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Sponsor Spotlight

APS (Arizona Public Service)

APS has been and is a thoughtful and generous community partner for which we are grateful.



Recently, **APS** asked us to help them make our community members aware of several existing programs that can be a tremendous help when facing challenging financial times. One of the primary, supportive programs is the Energy Support Program or E3 as it's often referred to. E3 provides qualified, limited-income customers a 25% discount on their APS bill each month.

For more information about these and other programs available through Arizona Public Service visit [APS.com/assistance](https://www.aps.com/assistance) or call 602-371-7607 or 800-253-9409.

THANK YOU to our Sponsors

- AARP
- Albertsons Companies Foundation
- Allegra Print & Marketing
- Alta Vista Senior Living Community
- Amazon Smile Foundation
- American Legion Post 6, Sons of American Legion
- APS
- Arizona Department of Economic Security
- Bobby's Repair
- City of Prescott
- Costco
- Dignity Health - YRMC
- Fry's Food Stores
- Funny Bone *monthly publication*
- Gato Community Gives
- Grama's Bakery
- High Desert Pet Hospital
- Holsum Bread
- Homes & Land *monthly publication*
- Jinger Cutting, Cutting Edge Team
- Kieckhefer Foundation
- Kroger Foundation
- Lamb Chevrolet Auto Group
- Kemper and Ethel Marley Foundation
- Meals On Wheels America
- Mile High Animal Hospital
- NACOG Area Agency on Aging
- Net Results Media
- Olsen's Grain Prescott
- Panera Bread
- Prescott Area Association of Realtors
- Rockwell C. Webb Foundation
- Thumb Butte Animal Hospital
- Wal-Mart
- Yavapai Prescott Indian Tribe
- Yavapai and Pioneer Title Agencies

www.PrescottMealsOnWheels.com

May - June 2022

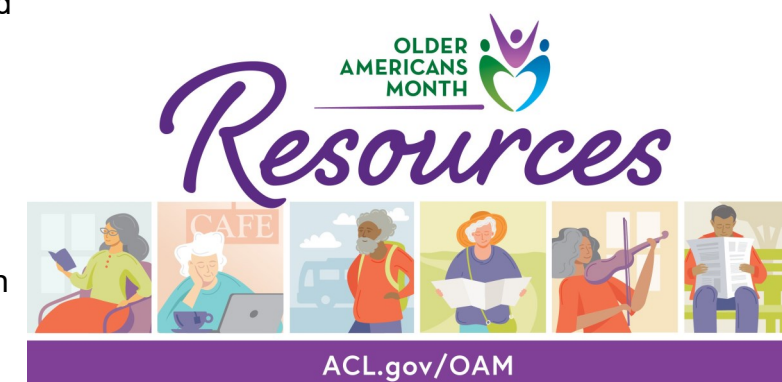


The theme this year for Older Americans Month is *Age My Way*. Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it – and there is no “right” way.

Every May, the Administration for Community Living leads the celebration of Older American's Month. This year's theme focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.

While *Age My Way* will look different for each person, here are common things everyone can consider:

- ◊ **Planning:** Think about what you will need and want in the future, from home and community-based services to community activities that interest you.
- ◊ **Engagement:** Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.
- ◊ **Access:** Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.
- ◊ **Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community.



Prescott Meals on Wheels is excited to celebrate Older Americans Month with our partners in the aging community including AARP, People Who Care, and NACOG: Area Agency on Aging. Ensuring that older adults remain involved and included in our communities for as long as possible benefits everyone. By delivering meals to homebound seniors Prescott Meals on Wheels is strengthening our community by helping those to stay in their home for as long as possible.

Thank You!  **AARP**
Arizona

The 2022 Shred-A-Thon sponsored by AARP

Arizona on April 20 was a HUGE Success!

- ◆ 8,746 pounds of paper were collected and shred
- ◆ 167 Vehicles drove through
- ◆ \$3,689.51 was raised to benefit the people served by Prescott Meals On Wheels

Thank you to ALL of our outstanding volunteers, those who donated, and to AARP Arizona.

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.

Keep an eye out for future Shred-A-Thon events.



Prescott Meals On Wheels
Left: Board President Richard Ach
Right: Board Member Sturgis Robinson

The Café on Rosser is OPEN! Prescott Meals on Wheels is delighted to welcome diners back to the dining room. Join us for lunch! The Café is open Monday through Friday from 11:15am to 12:45pm.



We invite you to come in, enjoy a delicious meal and perhaps meet or make new friends. To-go meals are still offered if you would like, just come to the dining room to place your order.

Daily meals prepared by Chef Joseph and his team!

It's tough to beat delicious and affordable!

June is Elder Abuse Awareness Month

What is Elder Abuse: In general, elder abuse is a term referring to any knowing, intentional, or negligent act by a caregiver or any other person that causes harm or a serious risk of harm to a vulnerable adult. Legislatures in all 50 states have passed some form of elder abuse prevention laws.

Why is Awareness of Elder Abuse Important: Elder abuse is a critical social, health, and economic problem. Approximately 10 percent of adults age 60 and older have experienced physical abuse, psychological or verbal abuse, sexual abuse, neglect, or financial exploitation. Older Americans lose an estimated \$2.9 billion a year as a result of financial exploitation. In the most heartbreaking cases, it means the complete loss of savings earned through decades of hard work.

Elder abuse also is a critical public health issue. Survivors report higher rates of depression. They often withdraw from social interactions, and many blame themselves, which results in shame and silence and magnifies these effects.

If you or someone you know is suspected of being a victim of Elder Abuse please call Arizona Adult Protective Services at (877) 767-2385 for help.

What is an Elder Abuse?





Our Man Bud!

In January of 2009 Bud walked through the door of Prescott Meals On Wheels and filled out a volunteer application requesting to be a meal delivery driver. His commitment to the Prescott Meals On Wheels mission and the people we serve over these last 13-years has never wavered. In addition to being a meal delivery driver he has been a generous donor, an AniMeals captain, a regular face at Costco on Mondays when he picks up and delivers donations meant for the Prescott Meals On Wheels kitchen and our go-to guy for countless other jobs big and small. Bud always replies to our frequent requests for help with a smile and a, "No problem."

We wish Bud and his wife Pat a hearty and heartfelt farewell as they move east to be closer to family. Thank you for every single kindness you delivered.

Connection to the Cause



Meet Fran...



Fran's pain had become so severe she was unable to cook for herself. Just standing had become very painful. She knew that she would be undergoing surgery and worried how she was going to prepare and cook her own meals. Having to reach out for help was extremely difficult for Fran, who had been mostly independent before her injury. She was told that Prescott Meals on Wheels offered short term assistance for those needing services while recovering from an injury or illness. Although she struggled making that initial call, she was so glad that she did!

She feels that Prescott Meals on Wheels was a lifesaver for her. She did not have to stress and worry about getting proper nutrition, and could direct her focus to healing and building her strength. Fran doesn't even want to think about what it would have been like had she not received services through Prescott

Meals on Wheels. Although she was only on the program for a short amount of time, she truly benefited from the meals and wellness checks. We are happy that Fran now visits the dining room as a congregate client. She told us that she greatly appreciates the wide variety of delicious, nutritious meals offered by Prescott Meals On Wheels and prepared by Chef Joseph.

Fran looks forward to telling others about her experience at Prescott Meals on Wheels and how much it has helped her. She wants people to get away from the stigma that the food is "institutionalized and bland."

If you or someone you know could benefit from our services, whether short-term or long-term please reach out to us. Prescott Meals on Wheels is accepting new clients and our Client Services Coordinators look forward to assisting you. We serve both Prescott and Prescott Valley.

928-445-7630 / PMOWcares@gmail.com

Seafood Ceviche
(Yields 4 cups)

Separate Bowl:	Separate Bowl:
1 C. Diced Yellow Onions	1 C. Raw Bay Shrimp
2 C. Diced Roma Tomatoes	1 C. Raw Bay Scallops
2 Jalapenos chopped, no seeds	1 C. Lemon Juice
1/2 C. Chopped Fresh Cilantro	1/2 tsp Salt & 1/2 tsp Pepper
1 Tbsp Vegetable Oil	Juice from 2 Limes
*Mix well and set in fridge	*Mix well and set in fridge for 2 hours until shrimp is opaque

For safe method use all cooked seafood
Strain all excess liquid and combine bowls.
Season as desired and top w/ your choice of veggies

Recipe brought to you by Chef Joseph

How can YOU contribute to Prescott Meals On Wheels? Let us count the ways!

1. Become a Corporate Sponsor

Whether you are a small business or large corporation, your company name and brand will benefit from a Prescott Meals On Wheels sponsorship. For a little as \$500 your company will have placement in the Prescott Meals On Wheels newsletter, menu, website and more. For larger annual sponsorships, the benefits and rewards for your company increase. Your corporate sponsorship gives you and your company the most rewarding benefit, knowing that you have purchased the food to prepare meals delivered to homebound adults in the community. Become a community partner today! For more information on our sponsorship program and our levels, please contact Development Director, Tom Gross, at 928-445-7630 #606 or email TomGPMOW@gmail.com.



2. Consider a Planned Gift - Your Legacy, Your Way



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.

3. Go Shopping on Amazon



When you shop online with Amazon Smile, 0.5% of your purchase will be donated to Prescott Meals on Wheels.

Go to: <https://smile.amazon.com/ch/86-0417621>

4. Go Shopping at Fry's



Through Fry's Community Rewards program you can use your V.I.P Card to shop and Fry's will donate a percentage to Prescott Meals on Wheels. Go to: FrysCommunityRewards.com to sign up with your V.I.P card.

Thank you!

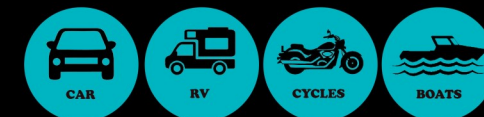


Donating a vehicle, RV, boat or motorcycle is an easy and free way to support



Give us a call to handle the tow and sale of your unwanted car, truck, RV, motorcycle, and ski-boat. The process is easy, and the pick-up is free!

**CALL
1-855-500-7433**



You receive a tax donation and we are able to provide more meals and smiles to home bound adults in our community.

For info visit: <https://careasy.org/nonprofit/Prescott-Meals-on-Wheels>

Did you know...We offer facility rentals for your special events?



The Café on Rosser is a reasonably priced option for your next event, meeting, celebration, reception or party. The Café will accommodate up to 130 people theatre style or 105 dining style.

Have your event catered or potluck style.

The options are almost endless!
For complete information call Jan at
(928) 445-7630 ext. 605

Speaking of lemons, did you know...



American children have been making their summertime salary with lemonade since the 19th Century. Ten year-old Edward Bok is rumored to have started the first lemonade stand. He immigrated from the Netherlands to Brooklyn, NY and wanted to help support his family.

In 1873 he started selling ice water on the roadside, but when his idea was copied by other kids he started squeezing lemons into the water and upped his price!

By 1880 his idea had spread across the nation. Bok was later recognized by President Roosevelt. So, if you see children selling lemonade on the side of the road, stop by and buy a glass. You just may be supporting the next big entrepreneur!