



### Meet the Staff:

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Head Cook

John Lemieux  
Prep Cook

Ruthanna Schaffer  
Custodian

### Meet the

### 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



Like Us On  
FACEBOOK

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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.

### 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
- Chris Hussey
- **Jim's Auto Clinic**
- **Leff T's Steakhouse & Grill**
- Luanna Mangold
- Manzanita Road
- Mile Hi Animal Hospital
- NACOG / Area Agency on Aging
- **Net Results Media, Inc.**
- 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.**
- St. Mary's Food Bank
- State Employees Charitable

- Campaign
- Thumb Butte Distillery
- **Unisource Energy Services**
- VCA Thumb Butte Animal Hospital
- 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



### 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!**

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### November—December 2015

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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.

Year end contributions to Prescott Meals On Wheels may be made on our website, in



**MEALS on WHEELS**  
PRESCOTT

TOGETHER, WE CAN DELIVER.

## The Gift

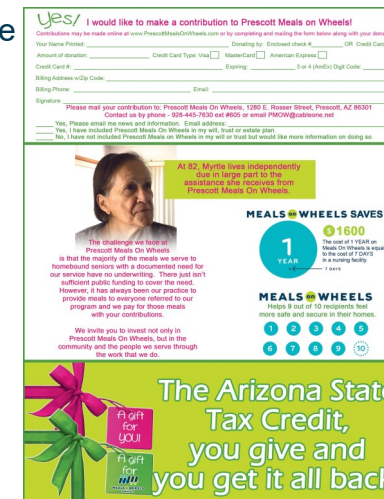
person, by mail or by telephone.

A gift to Prescott Meals On Wheels is also a gift to you because an individual income tax credit is available for contributions to Qualifying Charitable Organizations of which we are one.

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

[www.azdor.gov/TaxCredits/QualifyingCharitableOrganizations](http://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!**



### Prescott Area Young Professionals Score A Huge Hit!



We want to thank PAYP for an enormous effort

that resulted in a sell-out golf tournament to benefit Prescott Meals On Wheels held on October 10th at Prescott Golf & Country Club. The 4th Annual PAYP Golf

Tournament to benefit Prescott Meals On Wheels directly supports community members in need.  
**Thank you PAYP!**







**amazon smile**  
You shop. Amazon gives.

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](http://smile.amazon.com).

Amazon Smile is the same Amazon you know with the added benefit of supporting Prescott Meals On Wheels!



**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.

## Thought About Yoga?

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

**B**elieve it or not, yoga is not just for 20-somethings in tight, 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

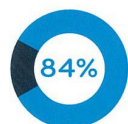
**TOO MANY SENIORS IN ARIZONA ARE LEFT BEHIND, ALONE AND HUNGRY, STRUGGLING TO STAY INDEPENDENT AND HEALTHY.**

295,686 seniors are isolated, living alone.

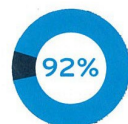
182,300 are threatened by hunger.

396,304 have difficulty paying for basic living needs.

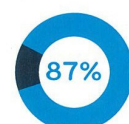
**MEALS ON WHEELS DELIVERS THE SUPPORT THAT KEEPS SENIORS IN THEIR OWN HOMES, WHERE THEY WANT TO BE.**



say it helps them eat healthier.



say it enables them to remain living at home.



say it makes them feel more safe and secure.

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



say Meals on Wheels improves their health



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.

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...

**E**arlier 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

In summary, homebound survey respondents are quite satisfied with the food, service, and value of the services provided. Probably the most important question, recommending Prescott Meals On Wheels to others, had a very high rating of 3.72 out of a possible 4. It is also clear that

the respondents appreciate the contact with the volunteers and the wellness check. Eighty-nine percent of respondents said they like the taste and the portion size of the meals they were served. It is important to note that responses indicate the services provided by Prescott Meals On Wheels allow those we serve to live independently. Of 81 respondents, three quarters of them indicated that the meal provided by Prescott Meals On Wheels is their only complete meal of the day and that the nutritional value of the meal is important to them. The personal contact with our volunteer drivers also ranked very high in importance.

### 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



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

**"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