



Serving Prescott since 1973

# MEALS on WHEELS PREScott

TOGETHER, WE CAN DELIVER.



Summer 2016

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**O**n May 6, 2016, Governor Doug Ducey signed S.B. 1216 which "increases the credit tax payers can claim for cash contributions to a qualified charitable organization from \$200 to \$400 for a single individual or head of household and \$400 to \$800 for a married couple filing jointly." This new legislation is retroactive to taxable

years beginning January 1, 2016.

Prescott Meals On Wheels is recognized by the state of Arizona as a qualified charitable organization and due to your generosity through the Arizona Tax Credit program we are able to serve every individual who comes to us for help without ever putting anyone on a waiting list.



This is Jo. A Prescott Meals On Wheels client. When asked what our service provides for her she replied, "Prescott Meals On Wheels keeps me from having to go back into the hospital."

## What YOU Did This Year - **WOW!**

As volunteers and donors, YOU accomplished a lot this year. Here is a snap shot of the year just ended, July 1, 2015 through June 30, 2016.



- Volunteers delivering meals to our homebound clients drove 41,272 miles - within the city of Prescott!
- Prescott Meals On Wheels staff and volunteers prepared and served over 62,000 meals.
- An average of 126 monthly volunteers contributed over 17,300 hours of time to those we serve.

## What we do:

Prescott Meals On Wheels has been assisting some of our most vulnerable citizens since 1973 by providing three fundamental services;

- A nutritious, home-delivered meal,
- A wellness check
- Precious moments of conversation and socialization

Combined, these three services contribute to the ability to live independently for as long as possible with a sense of safety and security.

## The Big Goal for the Coming Fiscal Year

**T**he Prescott Meals On Wheels Board of Directors has identified and made a strong commitment to one major goal in the coming fiscal year: to reach out to the



community at large including physicians, caregivers, Yavapai Regional Medical Center, related service providers and all members of the Prescott community to ensure we provide service to everyone who needs us.

In the coming weeks you will find our information in your physician's office, in the news-

paper, on social media and anywhere we can get a word in edgewise.

If you would like us to provide information or a presentation to your group, business or service organization please contact our executive director, Bert Elizabeth Ijams at 928-445-7630 #601 or [BertPMOW@gmail.com](mailto:BertPMOW@gmail.com).

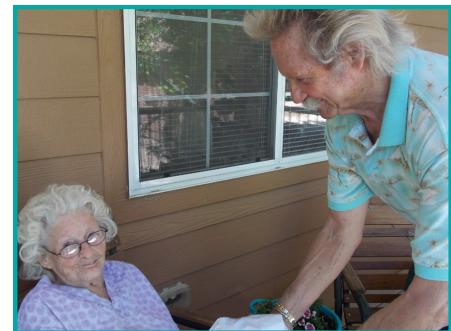
## Would you or someone you know benefit from Prescott Meals On Wheels?

### THERE ARE TWO PRIMARY CRITERIA FOR PROGRAM ELIGIBILITY:

- ✓ Is the individual unable to get to the store to purchase food or ask family or friends to bring groceries to them?
- ✓ Does the individual have a difficult time preparing food because of a physical disability and / or a cognitive limitation?

If the answer to one or both of these questions is YES, Prescott Meals On Wheels may be able to help.

**Pay Privately** - Meals are \$7 each and are billed at the end of the month. To sign up for Private Pay meals call Terry at 928-445-7630 ext. #603.



**Subsidized** - Meals are donation based and subsidized by the Area Agency on Aging. To sign up through this program call 1-877-521-3500.

## Did you know?

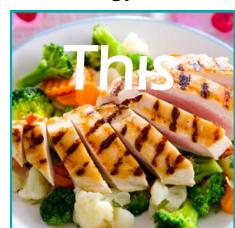
- ◆ The cost for **one day** in a nonprofit hospital in the state of Arizona is **\$2,474**.  
<http://www.beckershospitalreview.com/finance/average-cost-per-inpatient-day-across-50-states.html>
- ◆ The cost for **one year** of daily meal deliveries from Prescott Meals On Wheels is **\$1,820**.  
*A home delivered, Private Pay meal at \$7 per meal delivered five days each week for 52 weeks.*
- ◆ "There's a correlation between nutrition and health. Inability to consistently prepare healthy foods is one reason some individuals become malnourished, dehydrated and sometimes need additional hospitalization."

*Jeanne Briggs, MA, RD, Director, Nutrition Services at Yavapai Regional Medical Center*



**This**

or



**This**

## So Many Ways to Shop and Give Back



Amazon Smile will donate 0.5% of your purchases to Prescott Meals On Wheels when you shop at [smile.amazon.com](http://smile.amazon.com).

Amazon Smile is the same Amazon you know with the added benefit of supporting Prescott Meals On Wheels!



### Community Rewards Program!

If you haven't signed up for the Fry's Community Rewards program please consider doing so. Those served by Prescott Meals On Wheels are the beneficiaries every time you shop at Fry's. To register go to

[FrysCommunityRewards.com](http://FrysCommunityRewards.com)

and select Prescott Meals On Wheels as the community service organization you would like to support. Once signed up all you need to do is re-register on the website each year.

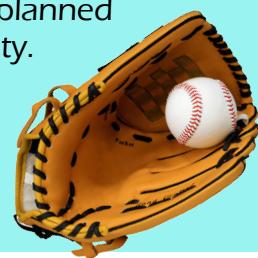


## About Planned Giving - "I've learned that you shouldn't go through life with a catchers mitt on both hands. You need to be able to throw something back." – Maya Angelou

Planned giving may be defined as a method of supporting non-profits and charities that enables philanthropic individuals or donors to make larger gifts than they could make from their income. A planned gift is any major gift, made in lifetime or at death as part of a donor's overall financial and/or estate planning. By contrast, gifts to the annual fund or for membership dues are made from a donor's discretionary income, and while they may be budgeted for, they are not planned. Whether a donor uses cash, appreciated securities/stock, real estate, artwork, partnership interests, personal property, life insurance, a retirement plan, etc., the benefits of funding a planned gift can make this type of charitable giving very attractive to both donor and charity.

*(Excerpted from [www.plannedgiving.com](http://www.plannedgiving.com))*

To learn more about a planned gift to Prescott Meals On Wheels, please contact Development Coordinator Scott Shephard at 928-445-7630 extension #605.



## Coming Up

### August 27, 2016

Mile High Food Truck Festival  
Mile High Middle School

### October 8, 2016

Golf Tournament benefiting  
Prescott Meals On Wheels and  
sponsored by Prescott Area  
Young Professionals and  
the Prescott Chamber of  
Commerce

### December 31, 2016

The last day to make a  
charitable, tax credit eligible  
donation to apply to your  
2016 taxes.

### March 11, 2017

Queen of Hearts Tea  
Alta Vista Retirement Living

### Join us for Lunch Everyday!

Just \$5 Monday through  
Friday from 11:15am to  
12:45pm. Everyone Welcome!





# MEALS on WHEELS PREScott

TOGETHER, WE CAN DELIVER.

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

## Our Staff:

Bert Elizabeth Ijams  
*Executive Director*  
*BertPMOW@gmail.com*

Scott Shephard  
*Development Coordinator*  
*ScottPMOW@gmail.com*

Terry Charette  
*Client Services Coordinator*  
*TerryPMOW@cableone.net*

Sandee Gentry  
*Volunteer Coordinator*  
*SandeeGPMOW@gmail.com*

Jeff Boatman  
*Head Cook*  
*JeffPMOW@cableone.net*

John Lemieux  
*Prep Chef*

Ruthanna Schaffer  
*Custodian*

## Our Board of Directors:

Dave Marston  
*President*

Marcie Schroeder  
*President Elect*

Larry Culver  
*Treasurer*

John Kirkeide  
*Secretary*

Ryan Baynes

Charlie Freeburg

Bob Painter

## Our Community Makes Our Work Possible - Thank You!

- Alta Vista Senior Living Community
- APS
- Arizona Community Foundation of Yavapai County
- Arts Prescott Cooperative Gallery
- Blue Cross Blue Shield of Arizona
- City of Prescott
- Costco
- Cutting Edge Real Estate Professionals
- Department of Economic Security
- Eagle Management and Events
- Fann Contracting
- Final Score Sports Bar & Grill
- The Flooring Shack
- Fry's Food Stores
- Funny Bone *monthly publication*
- Homes & Land *monthly publication*
- Hospice of the Pines
- Jim's Auto Clinic
- Leff T's Steakhouse & Grill
- LifeVantage
- Meals On Wheels America
- Mile Hi Animal Hospital
- NACOG / Area Agency on Aging
- Northern Office Supply
- Olsen's Grain
- Prescott Animal Hospital
- Prescott Area Young Professionals
- Prescott Noon Lions
- Prescott Noon Lioness
- Printpack, Inc.
- Raskin's Jewelers
- Rowle P. Simmons
- Roxy Webb Securities Management, Inc.
- State Employees Charitable Campaign
- State Farm Insurance
  - Dennis Burks
  - Cathy Trent
  - Tracy Murr
  - Bill Baker
- VCA Thumb Butte Animal Hospital
- Valley of the Sun United Way
  - A. J. Vilardo
  - WalMart
  - Watters Garden Center
  - Whole Foods Market
  - Yavapai Classic Cruisers
  - Yavapai Prescott Indian Tribe
  - Yavapai Regional Medical Center
  - and
  - Compassionate Donors
  - Generous Volunteers