

November - December 2022

Latest news and info from  
Prescott Meals on Wheels

## FACTS ABOUT ALZHEIMER'S DISEASE

Alzheimer's is a  
progressive brain disorder,  
**NOT** a normal part of aging<sup>1</sup>



**MORE THAN 6.2 MILLION**  
**AMERICANS**  
are living with Alzheimer's<sup>1</sup>

The number of Americans with  
Alzheimer's is projected to surpass<sup>2</sup>  
**13.8 MILLION** by 2060

**MORE THAN 11 MILLION**  
American caregivers provide  
**OVER 15.3 BILLION**  
hours of unpaid care<sup>1</sup>

Source: <https://alzfdn.org/alzawarenessmonth/>

Alzheimer's is the most common form of dementia. Dementia is not a single disease. It covers a wide variety of memory loss disorders. Alzheimer's makes up around 60 to 80 percent of dementia diagnoses. The majority of those with Alzheimer's are age 65 and older. The signs of dementia start out slow and progressively get worse over time. Memory loss is one of the earliest symptoms of Alzheimer's. There is no cure, but there is now one treatment that can help the symptoms of early Alzheimer's.

If you, or someone you know, has been diagnosed with Alzheimer's there are resources to help. The Alzheimer's Association has a 24/7 hotline: 1-800-272-3900 or visit their website for more information: <https://www.alz.org/dsw>

# Fun Trivia...

1. How many people work for Prescott Meals on Wheels?
2. What year did Prescott Meals on Wheels open their doors?
3. What two towns do we deliver too?
4. When did we move in to our current location?
5. Who is the current Chef of Prescott Meals on Wheels?

**Answers on Pg. 7**



In 2023 Prescott Meals on Wheels will celebrate its 50th anniversary. Can you believe it? In those 50-years the organization has had tremendous growth and is now serving over 8,000 meals each month. Fifty-years of delivering hot, fresh, delicious meals to the community. Fifty-years of friendly faces checking in on our clients. Fifty-years of no person being turned away because of their inability to pay. We are extremely grateful to our volunteers, donors, sponsors, and everyone who has helped this organization become what it is today.



# Ways to Give back this Holiday Season

As we approach this holiday season we tend to reminisce on all the things we are thankful for. However it is also easy to get caught up in all the obligations of the holidays like the shopping, planning, and traveling. Don't forget to take time to enjoy the true meaning of the holidays by spending time with loved ones and giving back to your community. Please consider giving back to the people who are served by Prescott Meals on Wheels, while spreading a little holiday cheer at the same time.

Visit <http://www.prescottmealsonwheels.com/give.aspx> for all the ways you can give back.

Prescott Meals on Wheels is a 501(c)3 nonprofit organization and an Arizona State Tax Credit Qualifying Charitable Organization (QCO) #20219 /EIN #86-0417621



## The Arizona State Tax Credit, you give and you get it all back!

### SHOP AND SUPPORT

When holiday shopping on Amazon Prime or at Fry's Grocery, they will donate a percentage of your purchase back to us!

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



Frys: [FrysCommunityRewards.com](https://FrysCommunityRewards.com)



Kitchen to Kitchen is a dedicated group of donors who give a recurring gift to Prescott Meals on Wheels. We invite you to become a member of Kitchen to Kitchen. You can set up a recurring gift through your bank, on our secure Paypal site, or by phone.



Honor the memory of someone special with a donation in remembrance. We'll notify their loved ones of your gift, which allows their legacy to live on.



Create a partnership with Prescott Meals on Wheels through sponsorship or grant support and feel good about aligning with a much needed service in our community.



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.



# Connection to the Cause



## Meet Deborah...

By: Ashley Hamilton, Development Assistant, Prescott Meals on Wheels

Deborah has been a volunteer with Prescott Meals on Wheels since 2018. She was drawn to this organization because of her desire to serve her community. Over the course of her time here she has witnessed how this organization has impacted those in need. She loves the opportunity check in and visit with her clients and often thinks about them on the days she does not deliver. She tries to help the clients any way she can. In fact, she assists one of her clients in giving her dog medication. However, she got to see the service firsthand when she fell and broke her hip. Deborah never thought she would need the services we offer but when Bert Ijams, the Executive Director, reached out to her, she hesitantly accepted the help of Prescott Meals on Wheels. She was extremely glad that she did. At first she was not sure she really needed a home delivered meal, and felt like she was not worthy, but once the volunteers started coming she was grateful for the extra help. The Prescott Meals On Wheels volunteer was the only person she saw all day. For the first time since volunteering, she was able to truly see what an impact the wellness check was for someone not able to leave their home. She was only on the program for six weeks until she was able to move independently and start cooking for herself again.



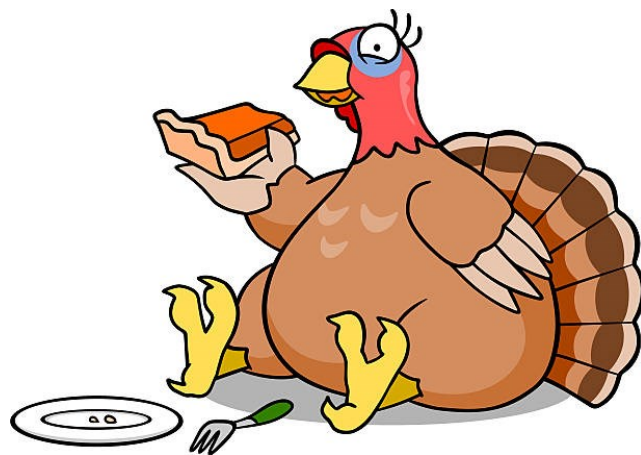
Deborah moved to this here 35-years ago. She joined the Air Force at 18 and was able to travel the world. She has two grown sons who live out of state. Along with volunteering here she also works for the City of Prescott part time in the recreation services department and for SNAP (Special Needs Adult Program).

She wants those who are considering volunteering to know that Prescott Meals on Wheels is a very meaningful place to volunteer your time. The process to become a driver is relatively simple and she enjoys working with the staff. Deborah is thankful that she is able to volunteer here and that the services were available to her when she needed them.

**928-445-7630 / PMOWcares@gmail.com**

# Healthy Eating Tips During the Holidays

1. Don't show up hungry to the event. Eat your normal meals to avoid over-eating during the actual meal.
2. Make room for healthy food. At dinners or parties don't ignore the fruits and vegetables.
3. Slow down during meal time. Eating slower allows your brain to communicate with your stomach that you are full.
4. Research healthy versions of your favorite holiday recipes. Small changes can make a difference.
5. Opt for homemade foods instead of processed foods. Sodium and sugar are often high in canned and premade foods.
6. Don't shop hungry. Try to eat at least a small meal before going to the grocery store. Unhealthy foods are less likely to jump out at you!
7. Pay attention to what really matters. Although food is an integral part of the holidays, put the focus on family and friends, laughter and cheer



Throughout the year and especially as Thanksgiving approaches, all of us at Prescott Meals On Wheels, our staff and board of directors, reflect on how fortunate we are to have the support that we do from people like you. Please accept our deepest appreciation to all of you for making our work, not only possible, but a true manifestation of our mission to deliver nourishment, care and compassion.

## 2022 Holiday Joy for Older Adults Holiday Giving Program



The **Holiday Joy for Older Adults Giving Program** is a collaboration between **Prescott Meals On Wheels, NACOG Aging** and the many community members who participate by purchasing gifts and spreading holiday happiness to our mutual clients.

**If you are interested in purchasing gifts for an older adult please call Jan at (928) 445-7630 Ext. 605**

# Round Up



# for a cause!



## Join Olsen's Prescott to help support Prescott Meals on Wheels.

Towards the end of December you can help give back by rounding up your sale at the register when you shop at Olsen's Grain in Prescott at 711 Elrod Rd.

A little change goes a long way this holiday season

# Recipe

## Holiday Pumpkin Bread

### Ingredients

**1/2 C. Flour**  
**1 Tsp Baking Soda**  
**1/2 tsp Baking Powder**  
**2 tsp Cinnamon**  
**1/2 tsp Ginger**  
**1 Tsp Salt**  
**1 1/2 C. Pumpkin**  
**1 C. Brown Sugar**  
**1/2 C. White Sugar**  
**1/2 C. Vegetable Oil**  
**1/2 C. Melted Butter**  
**3 Eggs**  
**1 C. Pecans**



### Directions

- 1. Preheat oven to 350°**
- 2. Combine all dry ingredients in one bowl and combine all wet ingredients in another bowl. Make sure to scrap bowls then stir again.**
- 3. Combine both bowls into one. Mix well until light and fluffy**
- 4. Prepare 10x5 loaf pan by buttering well and add strip of parchment paper to bottom and up the sides for easy removal.**
- 5. Pour in to loaf pan and bake in preheated oven for one hour**
- 6. Insert toothpick in to the center of loaf to make sure it is completely done.**

**Enjoy!**

Recipe By  
Chef Joseph

## Answers to Trivia:

1. How many people work for Prescott Meals on Wheels? **12**
2. What year did Prescott Meals on Wheels open their doors? **1973**
3. What two towns do we deliver too? **Prescott and Prescott Valley**
4. When did we move in to our current location? **2007**
5. Who is the current Chef of Prescott Meals on Wheels? **Chef Joseph**

**How many did you guess correctly?**

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## MI Charitable Foundation

Prescott Meals On Wheels is pleased to welcome our newest community partner and sponsor, the **MI Charitable Foundation**.



The **MI Charitable Foundation** is a partner organization of MI Windows and Doors, LLC.

The purpose of the Foundation is to provide monetary and volunteer support to local and national charitable organizations and community needs. Funds are raised by multiple, corporate level events such as the annual Charity Golf Outing and the Summer Concert Series, as well as by outreach committees at each of the six MI Windows and Doors locations.

To learn more please visit [miwindows.com/why-mi/mi-foundation](http://miwindows.com/why-mi/mi-foundation).

## THANK YOU to our Sponsors

- AARP
- Albertsons Companies Foundation
- Allegra Print & Marketing
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- American Legion Post 6, Sons of American Legion
- Arizona Public Service
- Arizona Department of Economic Security
- Bayada Home Health Care
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