

September - October 2022

Latest news and info from
Prescott Meals on Wheels

According to the National Council on Aging, Suicide is one of the leading causes of death in the U.S., affecting people of all ages.*



The highest suicide rates are among seniors ages 85 and older. Older adults are especially vulnerable to suicide for a number of reasons:

- Grief over lost loved ones
- Loss of Self-Sufficiency
- Chronic Illness and Pain
- Cognitive Impairment
- Financial Troubles

The physical, emotional, and cognitive struggles faced by older adults can lead to feelings of depression and hopelessness. The social isolation seniors face can contribute to depression. Checking in on your friends and family may go a long way in preventing suicide.

The following myths and facts about suicide may help create a greater understanding of suicide and the people who consider it.**

Myth: You can't ask someone if they're suicidal

Fact: Evidence shows asking someone if they're suicidal could protect them. Asking someone if they're having suicidal thoughts can give them permission to tell you how they feel and let them know they are not a burden.

Myth: People who talk about suicide aren't serious and won't go through with it.

Fact: People who die by suicide have often told someone that they do not feel life is worth living or that they have no future. It's important to always take someone seriously if they talk about feeling suicidal. The majority of people who feel suicidal do not actually want to die - they just want the situation they're in or the way they're feeling to stop.

Myth: If a person is serious about killing themselves then there's nothing you can do.

Fact: Often, feeling actively suicidal is temporary, even if someone has been feeling low, anxious or struggling to cope for a long period of time.

Myth: You can't tell when someone is feeling suicidal

Fact: Suicide is complex and how people act when they're struggling to cope is different for everyone. Sometimes there are signs someone might be going through a difficult time or having difficult thoughts. For some people, several signs might apply - for others just one or two, or none.

We can all help prevent suicide. As part of our mission and our daily meal delivery, Prescott Meals on Wheels provides moments of companionship. Millions of seniors are homebound. For many, our Prescott Meals on Wheels volunteer is the only human contact they have each day.



*www.ncoa.org

**www.samaritans.org



Empty Bowls 2022

September 18 from 11:00am - 2:00pm

Courthouse Square, Prescott, AZ

Empty Bowls is an international grassroots effort to fight hunger and was created by The Imagine Render Group. The basic premise is simple: Potters and other craftspeople, educators and others work with the community to create handcrafted bowls. Guests are invited to a simple meal of soup and bread. In exchange for a cash donation, guests are asked to keep a bowl as a reminder of all the empty bowls in the world. Attendees will line up to select a locally handcrafted bowl and receive two servings of soups from 14 local restaurants.

Prescott Meals on Wheels was kindly invited to participate this year. Chef Joseph will be preparing a delicious soup for this event. This cost is \$20 per bowl. You can find more information at: <https://prescott-empty-bowls.square.site/>

Notes of Appreciation...

Norma (Client):

“ Thank you to all the wonderful volunteers, cooks, and helpers that make this much appreciate service possible. ”

Sharon (Client):

“ Prescott Meals on Wheels is like the Post Office, delivery rain or shine. I appreciate the volunteer driver for delivering in the rain. ”

Irene (Donor):

“ Thank you for helping those in need. You made a difference in my brother's last months. ”



Have you stopped by our Café on Rosser and enjoyed a hot delicious lunch? If not, we encourage you to come on by!

The Café on Rosser serves lunch from 11:15 am until 12:45 pm Monday thru Friday. Anyone can stop in and enjoy a terrific lunch. We also offer to-go meals as well as frozen meals you can take home and reheat.

If you have any questions please call (928) 445-7630 ext. 605.

Connection to the Cause



Meet Debbie...

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

I had the pleasure of speaking to Debbie, a Prescott Meals on Wheels client since 2021. Debbie was a nurse for over 30 years. Before that she graciously served as a medic in the United States Army until she was injured on deployment. Once she was medically discharged from the military she went to school to become a nurse. Debbie really enjoyed her career as a scrub nurse at the VA hospital. While she was working as a nurse in Kansas, Debbie became familiar with her local Meals on Wheels program.

About three and half years ago Debbie took in four veterans that all needed help. They live together and look out for one another. They receive help from the VA but not enough to get by. They were falling through the cracks. During the pandemic Debbie struggled finding someone to help her and it became very difficult to do daily tasks, including cooking meals. Along with the pandemic came the rising cost of food. Debbie and her friends struggled financially to purchase healthy foods. And, as a result, the lack of good nutrition became an issue. They reached out to Prescott Meals on Wheels and Debbie shares that it was a lifesaver for all of them. Without the daily meal she and her fellow veterans receive they would struggle to make it through the month.

Not only are the meals a tremendous help to Debbie's household, the daily welfare check from our volunteer meal delivery drivers has been a huge blessing. Debbie tells me the volunteers always take time out of their day to see how they are doing. It's been a big comfort to Debbie and her friends. She is so grateful for the connection she made with Prescott Meals on Wheels and couldn't imagine going without it.



Pictured is Debbie and her friends, all veterans and clients of Prescott Meals on Wheels

928-445-7630 / PMOWcares@gmail.com

STOP FALLS THIS FALL

A FALL PREVENTION
AWARENESS DAY EVENT

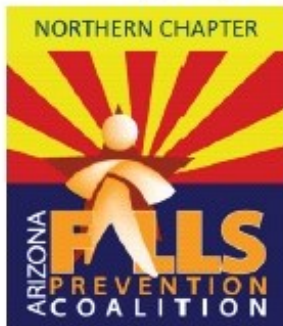
September 20 @ 11am



FEATURED VENDORS

Location:
Meals on Wheels/The Center
1280 E. Rosser, Prescott

Join the Northern AZ Falls Prevention Coalition and community partners for an interactive day of learning. **Stop Falls This Fall 2022** will



highlight different strategies older adults can take to stay safe and reduce their risk of a fall.

For Questions Contact:
Beth Brehio
928-460-5571

This event is complementary to the public.

Fall Risk Assessments
ARIZONA STATE UNIVERSITY

Firefighters & Falls
PRESCOTT FIRE DEPARTMENT

**Falls Statistics &
Infection Control**
YAVAPAI COUNTY

**Resources on hearing,
vision, Carfit--and more!**

Done with it? Do **good** with it.



DONATE

YOUR VEHICLE

TO BENEFIT PRESCOTT MEALS ON WHEELS

We accept all types of vehicle donations running or not, like cars, trucks, motorcycles, RVs and even boats. Plus, our vehicle donation program makes it easy and takes care of everything. We'll arrange for the free pick-up and handle all the paperwork, including sending you a donation receipt for your tax-deductible gift. Vehicle donations can drive hundreds of dollars in support of our programs that allow seniors to age with dignity and without fear of hunger.

Call 1-855-500-7433 or visit:

<https://careasy.org/nonprofit/Prescott-Meals-on-Wheels>

“What you do is your history. What you set in motion is your legacy.”

- Leonard Sweet



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.

Examples of a Legacy Gift

- ◆ **Will Bequest**
- ◆ **Beneficiary Designation**
- ◆ **IRAs**
- ◆ **Property**
- ◆ **Annuities**
- ◆ **Trusts**
- ◆ **Savings and Brokerage Accounts**
- ◆ **Tribute Gift**

Saying Farewell & Hello



Thank you Kristina for bringing so much color to Prescott Meals on Wheels! You will be missed. We wish you the best in your future endeavors.

Please welcome Adam Young, our new Volunteer Coordinator. We are very excited to have Adam joining the team here at Prescott Meals on Wheels!



10 Simple Ways to Relieve Stress

1. Take a Nap
2. Exercise
3. Take time for yourself
4. Surround yourself with the right people
5. Stay hydrated and remember to eat
6. Don't procrastinate
7. Talk about what's stressing you out
8. Realize nothing is perfect
9. Laugh!
10. Be proud of your self



Butternut Squash Casserole

Directions

- Preheat oven to 400°. Coat a 13"-by-9" baking dish with non-stick spray.

- In a medium skillet over medium heat, cook bacon, stirring occasionally, until crisp, about 5 minutes.

- Transfer bacon and 2 tablespoons bacon fat to a large bowl. Discard remaining bacon fat or save for another use. Add squash, onion, leek, kale, garlic, sage, thyme, salt, and black pepper to bowl. Toss to combine.

- Arrange vegetable mixture in an even layer in prepared dish. Bake until a knife easily inserts into squash, about 30 minutes.

- Top casserole with mozzarella and cheddar in an even layer. In a small bowl, mix panko, Italian seasoning, and oil, then sprinkle over cheese.

- Continue to bake until cheese is melted and bread crumbs are golden brown, 10 to 15 minutes more.

Ingredients

- 1/2 lb. thick-cut bacon, sliced in 1" pieces
- 1 (2-lb.) butternut squash cut into 1" pieces
- 1 medium yellow onion, finely chopped
- 1 leek, halved and sliced 1/2" thick
- 3 c. roughly chopped kale
- 2 cloves garlic, thinly sliced
- 2 tbsp. chopped fresh sage
- 2 tbsp. fresh thyme leaves
- 2 tsp. kosher salt
- 1 tsp. freshly ground black pepper
- 1 c. shredded mozzarella
- 1 c. shredded sharp white cheddar
- 1/2 c. panko bread crumbs
- 1 tbsp. dried Italian seasoning
- 1 tbsp. extra-virgin olive oil

Source: www.delish.com

Enjoy!

Prescott Meals on Wheels would like to take this opportunity to say thank YOU! We are tremendously grateful for all the support we receive. To all of our volunteers, donors, sponsors, and community partners we extend our deepest gratitude. We could not do what we do, without all of you.

THANK YOU!

1280 E. Rosser St.
Prescott, AZ 86301

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

Email:
PMOWcares@gmail.com



Board of Directors

Richard Ach
President

Gary Fretwell
President Elect

Earl Moss
Immediate Past President

Larry Culver
Treasurer

Jim Lark
Secretary

Barry Barbe

Rakini Chinery

Sturgis Robinson

Kristyne Schaaf-Olson, Esq

Dave Marston
Director Emeritus

Bob Painter
Director Emeritus

Staff

Bert Ijams
Executive Director

Tom Gross
Director of Development

Sarah Bradley
Client Services Coordinator
Prescott

Tammy Waithman
Client Services Coordinator
Prescott

Kayla Wood
Client Services Coordinator
Prescott Valley

Adam Young
Volunteer Coordinator

Jan Goard
Administrative Services

Ashley Hall
Development Assistant

Joseph Wohl
Chef / Kitchen Manager

Elias Nava
Prep Cook

Dorothea Kassahn
Kitchen Technician

Roxie Webb Security Management

The Rockwell C. Webb Foundation has been a generous community partner of Prescott Meals on Wheels for which we are ever so grateful.



Roxie Webb Securities Management, Inc. is an asset and security management firm established and operated by a fifth generation Prescott family. The late Rockwell "Roxie" L. Webb opened Prescott's first modern stock brokerage company in Prescott in 1961.

They provide proven conservative asset management services with high standard of customer care and investment performance. Clients receive full time supervision of their securities, as well as accessibility to management regarding the guidance of their accounts. **They can be reached at 928-445-0500.**

THANK YOU to our Sponsors

- AARP
- Albertsons Companies Foundation
- Allegra Print & Marketing
- Alta Vista Senior Living Community
- Amazon Smile Foundation
- American Legion Post 6, Sons of American Legion
- APS
- Arizona Department of Economic Security
- Bobby's Repair
- City of Prescott
- Costco
- Dignity Health - YRMC
- Fann Contracting
- Findlay Toyota Prescott
- Findlay Buick GMC Prescott
- Fry's Food Stores
- Funny Bone *monthly publication*
- Gato Community Gives
- Grama's Bakery
- High Desert Pet Hospital
- Holsum Bread
- Hosler Wealth Management LLC
- Jinger Cutting, Cutting Edge Team
- J. W. Kieckhefer Foundation
- Kemper and Ethel Marley Foundation
- Kroger Foundation
- Lamb Chevrolet Auto Group
- Margaret T. Morris Foundation
- Meals On Wheels America
- Mile High Animal Hospital
- NACOG Aging
- Net Results Media
- Olsen's Grain Prescott
- Panera Bread
- Prescott Area Association of Realtors
- Rockwell C. Webb Foundation
- Thumb Butte Animal Hospital
- Wal-Mart
- Yavapai Prescott Indian Tribe
- Yavapai and Pioneer Title Agencies

www.PrescottMealsOnWheels.com