

Mid-Columbia



Meals on Wheels

Wheels in Motion

www.seniorliferesources.org

Senior Life Resources
NORTHWEST

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



April 2018

Marcee's Corner

April is one of my favorite months.

I love spring. The weather is warming up and the flowers are coming out.



Another reason to love April is that the 15th through the 21st is National Volunteer Week. The theme again this year is "Celebrate Service." The time, energy and goodwill our volunteers give are certainly reasons to celebrate. We depend so much on our volunteers to help wherever needed!

I want to thank those who came to and supported our 3rd annual fundraising breakfast in March. It was a successful event and raised well over \$20,000. 100% of those funds will be used to serve meals right here in our community. Thank you, CG Public House, for hosting this event. Check out the pictures in this newsletter.

Take care and have a wonderful spring!



Marcee Woffinden
Nutrition Services Director

Volunteers—Save the date!
Volunteer Appreciation Fiesta
Thursday, May 17, 2018

Where: Flat Top Park,
West Richland
When: From 3 to 5 pm.

*Watch the mail for
your invitation!*



Cooking Demo in Café!

"Go Nuts for Nuts!"

Join me for a cooking demo on Tuesday, April 17th at 2:00 pm. We will be learning about the benefit of nuts and how we can make amazing and delicious dishes with them. Oh, and there will be SAMPLES! Hope you all can make it!

Cyndi Balk, Registered Dietitian

When: Tuesday, April 17, 2 pm

Where: Meals on Wheels Café
1834 Fowler St in Richland



To get to the Café:

1834 Fowler St in Richland 736-0045
North on Columbia Center Blvd to Fowler St
Turn right on Fowler (Great Wall Restaurant)
Continue East until Fowler runs into Fowler.
Turn left on Fowler.
Café is behind Performance Marine.



2018 SENIOR FARMER'S MARKET ANNOUNCEMENT

We're still waiting to hear from the State regarding the funding availability for this program. As soon as we have information, we will pass it along to you. You can call our office at 735-1911 to get on the waiting list to receive a 2018 application.



April Closures

Monday, April 9—All Staff Training Day



A United Way

Participating Agency



Battle of the Salt

Cyndi Balk, Registered Dietitian

I think we can all admit that we eat more sodium than we need. So why is it so hard to limit our sodium intake? Well salt enhances the flavor of our food but salt is also hidden in just about everything we eat! According to the American Heart Association, "About 90% of Americans' sodium intake comes from sodium chloride. More than 75 percent of the sodium Americans eat comes from some processed, prepackaged and restaurant foods – not from the salt shaker." The recommended sodium intake per day is 2300mg, according to the American Heart Association.



Take a Closer Look

- 1/4 teaspoon salt = 575 mg sodium (approximate)
- 1/2 teaspoon salt = 1,150 mg sodium (approximate)
- 3/4 teaspoon salt = 1,725 mg sodium (approximate)
- 1 teaspoon salt = 2,300 mg sodium (approximate)

One quick fix to lower sodium in your diet is by adding more flavor to your food through herbs and spices. Be sure to add herbs and spices that have a robust kick of flavor such as garlic, ginger, rosemary, thyme, basil, oregano, dill, cumin, onion powder, black pepper and cinnamon.

When possible try to use fresh herbs, which will help add more freshness and flavor to your dish. Another great option to try is citrus fruit in your meals for flavor. Squeeze a fresh lemon on your salad instead of a high sodium vinaigrette dressing.

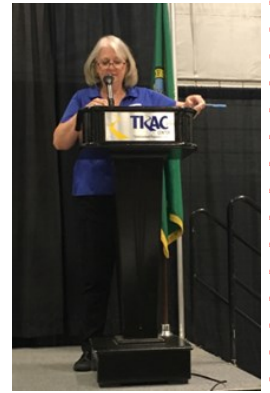
The vinaigrette recipe on this page is a great alternative to the high sodium dressings found in the grocery store.

By making these few simple changes of replacing salt with herbs and spices, you can significantly lower the sodium intake in your diet.

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.

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.



**Third Annual Fundraising Breakfast
Thanks CG Public House! We generated over \$23,000 to help serve meals!
March 6, 2018 at TRAC**



Low Sodium Meyer Lemon Vinaigrette

(Recipe by: thedailydish.us)

INGREDIENTS:

- 1/2 c. fresh [Meyer Lemon](#) juice (about 2 1/2 Meyer lemons)
- 2 T. red wine vinegar
- 2 garlic cloves
- 1 T. [Westbrae no-salt-added stoneground mustard](#)
(or equivalent)
- 1 T. dried Italian seasoning
- 2 T. honey
- 1 T. sugar
- 1 c. olive or vegetable oil



DIRECTIONS:

Combine all ingredients EXCEPT OIL in a food processor.

Pulse until garlic is minced and everything is combined.

On slow speed, add a thin stream of olive oil to the mixture. Continue blending until all oil has been added and dressing has emulsified.

Serve immediately.

Refrigerate leftover dressing in an airtight container.



Thank you for your contributions to the Meals on Wheels program!



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Volunteer Spotlight

*Penní Richter,
Volunteer Coordinator*



Meet Jane Thomas.

Jane has been volunteering for Meals on Wheels for a little over 3 years. She started delivering to our clients in Benton City and now additionally works in the Administration office once a week.

Jane has lived in the Tri-cities around 40 years and retired from the WSU Extension offices. She is married to a great guy and has a great dog named Weisser, named after the town in Idaho with the Fiddler's Festival! Weisser is a yellow lab and is a very special buddy to Jane and her husband.

Jane picked MOW to volunteer for because we provide an essential service in Benton City and we give to seniors, which is important to her. When I asked Jane what she felt the benefits to her were, she said she receives more than she gives. She really enjoys her clients that she delivers to and loves to be able to see them every week and check on how they are doing. We have heard that our drivers brighten our client's days, well our clients brighten Jane's day! She also really enjoys interacting with the Meals on Wheels kitchen staff in Benton City, as well as the other drivers she gets to see on her driving days. Giving back to her community and visiting with the clients are her favorite things.

Jane also volunteers in the administrative office once a week and is a really big help to the Meals on Wheels staff. We are lucky to have her in the office. She said to me that she is very impressed with Meals on Wheels and the heartfelt giving that everybody here puts into it. Thank you, Jane!

She also volunteers for the Cancer Center and when not volunteering Jane and her husband like to travel, including long weekends at their family cabin on Lopez Island in the San Juans. Sounds good to me! Thank you for your dedication to Meals on Wheels Jane!



Penní

Welcome New Volunteers!

Thank You for Your Service!

Cafe: Kathy Blair
Food Bank: Kimi Larson
Central Kitchen: Stella Thompson, Lisa Kinner, Rich James

