



# Wheels in Motion

www.seniorliferesources.org

Senior Life Resources  
NORTHWEST

Mid-Columbia Meals on Wheels (509) 735-1911  
1824 Fowler St, Richland WA 99352



October 2017

## Marcee's Corner

Each year as we finish our annual survey, I like to share some of the results with you, so here they are. As you can see we get a variety of comments, and we will review them carefully. Thank you to all of you who took the time to complete and submit your surveys.



### From our Senior Dining centers participants:

- Do the meals help you eat healthier and more balance meals? 98% yes
- Do the meals tasted good? 98% yes
- Do the meals look appetizing? 98% yes
- Do the meals help you remain in your own home? 89% yes
- Are the staff and volunteers polite and respectful? 99% yes
- Are the portions the right size? 89% yes. Of clients who said no, 1/2 said portions too large and 1/2 said too small.

### From our Home Delivery participants:

- Does receiving meals help you to continue to live in your own home? 89% yes—6% no—5% unsure
- Do the meals help you eat healthier and more balanced meals? 94% yes—2% no—4% unsure
- Do the meals taste good? 97% yes—1% no—2% unsure
- Are the hot food hot and the cold food cold? 98% yes—2% unsure
- Do you feel more socially connected due to the driver visit each day? 91% yes—9% no
- Does having the meals delivered give you peace of mind? 98% yes—2% no
- In the last month, did you have to choose between buying food, utilities or medication? 17% yes

### Favorite menu items:

Meatloaf  
Fish  
Chicken  
Roast Beef  
Chef salad  
Pork roast

### Least favorite menu items:

Pork (because it tends to be dry)  
Spinach Frittata  
Rice  
Chicken breasts  
Mac and Cheese  
Fish

### Items you'd like to see added to menu:

More salads  
Prime rib with Lobster tails  
Bread pudding with rum sauce  
Lasagna  
More fish  
Spaghetti

*Marcee Woffinden*  
Nutrition Services Director

### Kennewick Dining Center Birthday Cake

Julie Turner, a Kennewick dining client, has been donating money for the birthday cake for the Friday Birthday Day all summer long. Thank you Julie!



\*\*\*\*\*  
**In Case Of Inclement Weather:**  
 Listen to local radio & tv stations to see if meals are being served. Announcements will be made on KEPR, KNDU, and KVEW. You may also call the main office at 735-1911 or check our Mid-Columbia Meals on Wheels page on Facebook.  
 \*\*\*\*\*



### October Closures

Monday, October 9th—All Staff training day, all sites closed.



A United Way



Participating Agency



## Happy Birthday to Central Kitchen!

On Tuesday, September 12, we celebrated our Central Kitchen's One-Year Birthday with a party to thank the community supporters who made this building possible. We enjoyed a fun night filled with good food, good company, and many thanks. To top it off, our new flagpole was dedicated, so we're now able to proudly honor our country and our many veteran clients.

Thank you to everyone in the community who has supported the work of Meals on Wheels!



Meals on Wheels, a program of Senior Life Resources Northwest, is funded by Aging and Long Term Care of Southeastern Washington, United Way, Prosser UGN, Kennewick CDBG and your donations. This community meals program does 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 handicap.



**Thank you for your contributions to the  
Meals on Wheels program from  
June 16 to Sept 14**

**A big thank you to the donors who've supported our  
Meals on Wheels program.**



**MONTHLY PARTNERS**

Cody L Allen  
Becky Austin  
Christine and Charles Batayola  
Debra Beaver  
George and Dorothy Block  
Howard and Rebecca Broadbent  
Linda Brockman  
Georgia and John Bruce  
Stephen Buck  
John and Yvonne Burke  
Bruce Burklin  
E. Lee Bush  
Nick Castorina  
Center Vision & Contact Lens Clinic  
Carol and Ellis Charvet  
Nancy L. Clark  
Michael and Mary Clayton  
Sharon and Neil Cornia  
Marie Dearing  
Madge Fraley  
Brad and Jeannie Frieauf  
Michael and Timathie Garrett  
Georgette George  
Anne and Mark Gerken  
Sharon Groff  
Fouad and Aida Habiby  
Barbara Hegstrom  
Sharon Hickman  
David and Madelon Hittle  
HPM Corporation  
Ned and Mary Anne Hutchins  
Ralph Jones  
Donna and Ken Kary  
Thomas J. Kelley  
Laura Ann Krahn  
Kathleen and Ronald Lynch  
Gary and Patricia McCollum  
Karen C. Neumayer  
Karen Nguyen  
Paula L. Ochoa  
Daniel and Crystal Palmer  
Paul and Linda Parish  
Donald and Caroline Perry  
Angela Pickard  
Cecile and Emmett Richards  
Michael Roberts  
John and Julie Selland  
Susan and Dennis Sherrell  
Chris Sonnichsen  
Mary and Roger Terry  
Ron and Linda Utter  
Marge and Gerald Van Zuyen  
Deborah Fisher Vienna  
Eugene and Barbara Wallace

Francis W. Wentz  
Lloyd and Betty West  
Harold and Judy Whitworth

**CORPORATE GIVING**

Fluor Federal Services  
Thrivent Financial  
Team Battelle  
Carefree RV & Auto Repair  
Cascade Natural Gas

**IN HONOR /MEMORY OF**

Anonymous  
D&P Roberts Family Foundation  
Richard and Becky Lichtenhagen  
Susan J and James E Bates

**IN KIND**

Pam Anderson  
Callaway Gardens  
Alan Franklin  
Girls on the Run  
Richland Mobil Home residents  
Kris Nordquist  
Parkview Estates Ladies  
Steven and Linda Sealock  
Sandi Whistler  
Thomas J Woffinden  
Cahoon Family  
Bill Mallonee  
Walmart - Kennewick

**DOUBLE OUR MONEY**

**CHALLENGE**  
Nancy Aldrich  
Anonymous  
Bethel Church  
Melanie Blatman  
Swapan (Bob) and Joyce Chaudhuri  
John and Sharon Cooper  
Daniel and Joan Crager  
Marilyn De Vine  
Ryan Delo  
Donna and Ken Kary  
Keith and Michelle Kennedy  
Dean Lavachek  
Lions Club of Kennewick WA  
Gail R Middleton  
Sheri Noland  
Pacific Northwest Mustang Club  
Judith Rockwell  
Walter and Cheryl Sutherland  
Laura Valett  
Walker Heye Meehan Eisinger  
Clara and Victor Weil  
Kenneth and Michelle Wells

**2017 SPRING CAMPAIGN**

Patricia and Stephen Agnew  
Heidi and Kenneth Aldridge  
Douglas and Anita Arave  
Jason and Karoline Archibald  
Joyce L. Asbell  
Dorothy and Dewayne Ash  
Bernard Ayers  
Ronald B. Baker  
June Baldwin  
Naomi E. Bauman  
Ronald Beardemphl  
Cathy Belcher  
Dean and Judi Benson  
Delores and Randy Black  
Betty Boldt  
David R. Brandes  
Marguerite Brigham  
Frank H Brock  
Adrian and Evelyn Burd  
Rich and Sevim Burklin  
Ronnie and Jodi Burleson  
Jerald and Leta Cavens  
Rebecca Chiaramonte  
Michael and Mary Clayton  
M. Doris Conner  
Bruce and Ellen Cornely  
Coleen Culmer  
Donald and Trinh Dicken  
N. Ruth Dollar  
Victor Donihee  
Kathy Doto  
Trudy Felder  
Carol A. Fellows  
Mary Finch  
Frederick Fisher  
Lyndsey R. Franklin  
Gary and Patricia Franz  
Carolyn and Marc Furniss  
Howard Gardner  
Robin and Eric Gauerke  
Julie and James Gearheard  
Virginia and Pete Gier  
Mary Goldie  
Oscar K. Goolsby  
Sharon L Grant  
John C Greiner  
Robert Hahn  
Larry and Michelle Hale  
Barbara and Leon Hamlin  
Lianka Harper  
James M. Haun  
Lea L. Hawkins  
Ina S. Hikido  
Marjorie and Harold Hogue

# Thank You

## Donor List Continued



Sandra Hood Boatright  
 Kae Hopkins  
 Int'l Brotherhood of  
 Boilermakers-Local 242  
 Harold H Irvine  
 Barbara and Robert Isley  
 Gail and Dale Johnson  
 Sharon M Johnson  
 Susanne and Evan Jones  
 Bernard A Kain  
 Mary Kessner  
 Kathy Kilbury  
 Nancy Krause  
 Karen K. Lamberton  
 Anita and Duane Lathim  
 Katrina and Kurt  
 Lenkersdorfer  
 Glenn and Paula Levan  
 Robert H. Lindsey  
 Irene Llewellyn  
 Richard Lunzer  
 Kathleen and Ronald Lynch  
 Marilyn and Richard Manke  
 Scott M Manns  
 Cheryl Ann McMillan  
 Arline McNichols  
 Valjeanne and Lonnie  
 Meadows  
 Thomas Moak  
 James D. Moore  
 Sonya L. Moore  
 Rusty and Leslie Morlan  
 Jim and Peggy Mortimer  
 Ralph and Judy Myrick  
 Ralph Nielsen  
 Eric Norton  
 Colleen and Steven O'Toole  
 Patricia L. Paetz  
 Ruth Patterson  
 Kathryn E. Pettee  
 Loni Peurrung  
 Enid Phillips  
 Sheila and Paul Plum  
 Ray and Martha Pope  
 Bette and William Porath  
 Andrew Porter  
 Kathleen and Ted Poston  
 Julie and Roger Powell  
 Evah Ann Powelson  
 Dorothy and James  
 Reynolds  
 Paula Reynolds  
 Lynda Richart  
 James Richeson  
 Corinne Rockwell

Robert and Rebecca Rutter  
 George Saito  
 Lawrence Sebree  
 Teri and Loren Sharp  
 Robert and Tsuio Shipp  
 Jack and Sue Shugart  
 Viola Smith  
 Barbara J Sowell  
 Kerry D. Steele  
 Shannon Stemp  
 Judy and Dennis Sweeney  
 Debbie and Nelson Takata  
 Burnie Taylor  
 Thomas and Kathleen  
 Johnson  
 Mary and Larry Thomas  
 Willie Travis Jr.  
 Geraldine Tyler  
 Madeline Vanisko  
 Evelyn Walkley  
 Dennis and Elwanda  
 Walters  
 Kerry and Michael Waters  
 Clyde and Sandy Weber  
 Matt and Stephanie Weyh  
 Kathleen White  
 Cornell and Patricia  
 Wichers  
 Lynn Wicks  
 Dean and Teri Wilcox  
 Teresa M. Willard  
 Victorine P. Willingham  
 William Willingham, Jr.  
 Norma and Roger Wolf  
 Carol Woo  
 Russel Wyer

### WORKPLACE GIVING

Anonymous  
 Sherry Burows  
 Laurie Campbell  
 Micaela Keller  
 Jane Kirkendall  
 Terry Kise



# Thank You

## Volunteer Spotlight

**Penni Richter,**  
 Volunteer Coordinator



Mitsue Jardine comes to us from Japan! Mitsue and her husband, Russell, have been in the Tri-Cities since 1972. Mitsue, known as Sue, worked at the Mission Gospel Homeless Shelter for about 6 years. She was getting ready to retire and stay home and her husband said, "No, you are coming over here to help Meals on Wheels!!" (Thank you Russell!)

Sue has been a great help to Meals on Wheels for the past 8 years. She works at the Kennewick site as a kitchen helper and has just recently added Central Packaging onto her volunteering resume! Sue loves keeping active and MOW gives her a chance to be busy and help people.

Sue has two sons, one who lives in the Tri-Cities and the other in California. When Sue is not in one of our kitchens, she enjoys knitting and crocheting as a hobby and gives away her beautiful craft to others. Oh, and don't forget that activity thing . . . you will find her VERY early in the morning, dancing away at Jazzercise three days a week!

Sue is a delightful lady, always with a smile and quite a few funny stories to share!!

Arigato Sue!



*Penni*

## Welcome New Volunteers!

Thank You for Your Service!

**Café:** Kelly Olson  
**Connell:** Ruth & Cliff Perkins  
**Pasco:** Evelin & Jim Choate,  
 Sue Kramer  
**Central Kitchen:**  
 Belinda Mathews  
 Judi Terjeson  
 Rezelyn Ramaong  
**Richland:** Debbie Carey

## Senior Life Resources N.W.

### 2017 Board of Directors

President—Nancy Aldrich

Vice President—Michael Saran

Interim Secretary/Treasurer—Nick Castorina

Rich Burklin

Marty Gardner

Bill Stahl

Greg Fryxell—Advisory Council rep

Kevin Husted

Dave Sanford

Gail Middleton

### 2017 Advisory Council

President—Donna Kary (Parkside)

Vice President—Christy Bratton (Richland)

Secretary—Nancy Noyes (Pasco)

Phil Harper—Benton City

Marian Deluca—Community

Mike Saran—Richland

Marilyn Fehrenbacher—Connell

Timmi Garrett—Pasco

Greg & Karen Fryxell—Kennewick

Vincent Guerrero—Community

Karen Dunbar—Kennewick

Vacant—Prosser

Marcee Woffinden—Director

## Stand on One Foot



You can do this exercise while waiting for the bus or standing in line at the grocery. For an added challenge, you can modify the exercise to improve your balance.

1. Stand on one foot behind a sturdy chair, holding on for balance.
2. Hold position for up to 10 seconds.
3. Repeat 10-15 times.
4. Repeat 10-15 times with other leg.
5. Repeat 10-15 more times with each leg.

## *Get Ready to Fight*

Cyndi Balk, Registered Dietitian

It is hard to believe that summer is almost over, and this also means cold and flu season is quickly approaching. Are you ready? This season don't let the flu get you. Try these simple tips to keep those nasty flu/cold bugs away.

There is nothing out there that can completely stop you from catching the flu/cold, but there are definitely ways to boost your immune system to give your body the best fighting chance.

A good vitamin C regimen can help boost your immune system. Taking 1,000 milligrams a day helps make symptoms more mild and even shorten the length of time it stays in your system.

Another way to boost your immune system is to increase intake of fruits and vegetables that are rich in antioxidants, beta-carotene and Vitamin C. Some fruits and vegetables that have these powerful nutrients are broccoli, pumpkins, citrus fruit, spinach, and sweet potatoes. Amy Cartwright, MS, RD, LDN, who is in private practice in Conyngham, Pa. says, "To fight off infections, you should increase your intake of zinc, which is found in fish, oysters, poultry, eggs, milk, unprocessed grains, and cereals."



Our diet should also contain bacteria in healthy amounts. Debora A. Robinett, MA, RD, CD, owner and president of Health Enhancement Corporation in Tacoma, Washington states, "Including adequate amounts of probiotics or friendly flora is valuable in resorting levels of these healthy bacteria in our body to protect us from other infections. Typically fermented dairy products such as kefir, yogurt—and sauerkraut—provide live cultures but also contain calories, sugar or salt. I generally recommend taking a probiotic as a dietary supplement, especially during the winter months and always after antibiotic use."

Again, there is no magic pill or food that will keep you from getting the cold or flu, and no proof that products out there claiming they have the magic cure work. The best way to fight cold and flu season is to keep your immune system healthy. So this season let's give our bodies a fighting chance by making our immune systems strong.

*Cyndi*

*Meals on Wheels strives to provide practical information to help you make healthy lifestyle choices. If you have any questions about your diet, please feel free to call our dietitian, Cyndi Balk, at (509)735-1911 or email [cbalk@seniorliferesources.org](mailto:cbalk@seniorliferesources.org).*