



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

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

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.



MEALS on WHEELS
PREScott

TOGETHER, WE CAN DELIVER.

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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.

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.

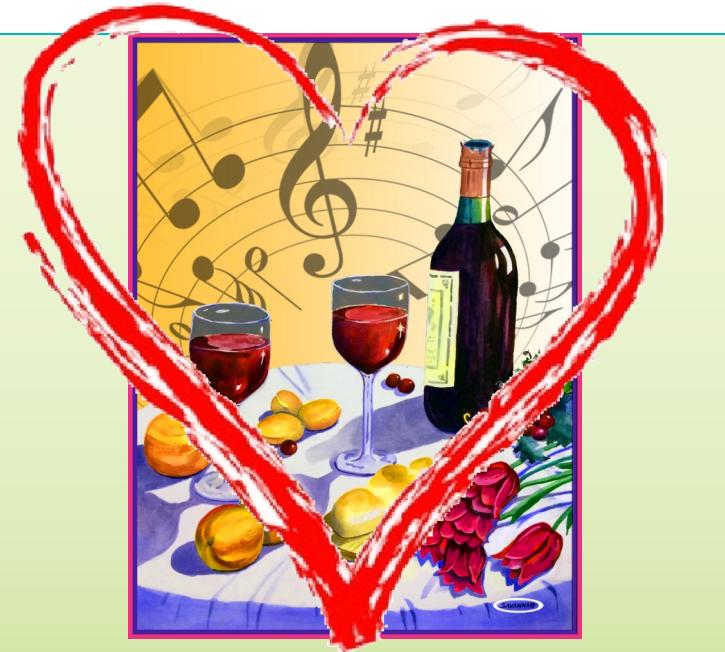
As a result of a tragic automobile accident, Frank passed away at the age of 82 but his tender heart and kindness lived on in the form of a bequest to Prescott Meals On Wheels - just when we needed it most. Frank believed strongly in the mission of Prescott Meals on Wheels. His gift in the amount of \$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.

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 - such a gift arrived. After moving to Prescott from southern California, Frank generously volunteered his time and money to many charities 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.

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.

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



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!

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.

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.

Volunteers Make A Difference



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!



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.