



1280A East Rosser Street  
 Prescott, AZ 86301  
 Phone: 928-445-7630  
 Fax: 928-445-1725  
 www.PrescottMealsOnWheels.com  
 E-mail: PMOW@cableone.net  
 www.PrescottMealsOnWheels.com

There are two ways to receive meal service from Prescott Meals On Wheels.

- 1) Private Pay - Meals are billed to the recipient monthly at \$7 per meal.
- 2) AAA - Individuals may apply through the Area Agency on Aging (AAA) - 877-521-3500. This is a donation based program.

#### Meet the Staff:

Bert Elizabeth Ijams  
 Executive Director  
 BertPMOW@cableone.net

Scott Shephard  
 Development Coordinator  
 ScottPMOW@cableone.net

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

Terry Charette  
 Meal Delivery Coordinator  
 TerryPMOW@cableone.net

Jeff Boatman  
 Head Cook  
 JeffPMOW@cableone.net

John Lemieux  
 Prep Cook

Ruthanna Schaffer  
 Custodian

Dave Marston  
 President

Charlie Freeburg  
 President Elect

Larry Culver  
 Treasurer

Bob Painter  
 Immediate Past President

John Kirkeide

Rojean Madsen

W. Clay Richards

Marcie Schroeder

Joel Swirsky



Like Us On FACEBOOK

#### Meet the Board of Directors:

- THANK YOU to the following sponsors and donors!**
- Alta Vista Senior Living Community
  - Black Hole Brewery
  - Blue Cross Blue Shield of Arizona
  - City of Prescott
  - Costco
  - Cutting Edge Real Estate Professionals
  - Dick Denogean
  - Department of Economic Security
  - El Gato Azul
  - Fann Contracting
  - Final Score Sports Bar & Grill
  - Fry's Food Stores
  - Funny Bone monthly publication
  - Golden Corral
  - Harmony Holistic Veterinary Care
  - Homes & Land monthly publication

- Chris Hussey
- Jim's Auto Clinic
- Leff T's Steakhouse & Grill
- Luanna Mangold
- Manzanita Road
- Meals On Wheels America
- Mile Hi Animal Hospital
- NACOG / Area Agency on Aging
- Net Results Media, Inc.
- Northern Office Supply
- Olsen's Grain
- Prescott Animal Hospital
- Prescott Area Hospitality Association
- Prescott Area Young Professionals
- Prescott Noon Lions
- Prescott Noon Lioness
- Rick, Ron and Mary
- Roxy Webb Securities Management, Inc.
- State Employees Charitable Campaign
- State Farm Insurance
  - Dennis Burks

- Cathy Trent
- Tracy Murr
- Bill Baker
- Thumb Butte Distillery
- Unisource Energy Services
- VCA Thumb Butte Animal Hospital
- Valley of the Sun United Way
- A. J. Vilardo
- WalMart
- Watters Garden Center
- Yavapai Classic Cruisers
- Yavapai County Community Foundation
- Yavapai Regional Medical Center
- and
- Hundreds of Compassionate Donors
- Hundreds of Generous Volunteers

Happy Valentine's Day



**Our Mission:**  
 Prescott Meals on Wheels provides nutritional meals to the elderly and/or disabled on a daily basis enabling them to live independently with safety and dignity in Prescott. We 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 provide a wellness check.

#### Inside this issue:

A Chance to Own A Nebeker Sculpture 2

Save the Date: Toastings, Tastings and Tunes 2

Did You Know? Prescott Noon Lions Paper Project 2

Shop at Frys - Support Prescott Meals On Wheels 2

February is Heart Health Month 3

Our Sponsors Our Friends 4

Contact Us: Sign Up for Meals On Wheels Volunteer Information Donor / Sponsor Information 4



TOGETHER, WE CAN DELIVER.

**"A GOOD BEGINNING MAKES A GOOD END."**

*English Proverb*

As 2016 begins, we want to give voice to the hundreds of people you support by your donations throughout the year by offering all of you a heartfelt thank you. Thank you for remembering us and the people we serve with your generosity and caring.

**YOU** are the single greatest influence in our ability to meet our mission.

## From Meals On Wheels America

While we all celebrate the increase in lifespan, maintaining health while aging comes with a price. Without support from programs like **Meals on Wheels**, millions of seniors are forced to prematurely trade their homes for nursing facilities. It costs less to provide a senior **Meals on Wheels for an entire year** than it costs to spend one day in the hospital or six days in a nursing home. Meals on Wheels saves us all billions of dollars in unnecessary Medicaid and Medicare expenses every year.



Collectively, you buy the food, turn on the stove and the ovens and prepare the tens of thousands of meals that will be served in the coming year.

You, through your support, are brightening the day and bringing smiles to the men and women we deliver meals to every weekday.

**Thank You!**



Charlie delivers a meal to Edna.

January-February 2016

1280A East Rosser Street  
 Prescott, AZ 86301  
 Phone: 928-445-7630  
 Fax: 928-445-1725  
 www.PrescottMealsOnWheels.com  
 E-mail: PMOW@cableone.net





If you haven't signed up for the Fry's Community Rewards program please consider doing so. The people served by Prescott Meals On Wheels are the beneficiaries every time you shop at Fry's. To register go to [FrysCommunityRewards.com](http://FrysCommunityRewards.com) and select Prescott Meals On Wheels as the community service organization you would like to support.



Save the date  
for the 2016  
**Toastings,  
Tastings and  
Tunes!**  
Thursday,  
**April 28, 2016**  
Watters Garden  
Center  
6 to 8pm

Tickets on  
sale soon!

## You've bought your tickets right?



**Exceptional Fine Art Raffle**  
**"APACHE EYES"**  
Bronze Sculpture Value = \$2,600  
By Bill Nebeker  
12"H x 7"W x 7"D / Limited edition of 30

Through the generosity of Bill and Merry Nebeker this extraordinary sculpture has been donated as a raffle item to benefit Prescott Meals On Wheels

**Tickets \$10 each or 3 for \$25**  
Sold at Prescott Meals On Wheels  
1280 E. Rosser St, Prescott, AZ  
928-445-7630 Ext. 605  
[www.PrescottMealsOnWheels.com](http://www.PrescottMealsOnWheels.com)

Drawing to be held on April 28, 2016 during Toastings, Tastings & Tunes (Event tickets sold separately)  
Watters Garden Center  
1815 Iron Springs Rd., Prescott, AZ

Inspired to begin sculpting in 1964 when he went to an art show by George Phippen, the first President of the Cowboy Artists of America, Bill became a member of the [Cowboy Artists of America](http://CowboyArtists.org) in 1978. Since then Bill has won Gold and Silver in sculpture, Best of Show and the Phoenix Art Museum Purchase Award, as well as being twice elected President by his fellow artists. <http://billnebeker.com/>

**MEALS ON WHEELS**  
PRESCOTT  
TOGETHER, WE CAN DELIVER.

## Did you know?

**D**id you know that the Paper Project of the Prescott Noon Lions Club supports Prescott Meals On Wheels? It does!



The Prescott Noon Lions take revenue generated from their

paper recycling program and turn it into grants benefiting organizations in our community such as Prescott Meals On Wheels.

There is a convenient, bright yellow paper recycling bin located in our parking lot, 1280 East Rosser Street in Prescott.

Recyclable materials include all types of paper, magazines,

paperback books, phone books, packing paper, and single layer cardboard boxes such as cereal and tissue boxes. (Corrugated cardboard boxes are **NOT** allowed.) :(

Access to the Lions paper recycle bin is 24/7!



## February is American Heart Month



### Make Blood Pressure Control Your Goal

**T**his American Heart Month, the Centers for Disease Control and Prevention (CDC) and Million Hearts, a national effort to prevent one million heart attacks and strokes in the United States by 2017, are encouraging Americans to know their blood pressure, and if it's high, to **make control their goal**.

Uncontrolled high blood pressure is a leading cause of heart disease and stroke. In fact, more than 67 million Americans have high blood pressure. People with high blood pressure are 4 times more likely to die from a stroke and 3 times more likely to die from heart disease, compared to

those with normal blood pressure.

High blood pressure often shows no signs or symptoms, which is

why having your blood pressure checked regularly is important. It's easy to get your blood pressure checked. You can get screened at your doctor's office and drugstores or even check it yourself at home, using a home blood pressure monitor.

### Make Control Your Goal

If you know you have high blood pressure, take these steps to help get it under control.

- **Ask your doctor what your blood pressure should be.** Set a goal to lower your pressure with your doctor and talk about how you can reach your goal. Work with your health care team to make sure you meet that goal. Track your blood pressure over

time.

- **Take your blood pressure medicine as directed.** Set a timer on your phone to remember to take your medicine at the same time each day. If you are having trouble taking your medicines on time or paying for your medicines, or if you are having side effects, ask your doctor for help.

- **Quit smoking—and if you don't smoke, don't start.** You can find tips and resources at the CDC's Smoking and Tobacco website.

- **Reduce sodium intake.** Most Americans consume too much sodium, which can raise blood pressure. Read about ways to reduce your sodium and visit the Million Hearts website for heart-healthy, lower sodium recipes, meal plans, and helpful articles.

**Work with your health care team to make sure you meet your blood pressure goal.**



**You can find a lot more information on this and other topics by visiting [www.cdc.gov/features/heartmonth](http://www.cdc.gov/features/heartmonth).**