



www.PrescottMealsOnWheels.com

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

- 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.

## Prescott Meals on Wheels

### Meet the Board of Directors:

**Dave Marston**  
President

**Charlie Freeburg**  
President Elect

**Larry Culver**  
Treasurer

**Amy Beaupre**  
Secretary

**Bob Painter**  
Immediate Past President

**John Kirkeide**

**W. Clay Richards**

**Joel Swirsky**

### Meet the Staff:

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

**Kathern Mitchell**  
Development Manager  
KathernPMOW@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

**John Lemieux** - Prep Cook

**Ruthanna Schaffer** - Custodian

## THANK YOU to the following sponsors and donors!

- Allegra Marketing Print Mail
- **Alta Vista Senior Living Community**
- **Arizona Lottery**
- Arizona Veterans, LLC
- Backways Physical Therapy and Speech Rehab
- Black Hole Brewery
- Bradshaw Mountain Dental
- City of Prescott
- Costco
- **Cutting Edge Real Estate Professionals**
- **Daily Courier**
- Dick Denogean
- Department of Economic Security
- Dixon Golf
- El Gato Azul
- ExxonMobil Foundation
- **Fann Contracting**
- **Final Score Sports Bar & Grill**
- Charlie and Jeanne Freeburg
- Fry's Food Stores
- **Garden Brook Realty**
- Golden Corral
- **Granite Gate Senior Living Community**
- **Great Circle Media**
- Harmony Holistic Veterinary Care

- HealthSource / Dr. Andy Nelson
- High Desert Diagnostic Laboratory
- Holdsworth & Company
- Chris Hussey
- Intravest Title
- Jewish Community Foundation of Greater Prescott
- **Jim's Auto Clinic**
- **Leff T's Steakhouse & Grill**
- Lamb Chevrolet
- Linda Miller
- Luanna Mangold
- Manzanita Road
- Mile Hi Animal Hospital
- NACOG / Area Agency on Aging
- **Net Results Media, Inc.**
- Olsen's Grain
- Orthopaedic Specialists of Northern Arizona
- Pangaea Bakery
- Prescott Animal Hospital
- **Prescott Area Hospitality Association**
- **Prescott Area Young Professionals**
- Prescott Noon Lions
- Prescott Noon Lioness
- Prescott Outpatient Surgical Center
- Prescott Women's Clinic
- Prescott Noon Rotary Foundation
- Rick, Ron and Mary

- **Roxy Webb Securities Management, Inc.**
- Slide Out Shelves, LLC
- St. Mary's Food Bank
- State Employees Charitable Campaign
- **State Farm Insurance**
- Texas Roadhouse
- Thumb Butte Distillery
- Tri-City Singles
- **Unisource Energy Services**
- US Bank
- VCA Thumb Butte Animal Hospital
- Valley of the Sun United Way
- A. J. Vilardo
- **Wal-Mart**
- Watters Garden Center
- 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

## OUR MISSION:

Prescott Meals on Wheels will provide nutritional meals to older adults and/or disabled on a daily basis enabling them to live independently with safety and dignity in Prescott.



**MEALS on WHEELS**  
**PRESCOTT**

TOGETHER, WE CAN DELIVER.

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SEPTEMBER — OCTOBER 2015

## Prescott Meals On Wheels Annual Report 2014-2015

*Prescott Meals On Wheels has been in service to the Prescott community since 1973. Our fiscal year runs from July 1 to June 30. Prescott Meals On Wheels is not a government agency. We are a 501(c)3 nonprofit. With your investment in our mission we were able to provide the following support to some of our community's most vulnerable citizens.*

- 47,746 home delivered meals were served
- 10,920 or just 32% of home delivered meals were paid for by the Area Agency on Aging out of a total of 33,686 meals served to all home-bound seniors and the disabled referred to Prescott Meals On Wheels by the Area Agency on Aging
- 22,766 or 68% of the meals served to seniors and disabled individuals referred to us by the Area Agency on Aging were paid for by private donations - **Thank YOU!**
- 14,827 dining room meals were served
- 121 volunteers, on average, each month
- 16,881 hours of volunteer service were donated by community members
- 43,490 miles were driven to provide home delivered meals five days each week. (The equatorial circumference of the earth is 24,901 miles. Therefore, our volunteer drivers collectively circle the equator almost twice each year in the pursuit of providing a hot, nutritious meal.)



# Meetings - Events - Special Occasions - Parties

**Prescott Meals On Wheels has  
just the place and space you need!**  
Large Event/Dining Room or Smaller Conference Room  
**Affordable, Convenient, Flexible**

For more information please call Kathern at 928-445-7630 ext. #605  
or email KathernPMOW@cableone.net



## The Mind/Body Connection

From Harvard Medical School News, information on groundbreaking research from the Institute for Mind/Body Medicine at Massachusetts General Hospital, Dr. Herbert Benson, Director

A new study from the investigators at the Bensen-Henry Institute for Mind/Body Medicine finds that eliciting the relaxation response—a physiologic state of deep rest induced by such practices such as meditation, yoga, deep breathing, and prayer—produces immediate changes in the expression of genes involved in immune function, energy metabolism, and insulin secretion. "Many studies have shown that the relaxation response can reduce stress and enhance wellness in healthy individuals and counteract the adverse effects of stress like hypertension, anxiety, diabetes, and aging," said Herbert Bensen MD, co-author of the report. "Now for the first time we've identified the way through which these benefits might be induced."

To read more, go to the Harvard Medical School website - <https://hms.harvard.edu/news>. For the Bensen-Henry institute go to <https://www.bensenhenryinstitute.org>

## Seven Steps to evoke the relaxation response as created by Harvard Medical School

1. Pick a focus word or short phrase to repeat
2. Sit quietly in a comfortable position with your eyes closed
3. Relax your muscles
4. Breathe slowly and naturally. As you exhale, repeat your focus word or phrase silently to yourself.
5. When other thoughts come to mind, say to yourself "Oh well", and gently return to the repetition
6. Continue for 10 to 20 minutes
7. Sit quietly for a minute or two, allowing other thoughts to return. Then open your eyes and sit for another minute before rising.

# Let the Good Times Roll...

**Saturday • September 12th**  
**Noon - 7pm • Downtown**  
**Mile High Football Field**



BENEFITING  
**MEALS ON WHEELS**  
PRESCOTT

HOSTED BY  
**Happy Monk**

Eagle Management and Events, LLC  
Prescott, Arizona

**SunnyD**  
Kid's Zone

**HENSLEY**  
Beverage Company

**Affinity**  
SERVICE • SALES • RENTALS • RV

**TIM'S**  
AUTO GROUP

**THE FLOORING SHACK**

[www.prescott-az.gov/events/](http://www.prescott-az.gov/events/)



**Golf and  
Good Times  
with a Purpose!**

Brought to you by  
**Prescott Area Young Professionals**  
*To benefit Prescott Meals On Wheels*

**Saturday, October 10**  
**Prescott Golf & Country Club**  
**1030 Prescott Country Club Blvd.**  
**Dewey, AZ**

**Easy Online Registration**  
**[www.PAYPGolfTournament.com](http://www.PAYPGolfTournament.com)**

**Need Answers**  
**Call (928) 445-2000**



## GOLF TOURNAMENT REGISTRATION FORM

Team Name (optional) \_\_\_\_\_

Golfer 1 (primary contact) \_\_\_\_\_

Golfer 2 \_\_\_\_\_

Golfer 3 \_\_\_\_\_

Golfer 4 \_\_\_\_\_

Email \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Early Bird (Until 9/1/15)

Regular (After 9/1/15)

☐ \$85 per golfer | ☐ \$340 per foursome ☐ \$95 per golfer | ☐ \$380 per foursome

☐ Tournament Hole Sponsorship - \$150

Hole Sponsors - please indicate below how you want the sponsorship recognition:

Total \$ \_\_\_\_\_

Ways to register:

• Online at [www.PAYPGolfTournament.com](http://www.PAYPGolfTournament.com)

Payment can be made via Credit Card from the website

• By mail - simply return this form with your check payable to Prescott Area Young Professionals and mail to 117 W. Goodwin Street; Prescott, AZ 86303

• By phone - give us a call and we'll take all of the information (928) 445-2000

• In person - stop by the Prescott Chamber of Commerce; 117 W. Goodwin Street; Prescott, AZ 86303

Registration Policy: Please, no-shows will forfeit any and all registration fees.

Like Prescott Area Young Professionals on Facebook!



Prescott Area Young Professionals is a social and business networking group for ages 21-40. PAYP participates in the community by volunteering, and hosting social, business and educational events.

For more information visit [www.PrescottAreaYP.com](http://www.PrescottAreaYP.com)