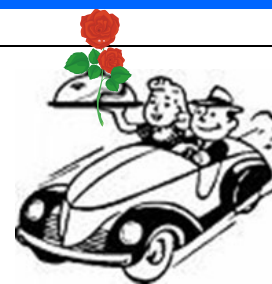


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Pam Hanno, Director

928-445-7630
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Prescott Meals-On-Wheels

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Meals On Wheels does not endorse or vouch for any services or products advertised in our newsletter or distributed flyers

BOARD OF DIRECTORS

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Volunteer Spotlight



Shown above, from left, Pam Hanno, PMOW Director, Sharon Painter, Board Events Committee Chair, and Judy Riggbach, Board Prseident.

Volunteer Dinner 2013

On February 16th, 2013 Prescott Meals on Wheels held it's 4th annual volunteer appreciation dinner at the Rowle P. Simmons Community Center. Once again the community provided a great deal of help for this event. The Peridot prepared and donated a spectacular dinner, followed by home-made bread pudding with bourbon sauce. Plating , table service, and additional kitchen work was provided by the Mountain Institute of Culinary Arts Program at Chino Valley High School - and this was their fourth year serving at this event. Generous contributions were also made by True Value, Fry's, Safeway, and the Manzanita Grill. And of course the Prescott Lioness club had their hand in the decorating , planning and set-up,

and continue to be a valuable presence on the Events Committee for most of our events..

It was a wonderful evening!



Above from left, the arrival of volunteers Al & Gisela Hoeger, Dorothy Parks, and Dick & Stella Gage



The dining room begins filling with guests.



The after dinner recognition program is started off by a round of applause for the Peridot and the Chino Valley Culinary Arts Program Participants. This was followed by the presentation of service pins for operations volunteers.



Rebecca Ratliff, Executive Director of the Peridot, is accompanied onstage by Chef Robert Whately, who prepared the evening's meal.

Dolisa Pehl, director of the of the Mountain School of Culinary Arts at Chino Valley High School, introduces students from the program who helped with the dinner.



This year, two longstanding volunteers were recognized for providing 25 years of service to Prescott Meals on Wheels. At left is Jean Hall, shown with Pam Hanno, Director. Not shown is Julia Pelusi, who was out of town for the weekend.

Thank you Jean & Julia!

This year four volunteers were honored for providing 20 years of service to PMOW.

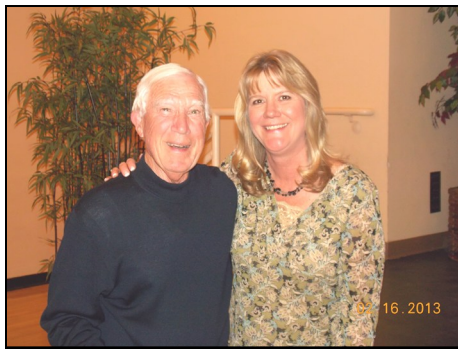


Above are Bud & Sally Schleicher who have been delivering meals together for 20 years.

At left, Receptionist Pat Young receives a bouquet of roses from Pam Hanno, to mark Pat's retirement after 20 years of service to the organization. Not shown is delivery driver Jim Pessin.



Twenty Years! Can you believe it?



Ronnie Rath, shown with Pam Hanno, celebrates fifteen years of serving Prescott Meal on Wheels. Ronnie is a relief driver and fills in on short notice for several different routes.

Thanks, Ronnie!



Ten volunteers were honored for reaching 10 years of service to PMOW. From left, Karma & Chuck Leroy, Elinor & Bill Knox, Kristy & Dave Marston, and Sharon & Bob Painter. Bob is invisible in the picture, but was back in the kitchen working on the dessert service. Thank you so much for all of your dedication & hard work.



Twenty-three volunteers were honored for five years of service to PMOW. Shown from left, Jean Seesholtz, John Waters, Maureen Waters, Carol & Joe Reti, Stella Gage with Tom Capodice standing behind, Dick Gage, Carole Linson with Betty Armstrong & Ken McElfresh standing behind, Adelina Beyerle, Dale Kanagy, and Tom McGrath. Honored but not present were Don Jepsen, Mary Pat & Giovanni Marca, Mary Page, Michael Phillips, Jaye Phillips, Sandi Pratt, and Rita Rabellino. Arlene Kasprzynski was also honored.

Thank you so much for your service to Prescott Meals on Wheels.

Abia Judd Elementary School



Every Friday, Dee Yeager's 4th grade students at Abia Judd Elementary learn two skills - how to make something with their hands, and how to be generous with their new talents. One half hour is dedicated to learning practical skills, such as knitting, toy making, crocheting, or making greeting cards. These become gifts to the community.

This February, our homebound clients were in for a treat when they were delivered a handmade Valentine's Day Placemat along with their lunch, courtesy of Dee Yeager's students. Meals on Wheels received many "thank you" calls from our clients; what a wonderful idea!

Prescott Meals on Wheels would like to extend our sincere thanks to the students at Abia Judd Elementary School who made this event possible.

December & January 2012

Total Volunteer Hours

2,442 Hours

Total Meals Served

11,141 Meals

Advance directives: A gift to your loved ones

From Mayo Clinic Stress Blog, by Dr. Edward T. Creagan

A recurrent and important theme in the blog comments over the past few weeks has been the issue of end-of-life decisions and quality of life.

One of the greatest gifts that you can give your family and yourself is a living will or advance directives to document your wishes related to end-of-life care.

Advance directives guide your care in two ways:

- Naming a proxy - a person who can speak for you if you can't speak for yourself. This representative, who might be a spouse or partner, or another designated family member or friend, has the legal authority to act in your behalf in care matters.
- Spelling out what you want - and don't want - if you have an irreversible, life-threatening condition.

It was recently brought to home to me just how important advance directives can be. While on hospital assignment, I saw a gentleman who was a professional basketball referee. While working in a summer league, he'd had a massive hemorrhage into his brain and lapsed into a coma. There was no reasonable probability of improvement in his condition, so I was asked to talk to the family concerning end of life and comfort measures. Around the patient's bedside were his wife and two devoted adult sons. Each was painfully conflicted as to how aggressive to be to sustain their loved one's life.

When I visited with the family the next day, they shared a document they'd found in their father's desk at home. He had clearly written out in his own hand that he did not want any artificial hydration, nutrition, or breathing or kidney machines if there was no likelihood of improvement. This document provided tremendous relief for the family, since they now knew how to act in accordance with their loved one's wishes.

Please take time to document your wishes today. No one knows what tomorrow may bring.

Holiday Closure

Good Friday
Friday, March 29th

Regarding Bequests

Prescott Meals On Wheels

gratefully accepts bequests and gifts of cash, checks, and credit cards. You can also make Meals On Wheels a beneficiary of your life insurance, IRA or pension plan. Additionally, remembering Meals On Wheels in your will or trust is another way to provide a lasting gift to ensure the continuation of our valuable and much needed service.

Annual Sponsorship Program

Annual Sponsorship Program allows local businesses to become a partner in our service to the community.

We would like to thank the following organizations for partnering with Prescott Meals On Wheels:

Platinum Sponsor:

Highgate Senior Living
The Peridot

Silver Sponsor:

Daily Courier

 **Printpack inc.** ^{APS}

Bronze Sponsors:

State Farm Insurance
Hospice Family Care
Wells Fargo Advisors
Bayada Home Health Care