



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

Summer is coming to an end, but we are busier than ever here at Meals on Wheels! From assisting with Farmers Market voucher recipients and Basic Food outreach to our ongoing mission of providing nutritious meals to seniors, supporting our clients' pets, and so much more, there is always something happening! In addition, we are gearing up for our Oktoberfest fundraising event! On Saturday, October 3, we will once again transform our campus into a fun, family- and pet-friendly fundraiser! The event begins at 10 a.m. with a 5K Fun Run/Walk along the beautiful Columbia River. Following the run/walk, the afterparty kicks off right in the parking lot of our 1824 Fowler St. campus!

Enjoy:

Food & refreshments

Live music

Beer garden

Kid Zone

Dog Zone

And much more!

Registration is open, and we would love to see you there! Come out, have some fun, and help support Meals on Wheels and the seniors we serve in our community!

-Brian Kinner



SCAN



runsignup.com/Race/WA/Richland/Oktoberfest
2600 N Columbia Center Blvd - Richland



MID-COLUMBIA
Meals on Wheels
Delivered by Generational Care

OUTRUN SENIOR HUNGER

5K Fun Run & Festival

Kid & Pet Friendly



Live Music



Food & Activities



Biergarten





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

September is National Potato Month, making it a great time to celebrate this versatile and nutritious vegetable! Potatoes are an excellent source of carbohydrates, which provide the body with energy, and they also provide important nutrients such as potassium, vitamin C, vitamin B6, and fiber, especially when eaten with the skin. Potatoes are naturally fat-free and can be a satisfying addition to meals, or with healthy toppings can be a great main dish. Baking, roasting, or boiling is a healthier choice than frying. Try adding potatoes to soups, salads, or as a colorful roasted side dish to enjoy their nutritional benefits throughout the month!

Healthy 20 Minute Sheet Pan Sausage and Veggies

By: Layla Atik (GimmeDelicious.com)

Prep: 10 minutes Cook: 20 minutes Total: 30 minutes Servings: 4 -6

Ingredients

12-16 ounces Smoked Turkey or Chicken Sausage, about 3 cups
 2 cups sweet potato or white potato, diced into 1/2" cubes
 2 cups broccoli florets
 1 cup bell pepper, chopped (any colors you like)
 2 cloves garlic minced
 2 tablespoons olive oil
 1 tablespoon of your favorite spice blend (Italian seasoning, taco, or Cajun)
 ½ teaspoon salt
 ½ teaspoon black pepper

Instructions

Pre-heat oven to 400F.

Slice the sausage into 1" rounds. Dice the sweet potatoes into small 1/2" cubes.

Add the sausage, veggies and minced garlic to a large baking sheet. Drizzle with olive oil and sprinkle with the Italian spices or your favorite spice blend. Seasoning with salt and pepper. Toss veggies with your hands until they are fully combined and coated with olive oil and spices.

Bake for 20 minutes, flipping halfway. Enjoy with rice, quinoa, in sandwiches or as is for weight loss!

Dining Site Event of the Month

All month, all sites - Celebrate National Friendship Month this September. Let's help fight loneliness by meeting new people or reconnecting with old friends over lunch.

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!



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

For the past three years, Judy Blair has been a tremendous volunteer with Mid-Columbia Meals on Wheels. During that time, she has created meaningful connections with many of the clients on her delivery routes, showing compassion, kindness, and genuine concern for their well-being every day. Last month, Judy arrived at a client's home to deliver their meal and discovered that the client had fallen and sustained an injury. Without hesitation, Judy sprang into action and called paramedics to ensure the client received the care and assistance they needed. After being released from the hospital, the client contacted our main office to express their gratitude for Judy's quick response. They shared that they truly believe they would not be here today without her help. Judy is a shining example of how Meals on Wheels is about so much more than delivering a daily meal. Our volunteers provide an important and consistent connection to the seniors we serve, one that helps ensure their safety, lets them know they are not forgotten, and reminds them that someone cares. We are incredibly grateful for Judy and the compassion she brings to every delivery. Her dedication is a powerful reminder of the difference our volunteers make in the lives of our clients each and every day.

Breakfast Club

Wednesdays and Fridays at the Café

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

POWERED BY:



September 2 – Egg Scramble

September 4 – Pancakes

September 9 – Biscuits and Gravy

September 11 – Chicken Fried Steak

September 16 – Waffles

September 18 – Egg Scramble

September 23 – Pancakes

September 25 – Biscuits and Gravy

September 30 – Chicken Fried Steak

This Month in History

September 2, 1666 - The Great Fire of London started in a bakery. In three days, over 13,000 houses were destroyed. Strangely, only a few lives were lost.

September 2, 1945 - President Harry Truman declared Victory over Japan Day commemorating the Japanese surrender to the Allies.

September 3, 1783 - The Treaty of Paris was signed by John Adams, Benjamin Franklin, and John Jay. This ended the Revolutionary War between the United States and Britain.

September 3, 1838 - Frederick Douglass began his escape from slavery by dressing as a sailor and boarding a train. He rode into Delaware, where he took a steamboat to Philadelphia. Next, he took a train to New York City and found protection in the Underground Railway network.

September 5, 1774 - The First Continental Congress assembled in Philadelphia with 56 delegates, representing every colony, except for Georgia.

September 5, 1847 - Jesse James was born in Centerville, Missouri. After the Civil War, Jesse and his brother formed a group that robbed banks, trains, and stores. In 1882, the governor of Missouri offered a \$10,000 reward (nearly \$330,000 today) for his capture, dead or alive.

September 8, 1883 - The Pacific Railroad across the United States was finally completed.

September 9, 1776 - The United States came into existence as the Continental Congress changed the name from the United Colonies.

September 11, 2001 - The worst terrorist attack in United States history occurred as four large passenger planes were hijacked, killing roughly 3,000 people.

September 12, 1990 - A treaty was signed by East and West Germany and the Allies allowing the restoration of sovereignty to re-unified Germany.

September 13, 1788 - The United States Congress chose New York City as the Federal capital of the American government.

September 15, 1776 - British forces captured New York during the American Revolution.

September 15, 1916 - Tanks were used for the first time in combat during the offensive at the Battle of the Somme, during World War I.

September 16, 1620 - The Mayflower ship departed from England, bound for America with 102 passengers and a very small crew. The ship made it through dangerous storms in the Atlantic and reached Provincetown, Massachusetts on the 21st of November. The Pilgrims disembarked at Plymouth on December 26th.

September 17, 1939 - Soviet Russians invaded Eastern Poland, meeting little resistance and taking over 200,000 prisoners.

September 22, 1791 - British scientist Michael Faraday was born in Surrey, England. He discovered that electromagnetic induction could be possible by moving a magnet through a coil of wire, which produces a current. This resulted in the development of electric generators.

September 29, 1789 - Congress created the United States Army which consisted of 1,000 enlisted men and officers.



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

- September 11th
- October 9th
- November 13th

Wellness Workshops

- September 2nd
Importance of Properly Fitted and Quality Walking Shoes

End of Life Conference

- September 3rd
Mid-Columbia Meals on Wheels Cafe

WORD SEARCH

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

CASSEROLE

BISCUIT

WAFFLE

PEPPER

RICE

SALT

SYRUP

BACON

BEANS

STEAK

ORANGE

COOLER

MON	TUES	WED	THUR	FRI
	1 Chicken w/ Red Sauce Refried Beans Spanish Rice Tossed Salad Corn Tortilla Fruit, Milk	2 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad Fruit, Milk	3 Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk	4 Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk
7 	8 Pork Mole Mexican Rice Seasoned Corn Corn Tortilla Fruit, Milk	9 Teriyaki Chicken Fluffy Rice Asian Vegetables Fruit, Milk Oat Bar*	10 Conchitas Con Carne Green Beans Corn Tortilla Fruit, Milk	11 Chicken Salad Sandwich Pea & Cheese Salad Fruit, Milk
14 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	15 Beef & Bean Burrito Spanish Rice Mexican Coleslaw Fruit, Milk	16 Chef Salad Ranch Dressing Wheat Roll Pineapple Milk	17 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Fruit, Milk Ice Cream*	18 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk
21 Turkey Tetrazzini Green Peas Tossed Salad Fruit, Milk	22 Chicken Tostada Refried Beans Tossed Salad Fruit Cocktail Fruit, Milk	23 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk	24 	25 Tuna Tostada Mexican Rice Seasoned Corn Tossed Salad Fruit, Milk Cookie*
28 Spaghetti & Meat Sauce Green Beans Breadstick Fruit, Milk	29 Fish Tacos Spanish Rice Mexican Coleslaw Corn Tortilla Fruit, Milk	30 Chicken Chop Salad Salad Greens Carrot Sticks 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!*

SEPTEMBER 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 Chicken Pot Pie Cauliflower & Red Pepper Fruit, Milk	2 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad Fruit, Milk	3 Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk	4 Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk
7 	8 Apple Pork Bites Mashed Sweet Potatoes Mixed Vegetables Fruit, Milk	9 Teriyaki Chicken Fluffy Rice Asian Vegetables Fruit, Milk Oat Bar*	10 Cheese & Beef Pasta Green Beans Tossed Salad Breadstick Fruit, Milk	11 Chicken Salad Sandwich Pea & Cheese Salad Fruit, Milk
14 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	15 Beef Stroganoff Garlic Noodles Green Beans Fruit, Milk	16 Chef Salad Ranch Dressing Wheat Roll Pineapple Milk	17 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Fruit, Milk Ice Cream*	18 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk
21 Turkey Tetrazzini Green Peas Tossed Salad Fruit, Milk	22 Cranberry Chicken Confetti Rice Garden Vegetables Fruit, Milk	23 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk	24 	25 Tuna Pasta Salad Broccoli Salad Crackers Fruit, Milk Cookie*
28 Spaghetti & Meat Sauce Green Beans Breadstick Fruit, Milk	29 Baked Cod w/Dill Sauce Herbed Potatoes Squash Medley Fruit, Milk	30 Chicken Chop Salad Salad Greens Carrot Sticks 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