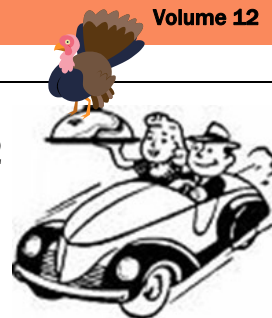


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Prescott Meals-On-Wheels



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

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- Dave Marston - Treasurer
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Volunteer Spotlight



Shown above, volunteers from the Prescott Noon Lioness organization take a break before serving guests at the Annual PMOW Spaghetti Dinner

Special Events & Community Involvement; Our Thanksgiving Salute to Helping Hands

The success of Prescott Meals on Wheels has always been made possible by the generous donation of time and financial support from the community. On any given month, around 140 PMOW volunteers regularly schedule their time to deliver meals, to work in the kitchen and dining room, and to serve as board members and on special events committees. Individuals, organizations, and businesses from the community regularly step up as well, with expertise, gifts for our clients, material support for events, and financial contributions.

With Thanksgiving approaching, it is a good time to count our blessings and recall with gratitude the generosity of the good people to whom this organization owes so much. It is especially timely now, at the close of a very busy event-filled fall.

On Saturday, September 15, 2012, our first annual Golf Tournament made it's debut at the Antelope Hills Golf Course.



Any day might be a good day to golf, but this one was perfect!

The Prescott Area Young Professionals were instrumental in making this event a success. They sponsored the event at the planning level, meeting regularly at the Prescott Meals on Wheels board room with board member Dick Denogean and PMOW Community Resource Coordinator Bob Painter. The PAYP members, who are all involved with their own full-time careers, spent many hours of their time acting on behalf of Prescott Meals on Wheels to make this event a success.

All of that careful planning showed on the day of the event. The event was well attended, met it's goals, and was an enjoyable experience for those who attended. In particular, the tournament participants were impressed by how well-organized the day was for them, and this comment was heard again and again from those who attended.

Please see our special insert #1, page 1, for more photos and information about this wonderful event.

On Saturday, September 29, 2012, the Tri-City Singles held a Silent and Live Auction to benefit Prescott Meals on Wheels



PMOW Director Pam Hanno chats with Elizabeth Hoffman, Tri-City committee chairperson for the auction

Several months back, Prescott Meals on Wheels was approached by the Tri-City Singles with an offer to host a Live and Silent Action to benefit our organization. They had held an auction event for PMOW three years back, and now were proposing to host a more ambitious event by including a live auction on-site as well.

A huge amount of hard work and effort by the club members paid off in a spectacularly fun and successful event. The community was open-handed in it's involvement as well, volunteering time, gifts, and donations. *Please peruse our special insert #1, page 2, to read more about this special event.*

On Friday, October 5, 2012, Prescott Meals on Wheels held it's annual Spaghetti Dinner.



Our Spaghetti Dinner Fundraiser is directed by our Prescott Meals on Wheels event committee. At this time the chairperson is Sharon Painter, who is also a relief delivery driver for our daily operations.

This is our third time that we have held this event, and we would like to thank all of those who helped with planning and hands on work, for creating an enjoyable and well-organized event.

Of course to make a Spaghetti Dinner a success, you need to serve good spaghetti, and once again our cook, Jeff Boatman, scored a hit.

Please see our special insert #2, page 1, for more on this special event.

Halloween Fun



It's that time of year when the leaves turn orange, a chill sets in, and we say goodbye to the warm Indian Summer. And once again like clockwork, a committed group of kitchen volunteers has gathered Halloween treats and organized the annual packing party, to insure that our homebound clients have a chance to enjoy some sweet treats.

Shown above from left, Betty Armstrong, Jean Hall, Cynthia Dunn, Joanne Bullock, and Dolly Dean, pack treats for the routes. Ringleader Shirley Johnson, along with Martha Schmallenbach and Dot Hottinger, have eluded the camera.!

Holiday Closures

Monday, November 12th

For Veteran's Day



Thursday, November 22nd

Friday November 23rd,

For Thanksgiving



Monday, December 24th,

Tuesday, December 25th,

Wednesday, December 26th,

For Christmas



To The Barkery of Prescott

Dear Barkery, thank you so much for the extra snacks for us "homebound" Felines and Fidos!

Our people can't always get out, and the extra supplies are really appreciated.

August & September 2012

Total Volunteer Hours

2,546 Hours

Total Meals Served

11,553 Meals

When to Brush Your Teeth

Is there a time that's best to brush your teeth? After certain foods?
As the holiday treat season approaches we could all use a reminder!

An answer from Alan Carr, D.M.D., Mayo Clinic

At a minimum, the American Dental Association recommends that you brush your teeth twice a day; one time should be before sleep. But if you snack and drink throughout the day, it may be helpful to brush your teeth more often.

When you brush your teeth, you help to remove plaque — a sticky film that forms on your teeth because of bacteria in your mouth. The bacteria in plaque causes the two major tooth-related diseases, cavities (dental caries) and gum disease (periodontitis).

It's important to brush your teeth after you eat, because certain foods and drinks cause bacteria in your mouth to release acids that are harmful to your tooth enamel. When you eat food or beverages containing sugar or starch, the bacteria in your mouth produce acids that can attack your tooth enamel for twenty minutes or more. Choosing nutritious foods that are low in carbohydrates and sugar and drinking plenty of water can also reduce harmful acid production.

One danger to brushing after you eat is if you have eaten acidic food or drink — for example, orange juice. Avoid brushing your teeth for at least 30 minutes after acidic foods and beverages. These acids weaken tooth enamel, and brushing too soon can cause damage to the enamel. If you know that you are going to eat or drink something very acidic ahead of time, you may want to brush your teeth first.

Brushing your teeth alone can't remove all of the decay-causing plaque. The American Dental Association also recommends using an antimicrobial

mouth rinse plus flossing daily between your teeth to get rid of food particles and minimize plaque and bacteria.

Annual Sponsorship Program

Our newly inaugurated 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

Silver Sponsor:

Daily Courier

APS

 **Printpack Inc.**

Bronze Sponsors:

State Farm Insurance

Hospice Family Care

Wells Fargo Advisors

Bayada Home Health Care

Legacy Home Health Care

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.