

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.



Platinum Sponsors:

- Alta Vista Retirement Community
- City of Prescott
- Granite Gate Retirement Community
- Great Circle Radio
- Net Results Media, Inc.
- 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:

Prescott Meals on Wheels

Board of Directors:
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Ruthanna Schaffer- Custodian

Wendy Jones

Chip McLaughlin

Bob Painter

Marcia Turner

Shannon Vialpando

Staff:
Bert Elizabeth Ijams

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

- NACOG / Area Agency on Aging
- Department of Economic Security
- Jewish Community Foundation of Greater Prescott

- Costco
- Fry's
- Prescott Noon Lions
- Prescott Noon Lioness
- The Rebekah Circle

Prescott United Methodist Women

- Safeway
- St. Mary's Food Bank
- Walmart
- Wells Fargo Advisors
- Wildflower Bread Company
- Windermere Foundation
- Yavapai Classic Cruisers and
- Hundreds of Compassionate Donors
- Hundreds of Generous Volunteers

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

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MAY — JUNE 2014

Community Rewards Program!
Shop AND Give at the Same Time



OUR MISSION: Provide one hot, nourishing meal per day, including weekends, to the elderly and / or the disabled, to enable them to maintain independent living with safety and dignity. Along with meal delivery, through wellness checks, we are committed to networking with other organizations to coordinate services in the home that enhance quality of life.

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Did you know you can support Prescott Meals On Wheels just by shopping at Fry's? Enrollment in the new Fry's Community Rewards Program is quick and easy! Go to www.FrysCommunityRewards.com and sign up with your V.I.P Card by selecting Prescott Meals On Wheels as the community service organization you would like to support. Once you're enrolled you'll earn rewards for Prescott Meals On Wheels every time you shop and use your V.I.P Card!



No need to be quiet anymore!

Lunch with the Librarian

is coming to Prescott Meals On Wheels! Everyone is invited.

Spread the word!



Coming Soon
Lunch with the Librarian!!

In the near future the Prescott Public Library will partner with Prescott Meals On Wheels to provide library services to diners during lunch.

During regularly scheduled "Lunch with the Librarian" events a librarian will be on hand to provide a large array of services including issuing library cards, offering a small selection of books for checkout, assistance in reserving books, tips on how to pick-up books from the Book Lockers at the Rowle P. Simmons Community Center, as well as answer questions and be a source of information for all things library.

Stay tuned for more information about when this service will begin.



Volunteer Spotlight



Meet some of the new faces that are working to make our service possible.



Above, new driver Charlie Freeburg.



From left, new kitchen volunteers Kathy Vines, Kathy Boivin, and Linda Arias

Thank you to our volunteers, donors, sponsors and community partners!

To Your Health

Summer is coming! It's time to take down those broad-brimmed hats from the upper shelves and rummage in the cabinet for the sunscreen. It's also a good time to refresh your understanding of how to choose sunscreen products.

Most sunscreen products have new labels that have been mandated by the Food and Drug Administration and they should provide more useful information with fewer misleading terms. The changes are good ones for consumers.

"Waterproof" is one of the banned terms. It's now been replaced by "water-resistant." Labels on water-resistant sunscreens must clearly state how long they provide protection after water exposure or sweating. Depending on your activity, you can choose one that needs to be

Summer Sunscreen Update

Howard LeWine, M.D., Harvard Medical School

reapplied every 40 or 80 minutes.

The FDA has also banned the term "sunblock." Instead, look for labels that state "broad spectrum." A broad spectrum sunscreen must pass tests proving that it truly protects against both ultraviolet A (UVA) and ultraviolet B (UVB) rays.

When sunlight hits your skin, it is being exposed to UVA and UVB rays. UVB rays are the main cause of sunburn. UVA rays can prematurely age and wrinkle skin. Both contribute to skin cancer. That's why you always want a broad spectrum product.

Sunscreens vary in their ability to protect against UVA and UVB based on their SPF (sun protection factor). SPF is a measure of how much longer it takes for your skin to turn red from the sun after applying the sunscreen. If your skin turns red after 10

minutes in the sun, sunscreen with an SPF of 15 would prevent your skin from turning red for 150 minutes under the same conditions.

You might think that an SPF of 30 would work twice as well as an SPF of 15, but that's not necessarily so. SPF 15 filters out about 93% of incoming UVB rays. SPF 30 filters out 97% and SPF 50 boosts that to 98%.

The American Academy of Dermatology recommends using a sunscreen with an SPF of at least 30. According to the FDA, you don't need a sunscreen with an SPF higher than 50 because there's no evidence that additional protection will be offered.

AniMeals

Last month we announced our new AniMeals program to support seniors receiving services from Prescott Meals On Wheels who own pets and may need occasional assistance with pet food.*

We are grateful to the following companies and individuals for their donations to AniMeals:

- Clemene Alascano
- Harmony Veterinary Care
- Mile Hi Animal Hospital
- Pet Headquarters
- Pet Care Center
- Tractor Supply Company
- Whiskers Barkery / Donna Holick

*AniMeals is a small program solely based on pet food donations. Funding to Prescott Meals On Wheels will not be used to support AniMeals. To make a donation of pet food please contact Prescott Meals On Wheels at 445-7630.

Thanks!



The New To You Boutique

1280 E. Rosser Street in Prescott

Monday through Thursday
10:00 am to 3:00 pm

928-445-7630
PMOW@cableone.net
PrescottMealsOnWheels.com

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The **New to You Boutique** is a treasure trove of gently used, generously donated merchandise run by a team of dedicated volunteers.

All of the proceeds are used to carry out the **Prescott Meals On Wheels** mission of providing a hot nutritious meal each day to community seniors and the disabled.

Thank you for your support!
Happy Shopping!



Wednesday

May 7, 2014

Prescott Meals on Wheels is having a FUNdraiser to Arrest Senior Hunger. Participants will be "arrested" by Arizona Rangers and transported to the Community Center where they will be booked (with photo) and given telephone privileges to come up with their bail. Once bail is made Jail Birds will be given a last meal and a pardon compliments of Prescott Meals on Wheels. The organization is looking for fun-loving felons to participate.

All proceeds benefit
WE ARE Prescott Meals On Wheels
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The most fun you'll have with your holster on!

Meals Delivered to Your Door

Anyone can access freshly prepared, home delivered meals from Prescott Meals On Wheels.

Each meal is \$6 delivered to the door and customers are billed monthly.

There are no restrictions on age or income.

Deliveries can be tailored to your schedule to work around vacations and appointments.

Generally speaking, delivery can be set up within 24 hours or sooner.

For complete details please call Prescott Meals On Wheels at 928-445-7630.