



**MEALS on WHEELS**  
PRESCOTT

TOGETHER, WE CAN DELIVER.

[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.

**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
- Costco
- Daily Courier
- Department of Economic Security
- Dixon Golf
- 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
- 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
- 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
- Watters Garden Center
- Wells Fargo Advisors
- Whiskers Barkery
- Yavapai Accountable Care
- Yavapai Classic Cruisers
- Yavapai County Community Foundation
- Yavapai Regional Medical Center
  - ◊ The Breast Care Center
  - ◊ The Family Birthing Center
  - ◊ The James Family Heart Center
  - ◊ YRMC Physician Care
- and
- Hundreds of Compassionate Donors
- Hundreds of Generous Volunteers

**Prescott Meals on Wheels**

**Meet the Board of Directors:**

**Bob Painter**  
President

**Larry Culver**  
Treasurer

**Dave Marston**  
Secretary

**Amy Beaupre**

**Charlie Freeburg**

**John Kirkeide**

**Chester McLaughlin**

**W. Clay Richards**

**Joel Swirsky**

**Meet the Staff:**

**Bert Elizabeth Ijams**  
Executive Director  
[BertPMOW@cableone.net](mailto:BertPMOW@cableone.net)

**Kathern Mitchell**  
Development Manager  
[KathernPMOW@cableone.net](mailto:KathernPMOW@cableone.net)

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

**Lisa Nau**  
Accounting Coordinator  
[LisaPMOW@cableone.net](mailto:LisaPMOW@cableone.net)

**Terry Charette**  
Meal Delivery Coordinator  
[TerryPMOW@cableone.net](mailto: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.



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MAY — JUNE 2015

## The Power of Endowment

**In** 2008 the US economy was in a tailspin, unemployment was rising, our collective future was uncertain and Prescott Meals On Wheels was out of operating funds. At the time, our board of directors was put in the position of figuring out what services might need to be cut. We were steadfast in our commitment to the seniors and disabled individuals we serve through our home delivered meal program but that meant we might have to cut our dining room meal service. Another option was to only serve clients who could pay for their meals and take new clients referred to us by the Area Agency on Aging for which we would be reimbursed. The rest would go on a waiting list.

As our organization grappled with the options that would allow us to fulfill our mission and serve the greatest number of our most vulnerable neighbors - a gift arrived.

Frank moved to Prescott in 1988 and took an immediate liking to Prescott Meals on Wheels. He shared our passion of providing good food to those in need.

Just as Albert Einstein once called compound interest the most powerful force in the universe, endowments carry an inherent power to provide for community needs in perpetuity through continued growth. Over time, interest earned on the endowment funds exceed the original gift, while the fund balance grows forever and creates long-term sustainability.



Your gift toward the Prescott Meals On Wheels endowment fund sows a powerful seed today that can be harvested tomorrow to ensure the vital service we provide to the community remains accessible, affordable and uninterrupted in the future.

After moving to Prescott from southern California, Frank generously volunteered his time and money to many charities such as Prescott Meals on Wheels, St. Vincent de Paul and the Church on the Street.

In the Prescott Meals on Wheels dining room he was the known as "the kind man who brings the flowers for our clients."

As a result of a tragic automobile accident, Frank passed away at the age of 82 but his tender heart and kindness lived on in the form of a bequest to Prescott Meals On Wheels - just when we needed it most. Frank believed strongly in the mission of Prescott Meals on Wheels. His gift in the amount of \$314,000 allowed us to meet our short term critical needs and invest the majority to ensure the future sustainability of Prescott Meals On Wheels.

The fund created by Frank's gift still has its principal intact, has been enhanced with other donated funds and now the fund generates interest used to provide important operating support to the organization.

To learn more about the **Power of Endowment** please contact fund manager Tracey McConnell at the Arizona Community Foundation of Yavapai County at 928-499-9795 or the Prescott Meals On Wheels Development Manager, Kathern Mitchell at 928-445-7630 extension #605.





**Thank You!**

We're wrapping a big, beautiful heart around our **Toastings, Tastings and Tunes** event held on April 30 at Watters Garden Center as a way of thanking everyone who helped create an evening enjoyed by all that will benefit those served by Prescott Meals On Wheels.

We are indebted to Watters Garden Center, our amazingly gifted and tireless volunteers, our board of directors, talented artist Sheila Savannah as well as businesses and organizations throughout the community whose generosity made the event a super success!

## Easy Giving!



Amazon Smile will donate 0.5% of your purchases to Prescott Meals On Wheels when you shop at [smile.amazon.com](https://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](https://FrysCommunityRewards.com) and select Prescott Meals On Wheels as the community service organization you would like to support.

## Volunteers Make A Difference



**F**ulfillment of the Prescott Meals On Wheels mission would be impossible without the valued assistance of our treasured volunteers. We cannot thank our volunteers enough for the 17,000+ hours they donate during the year. What a gift to our community to have support from so many people willing to do so much.

According to the Corporation for National and Community Service (CNCS), the past two decades have

shown a growing body of research that indicates volunteering provides individual health benefits in addition to social ones. The research is presented in a report titled "The Health Benefits of Volunteering: A Review of Recent Research." The report has established a strong relationship between volunteering and health: those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer.

We welcome new volunteers and currently have openings for meal delivery drivers. Interested volunteers may contact our Volunteer Coordinator, Sarah Kime at 928-445-7630 extension #602.

Thank you to all of our volunteers past, present and those to come!



## Loads of Festive Fun Coming Up!

**Join us for one or join us for all of them!**

- May 2 - Cinco de Mayo Tamales On The Square**  
These are Dickie Boys fresh Green Corn Tamales served from 11am until they are gone!
- May 9 - Mad Hatter Tea Party** SOLD OUT!  
Sponsored by Granite Gate Senior Living—\$20 per ticket
- May 16 - Need to Feed Golf Tournament**  
This tournament is sponsored by the *Final Score Sports Bar & Grill* and *Lefty's Steak House & Grill* to benefit Prescott Meals On Wheels and the Yavapai Food Bank. Participate as a player or as a hole sponsor. For more information call 928-713-3183.
- May 16 - Celebration of Life Health Expo 2015**  
Presented by YRMC, the Expo provides community members a vast array of health and wellness resources.

## To Your Health

**Myths About Exercise and Older Adults**  
Jeanne Segal PhD.

### Five Myths about Exercise and Older Adults

**Myth 1:** There's no point to exercising. I'm going to get old anyway.

**Fact:** Regular physical activity lowers your risk for a variety of conditions, including Alzheimer's and dementia, heart disease, diabetes, colon cancer, high blood pressure, and obesity.

**Myth 2:** Elderly people should not exercise. They should save their strength and rest.

**Fact:** Research shows that not moving is unhealthy for the elderly. Period. Inactivity often causes seniors to lose independence, and can lead to more hospitalizations, doctor visits, and use of medications for illnesses.

**Myth 3:** Exercise puts me at risk for falling down.

**Fact:** Building strength and stamina prevents loss of bone mass and improves balance, actually reducing your risk of falling.

**Myth 4:** It's too late. I'm already

too old to start.

**Fact:** Exercise is an effective health booster at any age. And most communities have specialized classes that are tailored to meet the needs of seniors.

**Myth 5:** I'm disabled. I can't exercise sitting down.

**Fact:** Chair-bound people face special challenges but can lift light weights, stretch, and do chair aerobics to increase range of motion, improve muscle tone, and promote cardiovascular health.