

WAKE UP
and be
Awesome

Aging Better & Bolder

A publication of Prescott Meals On Wheels

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How old is too old to chase a DREAM!

by the Daily Positive

As we grow older, we forget the important art of chasing our dreams.

We become stuck in routines, responsibilities, and predictabilities. We can feel irrelevant and lack the energy to pursue ideas like we used to. But let's remember this, even though you hear about youngsters launching companies and creating technology, their smarts are only as strong as their wisdom. Age has something that youthfulness will never have.

Experience, discernment, patience, and perspective. As you may have expected, dreaming has no age limit. Its fuel for life. No matter your age, go start something new, take an adventure with your spouse or friends, and shake the very foundations of our culture.

We need it.

You're never too old to set another goal or to dream a new dream

-C. S. Lewis



“Aging can be fun if you lay back and enjoy it.”

“The best part of aging in this business is losing that obsession about work and being able to spend a little more time with family.”

- Clint Eastwood



Prescott Meals on Wheels is more than a meal!

But you already knew that.

We are always thinking of creative ways to engage our homebound clients in ways to address social isolation. We started a Creative Aging initiative, Art on Wheels, which brings **art** and **creativity** to our clients and provides a platform for them to **express** their thoughts and be **heard**.

This year, we started a **Lending Library** program to provide our clients with books. So far, 18 people are participating and are loving it. At our facility, we have a free bookshelf to give and take books; this allows us to have a large range of genres to choose from and accommodate requests from our clients.

Another wonderful program we started this year, is the **Question of the Week**. Each week along with a meal, our volunteer drivers deliver a thought provoking question to our homebound clients. The responses have been nothing short of **AMAZING** and **HEARTFELT** and we want to share this with you!

Each week on our Facebook page, we will post a question to you and provide a response from one of our clients. Please feel free to join in by sharing your own answer on Facebook, email at ARTpmow@gmail.com, or call our Art Hotline at 928-445-7630 x606.

Question #1: What is the Greatest Gift you have received?

Below is an answer from one of our homebound clients:

When I was 30, I discovered that I could sing. Actually, from then on, I had to sing. This changed my life forever. I think people need to be open to discover their gifts throughout life.

Planned Giving

Make a lasting investment in our future!

Your investment in our organization, our mission and those we serve, paves the way for future sustainability and service to the community.

Your gift to the Prescott Meals on Wheels Endowment Fund makes it possible for us to break bread with the most vulnerable members of our community for years to come.

For more information, contact Michelle at 928-445-7630 x605.

We're on the web and Facebook!

PrescottMealsOnWheels.com



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Prescott Meals On Wheels

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Thank you Arizona Community Foundation for making Aging *Better and Bolder* possible.