ft. It emitted heat three times the internal temperature of the sun.

July 20, 1969 - Apollo 11 Astronaut Neil Armstrong took his first step onto the moon. Upon stepping onto the surface he said, "That's one small step for man, one giant leap for mankind."

July 30, 1863 - Henry Ford was born in Dearborn Township, Michigan. He created an assembly-line production system and added a \$5 daily wage for workers.



Breakfast Club

Wednesdays and Fridays at the Café

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

POWERED BY:



July 1 - Chicken Fried Steak

July 8 - Waffles

July 10 - Breakfast Scramble

July 15 - Pancakes

July 17 - Biscuits & Gravy

July 22 - Chicken Fried Steak

July 24 - Waffles

July 29 - Breakfast Scramble

July 31 - Pancakes



Home Care SERVICES

Delivered by Generational Care

Ellensburg | Yakima | Sunnyside | Richland | Walla Walla | Clarkston

Home Care Services serve people of all generations, including children and younger adults with disabilities to older adults seeking support to remain safely at home.

WHAT DO WE PROVIDE?

- Personal care and hygiene support
- Meals, medication reminders, and mobility support
- Light housekeeping and errands
- Companionship and caregiver relief

WHO DO WE SERVE?

- Aging adults seeking independence
- Individuals with chronic conditions or disabilities
- Those recovering from illness or injury
- Anyone needing companionship and check-ins



WHY PEOPLE CHOOSE OUR HOME CARE SERVICES

- Prompt Service Initiation
- Locally Based Support
- Extensive Regional Coverage
- Trusted Experience & Stability
- Exemplary Compliance Record
- Caregiver Support & Supervision
- Service Coordination-Reliability
- Client Service Issue Resolution
- Background & Employment Screening
- Liability & Insurance Coverage

CONTACT US

RICHLAND LOCAL OFFICE:

Our Tri-Cities service region includes Benton and Franklin Counties



1824 Fowler St
Richland, WA 99352



509-735-7840

Home Care is a SE WA ALTC COG, VA, DDA, Private Pay, Long Term Care Insurance, Yakama Nation, and WA Cares contractor.

Home Care Services is a program of Generational Care, a 501(c)(3) nonprofit organization. SE WA Aging and Long Term Care Council of Governments is a funding agency of our programs. We do not discriminate in providing services on the grounds of race, creed, color, religion, national origin, gender, age, marital status, or the presence of any sensory, mental, or physical disability.



Healthy Ages

Delivered by Generational Care

PROGRAMS

Monthly Wellness Sessions

Located at Central United Protestant Church

Medicare Education

Continued by Cathy at the Kadlec HealthPlex

End of Life Planning

Three Times a Year at
Mid-Columbia Meals on Wheels Cafe

Mall Walkers

Volunteers stationed at mall food court for mileage reporting
9:00 - 10:30 a.m. Monday - Friday

Medicare Open Enrollment Consultations

October 15th - December 7th Every Year

UPCOMING EVENTS

Medicare Classes

- July 10th
- August 7th
- September 11th

Wellness Workshops

- August 12th
Fraud prevention by ICCU
- September 16th
Importance of Proper Footwear by Fleet Feet

End of Life Conference

- September 3rd
Mid-Columbia Meals on Wheels Cafe

WORD SEARCH

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

NAPKIN

LUNCHTIME

PASTA

ORANGE

SOUP

APPLESAUCE

SALAD

TURKEY

UTENSIL

KINDNESS

BANANA

CHICKEN



July Menu

Featuring Hispanic Cuisine



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

MON	TUES	WED	THUR	FRI
		1 Sloppy Joes Mixed Vegetables Coleslaw Rainbow Sherbet* Fruit, Milk	2 Pork Mole Mexican Rice Seasoned Corn Corn Tortilla Fruit, Milk	3 
6 Spaghetti & Meat Sauce Green Beans Breadstick Fruit, Milk	7 Fish Tacos Spanish Rice Mexican Coleslaw Corn Tortilla Fruit, Milk	8 Chicken Chop Salad Salad Greens Carrot Sticks Fruit, Milk	9 Beef Soup Green Beans Flour Tortilla Fruit, Milk	10 Roast Turkey w/ Gravy Mashed Potatoes Green Beans Wheat Roll Fruit, Milk
13 Sweet & Sour Chicken Brown Rice Asian Vegetables Fruit, Milk	14 Conchitas Con Carne Mixed Vegetables Corn Tortilla Fruit, Milk	15 Tuna Noodle Casserole Lyonnais Carrots Fruit, Milk	16 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream* Fruit, Milk	17 Caldo de Pollo Refried Beans Spanish Rice Corn Tortilla Fruit, Milk
20 Macaroni & Cheese Sausage Patty Garden Vegetables Tossed Salad Fruit, Milk	21 Chicken Tostada Refried Beans Tossed Salad Fruit Cocktail Fruit, Milk	22 Beef Tacos Rice & beans Salsa & Sour Cream Fruit, Milk	23 Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk	24 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad Fruit, Milk
27 Swedish Meatballs Egg Noodles Normandy Vegetables Cookie* Fruit, Milk	28 Pork Carnitas Mexican Coleslaw Refried Beans Corn Tortilla Fruit, Milk	29 Teriyaki Chicken Fluffy Rice Asian Vegetables Frosted Cake* Fruit, Milk	30 Beef & Bean Burrito Spanish Rice Mexican Coleslaw Fruit, Milk	31 Chicken Salad Sandwich Pea & Cheese Salad 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!*

JULY 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 Sloppy Joes Mixed Vegetables Coleslaw Rainbow Sherbet* Fruit, Milk	2 Pork Bites with Gravy Mashed Potatoes Steamed Beets Fruit, Milk	3 
6 Spaghetti & Meat Sauce Green Beans Breadstick Fruit, Milk	7 Baked Cod w/Dill Sauce Herbed Potatoes Squash Medley Fruit, Milk	8 Chicken Chop Salad Salad Greens Carrot Sticks Fruit, Milk	9 Three Bean Chili Chuckwagon Corn Cornbread Fruit, Milk	10 Roast Turkey w/ Gravy Mashed Potatoes Green Beans Wheat Roll Fruit, Milk
13 Sweet & Sour Chicken Brown Rice Asian Vegetables Fruit, Milk	14 Meatloaf Mashed Potatoes Brown Gravy Mixed Vegetables Fruit, Milk	15 Tuna Noodle Casserole Lyonnais Carrots Fruit, Milk	16 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream* Fruit, Milk	17 Chicken Caesar Salad Breadstick Cottage Cheese & Pineapple Milk
20 Macaroni & Cheese Sausage Patty Garden Vegetables Tossed Salad Fruit, Milk	21 Chicken Pot Pie Cauliflower & Red Pepper Fruit, Milk	22 Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk	23 Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk	24 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad Fruit, Milk
27 Swedish Meatballs Egg Noodles Normandy Vegetables Cookie* Fruit, Milk	28 Apple Pork Bites Mashed Sweet Potatoes Mixed Vegetables Fruit, Milk	29 Teriyaki Chicken Fluffy Rice Asian Vegetables Frosted Cake* Fruit, Milk	30 Cheese & Beef Pasta Green Beans Tossed Salad Breadstick Fruit, Milk	31 Chicken Salad Sandwich Pea & Cheese 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 Pflueger Center

235 Margaret St.

(509) 545-2169