

# WE ARE Prescott Meals On Wheels

So no senior goes hungry™

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

**Shannon Vialpando**  
Vice President

**Larry Culver**  
Treasurer / Secretary

**Ron Eddy**

**Charlie Freeburg**

**Chester McLaughlin**

**Marcia Turner**

### Meet the Staff:

**Bert Elizabeth Ijams**  
Executive Director  
BertPMOW@cableone.net

**Sue Marceau**  
Development Manager  
SuePMOW@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



Joe Poppel and members of the **Yavapai Classic Cruisers** present a check to Prescott Meals On Wheels!



**Alta Vista Garden Club** President, Kathleen Madaeda and Blue Star Committee members Anita Zytowski and Sandy Irwin presented a check to Bert Ijams, Executive Director of Prescott Meals On Wheels.



The **Intravest Title** team presented Prescott Meals On Wheels with a generous check from the proceeds of their parking lot sale. Top (left to right) is Chris Bratt and Sean Collins, Intravest Territory Manager. Bottom (left to right) is Bert Ijams, Prescott Meals On Wheels, Kimberly Hilstrom, Liz Wright and Amy Crawford.

Prescott is a very kind, generous community.

# Thank You!

# WE ARE Prescott Meals On Wheels

So no senior goes hungry™

NOVEMBER—DECEMBER 2014

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



A gift for you!

A gift for  
WE ARE Prescott Meals On Wheels  
So no senior goes hungry™

**Your support is needed more than ever. Here's how the Tax Credit gives back to you and why it is so important.**

- ◇ Prescott Meals On Wheels does not cap or limit the number of needy seniors we serve. Last year we served 64,000 meals to seniors in need.
- ◇ We receive government support for less than 40% of the meals served.
- ◇ We MUST fundraise a full 60% of our income through support such as the Arizona Tax Credit in order to meet the need in Prescott.
- ◇ Your tax credit donation to Prescott Meals on Wheels doesn't cost you a penny and reduces your Arizona taxes dollar for dollar!
- ◇ Arizona taxpayers may give up to \$400 as a couple and \$200 for individuals. Itemized tax returns are no longer necessary to take advantage of the Arizona State Tax Credit. A deduction may also be taken on your Federal income tax return.
- ◇ Taxpayers may take advantage of both the Working Poor Tax Credit and School Tax Credit.
- ◇ Please mail donations to:  
Prescott Meals On Wheels  
1280 E Rosser Street, Prescott, AZ 86301
- ◇ Donate online at [www.PrescottMealsOnWheels.com](http://www.PrescottMealsOnWheels.com)

### OUR MISSION:

Provide one hot, nourishing meal per day, including weekends, to the elderly and / or the disabled, to enable them to maintain independent living with safety and dignity. Along with meal delivery, we provide a wellness check and social interaction to contribute to and enhance the quality of life for the people we serve.

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# To Your Health

## The Risks of Sitting Too Much

James A. Levine, M.D., Ph.D. Mayo Clinic

Researchers have linked sitting for long periods of time with a number of health concerns, including obesity and metabolic syndrome - a cluster of conditions that includes increased blood pressure, high blood sugar, excess body fat around the waist and abnormal cholesterol levels.

Too much sitting also seems to increase the risk of death from cardiovascular disease and cancer.

Once recent study compared adults who spent less than two hours a day in front of the TV or other screen-based entertainment with those who logged more than four hours a day of recreational screen time. Those with greater screen time had:

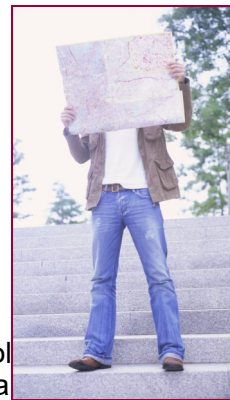
- A nearly 50 percent increase in death from any cause
- About a 125 percent increased risk of event associated with cardiovascular disease, such as chest pain or heart attack.

The increased risk was separate

from other traditional risk factors for cardiovascular disease, such as smoking or high blood pressure.

Sitting in front of the TV isn't the only concern. Any extended sitting - such as behind a desk at work or behind the wheel- can be harmful. What's more, spending a few hours at the gym or otherwise engaged in moderate or vigorous activity doesn't seem to significantly offset the risk.

**Stand when you can!**



Rather, the solution is less sitting and more standing overall. You might start by simply standing rather than sitting when-

ever you have the chance. For example:

- Stand while you are on the phone or eating lunch
- If you work at a desk for long periods of time, try a standing desk - or improvise with a high table or counter.

The impact of movement - even leisurely movement - can be profound. For starters, you'll burn more calories. This might lead to weight loss and increased energy.

Even better, the muscle activity needed for standing and other movement seems to trigger important processes related to the breakdown of fats and sugars in the body. When you sit these processes stall - and your health risks increase. When you're standing or actively moving, you kick the processes back into motion.



Throughout the year, and especially at this time of Thanksgiving, the board of directors and staff of Prescott Meals On Wheels give thanks that we are able to fulfill our mission on a daily basis with the help of our volunteers, donors and community partners.

**We're grateful for the opportunity to serve and thankful for the resources that allow us to do so.**

- Allegra Marketing Print Mail
- Alta Vista Senior Living Community
- Arizona Lottery
- Arizona Veterans, LLC
- Backways Physical Therapy and Speech Rehab
- Bradshaw Mountain Dental
- City of Prescott
- Clemene Alascano
- Costco
- Daily Courier
- Department of Economic Security
- Dixon Golf
- Bill and Diane Dunn
- ExxonMobil Foundation
- Fann Contracting
- Charlie and Jeanne Freeburg
- Fry's Food Stores
- Garden Brook Realty
- Granite Gate Senior Living Community
- Great Circle Media
- HealthSource / Dr. Andy Nelson
- High Desert Diagnostic Laboratory
- Holdsworth & Company
- Intravest Title
- Jewish Community Foundation of Greater Prescott
- Jim's Auto Clinic
- Lamb Chevrolet
- Linda Miller
- NACOG / Area Agency on Aging
- Net Results Media, Inc.
- Olsen's Grain
- Orthopaedic Specialists of Northern Arizona
- Pangaea Bakery
- Pet Care Center

- Prescott Animal Hospital
- Prescott Area Young Professionals
- Prescott Noon Lions
- Prescott Noon Lioness
- Prescott Outpatient Surgical Center
- Prescott Women's Clinic
- Prescott Noon Rotary Foundation
- Gail Roberts
- Slide Out Shelves, LLC
- St. Mary's Food Bank
- State Employees Charitable Campaign
- State Farm Insurance
- Texas Roadhouse
- Tri-City Singles
- US Bank
- Valley of the Sun United Way
- Wal-Mart
- Wells Fargo Advisors
- Whiskers Barkery
- Yavapai Accountable Care
- Yavapai Classic Cruisers
- Yavapai County Community Foundation
- Yavapai Regional Medical Center
  - ◊ The Breast Care Center
  - ◊ The Family Birthing Center
  - ◊ The James Family Heart Center
  - ◊ YRMC Physician Care

and

- Hundreds of Compassionate Donors
- Hundreds of Generous Volunteers



**This has tremendous potential to help those served by Prescott Meals On Wheels!**  
If you have already enrolled in the Fry's Community Rewards Program THANK YOU. If you enrolled before August 1, 2014 it is time to re-enroll in order for Prescott Meals On Wheels to receive rewards each time you go shopping!

To register go to [www.FrysCommunityRewards.com](http://www.FrysCommunityRewards.com) and sign up with your V.I.P Card by selecting Prescott Meals On Wheels as the community service organization you would like to support. Once you're enrolled you'll earn rewards for Prescott Meals On Wheels every time you shop and use your V.I.P Card!

## Celebrate Dia de los Muertos

Sunday, November 2 at the Smoki Museum  
147 N Arizona Avenue in Prescott, 11a to 4p

Dick's World Famous

**Green Corn Tamales**

will be on sale individually or by the dozen. Proceeds benefit Prescott Meals On Wheels.



**The best of the Holiday Season to all!**