

Delivering  
more than  
a meal!



50 YEARS  
1973-2023

September  
& October  
2023

# FOOD *For* THOUGHT



## Arizona Senator Mark Kelly visits Prescott Meals on Wheels



Arizona Senator Mark Kelly presented the Prescott Meals on Wheels team with a certificate celebrating 50 years of service to our community. The Senator had the opportunity to meet with a handful of homebound clients. A special thank you to the volunteers who helped to transport clients to our dining room for the event. Pictured on the left is Milton, a 103-year-old WWII veteran.

# FROM THE DIRECTOR

Dear Prescott Meals on Wheels Supporters and Friends,

We cordially invite you to attend two upcoming events. On Wednesday, September 20, from 4 p.m. to 6 p.m., The Center and Prescott Meals on Wheels will host an open house. We have made cosmetic improvements to our dining room and office and would love to show you the changes.

Then, on Friday, October 6, from 5 p.m. to 9 p.m., we are co-hosting a Casino Night fundraiser with The Center. You can try your luck at the casino tables and enjoy delectable appetizers with live music. You can purchase casino night tickets online by clicking here to register. The evening promises to be an exciting blend of entertainment and fun!

We are thrilled to publicize a significant development within our organization. It is a great pleasure to announce that Adam Young has been promoted from his role as Volunteer Coordinator to the position of Volunteer Director at Prescott Meals on Wheels.

Adam's leadership has been invaluable to our cause over the past year. Adam has consistently demonstrated his commitment to making a positive impact. His ability to inspire and lead our incredible team of volunteers has undoubtedly contributed to our success and clients' well-being. As we embark on this new chapter with Adam at the helm of our volunteer initiatives, we invite you to join us in celebrating his well-deserved promotion.

Thank you for volunteering and for your direct financial support. You can always donate via our website. Your unwavering support enables us to continue to make a meaningful difference in the lives of our clients.

See you at the Open House and Casino Night!

Warm regards,

Neal Sneller  
Executive Director  
Prescott Meals on Wheels



## ARIZONA PHILHARMONIC Our 6th Season



September 10 • *Serenades and Symphonies*

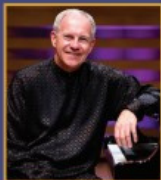


November 19 • *Sonoran Winds*



December 17

*We Wish You Christmas*



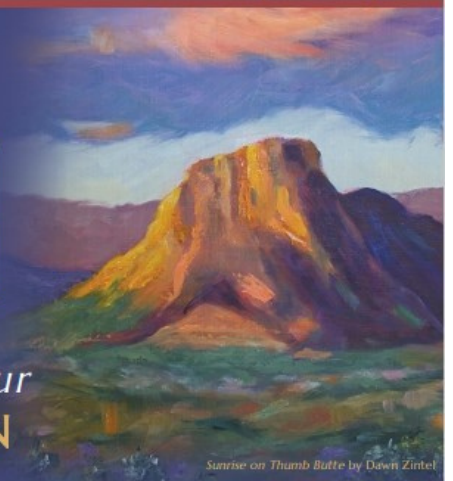
January 7

*Anton Nel & AZ Phil*



February 18

*James D'León & Friends*



*Sunrise on Thumb Butte by Dawn Zintel*

We Welcome You to Our  
**2023-2024 SEASON**  
*in the Beautiful*  
**Ruth Street Theater**

Prescott's  
Philharmonic

Visit [AZPhil.org](http://AZPhil.org)  
for tickets  
and information



March 24  
*Quartz Ensemble*



*The best sound in town!*

# Where it all began...

## First Meal Served March 12, 1973

Through this brochure we wish to visit with you with respect to:

### GOLDEN AGE NUTRITION

ARE YOU 60 OR OVER?

TIRED OF TRYING TO COOK FOR JUST

ONE OR TWO?

DON'T FEEL ABLE TO SHOP FOR YOUR

GROCERIES?

DON'T WANT TO EAT ALONE?

Why not have a **HOT MEAL** in a friendly atmosphere

AT THE

### GOLDEN AGE NUTRITION

YMCA MULTIPURPOSE BUILDING  
750 Whipple St., Prescott, Arizona

THE SPOUSE OF A PERSON 60 OR OVER IS WELCOME.

The growth in our attendance as noted on page one is certainly indicative of a good, sound, successful much needed program.

This program was, and is, set up to provide men and women over 59 with a good nutritious meal.

The reason for this being that often the preparation of a well balanced meal becomes an overpowering chore.

Over and above the nutritious meal, our program provides the opportunity of the participant to meet, greet, and mingle with a warm, friendly and hospitable group.

The need, as related above, becomes more apparent as the years go by. People live longer and often through this longer life they are left completely alone.

This is a very sad and hopeless feeling. In consequence of this being alone, they become the recluse, the hideaway and the withdrawn person, who in turn becomes a very serious and expensive welfare case.

One of the purposes of this brochure is to determine if you know of individuals that would benefit by our program.

Because the meals program must eventually become self-supporting, we are dependent on many volunteers.

We wish to thank you in advance for your time, consideration and assistance in this much needed work.

IF YOU WOULD BE WILLING TO VOLUNTEER PLEASE CHECK THE LIST BELOW:

Cashier \_\_\_\_\_  
Dishwasher \_\_\_\_\_  
Driver Helper \_\_\_\_\_  
Deliver Food \_\_\_\_\_  
Hostess Greeter \_\_\_\_\_  
Janitorial \_\_\_\_\_  
Entertainer \_\_\_\_\_

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_

Please register me for your noon meals program:

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Age \_\_\_\_\_ Phone \_\_\_\_\_

I would like to have an Outreach worker call on me:

Please cut out above and mail to:  
Nutritious Meals for Retirees  
750 Whipple Street  
Prescott, Arizona 86301



REGISTRATION TABLE

Advisory Council sets the policy for operation through funds received from Yavapai Council on Aging. The Northern Arizona Council of Government makes this program possible, through Title VII funding.



BUS TO MEALS PROVIDED  
Call 445-7630 to locate Bus Stop.



ENTERTAINMENT PROVIDED AT MEALS



LOUNGE AND LIBRARY PROVIDED BY PARTICIPANTS



SERVICE AT STEAM TABLE

Besides donations of money used to continue project, many articles such as office supplies, etc. are gratefully accepted. Below is our 10 most wanted list:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

If you can donate any of the above please call 445-7630 immediately.

### GOLDEN AGE NUTRITION



OUR FIRST MEAL.....March 12, 1973  
The first meal was served in the First Methodist Church with 10 participants present.



ATTENDANCE NOW.....1976

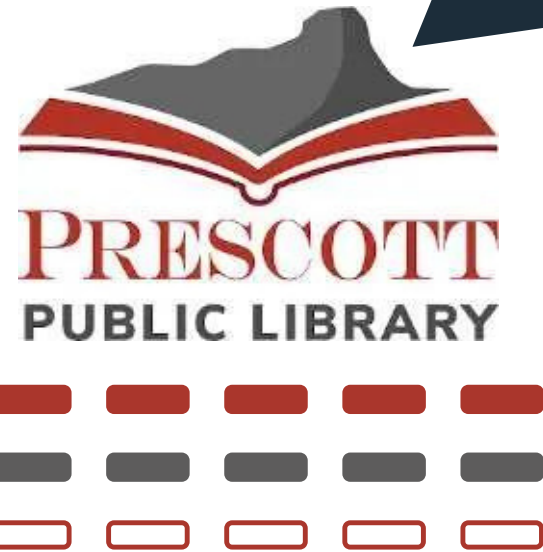
Since that time attendance has grown to over 150.

MONDAY THROUGH FRIDAY.....except holidays. NUTRITION PROGRAM Y.C.O.A.  
335 E. AUBREY  
PRESCOTT, AZ 86301

11:00 A.M.....to.....1:00 P.M.

750 Whipple St. Phone 445-7630

DONATION FOR MEAL ACCORDING TO YOUR ABILITY TO PAY.



Thank you to our amazing community partners, the Prescott Public Library, for inviting us to be a part of the Betty Ritter Viewerie! For the entire month of July, Prescott Meals on Wheels was showcased on the second floor of the Prescott Public Library. We appreciate all the ways that the Prescott Public Library supports the mission of Prescott Meals on Wheels. They supply books for our "Book Nook" where members of the community can come and take a book to read, then return it. About once a month they also host "Lunch with a Librarian" here at the Café on Rosser.

For more information visit: <https://prescottlibrary.info/>

## Turn Your Wheels into Meals!

Donating a vehicle, RV, boat or motorcycle is an easy and free way to support Prescott Meals on Wheels! Give us a call to handle the tow and sale of your unwanted vehicle. The process is easy and the pick-up is free!



50 YEARS  
1973-2023



To learn more, call or visit us online:  
844-411-5768 | [mealsonwheels.careasy.org](https://mealsonwheels.careasy.org)

# VOLUNTEER SPOTLIGHT

By Adam Young



## Meet Miranda...

If you've visited our dining room for lunch on a Monday anytime over the last 10 years, you have probably met Miranda Chatham at the desk. Miranda has been volunteering with us since 2005, longer than we've been in our current building on Rosser Street. Let's get to know a little more about Miranda.

Miranda was born in Athens, Greece, and has lived all over the world including in Saudi Arabia, Egypt, and France. She has lived here in Prescott for 18 years after moving with her daughter from California, where she had lived since 1958.

Miranda came to Meals on Wheels through her love of bridge. She had always enjoyed volunteering and when she came in to play bridge, she saw us and decided to become a volunteer. Bridge has been her passion for over 40 years. She enjoys it because it "keeps my mind going" and it helps fill her days. She is competitive by nature and particularly enjoys playing Duplicate Bridge in which each person plays the same hand, thereby reducing the amount of luck in the game. She is a Sapphire Life Master, one level below the highest ranking in competitive bridge. She has played national champions of many countries, and she even got to play bridge once with Omar Sharif, the actor, and renowned bridge columnist. Sharif was such a celebrity at the time that they had to put a rope around his table to keep autograph seekers away!

Miranda truly believes in the mission of Meals on Wheels. She said, "it's wonderful to not let anyone go hungry. It's rewarding and it helps people." Because of her dedication, she says she's gotten to know her clients so well that she doesn't have to ask the names of our regular clients in the dining room. And on those rare occasions when she is gone, they ask "where's Miranda?"! Miranda also devoted many hours to hand rolling the coins from our coin collection cans. A tedious task, yet she always looked forward to it!

We are so very pleased and grateful to have a wonderful volunteer like Miranda. She has been a committed volunteer for Prescott Meals on Wheels. Even at 96 years old, Miranda still wants to help those in need in our community. So, the next time you visit us on a Monday, be sure to stop by the desk and meet Miranda. She would be happy to help you!



# Open House & Ribbon Cutting

**September 20, 2023**  
**4-6 PM**

Be our guest for tours of The Center and Meals on Wheels at our first joint event! Learn more about what we do for the community, have a great evening, and meet the staff!



Tours ● Refreshments & Snacks ● Raffle ● Prizes



**MEALS on WHEELS**

The Center & Meals on Wheels

1280 E. Rosser Street | Prescott, AZ 86301

[www.thecenteronrosser.org](http://www.thecenteronrosser.org) & [www.prescottmealsonwheels.com](http://www.prescottmealsonwheels.com)



# Casino

N I G H T

Brought to you by



And



MEALS on WHEELS

Friday, October 6  
5:00 - 9:00 pm

Tickets: \$50

*Mood Swing Band*

Games | Silent Auction | Raffle

Appetizers | Cash Bar

1280 E. Rosser Street in Prescott!

Sponsor a gaming table! Call 928-778-3000.

Get Your Tickets:  
[www.thecenteronrosser.org](http://www.thecenteronrosser.org)



**50 YEARS**  
1973-2023

# SPONSOR SPOTLIGHT

1280 E. Rosser St.  
Prescott, AZ 86301  
P: 928-445-7630  
PrescottMealsOnWheels.com

Email:  
PMOWcares@gmail.com



**Assisted Living Locators**  
Your local senior living advisor

When the time comes to move a loved one into an assisted living facility, the task can seem daunting and confusing.

Luckily, there is a company right here in Prescott that can help with all the details and make the process seamless.

Assisted Living Locators, owned and operated by Prescott Native, Ashly Blackwell, RN, is a senior living advisor service that assesses your loved one to identify their needs and then places them in a care facility that is best suited for them. Ashly, a Registered Nurse, provides an in-person assessment that determines her client's care and medical needs prior to appropriate placement recommendations. She is dementia and Alzheimer's certified and is connected with all of the facilities in Prescott and Prescott Valley that specialize in those conditions. And the best news? Assisted Living Locators services are 100% free of charge!

Call 928-421-1872 for more information.

Thank you, Assisted Living Locators, for your support of Prescott Meals on Wheels!

## BOARD OF DIRECTORS

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- Sturgis Robinson**  
Vice President
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- Joseph Wohl**  
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- Elias Nava**  
Prep Cook
- Dorothea Kassahn**  
Kitchen Technician
- Yoshiko Jai**  
Kitchen Helper

## THANK YOU TO OUR SPONSORS

- Albertsons Companies Foundation
- Allegra Print & Marketing
- Aspen Communications LLC
- Assisted Living Locators
- Post 6, Sons of American Legion
- Arizona Public Service
- Arizona Department of Economic Security
- Bayada Home Health Care
- Bobby's Repair
- City of Prescott
- Costco
- Desert Financial Credit Union
- Dignity Health - YRMC
- Dutch Bros Coffee
- Fann Contracting
- Findlay Toyota Prescott
- Findlay Buick GMC Prescott
- Fry's Food Stores
- Funny Bone monthly publication
- Grama's Bakery
- High Desert Pet Hospital
- Holsum Bread
- Hosler Wealth Management, LLC
- iCare Adult Day Care
- J. W. Kieckhefer Foundation
- Kemper and Ethel Marley Foundation
- Lamb Chevrolet Auto Group
- Lincoln Elementary Reading and Feeding
- Margaret T. Morris Foundation
- Maverick
- Meals On Wheels America
- MI Charitable Foundation
- Mile High Animal Hospital
- NACOG Aging
- Olsen's Grain Prescott
- Panera Bread
- Prescott Area Association Of Realtors (PAAR)
- Prescott Noon Lions
- Rockwell C. Webb Foundation
- Thumb Butte Animal Hospital
- Yavapai Prescott Indian Tribe
- Yavapai and Pioneer Title Agencies

[www.prescottmealsonwheels.com](http://www.prescottmealsonwheels.com)