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Sponsor Spotlight

Margaret T. Morris Foundation

The Margaret T. Morris Foundation has been a generous community partner for which we are eternally grateful.



The Susan J. Rheem Adult Day Center and The Margaret T. Morris Center are private, non-profit organizations dedicated to caring for people with memory loss, disabilities, and illness.

Since 1982, The **Susan J. Rheem Adult Day Center** has served individuals and families living in Northern Arizona promoting independence through medical services and social activities in a comforting environment as an affordable care option that can help delay early placement in assisted living or nursing home settings. **They can be reached at 928-775-3563**

Since 1999, **The Margaret T. Morris Center**, Northern Arizona's only specialized assisted living community dedicated to memory care, has served hundreds of individuals and families affected by Alzheimer's disease, varying types of dementias and memory loss, in a warm, home-like setting. **They can be reached at 928-445-6633**

THANK YOU to our Sponsors

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- Yavapai and Pioneer Title Agencies

www.PrescottMealsOnWheels.com

July 2022

A meal,
and so
much
more...



Financial Scams targeting the elderly can be devastating. Older adults lose an estimated \$3 Billion each year to financial scams.

Learn how to identify and stop financial scams targeting seniors.

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Government Scams: Pretend to be from the Internal Revenue Service (IRS), Social Security Administration, or Medicare. They may threaten arrest or deportation or stop your benefits if you don't pay up immediately.

Charity Scams: Scammers will claim to be raising money for a good cause and use names similar to a legitimate charity. They will also use current events or natural disasters to sound more believable. They will insist you donate immediately.

Grandparent Scam: Scammers will call and ask the older adult if they know which grandchild is on the phone. The grandparent will guess the name and the scammer will then pretend to be that grand child. They will say they are in trouble and proceed to ask for financial help. They will ask the grandparent not to tell anyone.

Sweepstakes/Lottery: They will claim that the older adult has won a lottery or sweepstakes but in order to receive the "huge" prize they must make some sort of payment. Seniors often will be sent a fake check, while the scammers collect the fake fees, then the check will bounce and the funds will be removed from the victims bank account.

Medicare/Health insurance: Most citizens over 65 qualify for Medicare. Scammers will pose as representatives in order to get personal info. They will also provide bogus services in order to collect money. These scams also follow the latest trends such as COVID-19 vaccines.

Never give out your personal info or send money to anyone you do not know. If it sounds too good to be true, check facts before proceeding. If you suspect you have been the victim of fraud you can contact the police, your bank, and adult protective services. Don't be embarrassed to talk about it with someone you trust. You can also re-post scams to the Federal Trade Commission: reportfraud.ftc.gov/#/



Mission Statement

" Prescott Meals on Wheels enables adults to maintain independent living with safety and dignity by delivering nourishment, care and compassion."

Volunteer Spotlight

Pam Finn has been volunteering with Prescott Meals on Wheels for 6 years alongside her husband Roger. Both are drivers on our Prescott routes as well as manage our Animeals program, which delivers pet food to homebound clients in addition to their meals. Roger travels to the local vet clinics in town and picks up our pet food donations. Pam is the Animeals Coordinator. She took over that position 5 years ago. She has a huge passion for animals and learned that some of our clients would feed their own meals to their pets. That became the main reason she took over the program. Since she started with the Animeals program, it has doubled in size.



Pam and Roger moved to Arizona from Palm Desert California 7 years ago. They have 4 children and several grandchildren. They enjoy traveling and visiting family. Previously they owned a furniture store. Pam homeschooled for 4 years and volunteered at their church in California for 30 years in childcare and women's ministries, and she continues to do so here. They enjoy volunteering with Prescott Meals on Wheels because they are able to serve their community and the clients they work with feel like family. One of Pam's fondest memories at Prescott Meals on Wheels was participating in the holiday gift giving program. She enjoyed shopping for gifts for clients as well the wrapping party. Her favorite Prescott Meals on Wheels entrée is Fried Chicken.

We are so grateful to have Pam and Roger as volunteers here at Prescott Meals on Wheels.



Animeals

Our homebound clients *love* their pets. However, meeting their own needs is already challenging. Adding a pet's needs on top of that can create a financial hardship. Prescott Meals on Wheels found that some clients were giving up a share of their own delivered meals to feed their companions. This meant that they were going hungry and their animals were not receiving a proper diet. Our Animeals program provides a weekly delivery of pet food along with their home delivered meals. This program is solely supported by local pet food donations.

If you would like to support the Animeals program by donating dry or wet pet food to our homebound seniors please reach out to Jan Goard at (928) 445-7630 ext. 605



Cilantro Melon Salad

Recipe by
Chef Joseph



Ingredients:

- ⇒ 2 C. 1 inch Diced Watermelon
- ⇒ 1 C. 1 inch Diced Honey Dew Melon
- ⇒ 2 C. 1 inch Diced Cantaloupe
- ⇒ 1 C. 1/4 inch Diced Jicama
- ⇒ 1/2 C. Medium Chopped Cilantro

Combine and toss all ingredients then chill

Dressing:

- ⇒ 1 C. Plain Yogurt
- ⇒ 1/2 C. Rice Wine Vinegar
- ⇒ 1 C. Granulated Sugar
- ⇒ 1 tsp Vanilla
- ⇒ 1 tsp Freshly Grated Ginger
- ⇒ Pinch of Salt

Mix all ingredients with dressing then sprinkle with extra cilantro. Top with whipped cream if desired and ENJOY!

Are you aware of Legacy or Planned Giving?

Simply put, planned giving is a flexible gift option that can be set up to meet the financial, personal and family goals of philanthropically-minded individuals in every situation, not just the wealthy.



Follow us on Facebook for more news and updates!
[@PrescottMealsOnWheels](https://www.facebook.com/PrescottMealsOnWheels)



Healthy Vision



Taking care of your eyes should be a priority just like eating healthy and physical activity.

Healthy vision can help keep you safe each day. Here are some tips to keep your eyes healthy:

1. Get regular comprehensive dilated eye exams.
2. Know your family's eye health history
3. Maintain a healthy weight
4. Eat right to protect your sight - dark leafy greens and fish high in Omega-3's
5. Wear sunglasses that block UVA and UVB radiation
6. Quit smoking or never start
7. Wash your hands before taking out your contacts and clean your contacts
8. Practice eye safety at home and at the workplace
9. Taking care of your overall health

