MID-COLUMBIA Meals on Wheels

WHEELS IN MOTION

Delivered by Generational Care

It is not about us; It is about the people we serve.

December 2026

1824 Fowler St., Richland WA, 99352 Office: (509) 735-1911

Message from the Director

Wow! It is already December, and the end of 2026 is rapidly approaching! This year has been an exciting one, filled with challenges, new experiences, new faces, friendships, and wonderful partnerships. We are incredibly grateful to everyone who has played a part in making this year what it has been. Your support, generosity, and commitment to our community continue to make a difference every day!

Holiday Wish Lists

For our Home Delivered friends, we will be delivering Holiday Wish List gift bags throughout the month of December, so be on the lookout! We are excited to help make the holidays a little brighter for the people we serve, and we are thankful to everyone who helped make this annual tradition possible.

Subaru Share the Love

We are thrilled to have been selected once again as the Hometown Charity for McCurley Integrity Subaru's Share the Love campaign! Their continued support means so much to our organization and the seniors we serve. We cannot thank their team and everyone who participates enough for continuing to make us part of this wonderful tradition. The campaign runs through January 4, 2027!

Annual Surveys

A big thank-you to everyone who took the time to complete our annual survey! Your feedback is incredibly valuable. We are currently compiling the results and reviewing your comments and suggestions. This information helps us better understand the needs of the people we serve and identify ways we can continue improving our programs and services.

Giving Machine Experience

We are excited and honored to have been selected as one of just five nonprofits featured in this year's Giving Machine Experience! The Giving Machines will be located at Fairchild Cinemas through December 20. There are five different ways to support Mid-Columbia Meals on Wheels through the machines, with each option helping us sustain the essential services we provide throughout our community. We encourage everyone to stop by, check it out, and experience a unique way to give back this holiday season!

A Change to Friday Breakfast

We do have one piece of unfortunate news to share. December will mark the final month of Friday breakfast service at the Fowler Street Café. We were fortunate enough to secure funding to continue our Wednesday breakfast service, but unfortunately, we were unable to obtain the additional funding needed to sustain both days. We know Friday breakfast has become a favorite for many of our participants, and this was not an easy decision. We truly wish we could continue offering both days, but we are grateful that we can keep Wednesday breakfast going. Thank you to everyone who has supported this program and helped make it such a wonderful addition to our services!

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!





















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 the year is coming to an end, we want to thank ALL of our amazing volunteers. Because of your dedication, compassion, and willingness to serve, local seniors were able to receive meals at no additional cost to them. Our volunteers do not just help seniors from going hungry, they also provide a meaningful connection. We cannot thank our volunters enough for the time and kindness that they provide every day. If you are interested in volunteering, please call (509) 735-1911 or email volunteer@gencare.org

This Month in History

December 1, 1955 - Rosa Parks refused to give up her seat on the bus to a white man. She would soon get arrested and start a year long boycott of the city bus system.

December 5, 1791 - Wolfgan Amadeus Mozart died at age 35 in Vienna, Austria. He became rapidly ill which led people to believe he was poisoned. This would later be proven to be false. In his lifetime he created over 600 compositions.

December 6, 1865 - The 13th Amendment to the United States Constitution was ratified, abolishing slavery. The Amendment stated “Neither slavery nor involuntary servitude, save as a punishment for crime, where of the party shall have been duly convicted, shall exist within the U.S., or any place subject to their jurisdiction.”

December 11, 1941 - Japan’s Axis partners, Italy and Germany both declared war on the United States. The United States Congress immediately declared war on them with President Roosevelt allocating nearly 90% of military resources to the war.

December 16, 1773 - The Boston Tea Party occurred as colonial activists disguised as Mohawk Indians boarded British ships and dumped 342 containers of expensive tea into the water.

December 17, 1777 - The Continental army led by General George Washington settled for the winter in Valley Forge, Pennsylvania.

LightTheWorld Giving Machine Tri-Cities



2026 Recipient

MID-COLUMBIA
Meals on Wheels
Delivered by Generational Care

Come support us!

November 20th – December 10th
at Fairchild Cinemas—Queensgate
2880 Lincoln Landing, Richland

@givingmachinetricities

Dietician's Corner

The holiday season is a time for joy, celebration, and coming together with loved ones. It's also a time when delicious, indulgent foods and treats are in abundance. While it's tempting to let go of your dietary concerns during this festive time, it's important to remember that maintaining a healthy eating routine can be especially crucial for older adults. With a few mindful choices, you can enjoy the holidays without compromising your well-being.

1. Incorporate physical activity: include activities like walks, dancing, or gentle yhoga in your holiday routine to boost mood and overall health.

2. Opt for healthier cooking methods: choose baking, grilling, steaming or roasting over frying to retain nutrients. Experiment with herbs for flavor.

3. Include fiber-rich foods: add whole grains, legumes, and vegetables to aid digestion, maintain weight, and support gut health.

4. Choose lean proteins: opt for turkey, chicken, fish, beans, or legumes for essential amino acids and muscle support.

5. Enjoy healthy snacking: keep nutritious snacks like nuts, seeds, yogurt with fruits, or cut-up vegetables on hand to satisfy hunger.

6. Socialize away from the buffet table. Minimize mindless snacking by engaging in conversations away from food at holiday gatherings.

7. be mindful of alcohol consumption: consume alcoholic beverages in moderation and alternate with water or non-alcoholic options to prevent dehydration and excess calories.

8. Get sufficient sleep: ensure proper rest to handle festivities, make healthier choices, and manage stress.

9. Plan indulgences mindfully: enjoy favorite treats in small portions, savoring each bite mindfully.

10. Consider dietary restrictions: communicate specific dietary needs or health concerns with event hosts to ensure suitable options are available.

Subaru Share the Love

For the past 17 years, Subaru and its retailers have funded the delivery of nearly four million meals and friendly visits to seniors served by Meals on Wheels programs across the country. And now, for the eighteenth year, Meals on Wheels has been selected yet again as one of the charity partners of Subaru's annual Share the Love Event. From November 19th, 2026 through January 4, 2027, Subaru of America and its retailers will donate $300 for every new vehicle purchased or leased to the customer's choice of participating charities. Locally, McCurley Integrity Subaru has again selected Mid Columbia Meals on Wheels as their "Hometown Charity" for the Subaru Share the Love Event. Although the other sponsored national charities are all excellent, we're so grateful to be selected as the local charity, with proceeds directly benefitting seniors here in our community.

Dining Site Event of the Month

All sites, all month - Ugly sweater contest. Wear your favorite ugly sweater and earn an entry for a prize bag!

Santa Site Visits:

Kennewick - Dec 14th, 11:15am-11:45am

Richland - December 17th, 11:15-11:45

Cafe - December 21st, 11am-12:30

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






CONTACT US

RICHLAND LOCAL OFFICE:
Our Tri-Cities service region includes Benton and Franklin Counties

1824 Fowler St
Richland, WA 99352

509-735-7840

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

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

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

CASSEROLE
GRAVY
CORN
MUSHROOM
BREAD
POTATO
APPLE
GARLIC
TURKEY
THANKSGIVING
HAM
PIE

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

POWERED BY:
3 RIVERS COMMUNITY FOUNDATION

December 2 – Waffles
December 4 – Egg Scramble
December 9 – Pancakes
December 11 – Biscuits and Gravy
December 16 – Chicken Fried Steak
December 18 – Waffles
December 23 – Egg Scramble
December 30 - Pancakes

December Menu
Featuring Hispanic Cuisine

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

MON	TUES	WED	THUR	FRI
	1 Caldo de Pollo Refried Beans Spanish Rice Corn Tortilla Fruit, Milk	2 Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk	3 Pork Mole Mexican Rice Seasoned Peas Corn Tortilla Fruit, Milk	4 Chicken Parmesan Casserole Cauliflower w/ Red Peppers Fruit, Milk
7 Swedish Meatballs Egg Noodles Normandy Vegetables Peach Crisp* Fruit, Milk	8 Fish Tacos Spanish Rice Mexican Coleslaw Corn Tortilla Fruit, Milk	9 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	10 Scrambled Eggs with Peppers Sausage Patty Chuck Wagon Potatoes Bran Muffin Fruit, Milk	11 Beef Soup Green Beans Flour Tortilla Fruit, Milk
14 Herbed Chicken Mushroom Gravy Au Gratin Potatoes Tossed Salad Yogurt & Berries Milk	15 Pork Guisada Red & Green Slaw Peaches Corn Tortilla Fruit, Milk	16 Beef Lasagna Italian Vegetables Caesar Salad Breadstick Fruit, Milk	17 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	18 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk
21 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Fruit, Milk	22 Dijon Chicken Sweet Potato Mash Seasoned Beets Fruit, Milk	23 Sweet & Sour Pork Fluffy Rice Asian Vegetables Fruit, Milk	24 Baked Ham Raisin Sauce Au Gratin Potatoes Green Bean Casserole Wheat Roll, Milk Spiced Cake*	25 
28 Chicken Pot Pie Green Peas Tossed Salad Fruit, Milk	29 Beef Stroganoff Garlic Noodles Green Beans Fruit, Milk	30 Macaroni & Cheese Sausage Patty Garden Vegetables Tossed Salad Fruit, Milk	31 Breaded Chicken Sandwich & Fixings Corn Chowder Broccoli 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!*

DECEMBER 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 Cranberry Chicken Confetti Rice Peas & Onions Fruit, Milk	2 Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk	3 Pulled Pork Sandwich Baked Beans Coleslaw Fruit, Milk	4 Chicken Parmesan Casserole Cauliflower w/ Red Peppers Fruit, Milk
7 Swedish Meatballs Egg Noodles Normandy Vegetables Peach Crisp* Fruit, Milk	8 Lemon Pepper Cod Fluffy Rice Green Peas Fruit, Milk	9 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	10 Scrambled Eggs with Peppers Sausage Patty Chuck Wagon Potatoes Bran Muffin Fruit, Milk	11 Beef Stir Fry Fluffy Rice Asian Vegetables Tossed Salad Fruit, Milk
14 Herbed Chicken Mushroom Gravy Au Gratin Potatoes Tossed Salad Yogurt & Berries Milk	15 Smothered Pork Bites Mashed Potatoes Mixed Vegetables Fruit, Milk	16 Beef Lasagna Italian Vegetables Caesar Salad Breadstick Fruit, Milk	17 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	18 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk
21 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Fruit, Milk	22 Dijon Chicken Sweet Potato Mash Seasoned Beets Fruit, Milk	23 Sweet & Sour Pork Fluffy Rice Asian Vegetables Fruit, Milk	24 Baked Ham Raisin Sauce Au Gratin Potatoes Green Bean Casserole Wheat Roll, Milk Spiced Cake*	25 
28 Chicken Pot Pie Green Peas Tossed Salad Fruit, Milk	29 Beef Stroganoff Garlic Noodles Green Beans Fruit, Milk	30 Macaroni & Cheese Sausage Patty Garden Vegetables Tossed Salad Fruit, Milk	31 Breaded Chicken Sandwich & Fixings Corn Chowder Broccoli 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