



MEALS on WHEELS
PRESCOTT
 TOGETHER, WE CAN DELIVER.



Feb-Mar 2019

Inside this issue:

Gratitude	1
Acts of Kindness	2
Vehicle Donation	2
Queen of Hearts	2
Volunteer Corner	3
Sponsor Spotlight	4
Sponsors	4

Save the Dates:

Queen of Hearts Tea
 March 9
 Master Chef III
 May 18

Did you know:

Our dining room and kitchen is available for event / meeting rentals.

Call Rita for more information if you are looking for a venue.

928-445-7630 x602

Sharing a note of gratitude

Some of our homebound clients only need our services temporarily due to physical limitations like recovery from surgery. We received this little message on a card the other day and wanted to share it with you, **“Thanks for feeding me thru my ordeal (stroke) and surgery. My surgeon has released me back to my normal duties. Please discontinue my meal deliveries. Thanks again for being so kind. Bless you all.”**

Regardless of the situation, if you or someone you know is unable to get food or prepare food in their own home, we encourage you to refer them to Prescott Meals on Wheels... Together, we can deliver



We thank you for your support and generous gifts and want you to know that whether you have contributed recently or planned a gift for the future in any amount, you have made a difference. Support from individuals, groups and businesses in our community allow us to fulfill our mission in Prescott and Prescott Valley, and most importantly, never turning anyone away with a need for our service.

*Have we made an impact in your life or someone you know?
 If so, we would love to hear from you.*

928-445-7630 x605 or michellepmow@gmail.com

www.PrescottMealsOnWheels.com

The goal of [National Random Acts of Kindness Day](#) is to highlight the importance of bringing more kindness into the world and our lives.

What Random Act of Kindness will you do today... or any day? Here are a few simple ideas:

- Compliment someone
- Offer to walk your neighbor's dog
- Make a payment towards someone's layaway
- Donate books to a free library
- Hold the door for someone
- Send someone a 'thinking of you' card in the mail
- Treat a friend to lunch and a movie
- Send a Thank You letter to local firefighters, police, etc.
- Send a loved one an anonymous gift or flowers
- Leave a positive affirmation note somewhere to brighten someone's day

random
acts of kindness day

February 17



Friendly reminder that we have a thrift store!

New to You Boutique

Store Hours:

Monday-Thursday 9:30am-2:30pm

We would appreciate it if you consider us next time you have items to donate.

It is a small store, so we cannot accept large furniture or large appliances.

Fourth Annual
QUEEN OF HEARTS Tea
Saturday
March 9, 2019
11 to 1 o'clock

Raffle, Hat Contest
Music & More!

Tickets \$30
Festively hosted by
and tickets available from:
Alta Vista Senior Living
all proceeds benefit
Prescott Meals On Wheels



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ALTA VISTA
The Pinnacle of Retirement Living

Volunteer Corner

Meet one of our newer but dedicated volunteer drivers, Mike. Mike has volunteered with Prescott Meals on Wheels as a driver every Monday for the past 6 months, as well as fills in when he can on other days and helps to pick up donations from Fry's each morning before coming in. Mike has been married for 12 years to Traci, a woman from Long Island, New York.



Mike was born and raised in central Minnesota and received his education in Mechanical Engineering. At age 21, Mike started working in Product Development for The Toro Company, a commercial and residential lawn and snow company. While living in Minnesota, he and his wife were vacationing in Northern Arizona; they liked it so much that he retired and moved here about 9 months ago. They enjoy the milder temperature and outdoor opportunities.

Mike recommends retirement for everyone, as he reports, "I am loving retirement as it gives me the chance to do wonderful things like volunteering". He previously volunteered with Meals on Wheels in Minnesota for 15 years, while working at Toro.

Mike has thoroughly enjoyed volunteering at Prescott Meals on Wheels. His favorite part of volunteering is interacting with the clients and getting to know them. One of his sweetest stories includes delivering to a lady that recently lost her husband after 72 years of marriage. He enjoys chatting with her while they watch the birds and talk about different bird migrations.

Mike reports not having any one specific inspirational person in his life, but rather he is inspired by normal everyday people that do exceptional things for others. Mike's favorite place is his friends hunting shack in Northern Minnesota. Mike shared a story of why his friends think he is unique and a little quirky. Back when he was 25 years old, he once went scuba diving under the ice in Minnesota!

Not many people can claim to have scuba dived under the ice Mike. We are happy that you and Traci moved to Prescott and decided to dedicate your Mondays to helping us serve our community. **THANK YOU!**

VOLUNTEERS NEEDED!

Want to deliver meals and make a difference in your community?

Connect with our Volunteer Coordinator, Billi Jo and talk with her about being a volunteer driver with us. The commitment is one day a week for approximately 2-3 hours. We also reimburse your mileage.

billijopmow@gmail.com

928-446-7630 x 600



Homebound client, Nola and Councilman Phil Goode



MEALS on WHEELS
PRESCOTT

TOGETHER, WE CAN DELIVER.

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Prep Chef

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Dishwasher / Custodian

Are you on Facebook?
So are we!



Like our page!

Sponsor Spotlight

ALTA VISTA SENIOR LIVING

Located in the heart of one of America's most-desired retirement locations, Alta Vista Senior Living represents the pinnacle of retirement living by offering residents a lifestyle of choices that includes independent living, assisted living and memory care services for residents who appreciate the very finest hospitality-centered lifestyle designed with our residents' interests and needs in mind.

Residents at Alta Vista enjoy a life of choices and amenities through a warm friendly service oriented staff. Enjoy a maintenance-free lifestyle with; private movie theater, complimentary valet services, restaurant dining, library, a fitness center, scheduled transportation, and a private dog park located in the heart of Prescott.

For more information call 928-772-6000 or visit: www.avprc.com



Thank you to our Sponsors

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- Jinger Cutting and the Cutting Edge Team
- ABRiO Care
- Lamb Chevrolet and Team Lamb
- Alta Vista Senior Living Community
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- Arizona Community Foundation
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- AZ Department of Economic Security
- Prescott Evening Lions
- AZ Diamondbacks Foundation
- Prescott Noon Lioness
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- CFC Combined Federal Campaign
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- Funny Bones and Home & Land Publication
- Yavapai Regional Medical Center
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