

Latest news  
and info  
from  
Prescott  
Meals  
on Wheels



50 YEARS  
1973-2023

July - August  
2023

# FOOD *For* THOUGHT

## Welcome

Dear Prescott Meals on Wheels Community,

My name is Neal Sneller, and I am deeply honored and grateful for the opportunity to serve as your next Executive Director of Prescott Meals on Wheels. My beloved wife Beth and I have lived and worked in Prescott for over a decade. We enjoy spending time outdoors walking and hiking with our dog Cedar, traveling, reading, and cooking/grilling together with family.

Thank you to every person who has contributed time, talent, or treasure to Meals on Wheels over the past five decades. Together, we pave the way for another 50 years of unwavering community service, ensuring no one in our community is left behind.

I invite you to join us as we embark on this new chapter. Whether you choose to volunteer your time, donate, or spread awareness about the need in our community. Your continual support will make a meaningful difference in the lives of those we serve.

With the continued dedication of our board, team, and volunteers, we will build upon the foundation laid over the past 50 years. Our collective commitment to serving those in need is unwavering. Together, we will continue to provide nutritious meals, warm smiles, and a sense of belonging to our most vulnerable neighbors.

A special thank you to Bert Ijams; we are forever grateful for her vision, dedication, and passion for advancing our mission.



With heartfelt gratitude,

*Neal*



Susan

"It's all I eat, once a day. Sometimes I add a salad."



Alicia

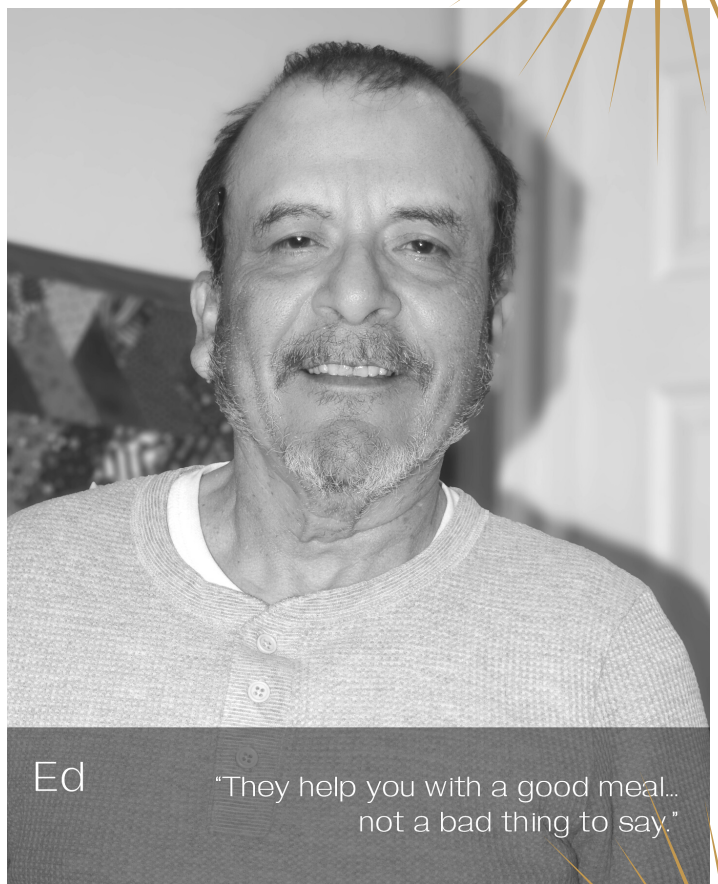
"It means I eat everyday. Gives me what I need, but not too much. Provides me with a variety of food."

# Prescott Meals on Wheels

## 50th Anniversary

We asked our clients:

**"What does Prescott meals on Wheels mean to you?"**



Ed

"They help you with a good meal... not a bad thing to say."

# Symptoms of Dehydration

Older adults are more prone to becoming dehydrated for a number of reasons, including a diminished sense of thirst, body composition changes, and certain medications.

Even mild dehydration can cause an array of uncomfortable and debilitating symptoms. Understanding the warning signs can help you take action before the situation becomes severe.

Early dehydration symptoms include:

- Dark-colored urine, urinating less frequently
- Fatigue, or feeling weak
- Irritability
- Dizziness
- Headaches
- Muscle cramps in arms or legs
- Dry mouth
- Confusion, decreased cognitive function

The tiredness and lack of coordination that may result from dehydration can also lead to falls and injury. The best way to prevent dehydration is the simplest: drink more water throughout the day.

For more information visit: <https://www.ncoa.org/article/how-to-stay-hydrated-for-better-health>

## Eight Tips for Preventing Dehydration

Bring in Extra Electrolytes When Needed

Drink a Glass of Water When You Wake Up

Increase Your Water Intake When Exercising

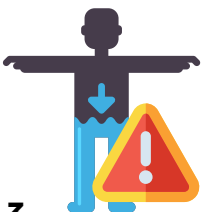
Drink More Water When You're Sick or in Hot Weather

Ignore the Popular Rule to Drink 8 Glasses of Water a Day (It's Not Enough)

Respond to thirst when the feeling strikes

Think Beyond Plain Water to Help Stave Off Dehydration

Assess the Inside of Your Mouth for Dehydration Symptoms



# PRESCOTT AREA ASSOCIATION OF REALTORS GIVES BACK TO THE CLIENTS AT PRESCOTT MEALS ON WHEELS



JUNE 13,  
2023



## REALTORS ARE GOOD NEIGHBORS

Beyond helping people fulfill the dream of home ownership, REALTORS® also improve the quality of life in their communities through volunteering. The Prescott Area Association of Realtors, one of our sponsors, participate in the Realtors are Good Neighbors nationwide program to give back to their community.



Last year the community outreach committee of Prescott Area Association of Realtors chose Prescott Meals on Wheels as a recipient of a \$1,000 donation. After coming here to present the check, Eddie Ray, one of the members, asked to do a ride along with one of our drivers. He describes the ride-a-long as eye opening and meaningful. As they were bringing 2023 projects to light, the committee asked members for some ideas. Eddie recommended doing something special for Prescott Meals on Wheels clients, as he was very touched by participating in the ride-a-long. They voted on two projects and Prescott Meals on Wheels was selected. They decided to do goodie bags made up of games, as well as beautiful flowers purchased from Abby Lee Farms. The final total donated was almost \$2500 in items for our clients and it filled 360 bags. Some members of the committee and area Realtors chipped in to help deliver the bags. We are extremely grateful for the extraordinary efforts of the Prescott Area Association of Realtors for helping to brighten the day of our clients.

# Ways to Give

For more information on the many ways to give to Prescott Meals on Wheels please reach out to our Director of Development Heather Seets at (928)-445-7630 ext. 606

## AZ STATE TAX CREDIT

Prescott Meals on Wheels is a qualifying nonprofit for the AZ Charitable Tax Credit. 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.

(QCO) #20219 /EIN #86-0417621



## PLANNED GIVING

Your Legacy Gift to Prescott Meals on Wheels is a long term investment in delivering our mission and service to Prescott and Prescott Valley. Your investment in Prescott Meals on Wheels and those we serve will pave the way for sustaining our service to our community members for many years to come.



## FRY'S GROCERY REWARDS

Each time you shop for groceries and use your V.I.P. card at Fry's Food Stores, they will donate a percentage of your purchase back to us. All you need to do, is enroll in the Fry's Community Reward program and use our organization number: YF323.

<https://www.frysfood.com/i/community/community-rewards>



## SPONSORSHIP

Prescott Meals on Wheels offers different sponsorship packages for area businesses.

Our sponsorship program provides sustainability and enables us to complete our mission. Sponsorships start at \$500 with accompanying recognition benefits.



## CARS DONATION

Turn your Wheels in to Meals! We accept all types of vehicle donations running or not, like cars, trucks, motorcycles, RVs and even boats. Call (858) 300-2901 and CARS, Inc will arrange for the free pick-up and handle all the paperwork, including sending you a donation receipt for your tax-deductible gift.





**50** YEARS  
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# Golden Giving for Good

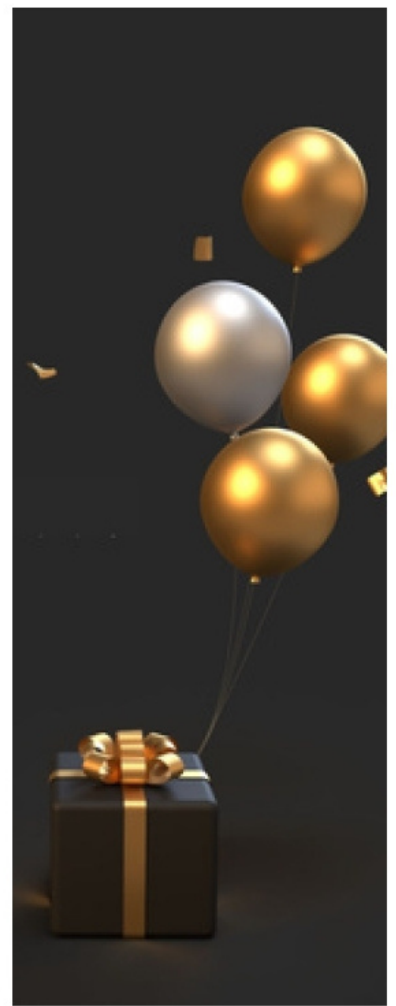
Prescott Meals on Wheels is celebrating our 50-year anniversary and we are asking you to celebrate with us!

By becoming a Golden Giver, you can Give for Good with your monthly pledge of \$50 or more for a minimum of one year.

Your gift will help Prescott Meals on Wheels continue the mission of enabling adults to maintain independent living with safety and dignity by delivering nourishment, care and compassion.

*To start your pledge to Golden Giving for Good, please contact Heather Seets, Prescott Meals on Wheels Director of Development, at 928-445-7630 x606.*

Prescott Meals on Wheels is a 501(c)(3) Non-profit organization.



## ***A MESSAGE***

From a client, upon the loss of her beloved dog, Gizmo...

**To the Fabulous People of Prescott Meals on Wheels,**

**For thirteen years my Gizmo was here for me through the good times, and the bad. She kept my mind from being lost and my heart from turning to stone. She saw me through some losses that I wouldn't have made it through without her. I tell you this not for your sympathy but to let you know just how important she was in my life and in my heart.**

**This is to let you know that the way you have treated me is so fabulous that you have my love and respect, but the way you treated Gizzy makes my gratitude for each and every one of you my friends, extreme.**

**You were her friends too and she loves seeing you.**

**You made her feel important and cared for.**

**My heart is broken losing her but I have you all to keep me going, that makes my life easier to face.**

**Thank you so very much for who you are and all you do.**

**Diane**



# Volunteer Spotlight

## A Summer Well Spent



Summertime in Prescott, Arizona when I was 14 usually consisted of meeting my friends at the YMCA to swim, staying up late watching movies knowing that I could sleep in the next day and the occasional odd job watering plants or feeding dogs for neighbors while they were away on vacation. But for one local 14-year-old, she is making the most of her summer vacation by doing something with a lot more meaning – she is finding all kinds of ways to help others.

Written by: Heather Seets, Director of Development

Faith has been spending her last two summers as a youth volunteer for Prescott Meals on Wheels (PMOW). She and her mom, Mayumi, can be found hosting at the Café on Rosser on Fridays. Faith told me that it was a friend of the family that first introduced she and her mom to the idea of being a volunteer for Prescott Meals on Wheels. She was looking for additional ways to serve and thought this might be fun. A little nervous at first, Faith soon found that she was not only excited to be a volunteer for PMOW, but really looked forward to seeing some of the “regulars” at the Café and getting to know them better.

“They have a lot of experiences and it’s easy to relate”, Faith shared as she spoke about some of her favorite patrons of the café. “I love talking to people and I always leave feeling happy and enlightened.” Faith said that there is a group of gentlemen that are at the café every Friday that she enjoys talking to and her face lit up when she exclaimed “and one of them is 103!”

This busy Freshman doesn’t just volunteer at Prescott Meals on Wheels. When we spoke, she had just returned from a church mission trip to Santa Fe, New Mexico where she and others her age had helped clean up a local park. She is leaving in a few weeks for Japan where she will volunteer her time with the “Mustard Seed Project” alongside her family. She stays busy and she exudes joy when she talks about all of her adventures and the adventures yet to come.

I asked Faith what she would say to other kids her age if she was encouraging them to become a volunteer. She said “It might be hard at first, but it’s definitely worth it.” Faith says that she believes she will volunteer the rest of her life. “Once you start you can’t stop. Getting to know people makes it all worth it and I’ve made a lot of good friends.” Thank you Faith for helping Prescott Meals on Wheels!



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1973-2023

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Email:

[PMOWcares@gmail.com](mailto:PMOWcares@gmail.com)

### BOARD OF DIRECTORS

**Gary Fretwell**  
President

**Sturgis Robinson**  
Vice President

**Larry Culver**  
Treasurer

**Jim Lark**  
Secretary

**Richard Ach**  
Immediate Past President

**Jinger Cutting**

**Dave Marston**  
Director Emeritus

**Chris Thompkins**

**Mike Zenner**

**Bob Painter**  
Director Emeritus

### STAFF

**Neal Sneller**  
Executive Director

**Jeff Lorig**  
Director of Program Services

**Heather Seets**  
Director of Development

**Tammy Waithman**  
Client Services Coordinator, Prescott

**Christie Olney**  
Client Services Coordinator, Prescott

**Kayla Wood**  
Client Services Coordinator, Prescott Valley

**Adam Young**  
Volunteer Coordinator

**Jan Kirk**  
Administrative Services

**Ashley Hall**  
Development Assistant

**Joseph Wohl**  
Chef / Kitchen Manager

**Elias Nava**  
Prep Cook

**Dorothea Kassahn**  
Kitchen Technician

# SPONSOR SPOTLIGHT



Part of the mission as a credit union is to share success with their members, community and team. In 2022, Desert Financial Credit Union gave back over 4 million dollars to our community. In December of 2022 Prescott Meals on Wheels was fortunate enough to receive a generous sponsorship to support our mission. We are extremely grateful for their contribution and we encourage you to reach out to them for all your financial needs:

<https://www.desertfinancial.com/personal>



For the past two years the employees of the Desert Financial Credit Union, and their families, have designed these AMAZING bags for us to send to our clients with their meals. Every time we receive them we are in shock by the time and creativity that goes in to these. Thank you to all those who participate and provide a little extra "brightness" to our client's day!

## THANK YOU TO OUR SPONSORS

- Albertsons Companies Foundation
- Allegra Print & Marketing
- Amazon Smile Foundation
- Aspen Communications LLC
- Assisted Living Locators
- 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
- Daylight Donuts
- Desert Financial Credit Union
- Dignity Health - YRMC
- Dutch Bros Coffee
- 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
- J. W. Kieckhefer Foundation
- Kemper and Ethel Marley Foundation
- Lamb Chevrolet Auto Group
- Margaret T. Morris Foundation
- Maverick
- Meals On Wheels America
- MI Charitable Foundation
- Mile High Animal Hospital
- NACOG Aging
- Olsen's Grain Prescott
- Panera Bread
- Prescott Area Association Of Realtors (PAAR)
- Prescott Noon Lions
- Rockwell C. Webb Foundation
- Thumb Butte Animal Hospital
- Yavapai Prescott Indian Tribe
- Yavapai and Pioneer Title Agencies

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