

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

www.PrescottMealsOnWheels.com

1280A East Rosser St.

Prescott, AZ 86301

Phone: 928-445-7630

Fax: 928-445-1725

E-mail: 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

Meet the Board of Directors:

Bob Painter
President

Shannon Vialpando
Vice President

Larry Culver
Treasurer

Dave Marston
Secretary

Charlie Freeburg

John Kirkeide

Chester McLaughlin

Clay Richards

Joel Swirsky

Meet the Staff:

Bert Elizabeth Ijams
Executive Director
BertPMOW@cableone.net

Kathern Mitchell
Development Manager
KathernPMOW@cableone.net

Sarah Kime
Client Services and Volunteer Coordinator
SarahPMOW@cableone.net

Lisa Nau
Accounting Coordinator
LisaPMOW@cableone.net

Terry Charette
Meal Delivery Coordinator
TerryPMOW@cableone.net

Jeff Boatman - Head Cook

Alex Valenzuela - Prep Cook

Ruthanna Schaffer - Custodian

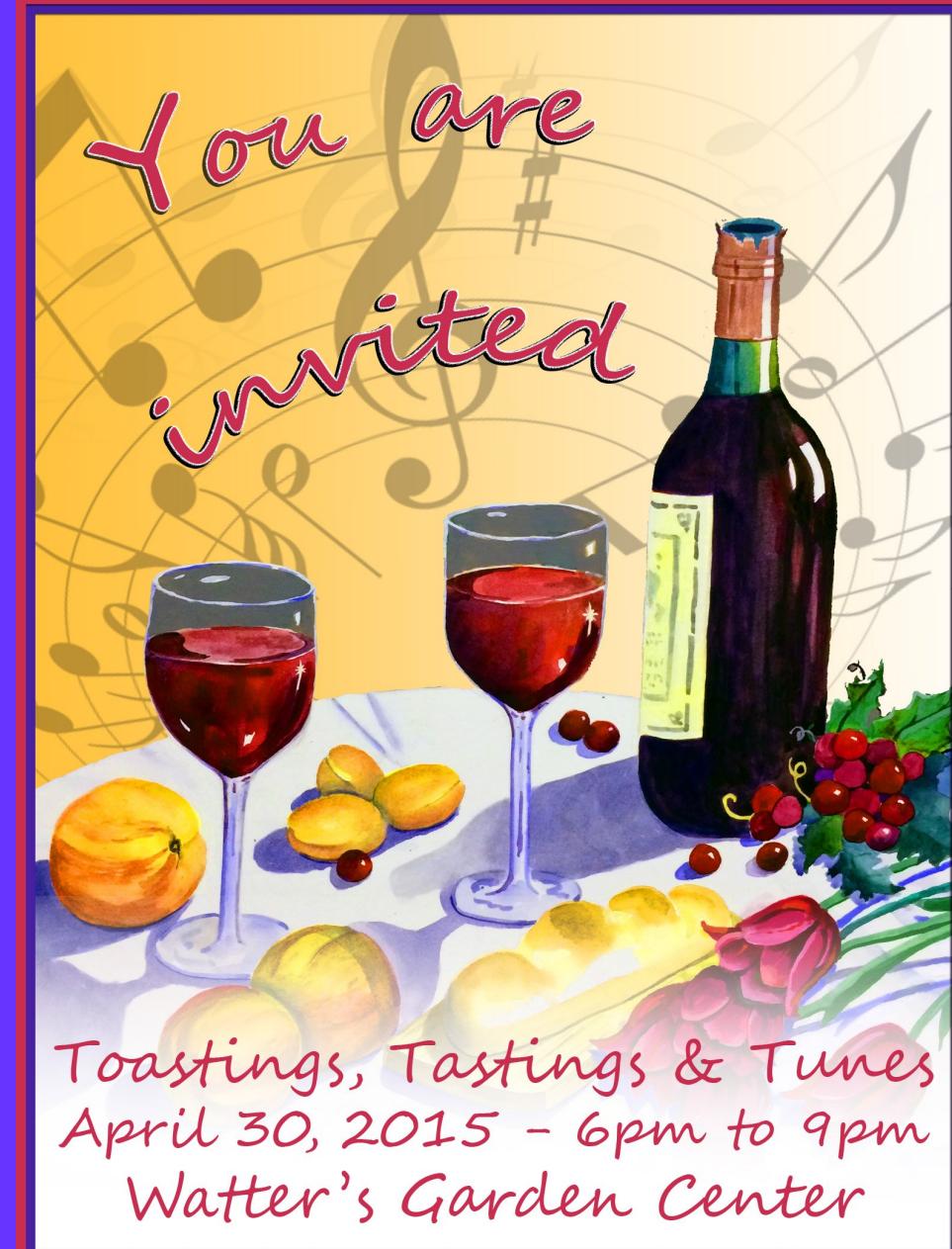
OUR MISSION:
Prescott Meals on Wheels (PMOW) will provide nutritional meals to the elderly and/or disabled on a daily basis enabling them to live independently with safety and dignity in Prescott. We will serve the social needs of our clients through interaction by our drivers in the client's home, and by providing a meal in the congenial atmosphere of our dining room. Along with meal delivery, we will provide a wellness check. We will network with other organizations to refer clients to them who may need physical or mental services.

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MARCH — APRIL 2015

THANK YOU to the following sponsors and donors!

- Allegra Marketing Print Mail
- Alta Vista Senior Living Community
- **Arizona Lottery**
- Arizona Veterans, LLC
- Backways Physical Therapy and Speech Rehab
- Bradshaw Mountain Dental
- City of Prescott
- Clemene Alascano
- Costco
- **Daily Courier**
- Department of Economic Security
- Dixon Golf
- Bill and Diane Dunn
- ExxonMobil Foundation
- **Fann Contracting**
- Charlie and Jeanne Freeburg
- Fry's Food Stores
- **Garden Brook Realty**
- Granite Gate Senior Living Community
- **Great Circle Media**
- HealthSource / Dr. Andy Nelson
- High Desert Diagnostic Laboratory
- Holdsworth & Company
- Intravest Title
- Jewish Community Foundation of Greater Prescott
- **Jim's Auto Clinic**
- Lamb Chevrolet
- Linda Miller
- NACOG / Area Agency on Aging
- **Net Results Media, Inc.**
- Olsen's Grain
- Orthopaedic Specialists of Northern Arizona
- Pangaea Bakery
- Pet Care Center
- Prescott Animal Hospital
- **Prescott Area Hospitality Association**
- **Prescott Area Young Professionals**
- Prescott Noon Lions
- Prescott Noon Lioness
- Prescott Outpatient Surgical Center
- Prescott Women's Clinic
- Prescott Noon Rotary Foundation
- Gail Roberts
- Roxy Webb
- Slide Out Shelves, LLC
- St. Mary's Food Bank
- State Employees Charitable Campaign
- **State Farm Insurance**
- Texas Roadhouse
- Tri-City Singles
- **Unisource Energy Services**
- US Bank
- Valley of the Sun United Way
- **Wal-Mart**
- Wells Fargo Advisors

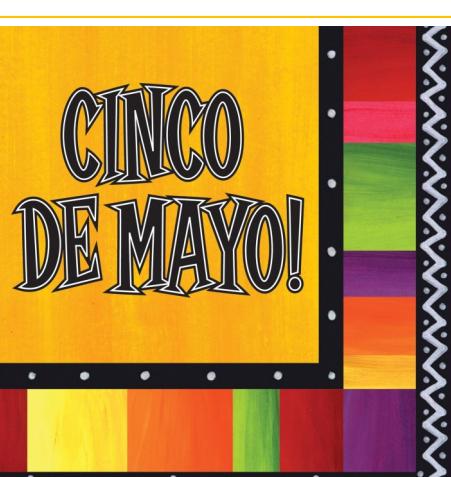


Join Prescott Meals On Wheels for a special evening **Toast**ing with fine wines, craft beers and distilled spirits all locally made; **Tasting** gourmet hors d'oeuvres; and easy listening **Tunes** of homegrown artists all while you bid on select live and silent auction items.

Tickets are \$50 per person and available at the following locations:
Watter's Garden Center—1815 Iron Springs Road
Prescott Meals On Wheels—1280 E Rosser Street
By phone—928-445-7630
Online—www.PrescottMealsOnWheels.com

...and the Yavapai County Community Health Services Golden Plate Award goes to...

Prescott Meals On Wheels has been awarded the Golden Plate Award for the second year in a row! We are one of 173 food establishments in ALL of Yavapai County to receive this designation. The credit goes to our outstanding kitchen crew of Jeff, Alex, and Ruthanna. The Golden Plate Award recognizes outstanding food safety practices as defined by the Yavapai County Community Health Services.



Saturday, May 2
Prescott Meals On Wheels will be on Courthouse Square in conjunction with the Whiskey Row Marathon to celebrate Cinco de Mayo.

The good news is that we will be selling freshly made green corn tamales especially prepared for Prescott Meals On Wheels by Dickie Boys Tamales. Find us on Gurley Street! The best tamales around!

Loads of Festive Fun Coming Up! Join us for one or join us for all of them!



Arizona Gives Day, April 7, 2015

One day...One web site and YOU!
It's as easy as AZGives.Org! April 7th is your opportunity to create a legacy of love for our neighbors in need. At AZGives.Org, with a donation of \$10 or more to Prescott Meals on Wheels, you will fill the plates of homebound seniors and the disabled.



Thursday, April 30, 2015
Toastings, Tastings and Tunes
An evening of unexpected fun, amidst culinary delights, spirited spirits and all of it infused with tunes both recognized and new.

Tickets are \$50 per person and available at the following locations:
Watter's Garden Center
1815 Iron Springs Road

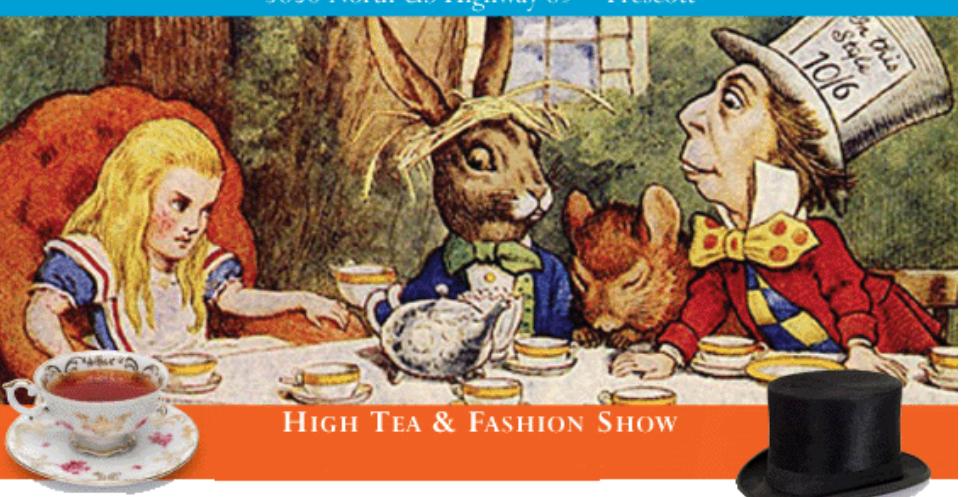
Prescott Meals On Wheels
1280 E Rosser Street

Phone - 928-445-7630
Online - PrescottMealsOnWheels.com

JOIN US FOR A WHIMSICAL, FASHIONABLE FUNDRAISER **MAD HATTER TEA PARTY: FASHION THROUGH TIME**

ALL PROCEEDS TO BENEFIT PRESCOTT MEALS ON WHEELS

Saturday, May 9th - More information to follow
GRANITE GATE SENIOR LIVING
3850 North US Highway 89 • Prescott



HIGH TEA & FASHION SHOW

Prescott Meals On Wheels is able to fulfill its mission through the generosity of the Prescott community.

We are two-thirds of the way through our 2014-2015 fiscal year and in the first eight months of the year we have served a total of 32,000 home delivered meals to seniors and the disabled in our community. Your contributions have paid for 63% of the home delivered meals that went to seniors with a documented need who were referred to us by the Area Agency on Aging. The need is there but there just isn't any funding to pay for the meals. It is your support that makes these meals possible. Thank you.

In addition to the home delivered meals, we have served 10,300 meals in our dining room.

All of these meals are possible because of the 11,000 hours of volunteer time donated by over 125 members of the community.

Prescott Meals On Wheels always strives to be better tomorrow than we are today. In the near future we will be surveying our clients, volunteers and staff to ensure we are the best we can be.

Easy Giving!

amazon smile
You shop. Amazon gives.

Amazon Smile will donate 0.5% of your purchases to Prescott Meals On Wheels when you shop at smile.amazon.com. Amazon Smile is the same Amazon you know with the added benefit of supporting Prescott Meals On Wheels!

Community Rewards Program!

fry's
FOOD STORES

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 and select Prescott Meals On Wheels as the community service organization you would like to support.

To Your Health

The Therapeutic Benefit of Pets
Jeanne Segal PhD.

Most people realize that professionally trained helper animals - such as guide dogs for the blind, offer obvious benefits to humans.

The average domestic pet, such as a cat, a dog, or even a goldfish, can provide us with many therapeutic benefits. Pets can ease loneliness, reduce stress, promote social interaction, encourage exercise and playfulness, and provide us with unconditional love and affection.

While most pet owners are clear about the immediate joys that come with sharing their lives with

companion animals, many remain unaware of the physical and mental health benefits that can also accompany the pleasure of playing or snuggling up to a furry friend. It is only recently that studies have begun to scientifically explore the benefits of the human-animal bond.

Studies have found that:

- Pet owners are less likely to suffer from depression than those without pets.

- People with pets have lower blood pressure in stressful situations than those without pets.
- Playing with a pet can elevate levels of serotonin and dopamine,

which calm and relax.

- Pet owners have lower triglyceride and cholesterol levels (indicators of heart disease) than those without pets.
- Heart attack patients with pets survive longer than those without.
- Pet owners over age 65 make 30 percent fewer visits to their doctors than those without pets.
- A pet does not have to be a dog or a cat. Even watching fish in an aquarium can help reduce muscle tension and pulse rate.