

January - February 2023

Latest news and info from  
Prescott Meals on Wheels

2023

Happy New Year

**A**ll of us at Prescott Meals On Wheels offer wishes of good health, happiness and fulfillment to each of you in 2023.

As we look ahead to the New Year it's impossible not to pause and look back at the last several months of 2022. We have experienced a tremendous surge in the number of people served and therefore the number of meals we provide. Year over year we are serving over 40% more meals than during the same period last year.

We are meeting this demand due to the unwavering support and commitment of our volunteers, donors, sponsors and the teamwork of our incredible staff. The best part is we have the capacity to serve more people and we look forward to serving each person out there that will benefit from our mission. Our mission enables adults to maintain independent living with safety and dignity by delivering nourishment, care and compassion.

This year, 2023, we celebrate, with all of you, our 50th Anniversary! As the year unfolds you will hear about the various ways we plan to acknowledge this milestone.

With deep appreciation, thank you for wrapping your arms and your hearts around the people we serve.

*Cheers to you and 2023!*



**50** YEARS  
1973-2023

# Connection to the Cause

## MEET

## Maggie

By: Ashley Hamilton



Maggie has been a client of Prescott Meals on Wheels for 3-years. She was chosen as a guest speaker for our 2022 Volunteer Appreciation event. Those who attended spoke so highly of what she had to say we decided to share some of that in our newsletter. Maggie allows those who hear her story to truly see how the mission of Prescott Meals on Wheels impacts those receiving our services. Maggie was a school teacher in Texas for over 30 years. She relocated to Prescott when she fell in love with this area. She became homebound when she got diagnosed with a condition that affects her muscles. Its hard for her to stand, as well as prepare her own meals. Her sister used to cook for her but it was difficult as she was still working. That is when Maggie saw an advertisement from NACOG Aging regarding our services. She was offered a few complimentary meals to see how she liked them. Well, she loved them and decided to sign up. At the time, she did not know what impact Prescott Meals on Wheels would have until she started receiving our services.

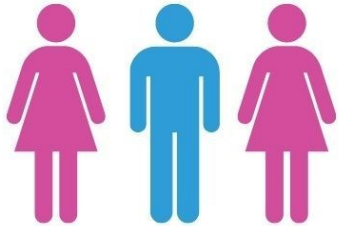
She states, “Someone opened the door to my house and I became a part of the living.” Maggie loves the meals she receives, but what she loves more is the companionship that comes along with the meals. Sometimes her driver is the only person she sees all day. The volunteers have become her friends. She told me the story of how one of her drivers, Dicey, who just traveled to Italy, shared her trip with her. Dicey would send her pictures along the way and she felt like she was on vacation too. Most people don’t realize the impact that social isolation can have on those who are homebound. Before Prescott Meals on Wheels began delivering to Maggie she told me, “I felt like I was in prison, like in solitary confinement.” Now Maggie looks forward to her daily meal delivery. She gets the daily nutrition her body needs, and the social interaction to help soothe her soul.

If Prescott Meals on Wheels did not deliver daily meals she would be going without as it is too hard for her to cook for herself. Maggie’s condition, that keeps her homebound, can be extremely painful. However, when the volunteer arrives it’s a great distraction from the pain. She has hopes of volunteering in the near future so that she can give back to others. She does not want to sit around waiting to die. She appreciates what volunteering can do. Maggie is also apart of our Social Companion program. Once a week a volunteer visits her in her home. They visit with each other and play cards. It is something Maggie really looks forward to. We are so grateful for Maggie, and the impact she has on Prescott Meals on Wheels.



DON'T LET CARDIOVASCULAR DISEASES RUIN YOUR LIFE, STAY HAPPY AND HEALTHY.

# February is American Heart Month



**1 IN 3**  
U.S. ADULTS IS CURRENTLY LIVING WITH A TYPE OF HEART DISEASE

**HEART DISEASE IS THE #1 LEADING CAUSE OF DEATH FOR MEN AND WOMEN IN THE UNITED STATES**



**SOMEONE DIES FROM CARDIOVASCULAR DISEASE EVERY 34 SECONDS ACCORDING TO THE AMERICAN HEART ASSOCIATION**

## Risk Factors for Hearts Disease

High Blood Pressure

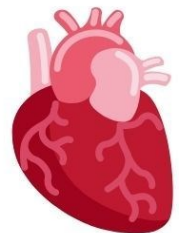
High Blood Cholesterol

Diabetes

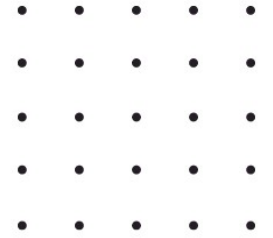
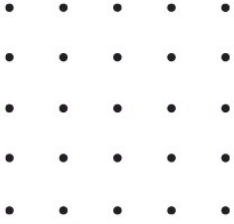
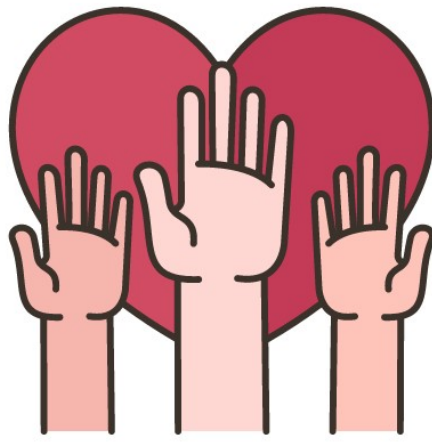
Overweight/Obesity

Unhealthy Diet

By living a healthy lifestyle, you can help keep your blood pressure, cholesterol, and blood sugar levels normal and lower your risk for heart disease and heart attack. Choose healthy meals and snacks to help prevent heart disease and its complications. People who are overweight or obese have a higher risk for heart disease. Carrying extra weight can put extra stress on the heart and blood vessels. Physical activity can help you maintain a healthy weight and lower your blood pressure, blood cholesterol, and blood sugar levels.



VISIT: [HTTPS://WWW.HEART.ORG/](https://www.heart.org/)



## **CALL FOR PERSPECTIVE VOLUNTEER BOARD MEMBER CANDIDATES**

Isn't retirement great? No late-night phone calls begging you to solve some obscure problem. No overflowing in-boxes. No one demanding that you practice the skills you spent a lifetime developing...

But...maybe you still feel that you have something to give. Maybe your heart wants to be of service. Maybe you feel that one so blessed is obligated to pay it forward.

That's approximately the thought process that led me to volunteer to serve on the Prescott Meals Wheels Board of Directors. Now I'm part of a literal army of volunteers; drivers, kitchen help, packers, Board members and servers. Over 200 people volunteer at Prescott Meals on Wheels. Some have devoted many years to providing nutrition and dignity for home bound folks.

Our volunteers are an important part of a financially sound, well-managed non-profit organization that has served our community without interruption for 50 years. It was a privilege to be there when Prescott Meals on Wheels staff and volunteers stared the COVID-19 crisis right in the face and said, in one voice, "We will not let this interrupt our mission" And it didn't. In fact, we served more and more house bound people as the months wore on. We didn't miss a day.

If you want to make a difference, we are looking for Board members. If you have skills, a great attitude and a passion to serve, we want you. If you have professional or managerial experience or are a seasoned volunteer, come talk to us.

Every seat on the Board comes with an oar. We work hard and we meet monthly. But I can assure you that you will be richly rewarded.

**To explore the possibility of becoming a Prescott Meals on Wheels board member please reach out to Richard Ach at [rickach@gmail.com](mailto:rickach@gmail.com)**

# make kindness the norm.♥

IMAGINE A WORLD WHERE YOU CAN SUCCEED BY BEING NICE.  
WHERE WE ALL PAY IT FORWARD.  
WHERE PEOPLE LOOK OUT FOR EACH OTHER.  
IT ALL STARTS WITH AN ACT.

BE A FRIEND TO A LONELY NEIGHBOR

PICK UP TRASH

CONNECT WITH A CONVERSATION

COMPLIMENT SOMEONE

**National Random Acts of Kindness day is February 17, 2023. What Random Act of Kindness will you do today... or any day? Here are a few simple ideas:**

CHECK IN WITH A SENIOR

DONATE BLOOD

BE KIND TO YOUR SERVER

DONATE BOOKS TO THE LIBRARY

[WWW.RANDOMACTSOFKINDNESS.ORG](http://WWW.RANDOMACTSOFKINDNESS.ORG)

## WELCOME JEFF

Next time you are in the office please stop by and welcome Jeff Lorig, our Director of Program Services.

Jeff comes to us with a tremendous management background and experience in the nonprofit sector.

He will be overseeing the Client Services and Volunteer Coordinators.



**Jeff Lorig**

Director of Program Services



Prescott Meals on Wheels is a qualifying nonprofit for the AZ Charitable Tax Credit (QCO#20219). An individual can donate up to \$400, and a couple can donate up to \$800, which may be deducted from your Arizona State tax owed.

Your support enables adults to maintain independent living with safety and dignity by delivering nourishment, care, and compassion.

Please consider a gift to Prescott Meals on Wheels.

There are several ways to donate:

- ☎ Over the phone: 928-445-7630 ext. 606
- On our website: [www.PrescottMealsonWheels.com](http://www.PrescottMealsonWheels.com)
- 📍 In Person or by mail: 1280 E. Rosser St., Prescott, AZ 86301
- ✉ [ashleypmow@gmail.com](mailto:ashleypmow@gmail.com)



# Holiday Joy for Older Adults



What a wonderful time of year for us to spread some holiday joy to those in the community. This year Prescott Meals on Wheels along with Alta Vista Senior Living and NACOG Aging helped collect gifts bought by generous people in the community. We make sure that no client is left behind during the holiday season. These gifts make a huge difference in someone's life. A simple gift can bring such joy to older adults who may not have loved ones to spend the holidays with.

We held a "Wrap" party at Prescott Meals on Wheels. NACOG aging, Arizona Public Service, and Prescott Meals on Wheels volunteers participated to help wrap gifts for our clients. This year we were able to deliver gifts with the help of over 20 wonderful volunteers. Thank you to all of those who helped make our Holiday Joy For Older Adults program possible!



## Chicken Broccoli Cheddar Soup

### INGREDIENTS

- |                                |                              |
|--------------------------------|------------------------------|
| 1 pound of butter              | 1/2 to 1 cup heavy cream     |
| 1 cup small diced onion        | 1/2 cup diced cooked chicken |
| 1/2 cup celery                 | 1/2 cup cheddar cheese       |
| 1 cup flour                    | Chicken Stock                |
| 1 cup steamed chopped broccoli | Salt and White Pepper        |

### INSTRUCTIONS

1. Place a stock pot on medium heat.
2. Add butter and sauté onion and celery until translucent (15 min)
3. Then add flour and sauté for 5 minutes - stirring frequently
4. Slowly add chicken stock until correct consistency
5. Add steamed chopped broccoli and slowly boil for 15 min.
6. Mix in heavy cream (1/2 cup to 1 cup depending on desired thickness)
7. Add salt and white pepper to taste then simmer for 10 minutes
8. Stir in diced cooked chicken and cheddar cheese
9. Simmer until cheese is melted - adjust thickness with cream or stock

Enjoy



From our hearts to yours please know how much we love and appreciate all of you: our clients, our volunteers, and our donors. Happy Valentines Day!



-The Prescott Meals on Wheels staff

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PMOWcares@gmail.com



(928) 445-4581

[www.milehianimal.com](http://www.milehianimal.com)



(928) 445-2331

[www.vcahospitals.com/  
thumb-butte](http://www.vcahospitals.com/thumb-butte)



(928) 800-5661

[www.highdesertdvm.com](http://www.highdesertdvm.com)

## Board of Directors

**Richard Ach**  
President

**Gary Fretwell**  
President Elect

**Larry Culver**  
Treasurer

**Jim Lark**  
Secretary

**Sturgis Robinson**  
Member-At-Large

**Dave Marston**  
Director Emeritus

**Earl Moss**

**Kristyne Schaaf-Olson, Esq**

**Bob Painter**  
Director Emeritus

## Staff

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Executive Director

**Jeff Lorig**  
Director of Program Services

**Sarah Bradley**  
Client Services Coordinator  
Prescott

**Tammy Waithman**  
Client Services Coordinator  
Prescott

**Kayla Wood**  
Client Services Coordinator  
Prescott Valley

**Adam Young**  
Volunteer Coordinator

**Jan Goard**  
Administrative Services

**Ashley Hall**  
Development Assistant

**Joseph Wohl**  
Chef / Kitchen Manager

**Elias Nava**  
Prep Cook

**Dorothea Kassahn**  
Kitchen Technician

Prescott Meals on Wheels is thankful for the support of these three veterinary clinics. They graciously collect and donate pet food every two weeks that is used in our AniMeals Program. Along with delivering meals to clients, we also offer pet food delivery, which would not be possible without these three wonderful business'. We are especially grateful to High Desert Pet Hospital who hosted a holiday pet food drive which brought in extra food for our clients.

Please visit any of their websites to learn about the services they provide

## THANK YOU to our Sponsors

- AARP
- Albertsons Companies Foundation
- Allegra Print & Marketing
- Amazon Smile Foundation
- Aspen Communications LLC
- Post 6, Sons of American Legion
- Arizona Public Service
- Arizona Department of Economic Security
- Bayada Home Health Care
- Bobby's Repair
- City of Prescott
- Costco
- Desert Financial Credit Union
- Dignity Health - YRMC
- Fann Contracting
- Findlay Toyota Prescott
- Findlay Buick GMC Prescott
- Fry's Food Stores
- Funny Bone *monthly publication*
- Grama's Bakery
- High Desert Pet Hospital
- Holsum Bread
- Hosler Wealth Management, LLC
- Jinger Cutting, Cutting Edge Team
- J. W. Kieckhefer Foundation
- Kemper and Ethel Marley Foundation
- Lamb Chevrolet Auto Group
- Margaret T. Morris Foundation
- Meals On Wheels America
- MI Charitable Foundation
- Mile High Animal Hospital
- NACOG Aging
- Net Results Media
- Olsen's Grain Prescott
- Panera Bread
- Prescott Noon Lions
- Rockwell C. Webb Foundation
- Thumb Butte Animal Hospital
- Yavapai Prescott Indian Tribe
- Yavapai and Pioneer Title Agencies