



Message from the Director

November has arrived, and we are gearing up for the holidays! We have a lot going on and so much to be thankful for here at Mid-Columbia Meals on Wheels. We are thankful to the people we serve for allowing us to be part of their stories. We are thankful to the many volunteers who choose to give their time to help make a difference in our community, one meal and one service at a time. We are also thankful to our community partners, donors, advocates, and everyone else who contributes to the success of our program! And, of course, we are thankful for our amazing staff, who work hard every day to make sure everything runs efficiently and stays on schedule.

We could not do any of this without all of you, so THANK YOU!!

Oktoberfest

This year's event was a blast! With the addition of carnival games, food vendors, and an expanded Kid Zone, we really feel that this was one of our best events yet! Thank you to everyone who came out to support the program. We are so grateful for your continued support!

Giving Machine Experience

We are honored to have been chosen as one of this year's Giving Machine Experience – Light the World organizations! We are one of five nonprofits participating this year, and we are very excited to be alongside such great organizations. The initiative will run from November 20 through December 10. The Giving Machine will be located at Fairchild Cinemas, 2880 Lincoln Landing, Richland, in the Queensgate area.

Annual Surveys

Our annual surveys have been sent out! Please take some time to provide us with your feedback so we can continue to provide quality services. Your feedback is essential in helping us keep the program on the right track. You can give your completed survey to your delivery driver or directly to the Site Supervisor at one of our dining centers.

Holiday Wish Lists

Our Holiday Wish Lists have gone out! The deadline to turn them in is November 6. These can be sent back to us through your delivery driver, so please be sure to get them filled out and returned to us! A big thank you to our team of Elves for all their hard work on this program!

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.

Please Welcome Our Newest Volunteer!



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 nearly 5 years, Tammi has been showing up, pitching in, and making a difference with Meals on Wheels—and she has truly done it all! She's driven a transport van, helped out in our Central Kitchen, and delivered countless meals directly to clients in their homes. Over the years, Tammi has logged more than 15,000 miles, most of them behind the wheel of a Meals on Wheels vehicle! But the miles only tell part of the story. Tammi is an incredibly committed and compassionate volunteer, and she brings a smile with her every time she delivers a meal. Each week, Tammi makes the drive to deliver our Connell route, giving more than 3 hours of her time to help ensure our neighbors in the Connell community continue receiving the meals and connection they count on. We're proud to serve communities throughout Benton and Franklin counties, and we simply couldn't do it without dedicated volunteers like Tammi. Thank you, Tammi, for nearly five years of service, thousands of miles, countless smiles, and an incredible commitment to our community! We're so grateful for you!

Dining Site Event of the Month

Celebrate Washington State's Birthday. Test your knowledge with some fun trivia all about Washington State

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.

Dietician's Corner

Add flexibility to your meals

Enjoy being flexible with your food choices and how you prepare them. Go to FoodHero.org for easy, tasty recipes such as My Personal Pizza.

Ingredients

- 1. English muffin (try whole grain)
- 3 Tablespoons tomato sauce or bean dip
- 2 tablespoons grated cheese
- 1/2 cup chopped vegetables, fruit, or cooked meat (try a combination)

Directions: preheat oven to 400 degrees F. Lightly toast English muffin halves. Spread half the sauce on each muffin half. Add cheese and toppings of your choice. Bake for 5 to 7 minutes until cheese is melted and lightly browned.

This recipe was provided by Food Hero. To learn more, visit FoodHero.org



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

Wellness Workshops

- November 18th
Holiday Gathering

End of Life Conference

- January 21, 2027
Mid-Columbia Meals on Wheels Cafe

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

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

CARROT

POTATO

FORK

WAFFLES

APPLE

MEAL

TRAY

DRIVER

PEPPER

PINEAPPLE

PORK

SALT

Breakfast Club

Wednesdays and Fridays at the Café
 1834 Fowler St, Richland
 8:00 AM - 10:00 AM



November 4 – Chicken Fried Steak

November 6 – Waffles

November 13 – Egg Scramble

November 18 – Pancakes

November 20 – Biscuits and Gravy

November 25 – Chicken Fried Steak



November Menu

Featuring Hispanic Cuisine



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

MON	TUES	WED	THUR	FRI
2 Herbed Chicken Mushroom Gravy Au Gratin Potatoes Tossed Salad Yogurt & Berries Milk	3 Pork Guisada Red & Green Slaw Peaches Corn Tortilla Fruit, Milk	4 Beef Lasagna Italian Vegetables Caesar Salad Breadstick Fruit, Milk	5 Chicken Fajitas Rice & Beans Flour Tortilla Fruit, Milk	6 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk
9 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Fruit, Milk	10 Chicken Tostada Refried Beans Tossed Salad Fruit Cocktail Fruit, Milk	11 	12 Hamburger Baked Beans Apple Cabbage Slaw Fruit, Milk	13 Turkey Mole Mexican Rice Broccoli Corn Tortilla Cookie* Fruit, Milk
16 Chicken Pot Pie Green Peas Tossed Salad Fruit, Milk	17 Beef Soup Green Beans Flour Tortilla Fruit, Milk	18 Macaroni & Cheese Sausage Patty Garden Vegetables Tossed Salad Fruit, Milk	19 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream* Fruit, Milk	20 Chicken Tinga Mexican Coleslaw Spanish Rice Tostada Fruit, Milk
23 Chicken Alfredo Broccoli Normandy Breadstick Fruit, Milk	24 Pork Carnitas Mexican Coleslaw Refried Beans Corn Tortilla Fruit, Milk	25 Roasted Turkey Mashed Potatoes Gravy, Stuffing Green Beans Cranberry Sauce, Roll Pumpkin Bar*, Milk	26 	27 
30 Swiss Steak Mashed Potatoes Garden Vegetables 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!*

NOVEMBER 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
2 Herbed Chicken Mushroom Gravy Au Gratin Potatoes Tossed Salad Yogurt & Berries Milk	3 Smothered Pork Mashed Potatoes Mixed Vegetables Fruit, Milk	4 Beef Lasagna Italian Vegetables Caesar Salad Breadstick Fruit, Milk	5 Chicken Fajitas Rice & Beans Flour Tortilla Fruit, Milk	6 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk
9 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Fruit, Milk	10 Dijon Chicken Sweet Potato Mash Seasoned Beets Fruit, Milk	11 	12 Hamburger Baked Beans Apple Cabbage Slaw Fruit, Milk	13 Turkey Tetrizzini Squash Medley Tossed Salad Cookie* Fruit, Milk
16 Chicken Pot Pie Green Peas Tossed Salad Fruit, Milk	17 Beef Stroganoff Garlic Noodles Green Beans Fruit, Milk	18 Macaroni & Cheese Sausage Patty Garden Vegetables Tossed Salad Fruit, Milk	19 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream* Fruit, Milk	20 Breaded Chicken Sandwich & Fixings Corn Chowder Broccoli Salad Fruit, Milk
23 Chicken Alfredo Broccoli Normandy Breadstick Fruit, Milk	24 Apple Pork Bites Mashed Sweet Potatoes Seasoned Beets Fruit, Milk	25 Roasted Turkey Mashed Potatoes Gravy, Stuffing Green Beans Cranberry Sauce, Roll Pumpkin Bar*, Milk	26 	27 
30 Swiss Steak Mashed Potatoes Garden Vegetables 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