



FOOD FOR THOUGHT

May 2020



Volunteer Wanda, paying us a visit outside our window.



During the month of April, we experienced a HUGE increase in not only signing up more clients, but we also delivered 6,300 homebound meals, which is 1,300 more than we usually provide. **WOW!** Our curbside lunch pick-up is also going well and we thank those who have been purchasing lunches and spreading the word to their friends and neighbors. Yes, we have been busy!

We know that the community will slowly start to open soon, but we plan on continuing our once a week meal delivery and curbside lunch pick up through at least the end of May. We will keep you informed if that changes. Until then, if you know of anyone who can benefit from our service, we encourage you to refer them our way.

Below are some important reminders about what Prescott Meals on Wheels provides:

- 1) The criteria for adults to receive home delivered meals is: Does the individual have access to drive themselves to get groceries or have someone bring them food, and/or, can they prepare food safely at home? During COVID 19 stay in place restrictions, we are temporarily accepting clients who are electing to stay at home to keep themselves safe and risk being exposed.
- 2) Access to our service is never about the cost. All individuals have unique situations and payment arrangements if any, are flexible.
- 3) We deliver meals to both Prescott and Prescott Valley.
- 4) All of our volunteer drivers are thoroughly vetted and they are required to receive a background check and Level One Fingerprint clearance with the state of AZ.

For more information on receiving meals, call 928-445-7630

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Recipe by Chef Joseph

HONEY BALSAMIC MELON SALAD

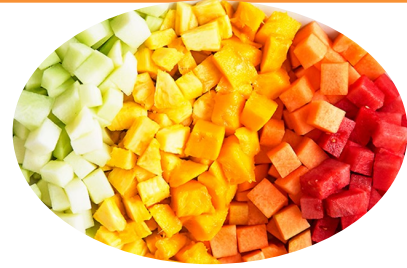
Prep:

Chill 8 Parfait Cups
Toast Sesame Seeds

Dressing:

1 cup Olive Oli
1/2 cup Red Wine Vinegar
1/2 cup Balsamic Vinegar
1 T minced Shallot
1 T Lemon Juice
1/2 cup Sugar
1/2 bunch of Cilantro, finely chopped
Pinch of Salt and Pepper

Place all ingredients into a blender or food processor and pulse on high until well blended. Chill.



Fruit:

1 cup Shaved Romaine Hearts
1/2 Cantaloupe diced
1/2 Honeydew diced
1/2 Mango diced
1 T Honey

Place shaved romaine in chilled parfait cups and set aside.

Toss diced fruit in a large bowl with honey. Scoop fruit on top of romaine in parfait cups.

Pour 1/4 cup of dressing on top of each fruit scoop. Drizzle with honey and top with toasted sesame seeds.



May is the month we celebrate and honor the contributions that Older Americans have selflessly given. They are cherished and invaluable members of our community who have dedicated themselves to improving the quality of life for future generations. We encourage you to take time this month to reach out to a senior near you with a simple hello, a smile, a gesture of gratitude, or a cheerful note.

**OLDER
AMERICANS
MONTH**



MAKE YOUR MARK: MAY 2020

An Anonymous Note to share with all of you

Dear Meals on Wheels,

Thank you for your to go Meal Program. I'm in the age group that shouldn't be out. I don't have anyone to get groceries but have been using pick up when available. I knew as long as meals were available through you I'd be okay. Food was good. Your staff was friendly and efficient. I introduced the program to a couple of my neighbors and they appreciate it also. Thank you for making a challenging time less stressful. Keep up the great job!

Volunteer Spotlight with Billi Jo

Meet Don, one of our 125 volunteer drivers. He has been with Prescott Meals on Wheels for the past 2.5 years and drives the Gamma route in Prescott Valley weekly. Don was looking for a volunteer opportunity that would keep him outdoors and interact with people.

I asked what Don enjoys most about volunteering; he quickly stated, "The camaraderie with the other drivers and interacting with the clients on my route, as they are very thankful and fun to talk to." Don adds, "I know that I am the only contact some of our clients have all day. When you see the same people weekly you build relationships and they become your friends." Don loves this organization because he enjoys working with the staff as they are all friendly and very organized.

Before retiring in 2009, Don had a 32-year career in bank finance with Wells Fargo. He and his wife then moved to Arizona to be near their children. During retirement, Don continued to work in finance part-time at AZCU for 6 years.

Don and his wife both enjoy outdoor hobbies such as hiking, fishing, and kayaking. Don also spends his time reading, drawing, creating art for their home, and making Christmas cards for their grandchildren. Don travels on an annual trip with a group of his high school friends and creates the art work for the annual patches they wear on their hats.

When traveling, Don and his wife enjoy spending time on the beach in Carlsbad. Don is a kid at heart and enjoys spending time with his two children and four grandchildren ages 9, 6, 4 and 2. For inspiration, Don had always looked up to his dad as his mentor. He describes his dad as a really easy-going guy who always thought about others and their needs. He was a very honest man. For those of you who know Don, it truly sounds as if he is also describing himself.



Since Prescott Meals on Wheels temporarily changed homebound meal delivery service to once a week, Don has been one of the weekly drivers. He enjoys being able to help during this time and says, "I get a lot more out of it than I put into it. I am just thankful that I am healthy enough to deliver to people in need." He shared that the one thing he misses most during COVID-19 is hanging out with his friends. I asked what he has learned over the last month, to which he replied, "Due to COVID-19, I have realized that I have taken freedom for granted, like shaking hands with someone. I always gave my friends and family members a hug and not being able to do so now, makes me appreciate that freedom more than ever."

Don recommends that anyone looking to volunteer should contact Prescott Meals on Wheels because, we do great things for our community and they will get to hang out with some nice people, both staff and clients. To that I add, and they get to hang out with some great volunteers like Don!



MEALS on WHEELS
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Sponsor Spotlight

Yavapai Title Agency and Prescott Meals on Wheels

partnered in 2018 for Yavapai Title Agency's employee contribution program, Yavapai Title Agency Commitment to Community, or YTAC2C for short. The YTAC2C program is meant to foster an exceptional relationship between YTA employees and the Yavapai Community.

Team Relations Coordinator, Carolyn Savage states, "It provides a simple and rewarding way for our team members to give to 501(C) (3) non-profit organizations in Yavapai County, in order to have a real, positive, and lasting impact on the places we call home."



Currently with 80% of company participation, employees can voluntarily elect to donate a portion of their earnings to support the services and programs of local non-profit organizations, such as Prescott Meals on Wheels. Carolyn shares, "Our partnership with PMOW has provided thousands of nutritious meals to homebound adults in Prescott and Prescott Valley. There's nothing more rewarding than giving back and making a difference in the lives of people in this great community."



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