



MEALS on WHEELS PREScott

TOGETHER, WE CAN DELIVER.

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

- 1) There are two ways to receive meal service from Prescott Meals on Wheels.
- 2) Private Pay - Meals are billed to the recipient monthly at \$6 per meal.
- 3) 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
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BertPMOW@cableone.net

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Development Manager
KathernPMOW@cableone.net

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Client Services and Volunteer Coordinator
SarahPMOW@cableone.net

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Meal Delivery Coordinator
TerryPMOW@cableone.net

Jeff Boatman
Head Cook

John Lemieux
Prep Cook

Ruthanna Schaffer
Custodian

Board of Directors:

Dave Marston
President

Charlie Freeburg
President Elect

Larry Culver
Treasurer

Bob Painter
Immediate Past President

John Kirkeide

W. Clay Richards

Joel Swirsky



THANK YOU to the following sponsors and donors!

• Alta Vista Senior Living Community

- Black Hole Brewery
- 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
- Charlie and Jeanne Freeburg
- Fry's Food Stores
- Funny Bone monthly publication
- Golden Corral

• Granite Gate Senior Living Community

• Harmony Holistic Veterinary Care

• Homes & Land monthly publication

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- Jim's Auto Clinic
- Leff T's Steakhouse & Grill

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• Prescott Area Hospitality Association

• Prescott Area Young Professionals

• Prescott Noon Lions

• Prescott Noon Lioness

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- Thumb Butte Distillery
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- Valley of the Sun United Way
- A. J. Vilardo
- Watters Garden Center
- Yavapai Classic Cruisers
- Yavapai County Community Foundation
- Yavapai Regional Medical Center

and

- Hundreds of Compassionate Donors
- Hundreds of Generous Volunteers

November—December 2015

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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.

"Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings."

William Arthur Ward



Prescott Meals On Wheels is eternally thankful to you for your continuing support.

Happy Thanksgiving!

Inside this issue:

Yoga and You 2

Did You Know? 2

Survey Results 3

Contact Us 4

The Gift

person, by mail or by telephone.

As thoughts turn to the upcoming holidays it is inevitable that we begin to think about gift giving for our family and friends. Many of you include the senior and disabled men and women served by Prescott Meals On Wheels in your gift giving and we hope you will remember them once again.

For complete information on the Tax Credit for Qualifying Organizations please refer to



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www.azdor.gov/TaxCredits/QualifyingCharitableOrganizations and consult your tax preparer.

On behalf of the hundreds of people served by Prescott Meals On Wheels - Thank You!

Yes! I would like to make a contribution to Prescott Meals on Wheels! Contributions may be made online at www.PrescottMealsOnWheels.com or by completing and mailing the form below along with your donation.

Amount of donation Credit Card Type: Visa MasterCard American Express Credit Card

Credit Card # Billing Address w/City Expiring 3 or 4 (3 or 4) Digit Code

Street City State Zip

Signature Please mail your contribution to: Prescott Meals On Wheels, 1280 E Rosser Street, Prescott, AZ 86301

Contact us by phone: 928-445-7630 ext #605 or email: PMOW@cableone.net

Yes, Please email me news and information. Email address:

I would like to receive information on Prescott Meals On Wheels' programs and services. Please check all that apply.

No, I have not included Prescott Meals on Wheels in my will or trust but would like more information on doing so.



The Arizona State Tax Credit, you give and you get it all back!

Prescott Area Young Professionals Score A Huge Hit!



that resulted in a sell-out golf tournament to benefit Prescott Meals On Wheels

Tournament to benefit Prescott Meals On Wheels directly supports community members in need.

Thank you PAYP!

We want to thank PAYP for an enormous effort held on October 10th at Prescott Golf & Country Club. The 4th Annual PAYP Golf



Thought About Yoga?

From the Herbert Benson Institute of Mind Body Medicine at Massachusetts General Hospital

In this season of giving, 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!

Believe it or not, yoga is not just for 20-somethings in tights, carrying specialty coffees in one hand and yoga mats in the other. You can do yoga at any age—really! The benefits are just as significant as we age. Yoga is particularly helpful for seniors dealing with joint stiffness,

low back pain, balance problems and depression. Regular yoga practice can help us to sync communication between the right and left hemispheres of the brain, improve our agility and sharpen our memory. It's important to find the appropriate class for your health and level of conditioning. We encourage you to

consult with your healthcare provider before joining a yoga class.

If you are looking for adult yoga classes, the Adult Center of Prescott offers a variety of classes twice daily, Monday through Friday.

Did you know?



ARIZONA

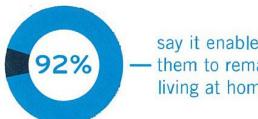
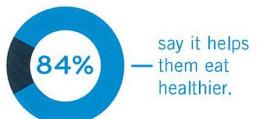
TOO MANY SENIORS IN ARIZONA ARE LEFT BEHIND, ALONE AND HUNGRY, STRUGGLING TO STAY INDEPENDENT AND HEALTHY.

295,686 seniors are isolated, living alone.

182,300 are threatened by hunger.

396,304 have difficulty paying for basic living needs.

MEALS ON WHEELS DELIVERS THE SUPPORT THAT KEEPS SENIORS IN THEIR OWN HOMES, WHERE THEY WANT TO BE.



SENIORS REMAINING AT HOME, OUT OF HOSPITALS AND NURSING HOMES, SAVES BILLIONS IN MEDICARE & MEDICAID COSTS.



The cost of **1 YEAR** for a senior to receive Meals on Wheels is less than **1 DAY** in a hospital.

It's a win-win for our families, our communities and our nation.



Brookdale Prescott hosts an art show and sale to benefit Prescott Meals On Wheels on **November 6 5 to 6:30pm**
Wine and Hors d'oeuvres
211 Bradshaw Drive
928-777-5511



Looking for an affordable rental space for parties or meetings? Call Kathern at 928-445-7630 #605.

The More Than a Meal Pilot Research Study was produced by Meals on Wheels America and conducted by Brown University through a grant provided by AARP Foundation.

And The Surveys Said...

Earlier this year Prescott Meals On Wheels undertook the task of surveying the people we serve and our amazing team of volunteers. What we found, and what we take great pride in, is the fact that we are doing a pretty good job. What follows is a summary of our survey results.

Home Delivered Meal Survey Results

There were 109 (or about 50%) respondents to the survey provided to our homebound clients. The participant profile is as follows:

- Average Age 77.3
- Average number of meals served to a homebound client is 5.2 meals
- There were 37 male and 72 female respondents
- 26 or about a quarter of the respondents were veterans

Dining Room Survey Results

There were 44 respondents to the dining room survey. The profile of the participants is:

- Average Age 75.3
- The average number of times an individual comes for lunch is 9.7 About a third of the respondents had lunch 12 or more times per month
- Almost an even split between male and female respondents
- 14 (about a third) of respondents were veterans

- Dining room survey respondents are generally satisfied with the dining room, food, service, and value. Many view it as a nice opportunity to socialize and to some it is an important source of food.

Reasons for eating in the dining room included the following:

- Convenience and price
- Good food
- Friendly/friends
- Adult Center Activities

Volunteer Survey Results

The overall average ranking of all questions was 4.37 out of 5.0 possible.

- Believing in the mission and goals of Prescott Meals On Wheels ranked 4.74
- Prescott Meals On Wheels is an important part of the community 4.81
- Proud to be a Prescott Meals On Wheels volunteer ranked 4.77

"Volunteers are always pleasant. They brighten my day."

2015 Homebound Client Survey Response

"Impressed with Staff and Board, their goals for the community, and their researching for new resources."

2015 Volunteer Survey Response



In 2015, Prescott Meals On Wheels surveyed hundreds of individuals connected to the organization in a variety of ways.