



# Wheels in Motion



www.homedeliveredmeals.org / www.seniorliferesources.org

Mid-Columbia Meals on Wheels (509) 735-1911  
8656 W Gage Blvd. #301, Kennewick WA 99336

January 2012

## Marcee's Corner

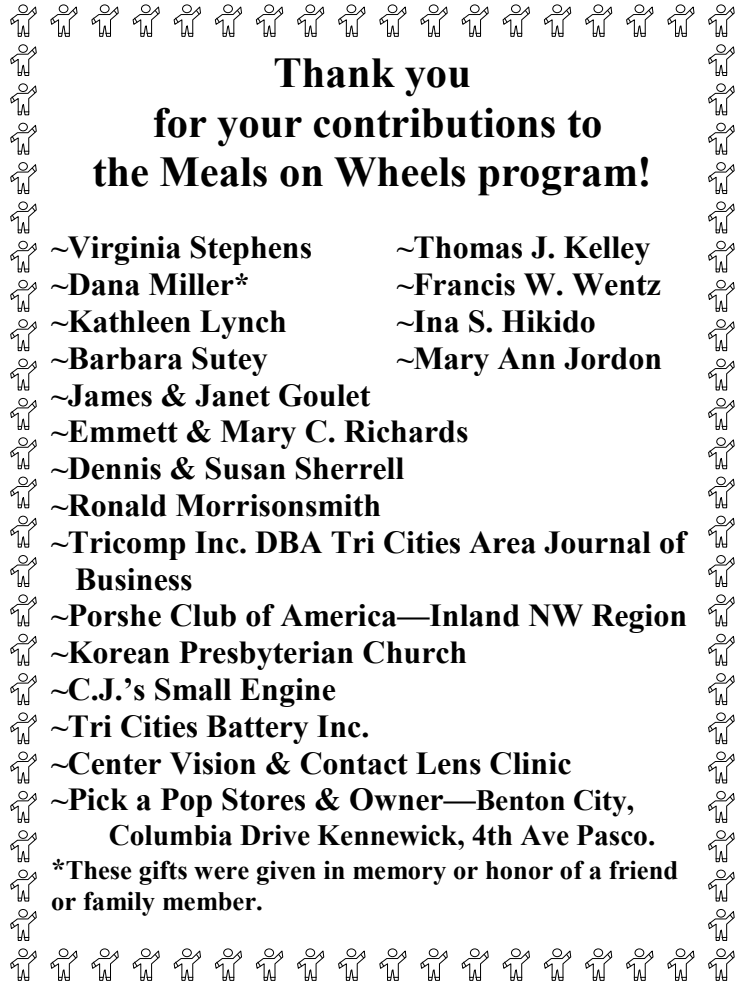


I am excited to share with you some great news. We have been working hard to be able to be accredited by the Meals on Wheels Association of America. All our efforts have paid off.

We received our official notification which states, "Mid-Columbia Meals on Wheels joins a prestigious group of Senior Nutrition programs across the country dedicated to providing quality nutrition services at the highest levels of organizational accountability. It demonstrates to families, caregivers, donors, and funders that the program operates in the highest standard for program safety, program quality and program efficiency."

We are the first and only Meals on Wheels program in the state of Washington to achieve this accreditation. My thanks go out to our staff and the many volunteers who help make Meals on Wheels a great service. We look forward to 2012 and continuing to provide warm, balanced meals in our community.

*Marcee Woffinden,*  
**Nutrition Services Director**



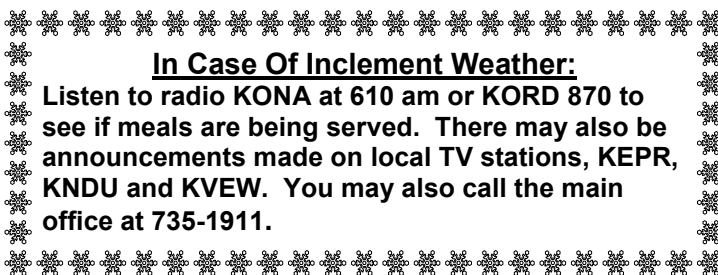
## Thank you for your contributions to the Meals on Wheels program!

- ~Virginia Stephens
- ~Dana Miller\*
- ~Kathleen Lynch
- ~Barbara Sutey
- ~James & Janet Goulet
- ~Emmett & Mary C. Richards
- ~Dennis & Susan Sherrell
- ~Ronald Morrisonsmith
- ~Tricomp Inc. DBA Tri Cities Area Journal of Business
- ~Porshe Club of America—Inland NW Region
- ~Korean Presbyterian Church
- ~C.J.'s Small Engine
- ~Tri Cities Battery Inc.
- ~Center Vision & Contact Lens Clinic
- ~Pick a Pop Stores & Owner—Benton City, Columbia Drive Kennewick, 4th Ave Pasco.
- \*These gifts were given in memory or honor of a friend or family member.
- ~Thomas J. Kelley
- ~Francis W. Wentz
- ~Ina S. Hikido
- ~Mary Ann Jordon

# HAPPY NEW YEAR

## January Closures

- Jan. 2: All dining centers closed for the New Year's holiday.
- Jan 16: All dining centers closed for Martin Luther King's birthday.



### In Case Of Inclement Weather:

Listen to radio KONA at 610 am or KORD 870 to see if meals are being served. There may also be announcements made on local TV stations, KEPR, KNDU and KVEW. You may also call the main office at 735-1911.



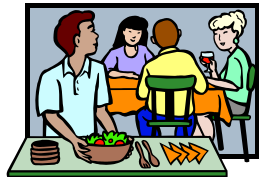
A United Way

United Way of Benton and Franklin Counties

Participating Agency

## Volunteer Spotlight

by Linda Sealock,  
Volunteer Coordinator



Each year we like to show our appreciation for all the volunteers who graciously donate their time to Meal on Wheels at each of our seven sites.

Our first volunteer appreciation dinner was held at the Golden Horse restaurant in Prosser on Nov. 8th, with approximately 15 volunteers attending. Karen, the site manager, got the party going by giving all the volunteers a small gift. Approximately 30 volunteers came to the Pasco lunch, held at the Old Country Buffet in Kennewick on Nov. 9th. Everything was so tasty, it was a challenge to choose what to eat.

Then on Nov. 28<sup>th</sup>, we gave thanks to the volunteers from the Parkside site at The Old Country Buffet. This was a nice intimate group of four volunteers, and we sure enjoyed our visit with them. The Kennewick site had a lovely lunch donated by Charbonneau Retirement Community for about 45 volunteers. Everyone was treated to a sit-down three course lunch, in their beautifully decorated dining room.

On December 7<sup>th</sup>, Richland held a pizza party at Brick House Pizza in West Richland for more than 40 volunteers. We filled over half the restaurant with our laughter and prizes. On December 9<sup>th</sup>, we enjoyed burgers, fries and the best root beer float ever at the Desert Rose Senior Complex in Benton City. We honored about 25 volunteers that night.

Our last fall appreciation party will be in January at the Pizza Station in Connell, at a future date in January!

It was a delight to see so many volunteers attend. We are grateful for the invaluable contributions of our volunteers, as well as their energy, enthusiasm, and dedication they bring to those we serve.

*Linda*

## Welcome New Volunteers! Thank You for Your Service!

Administration: Kelly Green  
Richland: David Messinger

### Meals on Wheels Fund-Raiser

**City-Intros, a new website for discounts on local services and restaurants, will donate part of their proceeds to Meals on Wheels from January 24 to April 24. To check it out, or to purchase discount coupons, go to [www.cideals.com](http://www.cideals.com).**

## Professional personal care,



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*A Program of Senior Life Resources, an ALTC and Yakama Nation Contractor.*

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.

# Salt, what is all the fuss...

Jill Berg, Registered Dietitian



Salt provides two elements that are essential for life — sodium and chloride. The body cannot manufacture either element so it must be supplied by food. Once ingested, salt is broken into these two elements, and sodium works independently of chloride. Chloride does play a role in blood pressure and muscular activity, but today we'll focus on the impacts of sodium.

## The body needs sodium to function properly.

### Sodium:

- Maintains the right balance of fluids in your body.
  - Helps transmit nerve impulses.
  - Influences the contraction and relaxation of muscles.
- Your kidneys naturally regulate the sodium that is stored in the body. When your sodium levels are low, the kidneys essentially hold on to the sodium. When the sodium levels are high then the kidneys excrete the excess in the urine. Our kidneys are capable of filtering an incredible amount of sodium on a daily basis (the daily equivalent of 6 pounds of salt!)

## How sodium impacts blood pressure

Sodium attracts water; as your sodium level goes up, your blood volume rises as well. Increased blood volume makes the heart work harder to move the blood through the vessels. This in turns increases the pressure in your arteries. Some people are more sensitive to sodium than others. If you're sodium sensitive, you retain sodium easier, which leads to fluid retention and increased blood pressure. If this becomes chronic, it can lead to heart disease, stroke, kidney disease and congestive heart failure.

## Why salt is used in food processing & baking

So we now understand that the body requires sodium and we have to get it from our food sources. The question is, why is there so much salt in food products?

Salt works in foods in several ways:

- Helps prevent spoiling by inhibiting the growth of bacteria, yeast and mold.
- Enhances the other flavors in foods; for example, salt accentuates the sweetness in cakes & cookies.
- Helps disguise the aftertaste in soft drinks.
- Reacts with leavening agents to yield a light, airy baked product.

## Current dietary recommendations

The 2010 Dietary Guidelines for Americans recommend limiting sodium to less than 2,300 mg/day. If you're age 51 or older the recommendation is 1,500 mg/day. With the average sodium intake being closer to 3,000 mg/ day, we have a long way to go in reducing our sodium intake.

## How to reduce dietary sodium intake

- Eat more fresh foods such as fresh fruits, vegetables, lean meats, poultry and fish. These have only small amounts of naturally occurring sodium.
- Replace high sodium foods (canned foods) with low sodium products or products with no added salt.
- When eating out, request that salt not be added to your food. Ask for sauces and salad dressing on the side.
- Try using herbs and spices rather than salt to season your food.

*We at Meals on Wheels strive 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, Jill Berg, at (509)735-1911.*



## *Porshe Club Donation*

Meals on Wheels received a very generous donation from the Tri-City Porshe Club on Tuesday, Nov. 22, 2011. Marcee Woffinden (left), Nutrition Services Director, is seen receiving the check.

## **Paper Plate Update!**



Thanks to all who wrote messages on paper plates to send to your Senators and Representatives. We sent 6 boxes!

The offices of Representatives Larry Haler and Brad Klippert contacted us and asked that we thank you for your messages and assured us that they know how important the meal program is to our local seniors.