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Connect deeper to our cause! Meet Sylvia



By: Desi Zurcher, Prescott Meals On Wheels Development Coordinator

Sylvia is a charming and quick-witted lady, 93 years young. She has a delightful smile, infectious giggle, and enthusiastically shows off photos of her husband, Jim, from when he was in the Army during World War II. Sylvia and Jim were married after he returned from the war. They moved to Prescott in the early 1970's, after visiting their daughter who had already moved here, and she proudly shares that both of her children had been teachers in the Prescott Unified School District. She and Jim were regular fixtures around Prescott and enjoyed the famous Prescott rodeo scene, a story told by countless photographs and posters on the walls.

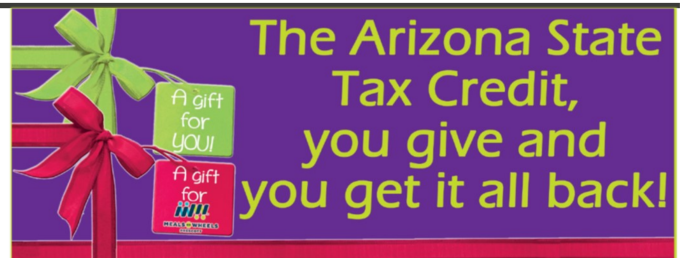
Early on in their marriage, Sylvia and Jim discovered fossil hunting, and a lifelong hobby was born. Sylvia lights up as she talks about it; it was something she and Jim always did together, and they had a circle of friends who participated in it also. She proudly shares that they even have a fossil named after them. Sylvia chokes up as she talks about how fossil hunting had been such an integral part of her marriage, and that she wished everyone could have a marriage as happy as hers had been. She and Jim were married for 72 years before he passed away.

Sylvia still lives in the house she and Jim built. "I like having my own space," she tells me. "We never lived in an apartment setting, and I'm not an apartment type of person." Sylvia and Jim became Prescott Meals on Wheels clients after he became ill, and now she says that Prescott Meals On Wheels helps her remain in her home more safely—as well as helps ease her daughter's worry about whether her mother is eating well. Her kids live nearby and check on her regularly, but Sylvia still looks forward to her meal deliveries and calls from volunteers. "Everyone is so nice, and you build a rapport with them. It's so nice that the volunteers take the time to call every day and visit to check in on me," she says. Even though meal deliveries are currently done only once a week due to COVID, she looks forward to seeing her meal delivery drivers each Wednesday. Volunteer driver, Mike (pictured with her above), is fond of her too, and makes sure her bird feeder is filled as a part of his weekly wellness visit.

As a member of the team, I love what Prescott Meals on Wheels does for people like Sylvia in our community, and I am proud that what we do is making it easier for Sylvia to stay in her home. We are people helping people—people connecting with people—and that makes us truly **More Than a Meal**.

**Here's why your Tax Credit contribution to Prescott Meals On Wheels is so important to seniors in Prescott, Prescott Valley and to YOU:**

- ⇒ Arizona taxpayers may contribute up to \$800 as a couple and \$400 for individuals.
- ⇒ Prescott Meals On Wheels is a 501(c)3 nonprofit organization. Our Tax Identification Number is 86-0417621
- ⇒ We are recognized by the State of Arizona as a Qualifying Charitable Organization #20219.
- ⇒ We do not cap or limit the number of seniors we serve - no one is turned away. Last year we served over 71,000 meals.
- ⇒ Your support makes the vast majority of our meals possible.
- ⇒ There are many ways to contribute!
  - At our office at 1280 E. Rosser St. - Monday-Friday 8am-3pm
  - Over the phone by calling (928) 445-7630 x605
  - Online at [www.PrescottMealsOnWheels.com](http://www.PrescottMealsOnWheels.com)



# Holiday Reminiscence

By: Diane Scott, Prescott Meals On Wheels Board Member

The holiday season is fast approaching and, my thoughts quickly wandered to holiday meal planning. My food choices were soon narrowed to our family traditions: holiday meals are at exactly noon, and we always have chicken for the main course. The “why” dates back to when my husband, Tim, was a child.

When Tim was eight, his parents took him to the fair and Tim won two Rhode Island Red baby chicks by flipping a coin on a saucer, which he named Birdie and Red. When the chicks were about a year old, Birdie and Red would sit in the basket of Tim’s bike and accompany him on his paper route. One Christmas, when Tim was ten, the family gathered in the dining room at noon. The garden-fresh green beans, corn, and potatoes were passed around the table. Next came a humongous platter of chicken, all kinds of fried chicken. Tim looked down toward the other end of the table where there lay another huge platter of chicken. “Mom, this is a lot of chicken,” Tim said.

A strange look came across his mother’s face. “Yes dear, you will like it,” she told him. His grandmother quickly added, “Timmy, don’t you know, chicken is good for you?” That didn’t make him feel better. Grandmother then said, “Besides, Red was doing the cock-a-doodle-do one too many times for the neighbors’ liking!”

From that Christmas on, their family started eating chicken each holiday, and it became our tradition too. We used to eat fried chicken, but we have since found a baked, skinless chicken is delicious and juicy. Were our holiday meal choices made because it was our way to eat healthy and keep traditions alive? More than likely, it was Tim’s opportunity to tell the “chicken story.”

Prescott Meals on Wheels wishes everyone health and wellness during the holidays.



## Welcoming Desi Zurcher to the Team!

We are excited to welcome Desi Zurcher as the new the Development Coordinator! Desi comes to us with a wealth of fundraising experience, and a desire to help our programs and services grow and reach more people who need them. She has a passion for people—both getting to know them and making sure they are taken care of—and we couldn’t imagine a better “home” for her to pursue that passion than here at Prescott Meals On Wheels!

## Recipe from Chef Joseph: Holiday Edition

### Joseph’s Pumpkin Bread Pudding

#### Crust

3 c graham cracker crumbs  
1 c flour  
1 c chopped pecans  
1 ½ c melted butter  
½ c sugar

#### Custard

32 oz cubed bread  
1 (16 oz) can pumpkin pie filling  
10 eggs  
1 c cream  
1 c milk

1 c sugar  
½ c brown sugar  
1 tbsp cinnamon  
1 tsp nutmeg  
1 tsp allspice  
½ c melted butter

#### Topping

2 c heavy cream  
1 c sugar  
1 tbsp vanilla  
½ c sour cream  
4 oz vanilla pudding (powder mix)

#### Directions:

**Crust:** Blend all ingredients, mix well. Press into 10x12 pan. Bake at 350 for 20 minutes. Cool.

**Custard:** Whisk all ingredients, except bread. Mix well. Fold the bread cubes into custard gently. Pour evenly into crust pan. Bake at 300 approximately 1 ½ hours, or until a toothpick comes out clean.

**Topping:** Whisk all ingredients well until it stiffens. Dollop on pudding. Enjoy!



# Volunteer Spotlight

By: Billi Jo Stedman, PMOW Volunteer Coordinator

Meet one of our wonderful volunteer drivers, Jack Miller, who has been volunteering with Prescott Meals on Wheels for four and a half years. He continues to volunteer with Prescott Meals On Wheels because he loves helping seniors and being there to meet their needs—whether with a daily meal, or supporting them in other ways, such as changing a light bulb, being a good listener, or connecting them with additional resources. According to Jack, “Delivering to the same route each week allows me to develop a relationship and learn about each individual’s habits and needs.” Jack appreciates the opportunity to be close to the meal delivery process and preparation in order to gain a greater understanding of all components that need to come together from start to finish. Jack is a member of the Outreach Committee, helping to increase awareness throughout the community about Prescott Meals on Wheels, the services we offer, with the goal of reaching and serving more clients.



Jack graduated from California State College, Northridge with a Bachelors Degree in Environmental Health. Before his retirement in 2014, Jack worked in environmental health for 43 years as a health Inspector with restaurants and swimming pools. Back in his working days as an inspector, Jack earned the nickname “Hammer” for ripping through and closing places for not following safety protocols. Based on his past experience, Jack says of Prescott Meals On Wheels, “is an outstanding operation providing delicious meals to our community we serve from a safe and clean environment.”

Jack enjoys trout fishing around Lynx Lake and in the Sierra Nevada Mountains near Bishop, CA. He also considers reading one of his greatest hobbies. He enjoys reading drama, crime, and mystery stories by James Patterson and Ken Follett—he is currently reading “Alex Cross” by James Patterson. He and his wife enjoy taking cruises and traveling to Hawaii. Jack does not cook, however he reports that his wife is an exceptional cook, and his favorite meal that his wife prepares is jambalaya.

Jack has also volunteered with the Yavapai Food Neighbor’s Project for the past three years as the Area Coordinator for Prescott Valley. During our conversation, Jack shared that the one person who truly inspires him due to how much he has done throughout his volunteer career and for our local community is Bob Painter. Bob is a former board Prescott Meals On Wheels member. He, and along with his wife Sharon, volunteered with Prescott Meals on Wheels for 17 years. Jack describes Bob as “a very passionate and big-hearted man who has dedicated much of his time to members of our community.”

We consider Jack to be cut from the same cloth as Bob; compassionate, dedicated and caring.

## Ways to Support Our Mission



MAKE A GIFT OF CASH



MAKE A VEHICLE DONATION  
CALL (855) 500-7433



CONSIDER LEAVING PRESCOTT MEALS ON WHEELS IN YOUR WILL OR BENEFICIARY DESIGNATION, AND LEAVE A LASTING LEGACY

### SHOP and GIVE with these programs:



Community Rewards Program

CONNECT YOUR FRY'S CARD TO PRESCOTT MEALS ON WHEELS AND DONATE YOUR POINTS



LOG IN TO AMAZON SMILE TO MAKE YOUR AMAZON PURCHASES AND SELECT PRESCOTT MEALS ON WHEELS AS A PREFERRED CHARITY. THEY WILL DONATE .05 % OF YOUR PURCHASE PRICE ON ELIGIBLE PRODUCTS.



WHEN YOU PURCHASE OR LEASE A NEW SUBARU, MENTION THAT YOU WOULD LIKE TO SUPPORT PRESCOTT MEALS ON WHEELS AND THEY WILL DONATE \$250!!



1280 E. Rosser St.  
Prescott, AZ 86301

P: 928-445-7630  
F: 928-445-1725

Email:  
PMOWcares@gmail.com



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*From the Prescott Meals on Wheels family, we wish you and yours a healthy and happy holiday season!*



*Thank you for your support of the Prescott and Prescott Valley communities, and a special shout out to our dedicated volunteers! So far in 2020, we have served nearly 55,000 meals to over 250 clients. We couldn't do it without you!*

## THANK YOU to our Sponsors

<b>AARP</b>	<b>Meals on Wheels America</b>
<b>Able and Ready Construction, LLC</b>	<b>Mile Hi Animal Hospital</b>
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[www.PrescottMealsOnWheels.com](http://www.PrescottMealsOnWheels.com)