



PMOW bi-monthly newsletter

July-August 2018

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Save the Dates:

Pizza Palooza	
Oct. 20	
Master Chef Brunch	
Dec. 8 or 9	

Are you on Facebook?
So are we!



Like our page!

www.PrescottMealsOnWheels.com

TRUE or FALSE?

Answers to frequently asked questions

You do not need to have money to receive Meals on Wheels

⇒ **TRUE** - Money is not a criteria to receive a nutritious meal from us.
Below are the two criteria for an individual to be eligible:

- 1) You are unable to either get to the grocery store or have family or friends bring you groceries.
- 2) You have a difficult time preparing food due to a disability or limitation.

All meals are paid for by the government

⇒ **FALSE** - our meals are paid for by a few different ways

- Private Pay—a client is able to pay for their meals.
- Subsidized—donation based meals can be subsidized by the Area Agency on Aging for those who qualify and/or AZ long term care
- Provider Pay—Prescott Meals on Wheels covers the cost of meals through donations, grants and sponsorship.

We only serve to the elderly

⇒ **FALSE** - We assist adults 18 years of age or older who may have a temporary or permanent disability and /or struggle to live on their own.

We provide more than a meal

⇒ **TRUE** - In addition to meals, we also provide a friendly visit, a warm smile and most importantly a safety check.

The food isn't made fresh daily

⇒ **FALSE** - Our food is made fresh daily... starting at 5:30 am! We provide a well balanced hot meal that is delivered to over 200 individuals in our community each day, as well as serve lunch in our Hilltop Café for \$6 or less between 11:15am-12:45pm.



Have a vehicle sitting around?
Consider donating it to PMOW

MAKE A VEHICLE DONATION

If you or someone you know has a vehicle that is no longer of use, consider donating it. Prescott Meals On Wheels receives a donation and the vehicle owner receives the tax deduction.

Everyone wins!

Donating a car, truck, van, SUV, boat, motorcycle, ATV, RV, trailer or airplane has never been easier!
Call CARS (Charitable Adult Rides & Services) at 1-855-500-RIDE to schedule a pick up.

Food is the one constant that brings all of us together. We celebrate, we mourn, we communicate, we are sustained with food. Your gift to Prescott Meals On Wheels makes it possible for us to fulfill our mission of service to the most vulnerable in our community.

Consider leaving a legacy gift with Prescott Meals on Wheels

Plant a seed and continue the gift of nourishment for the future.



A commitment of a future, planned gift to our **organization**, our **mission** and those we **serve**, paves the way for future sustainability and continued service to our community. We can only speculate on future demand and resources, but we know that right now 32% of Prescott's population and 23% of Prescott Valley are 65 or older and these are the people we will be serving in the years to come. Funds raised through our legacy gift program allow us to plan for our future needs.

Prescott Meals On Wheels appreciates your consideration of including us in your legacy and estate plan, and if you do, please be sure to let us know so that we can acknowledge your generosity. Please contact Michelle Brien for additional information at michellepmow@gmail.com or at (928) 445-7630 x605.

**It is always recommended that donors seek professional tax, legal and financial advice and guidance when preparing a planned gift.*

MASTER CHEF II- PASSPORT TO PARIS

was a great success for both

Prescott Meals on Wheels and U.S. VETS Prescott. This year, the event doubled its revenue through a combination of increased ticket prices and additional sponsorship. Four veteran students who recently graduated from the U.S. VETS culinary program partnered with Chef Harley Ray Guy to learn new techniques, recipes and skills. Chef Harley recently became Chef de Cuisine at Prescott Club in Stoneridge and hired Peter, one of the four graduates (pictured below in the grey shirt) to work along side him as a dishwasher / light prep cook. 

Save the Date for Master Chef Brunch on either December 8 or 9. We'll be sure to keep you up to date on all the fabulous food news!



Examples of a legacy gift

Will Bequest

Beneficiary Designation

IRAs

Property

Annuities and Trusts

Savings and Brokerage Accounts

Tribute Gift

Planned Giving Seminar

Want to learn more about
Planned Giving?

Our friends at the Arizona Community
Foundation are hosting a Planned Giving
seminar at our Hilltop Café:

Save the date for
Thursday, September 20 from 3-5pm.
Contact us with your interest and we will email
you the RSVP link when it becomes available.



**MEALS on WHEELS****PREScott**

TOGETHER, WE CAN DELIVER.

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Prep Chef**Ruthanna Schaffer**
Dishwasher / Custodian

Client Spotlight

"A Tale of Two Prescott's" by volunteer driver, Kelsey Wilkes

103 years ago, on April 15, 1915, Anna was born in Prescott, Michigan. "It was a one horse town and we lived seven out miles out." Anna's parents were from Hungary and immigrated in 1906. Anna left home when she was 18 and moved to Detroit, and married soon after. During WWII she worked in a bomber plant and after being laid off in 1945, she then went to work for Ford Motor Company where she met her second husband Lawrence in 1953. They had three children.



When Anna's husband, Lawrence, retired from Ford in 1975 they moved to Prescott, AZ. She has lived here ever since, in the same house she and Lawrence bought. They spent their retirement years taking road trips across the West in a truck camper. They were married for 43 years; Lawrence died when he was 79.

Anna has been receiving meals for one year, and tells Kelsey "I don't see many people. My neighbors are strangers. So I see the volunteer drivers every day and I get a chance to visit and talk with someone." Now, at 103, Anna will tell you the secret of her long life: "Walk, walk, walk! And eat organic food whenever you can, garden, and can your own food. Don't take any medicine and take Sundays off."

Thank you to our Sponsors

AARP	Jinger Cutting and the Cutting Edge Team
ABRiO Care	Lamb Chevrolet and Team Lamb
Allegra Printing	LifeVantage
Allen's Flowers	Lincoln Elementary Reading & Feeding
Alta Vista Senior Living Community	Meals on Wheels America
APS	MJ Consulting
Area Agency on Aging NACOG	Olsen's Grain
Arizona Community Foundation	Prescott Area Young Professionals
AZ Department of Economic Security	Prescott Evening Lions
AZ Diamondbacks Foundation	Prescott Evening Lioness
Barrett Propane	Rockwell C. Webb Foundation
Charity Publishing	Twin Lakes Market
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