



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


**MID-COLUMBIA
Meals on Wheels**
Delivered by Generational Care


Oktober Feast

OCT 03
SAT 10AM
2PM

2600 N COLUMBIA
CENTER BLVD - RICHLAND

**5K FUN RUN
PRESENTED BY**


**HANFORD MISSION
INTEGRATION SOLUTIONS**

Family & Dog Friendly
Food | Biergarten

Kids Zone | Games |
Dog Station

SCAN



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



ALL PROCEEDS STAY WITH MID-COLUMBIA MEALS ON WHEELS TO FIGHT SENIOR HUNGER

Dietician's Corner

The Dietary Approaches to Stop Hypertension (DASH) diet is an eating plan that can help seniors achieve better health outcomes.

The Dietary Approaches to Stop Hypertension (DASH) diet is an eating plan that can help seniors achieve better health outcomes. DASH is a dietary pattern designed to prevent and manage high blood pressure, a common concern among seniors. However, it also offers a range of additional health benefits.

Key Aspects of the DASH Diet:

- Fruits and veggies: aim for 4-5 servings daily for vital nutrients.
- Whole grains: choose whole wheat, brown rice, and oats for sustained energy and digestion.
- Lean protein: opt for poultry, fish, beans, and tofu to keep saturated fat in check
- Dairy: go for low-fat or fat-free options for calcium and essential nutrients.
- Nuts, seeds, legumes: include these for healthy fats, protein, and weight management
- Limit sodium: seniors should consume 1,500-2,300mg or less per day.

DASH Diet Benefits for Seniors:

- Heart health: reduces heart disease, stroke, and hypertension risks.
- Blood pressure control: helps manage high blood pressure common in older adults.
- Weight maintenance: supports healthy weight as you age.
- Bone health: promotes strong bones and lowers fracture risks.
- Cognitive function: may reduce cognitive decline risk with its focus on fruits, veggies, and whole grains.
- Diabetes management: suitable for those with diabetes

Practical DASH Diet Tips:

- Gradual changes: start with small diet adjustments
- Stay hydrated: even if you're not thirsty, drink water and eat water-rich foods.
- Meal planning: plan meals and snacks for DASH-approved balance.
- Seek support: consult a dietitian for personalized guidance, especially if you have medical conditions or take medications.

The DASH diet prioritizes nutrient-rich foods such as fruits, veggies, whole grains, lean protein, and low-fat dairy. It's an excellent choice for improved senior health. Always consult your healthcare provider before making significant dietary changes, especially if you have existing medical conditions or take medications.



MID-COLUMBIA
Meals on Wheels

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.

Please Welcome Our Newest Volunteers!

October 2026

Ann Roberts



Richland Driver

Ben Madsen



Breakfast Server

Christine Chen



Central Packaging

Erin Gomez



Volunteer

Kaleigh DeMille



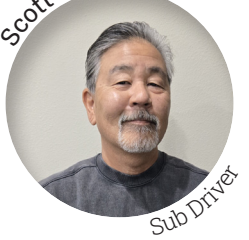
Cafe Driver

Molly Smith



Cafe Driver

Scott Shinsato



Sub 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

We are excited to shine the spotlight on Caroline Toledo, who has been volunteering with Mid-Columbia Meals on Wheels for over a year! Caroline is a wonderful support at our Kennewick site two days a week. She helps serve meals to our in-person diners and also joins us on Tuesday mornings to package frozen meals for home delivery. Whether she's serving a meal, preparing deliveries, or helping wherever she is needed, Caroline approaches every task with a positive attitude and her bright, welcoming smile. Over the past year, Caroline has taken the time to get to know our clients, fellow volunteers, and staff. She is quick to communicate, dependable, and always willing to lend a hand. No matter what needs to be done, Caroline steps in with a helpful attitude and never a complaint. Her kindness, reliability, and willingness to help make a real difference in our Kennewick community. We are incredibly grateful for the time and heart she gives to Mid-Columbia Meals on Wheels.

Breakfast Club

Wednesdays and Fridays at the Café

1834 Fowler St, Richland

8:00 AM - 10:00 AM

POWERED BY:



October 2 – Waffles

October 7 – Egg Scramble

October 9 – Pancakes

October 14 – Biscuits and Gravy

October 16 – Chicken Fried Steak

October 21 – Waffles

October 23 – Egg Scramble

October 28 – Pancakes

October 30 – Biscuits and Gravy

Dining Site Event of the Month

October 30th, all sites - Celebrate Halloween
with a costume contest from 11am-1pm.

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.



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



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

- October 9th
- November 13th
- December 11th

Contact Generational Care for more information: (509) 736-0035 | HealthyAges@GenCare.org
Visit us at GenCare.org

WORD SEARCH

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

CHICKEN

MAYONNAISE

MUSTARD

BEEF

BREAD

BANANA

PASTA

CHEESE

OATS

HOME

PEA

CELERY

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. 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.



October Menu

Featuring Hispanic Cuisine



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

MON	TUES	WED	THUR	FRI
			1 Hamburger Baked Beans Apple Cabbage Slaw Fruit, Milk	2 Turkey Mole Mexican Rice Seasoned Peas Corn Tortilla Cookie* Fruit, Milk
5 Chicken Pot Pie Green Peas Tossed Salad Fruit, Milk	6 Conchitas Con Carne Green Beans Corn Tortilla Fruit, Milk	7 Breaded Chicken Sandwich & Fixings Corn Chowder Broccoli Salad Fruit, Milk	8 Scrambled Eggs with Peppers Sausage Patty Chuck Wagon Potatoes Bran Muffin Fruit, Milk	9 Beef & Bean Burrito Spanish Rice Mexican Coleslaw Fruit, Milk
12 Chicken Alfredo Broccoli Normandy Breadstick Fruit, Milk	13 Pork Mole Mexican Rice Beets Corn Tortilla Fruit, Milk	14 Beef Chili Mixed Vegetables Cornbread Fruit, Milk	15 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream* Fruit, Milk	16 Arroz Con Pollo Squash Medley Breadstick Fruit, Milk
19 Swiss Steak Mashed Potatoes Garden Vegetables Cake* Fruit, Milk	20 Caldo de Pollo Refried Beans Spanish Rice Corn Tortilla Fruit, Milk	21 Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk	22 Pulled Pork Sandwich Baked Beans Coleslaw Fruit, Milk	23 Chicken Tinga Mexican Coleslaw Spanish Rice Tostada Fruit, Milk
26 Swedish Meatballs Egg Noodles Normandy Vegetables Fruit, Milk	27 Fish Tacos Spanish Rice Mexican Coleslaw Corn Tortilla Fruit, Milk	28 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	29 Roast Turkey w/ Gravy Mashed Potatoes Green Beans Wheat Roll Fruit, Milk	30 Beef Soup Green Beans Flour Tortilla 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!*

OCTOBER 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 Hamburger Baked Beans Apple Cabbage Slaw Fruit, Milk	2 Turkey Tetrizzini Squash Medley Tossed Salad Cookie* Fruit, Milk
5 Chicken Pot Pie Green Peas Tossed Salad Fruit, Milk	6 Beef Stroganoff Garlic Noodles Green Beans Fruit, Milk	7 Breaded Chicken Sandwich & Fixings Corn Chowder Broccoli Salad Fruit, Milk	8 Scrambled Eggs with Peppers Sausage Patty Chuck Wagon Potatoes Bran Muffin Fruit, Milk	9 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad Fruit, Milk
12 Chicken Alfredo Broccoli Normandy Breadstick Fruit, Milk	13 Apple Pork Bites Mashed Sweet Potatoes Seasoned Beets Fruit, Milk	14 Beef Chili Mixed Vegetables Cornbread Fruit, Milk	15 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream* Fruit, Milk	16 Arroz Con Pollo (Chicken & Rice) Squash Medley Breadstick Fruit, Milk
19 Swiss Steak Mashed Potatoes Garden Vegetables Cake* Fruit, Milk	20 Cranberry Chicken Confetti Rice Peas & Onions Fruit, Milk	21 Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk	22 Pulled Pork Sandwich Baked Beans Coleslaw Fruit, Milk	23 Chicken Parmesan Casserole Cauliflower w/ Red Peppers Fruit, Milk
26 Swedish Meatballs Egg Noodles Normandy Vegetables Fruit, Milk	27 Lemon Pepper Cod Fluffy Rice Green Peas Fruit, Milk	28 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	29 Roast Turkey w/ Gravy Mashed Potatoes Green Beans Wheat Roll Fruit, Milk	30 Beef Stir Fry Fluffy Rice Asian 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 Pfleuger Center

235 Margaret St.

(509) 545-2169