

WE ARE **Prescott**  
**Meals On Wheels**  
So no senior goes hungry.™

[www.PrescottMealsOnWheels.com](http://www.PrescottMealsOnWheels.com)

1280A East Rosser St.

Prescott, AZ 86301

Phone: 928-445-7630

Fax: 928-445-1725

E-mail: [PMOW@cableone.net](mailto:PMOW@cableone.net)

There are two ways to receive meal service from Prescott Meals on Wheels.

- 1) Private Pay - Meals are billed to the recipient monthly at \$6 per meal.
- 2) NACOG - Individuals may apply through the Northern Arizona Council of Governments (NACOG) 877-521-3500. This is a donation based program.

**Prescott Meals on Wheels**

**Board of Directors:**  
**Pam Montgomery**  
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**Staff:**  
Bert Elizabeth Ijams

Executive Director  
[BertPMOW@cableone.net](mailto:BertPMOW@cableone.net)

**Sarah Dickerson**  
Client Services and  
Volunteer Coordinator  
[SarahPMOW@cableone.net](mailto:SarahPMOW@cableone.net)

**Dave Barnard**  
Outreach Coordinator  
[PMOW@cableone.net](mailto:PMOW@cableone.net)

**Jeff Boatman** - Head Cook

**Alex Valenzuela** - Prep Cook

**Ruthanna Schaffer** - Custodian



**Thank You...**  
...For helping to fill the plate of a senior in need.

**Platinum Sponsors:**

- Great Circle Radio
- Prescott Area Independents
- Prescott Area Young Professionals
- Yavapai Prescott Indian Tribe

**Silver Sponsors:**

- Daily Courier
- Printpack, Inc.

**Bronze Sponsors:**

- Bayada Home Health Care
- Fann Contracting
- Hospice Family Care, Inc.
- Prescott Shuttle U
- State Farm Insurance
- Wells Fargo Advisors

**Additional Support:**

- City of Prescott

To invest in Prescott Meals on Wheels please contact us: 928-445-7630

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JANUARY - FEBRUARY 2014

**Start 2014 In The**

- Prescott Meals On Wheels has been serving the Prescott community since 1973.
- Prescott Meals On Wheels the largest Meals On Wheels program in northern Arizona.
- We are an independent 501(c)3 nonprofit. We are not a government agency nor are we affiliated with the Prescott Adult Center. Both Prescott Meals On Wheels and the Adult Center are housed in the Rowle P. Simmons Community Center located at 1280 East Rosser Street in Prescott.
- In the previous fiscal year Prescott Meals On Wheels served 67,000 meals.
- On a daily basis, Prescott Meals On Wheels prepares and serves approximately 165 to 180 meals to homebound seniors and the disabled and anywhere from 70 to 100 meals in our dining room daily.
- Prescott Meals On Wheels is volunteer driven and utilizes approximately 125 volunteers each month to meet its mission of serving one hot nutritious meal each day to homebound seniors and the disabled.
- Along with delivering meals daily to many of our community's most vulnerable citizens we provide a wellness check. Not only does the wellness check provide social engagement for someone living alone it also has proven to save lives.
- Combined, the delivery of food and the wellness check extends the time seniors and the disabled are able to live independently in their homes.
- A large portion of our clients are referred to us for nutritional support by the Northern Arizona Council of Governments (NACOG) Area Agency on Aging. Prescott Meals On Wheels is currently providing 200% more meals than what NACOG is able to reimburse us for. It is our practice to not turn anyone away who is referred to us by NACOG. The difference between the meals NACOG is able to reimburse us for and those they cannot pay us for must be raised through private donations, grants and fundraising events.
- Prescott Meals On Wheels offers a "private pay" program which has been extremely helpful to individuals and their caregivers. Meals are delivered at a cost of \$6 per meal and we bill clients monthly for meals ordered. This program is a comfort to children of seniors who are concerned that their parents are eating properly. Additionally, once we are contacted, we are usually able to begin meal service within 24 hours.
- *The Prescott Meals On Wheels dining room is open to everyone of every age.* The menu is posted on our website – [www.PrescottMealsOnWheels.com](http://www.PrescottMealsOnWheels.com). Lunch is \$6 for people 59 and younger, a donation of \$5 for those 60 and over. Lunch is served from 11:15 am to 12:45 pm Monday through Friday with the exception of holidays.
- You can "LIKE" us on Facebook and receive information regularly.
- We invite you to join our electronic mailing list to receive newsletters, information and menus via email. Please call (445-7630) or email us ([PMOW@cableone.net](mailto:PMOW@cableone.net)) with your email address and we will add you to the list.



Like Us On  
FACEBOOK

**Members of the  
Prescott  
Meals On Wheels  
Special Events  
Committee**

- Carol Nelson Chair
- Beverly Hall Co-Chair
- Sharon Painter Immediate Past Chair
- Joanne Bullock
- Joanne Clay
- Dick Denogean
- Brenda Eakins
- Noreen Foster
- Stacey Greenwald
- Sandy Hester
- Wendy Jones
- Rosemarie McBride
- Bob Painter
- Georgi Percan
- Kris Tabor
- Marcia Turner
- Shannon Vialpando

**Thank  
You!**

## Volunteer Spotlight

### The Women and Men of the Prescott Meals On Wheels

**T**here is a group of women and men who dedicate an extraordinary amount of time to the success of Prescott Meals On Wheels on a regular basis, throughout the year. These are the volunteers who serve on the Prescott Meals On Wheels Special Events Committee.

Their skills and talents are put to work on each and every event the organization takes on to raise money and awareness.

Without their service and energy



Left, the Prescott Meals On Wheels Special Events Committee pose for a group picture before the start of the "Flavors of Italy" event.



Joanne Bullock decorates the Prescott Meals On Wheels tree at Gateway Mall.



Carol Nelson taking a rare and well deserved break.



Board President and Special Events Committee Member Pam Montgomery, along with Board Member and Special Events Committee Member Dick Denogean prepare and pack homemade biscotti for the "Flavors of Italy."

## To Your Health

**G**enes and health behavior contribute to the length and quality of your life, but so do your attitudes and beliefs about aging.

New research from Yale University found that genes contribute only 25% to the length of your life, and that other factors play a role as well.

Attitude is at the top of the list, contributing an additional 7.6 years to life span on average. That's better than low blood pressure (4 years or less), low cholesterol (4 years or less), a healthy weight (1 to 3 years) and regular exercise (1 to 3 years).

The Yale study suggests that people who believe negative stereotypes about growing old may face reduced life expectancy, but that when people look forward to events and activities, and keep themselves busy with social activities, hobbies, travel, and volunteering - longevity is increased. People who are optimistic are better

able to stick to the good behaviors that positively affect their health, such as proper diet, exercise, and avoidance of smoking and excessive alcohol use. When faced with a health crisis, optimists adapt and recover more quickly because they actively participate in their treatment and recovery. They believe that their actions directly contribute to improved health.

Finally, optimists do not feel the sense of hopelessness so typical of pessimists. As a result, optimists experience less stress and less depression overall.

To stay optimistic as you age or to create an optimistic point of view, consider taking these steps:

- Realize that setbacks are a part of life. There can't be a valley without a peak. Look for the next peak.
- Visualize a positive outcome. There is lots of research that supports that your brain can be



### Prescott Meals On Wheels bids a fond farewell to Gloria Zinnel.

Gloria has been a trusted and respected member of the Prescott Meals On Wheels staff for many years.

Her service as bookkeeper to the organization has been invaluable.

Gloria, thank you for all you have brought to Prescott Meals On Wheels! We wish you every happiness!

## Optimism!

Reviewed by the Faculty of the Harvard Medical School

trained and changed with this method.

- Reject negative messages about aging, especially advertising claims which try to create an atmosphere of fear to drive sales.
- Find examples of people who have aged gracefully, and be inspired.
- Develop a strong social network. It can include counselors, clergy, and support groups as well as family and friends. Isolation can magnify difficulties and can erode one's ability to cope with the stresses of life.

**Volunteer!** The physical and psychological benefits of volunteering are well-known and numerous.

## Mark your calendar with these important dates!

**February 15, 2014**  
**Volunteer and Sponsor Appreciation Dinner**

**April 9, 2014**  
**Arizona Gives Day**



**Sep 014**  
**Prescott Meals On Wheels Golf Tournament**  
(tentative date)