



1824 Fowler St., Richland WA, 99352

Office: (509) 735-1911

Message from the Director

Farmers Market Vouchers

We have distributed all of our allocated Farmers Market vouchers for the season. In addition, our waitlist has reached maximum capacity, so we are no longer accepting new applications for vouchers.

We sincerely apologize to those who were unable to receive this benefit this year and appreciate your understanding. We encourage you to watch for announcements next season when vouchers become available again.

Volunteers Needed

We have several volunteer opportunities available and would love to welcome new members to our team! If you know someone who is interested in making a difference in the lives of local seniors, please have them contact Janine at 509-736-0032 or email volunteer@gencare.org.

Our greatest current needs include:

Transporter – Assist with packaging daily meals, loading and unloading the cargo van, and transporting meals from our central kitchen to one of our dining sites.

Kennewick Dining Site Servers – Help serve the daily meal to participants at our Kennewick Dining Center.

Breakfast Servers- Help serve breakfast at our Fowler St. Café on Wednesdays and/or Fridays from 7:45am to 10:30am.

Oktoberfest 2026

Our annual fundraiser, Oktoberfest, is just around the corner! This year's event will be held on Saturday, October 3rd, and we hope you'll join us for a fun-filled day supporting Mid-Columbia Meals on Wheels. This family-friendly and pet-friendly event has something for everyone!

Event highlights include:

5K Fun Run

Food & Refreshments

Beer Garden

Kid Zone

Dog Zone

And much more!

Mark your calendars—we look forward to seeing you there!

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

Food safety is especially important for older adults because the immune system naturally becomes less effective with age, making it harder to fight off foodborne illnesses. Older adults are at a higher risk of serious complications from bacteria such as Salmonella, E. coli, and Listeria, which can cause severe illness and hospitalization. Simple food safety habits can greatly reduce this risk, including washing hands before preparing or eating food, refrigerating perishable foods within two hours, and avoiding expired or spoiled foods. Fresh fruits and vegetables should be washed thoroughly before eating, and it is a good idea to avoid raw or undercooked eggs, meat, seafood, and unpasteurized dairy products.

Food	Safe Internal Temperature	Notes
Poultry (chicken, turkey, duck)	165°F (74°C)	Check the thickest part of the meat.
Ground beef, pork, veal, lamb	160°F (71°C)	Includes burgers and meatloaf.
Beef, pork, veal, and lamb steaks, chops, and roasts	145°F (63°C)	Let rest for 3 minutes before serving.
Fish and seafood	145°F (63°C)	Fish should be opaque and flake easily with a fork.
Ham (fresh or raw)	145°F (63°C)	Allow a 3-minute rest after cooking.
Fully cooked ham (to reheat)	140°F (60°C)	Reheat until hot throughout.
Egg dishes and casseroles	160°F (71°C)	Eggs should be firm, not runny.
Leftovers and casseroles	165°F (74°C)	Reheat thoroughly before eating.

Food Safety Tip: A food thermometer is the best way to know if food has reached a safe temperature. Color alone is not a reliable indicator that meat is fully cooked. Store leftovers in the refrigerator within 2 hours of cooking (or within 1 hour if the temperature is above 90°F) and eat them within 3–4 days.

Donor Appreciation

Thank you to everyone who made our Hope on a Plate campaign such a success! With Cornerstone's generous matching gift and the support of our amazing community, we raised more than \$36,000 to help provide quality Meals on Wheels meals for our neighbors. We're incredibly grateful to every donor, the clients and families who shared their plates and stories, everyone who helped spread the word, and of course, our partners at Cornerstone. Thank you for filling plates (and hearts) with hope.

Dining Site Event of the Month

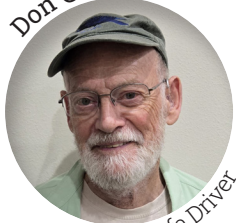
All month, all sites - Celebrate National Book Lover's Day (August 9th). Share your top 3 must reads to earn an entrance into the prize bag drawing. Then, a must-read book list for each site will be created from each entry.

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.

Please Welcome Our Newest Volunteers!

Don Girvin



Cafe Driver

Donna Kary



Driver Sub

Joseph Bond



Server Sub

Paxton



Volunteer

Sarah Hall



Home Delivery Sub

Tammie Stroh



Pasco Driver

Zayne



Volunteer

Faith Spencer



Home Delivery 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

As luck would have it, the client's Meals on Wheels delivery arrived while Amy (Service Coordinator) was there, with the wonderful Val Sweatt behind the wheel. It didn't take long to see that Val wasn't simply delivering a meal, she was delivering kindness, familiarity, and friendship. Knowing the client's vision impairment, Val carefully unpacked the fruit, milk, and meal, thoughtfully placing each item on the table while describing exactly where everything was. She even made sure to mention that the fruit was a banana. It's those little details that make a big difference. Then came a moment that made everyone smile. Val teased the client about the mixed vegetables in the meal, especially the green beans, because she already knew they weren't exactly a favorite! It was a lighthearted exchange that spoke volumes about the relationship they had built over time. As soon as Val headed out to brighten another doorstep, the client turned to Amy and shared just how much she loves Val, and all of her Meals on Wheels volunteers. It was clear that these visits mean so much more than a meal. They are moments of connection and comfort. Val, thank you for the countless lives you've touched and the friendships you've nurtured throughout your years as a Mid-Columbia Meals on Wheels home delivery driver. Your kindness makes our community brighter, one delivery at a time.

Breakfast Club

Wednesdays and Fridays at the Café

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

POWERED BY:



August 5 - Biscuits & Gravy

August 7 - Chicken Fried Steak

August 12 - Waffles

August 14 - Egg Scramble

August 19 - Pancakes

August 21 - Biscuits & Gravy

August 26 - Chicken Fried Steak

August 28 - Waffles

This Month in History

August 1, 1819 - Herman Melville, the author of the well known book, Moby Dick was born in New York.

August 2, 1939 - Albert Einstein wrote a letter to the current President, Franklin D. Roosevelt with concerns of possible atomic weapons being designed. Einstein said, "A single bomb of this type carried by boat and exploded in a port, might very well destroy the whole port together with some of the surrounding territory."

August 5, 1861 - Abraham Lincoln signed the first Federal income tax (3 percent on incomes over \$800) as an emergency measure during the Civil War. This income tax was never actually put into effect.

August 6, 1945 - The world's first atomic bomb was dropped on Hiroshima at 8:15am by an American bomber. The bomb detonated 1,800ft above the ground and decimated the city.

August 9, 1945 - The second bombing occurred in Nagasaki, Japan at around noon. The bomb destroyed nearly half of the city.

August 11, 1841 - Frederick Douglass spoke before an audience in the North for the first time. He gave a powerful account of his life as a slave and was immediately asked to become a full time speaker for the Massachusetts Antislavery Society.

August 14, 1935 - President Roosevelt signed the Social Security Act which established a system guaranteeing pensions to those who retire at age 65.

August 16, 1896 - In Rabbit Creek, gold was discovered. This resulted in the Great Klondike Gold Rush, beginning in Alaska.

August 17, 1786 - Davy Crockett was born in Hawkins County, Tennessee. He was a farmer, scout, and politician but would die defending the Alamo in Texas.

August 18, 1920 - The 19th Amendment was ratified, giving women the right to vote.

August 19, 1871 - Orville Wright was born in Dayton, Ohio. Him and his brother Wilbur would achieve the world's first successful sustained flight using a motor-driven aircraft in 1903.

August 21, 1959 - President Dwight Eisenhower signed a proclamation that would admit Hawaii as the 50th state in the United States of America.

August 24, 79 AD - Mt. Vesuvius erupted and destroyed the cities of Pompeii, Stabiae, and Herculaneum.

August 28, 1963 - The March on Washington occurred while nearly 250,000 people attended a civil rights rally in Washington, D.C., at which Dr. Martin Luther King Jr. made his *I Have a Dream* speech.

MID-COLUMBIA
Meals on Wheels
Delivered by Generational Care

OUTRUN SENIOR HUNGER

5K Fun Run & Festival

Kid & Pet Friendly Live Music Food & Activities Biergarten



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



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.

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

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

- August 7th
- September 11th

Wellness Workshops

- August 12th
Fraud prevention by ICCU
- September 2nd
Importance of Properly Fitted and Quality Walking Shoes

End of Life Conference

- September 3rd
Mid-Columbia Meals on Wheels Cafe

WORD SEARCH

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

CHICKEN

SALAD

TABLE

PINEAPPLE

TURKEY

LEMON

ONION

COOKIE

ROAST BEEF

BANANA

DRIVER

PLATE



August Menu

Featuring Hispanic Cuisine



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

MON	TUES	WED	THUR	FRI
3 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	4 Beef & Bean Burrito Spanish Rice Mexican Coleslaw Fruit, Milk	5 Chef Salad Ranch Dressing Wheat Roll Pineapple Milk	6 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk	7 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Cookie*, Milk
10 Turkey Tetrazzini Vegetable Medley Tossed Salad Fruit, Milk	11 Chicken w/ Red Sauce Beans & Rice Tossed Salad Corn Tortilla Fruit, Milk	12 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk	13 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream* Fruit, Milk	14 Chicken Tinga Mexican Coleslaw Spanish Rice Tostada Fruit, Milk
17 Spaghetti & Meat Sauce Mixed Vegetables Breadstick Fruit, Milk	18 Fish Tacos Spanish Rice Mexican Coleslaw Corn Tortilla Fruit, Milk	19 Chicken Chop Salad Salad Greens Carrot Sticks Fruit, Milk	20 	21 Turkey Mole Mexican Rice Broccoli Corn Tortilla Fruit, Milk
24 Sweet & Sour Chicken Brown Rice Asian Vegetables Fruit, Milk	25 Beef Soup Green Beans Flour Tortilla Fruit, Milk	26 Tuna Noodle Casserole Lyonnais Carrots Cake* Fruit, Milk	27 Hamburger Baked Beans Apple Cabbage Slaw Fruit, Milk	28 Caldo de Pollo Refried Beans Spanish Rice Corn Tortilla Fruit, Milk
31 Macaroni & Cheese Sausage Patty Garden Vegetables Tossed 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!*

AUGUST 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
3 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	4 Beef Stroganoff Garlic Noodles Green Beans Fruit, Milk	5 Chef Salad Ranch Dressing Wheat Roll Pineapple Milk	6 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk	7 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Cookie*, Milk
10 Turkey Tetrizzini Vegetable Medley Tossed Salad Fruit, Milk	11 Cranberry Chicken Confetti Rice Peas & Onions Fruit, Milk	12 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk	13 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream* Fruit, Milk	14 Chicken & White Bean Chili Cornbread Fruit, Milk
17 Spaghetti & Meat Sauce Mixed Vegetables Breadstick Fruit, Milk	18 Baked Cod w/Dill Sauce Herbed Potatoes Squash Medley Fruit, Milk	19 Chicken Chop Salad Salad Greens Carrot Sticks Fruit, Milk	20 	21 Roast Turkey w/ Gravy Mashed Potatoes Green Beans Wheat Roll Fruit, Milk
24 Sweet & Sour Chicken Brown Rice Asian Vegetables Fruit, Milk	25 Meatloaf Mashed Potatoes Brown Gravy Mixed Vegetables Fruit, Milk	26 Tuna Noodle Casserole Lyonnais Carrots Cake* Fruit, Milk	27 Hamburger Baked Beans Apple Cabbage Slaw Fruit, Milk	28 Chicken Caesar Salad Breadstick Cottage Cheese & Pineapple Milk
31 Macaroni & Cheese Sausage Patty Garden Vegetables 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 Pflueger Center

235 Margaret St.

(509) 545-2169