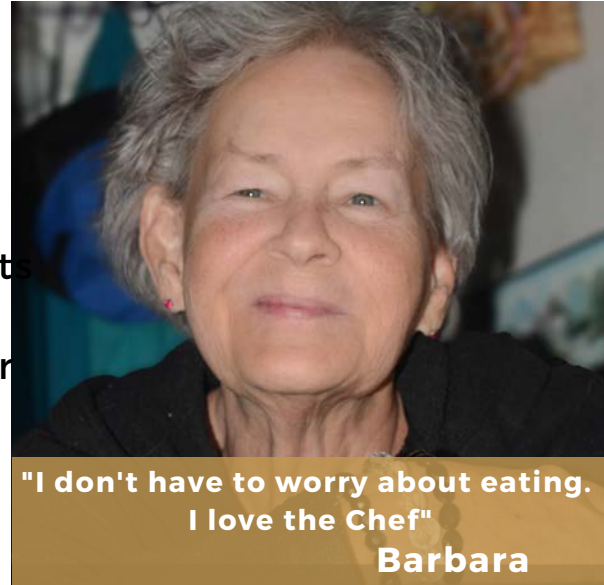




50 YEARS
1973-2023

May - June
2023

FOOD *For* THOUGHT



Older Americans Month is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

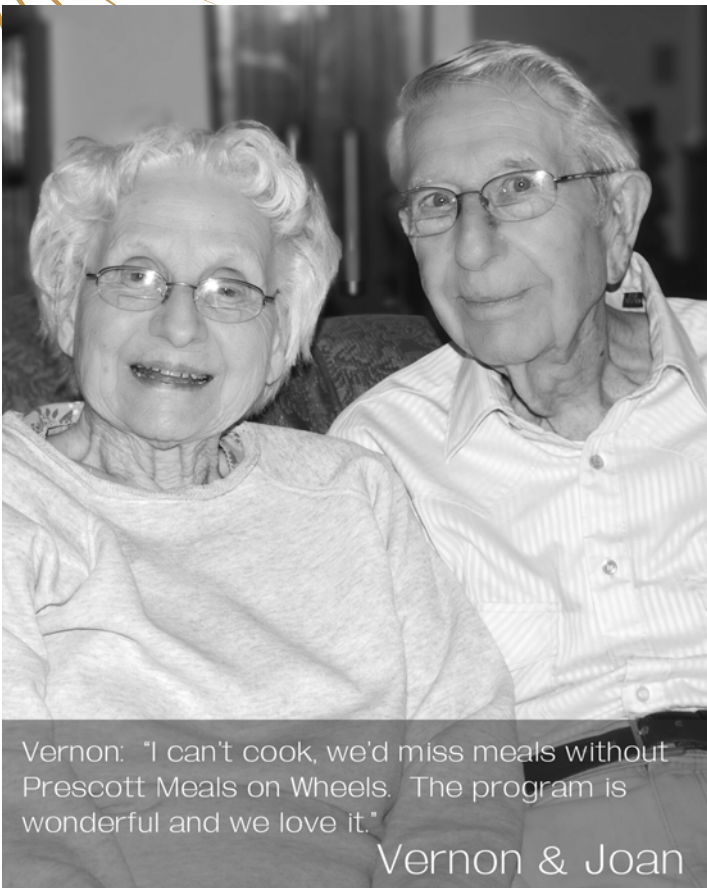
This year's theme, Aging Unbound, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

This May, join us as we recognize the 60th anniversary of Older Americans Month and challenge the narrative on aging. Here are some ways we can all participate in Aging Unbound:

- **Embrace the opportunity to change.** Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.
- **Explore the rewards of growing older.** With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.
- **Stay engaged in your community.** Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.
- **Form relationships.** As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

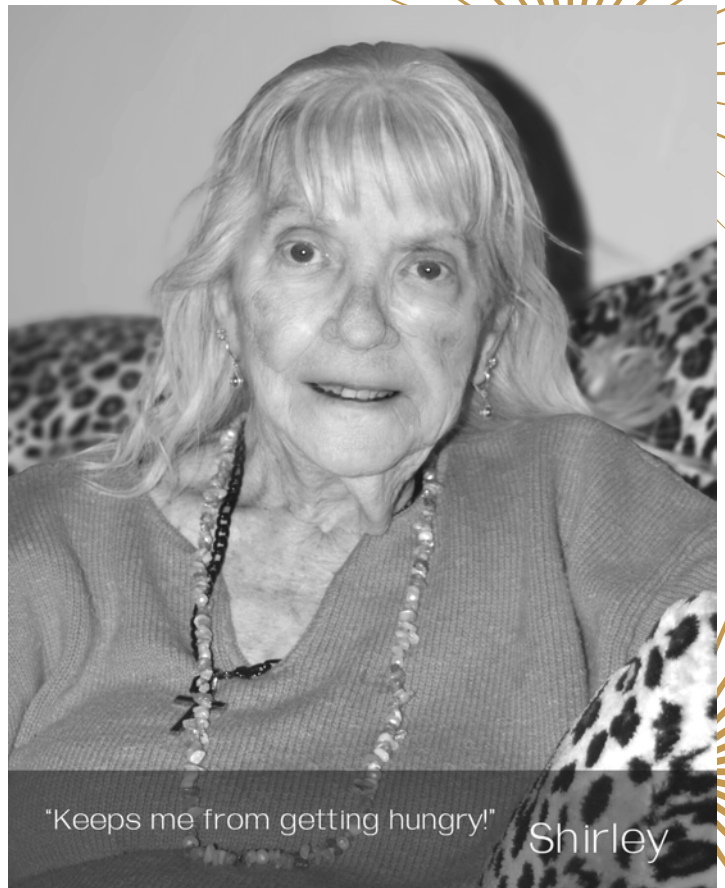


For more information, visit the official OAM website,
<https://acl.gov/oam/2023/older-americans-month-2023>



Vernon: "I can't cook, we'd miss meals without Prescott Meals on Wheels. The program is wonderful and we love it."

Vernon & Joan



"Keeps me from getting hungry!"

Shirley

Prescott Meals on Wheels

50th Anniversary

We asked our clients:

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



"I can talk to someone. Meals are great, but secondary. Company is most important."

Ester

WE LOVE OUR VOLUNTEERS

**50 YEARS OF
PREPARING AND
PACKING FRESH,
DELICIOUS MEALS**

**50 YEARS OF
DELIVERING
NOURISHING MEALS
TO HOMEBOUND
ADULTS**

**50 YEARS OF
PROVIDING
MOMENTS OF
HEALTFELT
COMPANIONSHIP**

On April 28th we were delighted to celebrate the volunteers of Prescott Meals on Wheels by hosting a Volunteer Appreciation BBQ in their honor. Around 175 volunteers attended the event held here at the Café on Rosser and The Center. There were games, beverages, delicious food, and even a mini horse! This was a wonderful time for the volunteers to kick back, relax, and get to know each other. Our volunteers work extremely hard all year long to help carry out the mission here at Prescott Meals on Wheels. Simply put, we could NOT do this without them. Each volunteer plays a vital role in serving our homebound clients. We are celebrating our 50th Anniversary this year, that which would not have been reached without all of the amazing volunteers past and present!



FACILITY RENTAL

Looking for a place to rent for your next meeting or event?
Check out our Café on Rosser dining room and kitchen to
see if it's just what you're looking for.



Our dining room facility is a reasonably priced option for your next event, meeting, celebration, reception or party. We can accommodate up to 140 people theatre style or 100 people in a dining room setting. Have your event catered, host a potluck, or rent out our kitchen to cater your own event.

We also rent out our conference room for meetings or small groups.

For more information, contact:

Jan Kirk

(928) 445-7630 ext. 605

A Bitter Sweet Goodbye

On March 12, 1973, Prescott Meals On Wheels opened its doors and has pursued its mission of service for the last 50-years.

It has been my privilege to serve as the executive director of this extraordinary organization for the last 10-years, one-fifth of the organization's history.

Partnering with you, our volunteers, donors and community partners, we have grown, adapted and, most importantly, delivered on our promise and our mission of service to thousands of our community members who benefit from Prescott Meals On Wheels.

The time has come for me to pursue other interests and make way for the next generation of leader to take the helm.

My work with all of you has left me more fulfilled than I ever thought possible. To each of you I extend my deepest gratitude for allowing me to be a full participant in the exceptional work we deliver each and every day.





Volunteer Spotlight

BY ADAM YOUNG

Tuesday Crew



If you hear cheerful singing coming from our kitchen, it must be Tuesday at Prescott Meals on Wheels! Let's meet the "Tuesday Crew" of Reggie Harrison, Gloria Kukla, Vikki Mitchell-McCloud, Linda McNeil, Ginny Noell, Caryl Ainley, and Jaynie Massrey. The Tuesday Crew is a mix of newer and veteran volunteers, who have been with us from 6 months to 8 years. Total it all up and this team has over 24 years of experience in our kitchen! That is dedication. You might wonder what keeps them coming back every Tuesday for so many years. Ginny and Linda both said "Helping others." Vikki said "my group and our clients," while Caryl said "the work and the people." Jaynie mentioned how she likes to care for others and that the team takes care of her.

When we asked what they like most about being a volunteer, the most common answer was "helping people." Vikki said that the work makes her feel happy, while Reggie said he likes putting a smile on people's faces. Linda said she appreciates the warm, friendly atmosphere.

I asked the group to tell me something that happened here that stood out to them. Ginny said that the food is really good and everything is organized. Caryl said that you get to do what you love to do. Gloria said that this is a great place to volunteer. Jaynie mentioned how she has gotten to know new friends.

Finally, I asked them what is something they would tell a prospective new volunteer. Reggie said, "if you want to have fun and enjoy helping people, this is the place." Gloria added, "it feels good to help people, and when you go home, you feel like you've really done something." Vikki said, "the time you volunteer is 100% returned to you" a sentiment with which the whole group agreed. Caryl had a simple suggestion: "Go for it!"

If you'd like to take Caryl's suggestion and go for it, Prescott Meals on Wheels is looking for new volunteer drivers and kitchen team members. We need volunteers who want to work on a specific day of the week, and volunteers with flexible schedules who can be substitutes. We provide training and every volunteer receives a free meal in our dining room, the Café on Rosser, after each shift.

"Kindness is one of the greatest gifts you can bestow upon another."

Katharine Hepburn



TO LEARN MORE, CONTACT ADAM AT 928-445-7745, EXT. 600 OR BY EMAIL AT ADAMPLOW@GMAIL.COM. GO FOR IT!



Café on Rosser



Hot, delicious food prepared by Chef Joseph, Prep Cook Elias and Kitchen Technician Dorothea



Our comfortable and friendly dining room is a great place to meet friends or make new ones. We encourage you to stop by and enjoy a freshly prepared meal. Our kitchen staff and volunteers look forward to serving you!

THE CAFE ON ROSSER IS OPEN MONDAY THROUGH FRIDAY FROM 11:15AM TO 12:45PM.

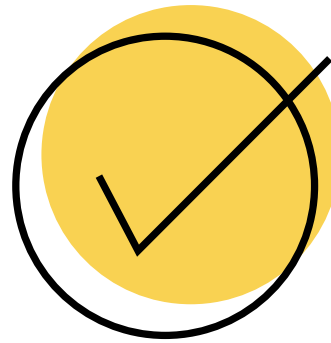


WHAT TO DO IF YOU ENCOUNTER AN EMERGENCY SITUATION

Emergency situations are often confusing and frightening. To take appropriate actions in any emergency, follow the three basic emergency action steps — Check-Call-Care. Check the scene and the victim. Call 911 or the local emergency number to activate the EMS system. Ask a conscious victim's permission to provide care.

Remember:

Never put yourself in danger when trying to help someone else. If it is too dangerous wait until emergency personnel arrive.



1. CHECK

2. CALL



3. CARE

SOURCE: [HTTPS://WWW.REDCROSS.ORG/TAKE-A-CLASS/FIRST-AID/PERFORMING-FIRST-AID/FIRST-AID-STEPS](https://www.redcross.org/take-a-class/first-aid/performing-first-aid/first-aid-steps)

Bone Health: Preventing Osteoporosis

Osteoporosis is a bone disease that develops when bone mineral density and bone mass decreases, or when the structure and strength of the bone changes. This can lead to a decrease in bone strength that can increase the risk of fractures. Osteoporosis is considered a "silent" disease and you may not know you have the disease until you break a bone.

Staying physically active

Drinking alcohol in moderation

Quitting smoking

Taking your medications and supplements

Eating a nutritious diet

Prevent falls by checking your home

Have your vision checked regularly

Have an annual checkup with your Doctor





50 YEARS
1973-2023

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PMOWcares@gmail.com

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SPONSOR SPOTLIGHT

LINCOLN
ELEMENTARY SCHOOL



Reading and Feeding Program

Lincoln Reading and Feeding Program has been a loyal supporter of Prescott Meals on Wheels since 2017!

The students at Lincoln Elementary School spend the month of February tracking how many minutes they read. They are encouraged to find adults in the community to "sponsor" them by pledging a certain amount based on how much they read. That money is then donated to organizations in the community such as Prescott Meals on Wheels.

We are so grateful for all the students who spend time reading for a great cause! This year they raised \$1,968.00 for Prescott Meals on Wheels.



THANK YOU TO OUR SPONSORS

- 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
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- Desert Financial Credit Union
- Dignity Health - YRMC
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- Fann Contracting
- Findlay Toyota Prescott
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- Fry's Food Stores
- Funny Bone monthly publication
- Grama's Bakery
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- Margaret T. Morris Foundation
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- 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

www.prescottmealsonwheels.com