

March—April 2021

Shred-A-Thon

to benefit Prescott Meals On Wheels

Sponsored by  



Are you ready to SHRED?

Mark your calendar!

DATES: Thursday, April 22 and Friday, April 23, 2021
TIME: 9:00 am - 12:00 pm BOTH days or until the trucks are full
LOCATION: Prescott Gateway Mall parking lot north of Dillard's
3250 Gateway Blvd, Prescott, Arizona
Four office sized boxes maximum per vehicle.

Suggested donation to Prescott Meals On Wheels is **\$2** per box.

Event volunteers and participants will follow current CDC social distancing and mask guidelines. The public will be asked to remain in their vehicle during the event. Participants are asked to please place documents in the trunk of their vehicle before arriving to have the documents shredded.

Questions? Call 928-445-7630 #606

Shredding your personal or sensitive documents is an important step to ensure your identity is not stolen and your financial and personal information is not compromised.

Connect deeper to our cause... Meet Elaine!

By: Ashley Hamilton Prescott Meals on Wheels Development Assistant

I had the pleasure of speaking with Elaine, who is on our Delta route in Prescott Valley. Elaine cannot say enough great things about Prescott Meals on Wheels. Before signing up for the program, she was having an extremely difficult time getting the proper nutrition she needed. Her main meal consisted of a micro-waved baked potato. Now she says she enjoys delicious meals that include vegetables and fruits. Elaine feels that Prescott Meals on Wheels has exceeded her expectations. She assumed she would get a hot meal delivered, but this program has proved to be so much more than that. She told me that just recently her driver delivered her meals, as well as a hand knitted hat and scarf, to help keep her warm this winter.

Elaine uses a walker to get around her house. She was having trouble carrying her cell phone with her so Mary, her client services coordinator, was able to find her a small pouch that can hang from her neck just big enough to fit her phone. She now feels more secure when maneuvering through her house, in case she has to call for help. Elaine also has two beloved dogs, Lily and Oliver. They both enjoy our "Animeals" program which delivers pet food to our homebound clients, along with their meals. The comfort she feels knowing that someone also cares about her animals, means so much to her. She told me that the daily wellness calls she receives from our volunteers make her feel like someone really cares about her. During the pandemic, those calls have given her something to look forward too. They give her the sense that she is not alone, especially during a time when isolation is a challenge for so many.

Elaine would like to encourage anyone who might need assistance to call Prescott Meals On Wheels. She couldn't imagine what her life would be like without this program. It truly is a lifeline for her.



There's still time to make an Arizona State Tax Credit Donation!

Prescott Meals On Wheels is a 501(c)3 nonprofit organization. Our Tax ID Number is 86-0417621. Donations can be made until April 15, 2021 to count for the 2020 tax year and we are recognized by the State of Arizona as a Qualifying Charitable Organization #20219.

It's easy to contribute:

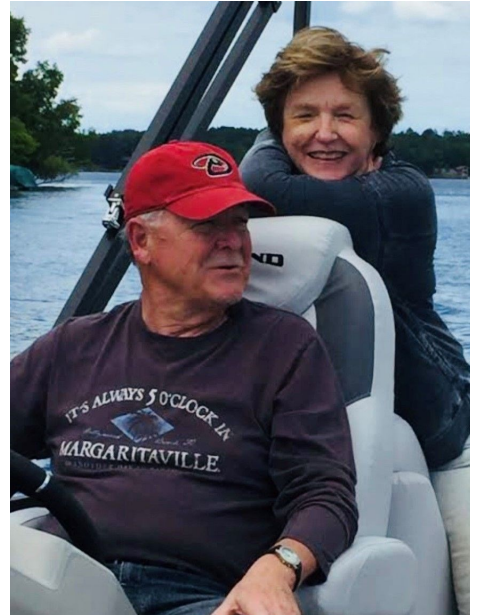
- Online at www.PrescottMealsOnWheels.com
- By mail or in person, 1280 E. Rosser Street in Prescott
Monday-Friday 8am-3pm
- Over the phone by calling (928) 445-7630 x606



Volunteer Spotlight

M meet John and Alta who have been dedicated volunteer drivers for four years and have continued to be an incredible asset to our organization throughout this pandemic. The Keims were introduced to Prescott Meals on Wheels by the Weavers who have continued to volunteer since 2015.

Alta was born and raised in Oregon. John grew up in Kansas, moving to Oregon to attend Portland State where he met Alta. They have been married for 55 years. While raising their two children, John was in the Motor Boat business for 40 years, where he was the President at Chris Craft in Florida. Alta was a stay at home parent and later owned a Commercial Embroidery Shop in Scottsdale. John and Alta have lived in five different states including Michigan, California, Florida, Tennessee and Arizona, specifically Prescott, where they have lived for 17 years.



Over the years, John and Alta enjoyed hiking and attending Trivia nights around town. John currently spends his time golfing twice per week, and going to the gym. He is a big sports spectator, supporting Arizona teams and his favorite golfers are Fred Couples and Tiger Woods. Alta enjoys playing bridge, crafting, knitting, and is involved in a book club. Alta loves to entertain as she researches new recipes on Pinterest to make delicious dinners for friends and family. John, on the other hand, enjoys grilling and using the microwave!

They still have two of their initial clients who they admire. They describe Anna as an amazingly feisty women with tremendous fortitude and Kendall as a happy, appreciative, and compassionate man. These clients are why they are still so devoted and passionate about volunteering with Prescott Meals on Wheels. The Keim's stated, "our volunteer work is something we do together and have a wonderful time doing it."

We're grateful to all of our volunteers and look forward to featuring more of them in the Volunteer Spotlight section of our newsletter.

Governor Ducey Appoints Executive Director to Advisory Council on Aging

Prescott Meals on Wheels executive director, Bert Ijams, has been appointed to the Governor's Advisory Council on Aging for the state of Arizona. The 15 member Council advises state departments as necessary on matters related to aging, including administration of the state plan on aging.

"I'm looking forward to engaging with my colleagues on the state level to benefit Arizona's older adults. As a Meals on Wheels service provider in Prescott and Prescott Valley I believe we bring an important perspective to the Council," said Ijams. She can be contacted directly at BertPMOW@gmail.com.





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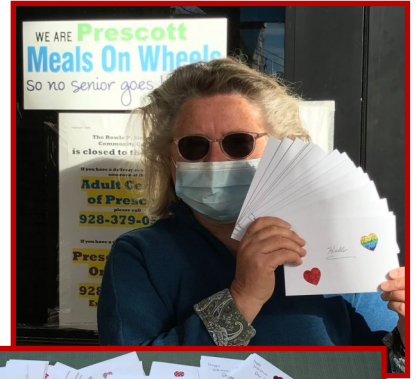


Sponsor Spotlight

AARP Arizona

For more than 50 years, **AARP AZ** has been serving their members and society by creating positive social change. The **AARP AZ mission** is to enhance the quality of life for all as we age, **leading** positive social change and delivering value to members through advocacy, service and information.

For the last several years **AARP AZ** has been a devoted sponsor of Prescott Meals On Wheels and the people we serve. Most recently, our local **AARP AZ** volunteers wrote 300 loving Valentine's Day cards for all of our homebound clients. In addition to past support, **AARP AZ** is sponsoring the Shred A Thon coming up on April 22 and 23. For more information please visit AARP.org/Prescott.



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- PAAR (Prescott Area Association of Realtors)
- Panera Bread
- PAWUIC (Prescott Area Wildland Urban Interface Commission)
- Pioneer Title Agency
- Prescott Animal Hospital
- Prescott Evening Lions
- Prescott Noon Lioness
- Rockwell C. Webb Foundation
- Sons of American Legion Post 6
- St. Luke's Episcopal Church
- UniSource Energy Services
- United Way of Yavapai County
- WalMart
- Yavapai-Prescott Indian Tribe
- Yavapai Regional Medical Center
- Yavapai Title Agency

www.PrescottMealsOnWheels.com