



50 YEARS
1973-2023

FOOD ^{FOR} THOUGHT

March - April 2023

**Latest news and info from
Prescott Meals on Wheels**

Arizona State Tax Credit

There is still time to make an
Arizona State Tax Credit donation for the 2022 tax year.
Please consider making a donation to



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For the first seven months of this fiscal year, Prescott Meals On Wheels has served 27% more homebound adults. Additionally, we have seen a 45% increase in the total number of meals served to both our homebound and Café on Rosser diners. Your tax credit contribution ensures we are able to meet this demand and not turn anyone away.

Prescott Meals on Wheels is a qualifying charitable organization for the Arizona State Tax Credit. The state of Arizona offers taxpayers the opportunity to make contributions to qualified charitable organizations such as Prescott Meals on Wheels, to reduce the amount of state tax owed, dollar-for-dollar. Contributions may be made on or before the tax due date of April 18, 2023 for either the 2022 or 2023 tax year.

There are several ways to donate:

By phone: (928) 445-7630 ext. 606

In person: 1280 E. Rosser St. Prescott, AZ

Online: <http://www.prescottmealsonwheels.com/donate.aspx>

VOLUNTEER SPOTLIGHT

By: Adam Young, Volunteer Coordinator



I am honored to introduce you to our longest serving volunteer driver, Jim Pessin. Jim has been a faithful delivery driver with Prescott Meals on Wheels for over 30 years! I sat down with Jim recently to hear a little about his amazing story. Jim was born in Fairplay, CO (the coldest spot in the U.S.), but moved to the Prescott area when he was 4 years old. He graduated from the University of Arizona engineering program. Jim was drafted during the Cuban Missile Crisis. He worked in the Pentagon with computers, then moved to Arizona to become a Civil Engineer. His wife Kathy is a long time Prescottonian.

Jim retired at 55 years old and decided to start volunteering as he was looking for things to do. He became involved with Prescott Meals on Wheels as well as serving as a board member for the Prescott Community Cupboard and a volunteer with the Yavapai Trails Association. Jim has continued to volunteer for Prescott Meals on wheels because he is able to meet new people and enjoys talking to them. I asked him what is something he would tell a person who is considering becoming a volunteer. He states, "It is rewarding work and it is not hard. You're helping people too."

We appreciate loyal volunteers like Jim who give their time to help the clients at Prescott Meals on Wheels. Jim told me a story of a day he remembers when he was delivering meals. Jim helped a client cut up the meat in her meal and then left. He realized he had left his clipboard behind so he went back. When he returned to the client's home he had found that she had fallen and could not get up. He ended up calling 911. If he had not come back, she would have been laying there for a long time. Jim is a great example of how our volunteers go above and beyond for our clients. Thanks Jim for your dedication to Prescott Meals on Wheels. It has been a true joy to have you as a valuable part of this organization.

If you are interested in volunteering please give Adam a call at (928) 445-7630 ext. 600 for more information.

Drop off your paper recycling!

While you are visiting Prescott Meals on Wheels for lunch or participating in an activity at the Adult Center we encourage you to bring your recycling with you. The Prescott Noon Lions has their paper recycling trailer parked in the west side of the parking lot free for anyone to use.

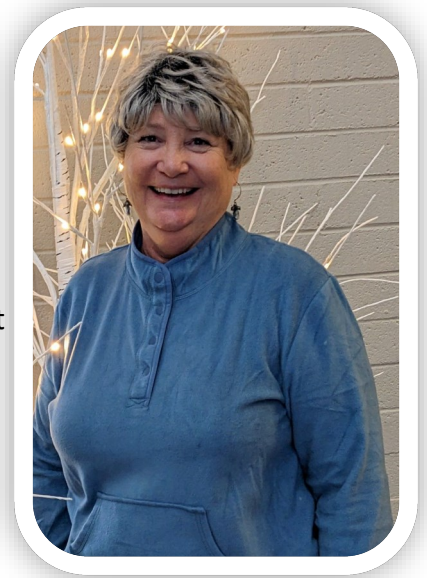


SOCIAL COMPANIONSHIP PROGRAM

According to the National Institutes of Health, everyone needs social connections to survive and thrive. But as people age, they often find themselves spending more time alone. Being alone may leave older adults more vulnerable to loneliness and social isolation, which can affect their health and well-being. Studies show that loneliness and social isolation are associated with higher risks for health problems such as heart disease, depression, and cognitive decline.

If you are in poor health, you may be more likely to be socially isolated or lonely. If you are socially isolated or feeling lonely, it can put your physical and mental health at risk. Adults who are lonely or socially isolated are less healthy, have longer hospital stays, are readmitted to the hospital more often, and are more likely to die earlier than those with meaningful and supportive social connections.

In 2022 we formally launched our Social Companionship Program. Volunteers either visit clients face-to-face in their home or socialize on the phone. Currently we have six volunteers who have taken up the mantle of providing companionship. However, we have approximately 20 clients awaiting a social companion. If this is something you might be interested in please reach out to Jan at (928) 445-7630 ext. 606. Please note that all volunteer companions must be vetted and credentialed prior to working with clients.



Annie, a Prescott Meals on Wheels volunteer, reached out to Prescott Meals on Wheels looking for a volunteer opportunity where she could utilize the skills she had to make an impact. Annie now comes in to the office and calls clients on a weekly basis. Annie was a school teacher and enjoys reading aloud. She has three people she talks to once a week and reads to them or just visits with them. The clients look forward to their weekly visits. Annie writes them a card while she is in the office and mails it to the clients. These acts of kindness go a long way in making our clients feel less isolated and more cared for. Annie enjoys volunteering for Prescott Meals on Wheels, she knows she is helping people, and that is important to her.



Watch Portion Sizes

Make A Grocery List

Don't Shop When You're Hungry

Make half your plate fruits and veggies

Drink Plenty Of Water!

Plan Your Meals Ahead!



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SPONSOR SPOTLIGHT

Dutch Bros Coffee

We would like to extend a HUGE thank you to Dutch Bros Coffee and the Dutch Bros Foundation for their generous donation to Prescott Meals on Wheels.



On November 25th, 2022 Dutch Bros donated \$1 from every drink purchased at their Prescott and Prescott Valley, AZ locations to Prescott Meals on Wheels. The final total was \$3,192.76. Dutch Bros also chose our organization to receive the Extra Shot Award totaling \$5,000.00. Thank YOU Dutch Bros for making a tremendous impact to the community and for investing in the mission of Prescott Meals on Wheels.

We encourage you to visit Dutch Bros for a refreshing beverage.

They have two locations:

- 3169 Willow Creek Rd, Prescott, AZ
- 5963 E State Route 69, Prescott Valley, AZ

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
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- Dutch Bros Coffee
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- Funny Bone *monthly publication*
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- 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