



## VOLUNTEER NEWSLETTER

FALL 2017

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glowing grow  
beautiful values  
fantastic empower  
rejuvenated  
smiley  
validated  
grateful  
heart  
charged relieved  
re-energized acknowledged  
invigorated humbled  
embarrassed star  
uber valuable shocked  
hugged thankful noticed  
sunny fulfilled  
groovy

Click on the Download Link to view the newsletter or pick up a copy in the office



FALL 2017

GRATEFUL

## 2017 Years of Service Recognition

We sure had fun at the Volunteer Appreciation BBQ/Picnic on July 18th, and hope all of you who were able to attend had a great time as well. Prescott Meals on Wheels greatly appreciates your time and dedication, and most of all, your warm and kind hearts. May you always feel gratitude from our staff, our clients, and fellow volunteers.

At the appreciation event, we recognized some anniversaries for years of service and dedication. Below are the service awards and pins given out to our wonderful volunteers this year.

### 1 YEAR (December 2015 – July 2017)

Anna P. -Store	Francis B. - Kitchen	Jack M.- Driver
Chris D. - Driver	Fred S. - Driver	Kay Z. - Driver
Denise W. -Driver	Fred W. - Driver	Kim K. - Driver

### 5 YEARS+ (2012)

Don M.- Driver	Juanita M.- Driver	Patti G.- Kitchen/Driver
Gib M. - Driver	Marge T.- Desk	Sandy B.- Driver
John B. - Kitchen	Michael A. - Driver	Thurlow B. - Driver

### 10 YEARS+ (2007)

Dale K.- Driver	Sandi P.- Driver
Don J.- Sub Driver	Olga R. Store

### FUN AWARDS

**Going the Extra Mile-** Top 3 drivers: Paul, John R. and Myles

**Top Techie -** Rod

**Got It Covered -** Thrift Store: Jeri and Pam

**Step Up to the Plate -** Kitchen: John, Neal, Nora and Patti

VALUED

# THANK YOU!

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### WOW! Check out these numbers...

#### July:

- Meals delivered: 4,692
- Volunteer hours: 1,645

#### August:

- Meals delivered: 5,177
- Volunteer hours: 1,775

## TOGETHER, WE CAN DELIVER.

The number of seniors in our country will grow exponentially over the coming years. Meals on Wheels is a proven public-private partnership that effectively addresses the challenges of aging by promoting health and improving quality of life for our nation's most vulnerable seniors. By leveraging the existing Meals on Wheels network, we have the opportunity to not only keep seniors at home, but also save billions in tax dollars by keeping them out of more costly healthcare settings- Meals on Wheels America



**Creations of Kindness-** Starting on 9/13, a group of Homeschoolers will come in the second Wednesday of each month from 1-3pm in the dining hall to work on arts and craft projects for our clients and diners. These items will range from positive messages, holiday themes, or just a simple image to brighten ones day.

**Drivers-** please keep in mind that these items will be provided to you to give to clients during your deliveries. If you have any extra arts and craft supplies that you'd like to donate such as construction paper, markers, stickers, etc., please let Michelle Brien know at 445-7630 x600. If you would like to donate candy for the Halloween candy bag craft for our clients in October, we would need it by October 11. **THANK YOU!**



**Planned Giving**  
can provide an  
advantageous way to  
support Prescott  
Meals On Wheels  
through your estate  
plan or will.

Your thoughtful  
foresight, generosity  
and continued  
commitment can help  
ensure support for  
our neighbors.

Planned gifts can be  
donated to Prescott  
Meals On Wheels in  
several ways and are  
best planned with the  
counsel of a financial  
or legal advisor.

## dates to Remember

Friday, September 15  
**ICE CREAM  
SOCIAL**  
in the dining room

*We appreciate  
you!!*

**Cleaning out your  
closets?**  
Please consider  
donating your items to  
our Thrift Store

September 22  
Fall Begins



October 11  
**Creations of Kindness**  
Halloween crafts 1-3

October 21  
Prescott Pizza Palooza  
Downtown  
11am-3pm

New to you Boutique  
Thrift Store  
**1/2 off Mondays**

**October 31st**  
**Halloween**  
**Costume Contest!**

**Spread the Word!**  
We need volunteer  
drivers for our  
Prescott Valley routes.

Like us on Facebook and stay current with our news and events!



# September is suicide awareness month

Suicide is an uncomfortable subject, but one that needs to be discussed. While the majority of our clients are seniors, it is important for Prescott Meals on Wheels to provide our staff and volunteers with information and resources.



Arizona posts a consistently higher rate of suicide for both adolescents and older adults as compared to the U.S., with older adults 65+ posting the highest rates among all ages groups. **Arizona is #8 in the nation for older adult death by suicide** (Area Agency on Aging, Region 1, 2009), and those over age 65 are the most at-risk age group nationally for suicide. Elderly white men continue to be the most vulnerable population.

**The nutritious meals, friendly visits and safety and wellness checks provided by our volunteers each day ensure our most vulnerable seniors are able to live more nourished and independent lives.**

**There is increasing evidence that Meals on Wheels improves health, reduces feelings of loneliness and isolation, decreases the rate of falls and fear of falling and helps seniors feel more safe and secure.**

## TOO MANY SENIORS IN ARIZONA ARE LEFT BEHIND, ALONE AND HUNGRY, STRUGGLING TO STAY INDEPENDENT AND HEALTHY.

**333,046** are isolated, living alone

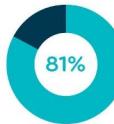
**230,914** are threatened by hunger

**419,122** are living in or near poverty



Nationally, **1 IN 6** seniors struggles with hunger

## MEALS ON WHEELS DELIVERS THE SUPPORT THAT KEEPS SENIORS IN THEIR OWN HOMES, WHERE THEY WANT TO BE.



say it improves their health



say it enables them to remain living at home



say it makes them feel more safe and secure

Meals on Wheels America 2017 statistics

## Suicide warning signs: These are just a few signs that may be an indication.

Talk of death and suicide, or hopelessness; Increased alcohol or prescription drug use; Aggression; Giving away possessions; Expressing that they are a burden to others or have no reason to live.

## What to do if a client is showing signs of suicidal thoughts

Listen. Show that you care and that their life matters.

Provide them with a brochure for Senior Peer Prevention Program + Suicide Prevention Lifeline 800.273.8255. There are copies for drivers in your clipboard case for the day

Let PMOW Client Services Coordinator know about client for follow up



**MEALS on WHEELS**  
PREScott  
TOGETHER, WE CAN DELIVER.

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**Michelle McKenzie**  
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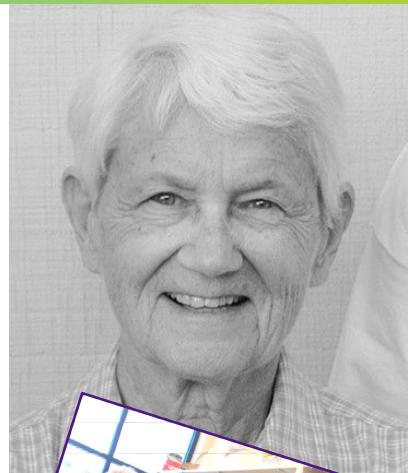
# Remembering Shirley Johnson

Prescott Meals On Wheels lost a dear friend and a treasured volunteer with the passing of Shirley Johnson this past month.

Shirley volunteered in the thrift store and led the team of kitchen volunteers each Thursday, along with her sisters Dot and Betty. She had been an active volunteer since 1994, and prior to that, she volunteered for Meals on Wheels in Michigan and New York. Shirley was also active with the Girl Scouts, food banks, and church fundraising activities.

Her commitment to the people served by Prescott Meals On Wheels was unwavering. She was loved and respected by everyone who knew her. Her voice, her presence and her generous spirit will be greatly missed.

There will be a memorial service November 25, at the Prescott United Methodist Church.



CH-CH-CH-CHANGES!

We will miss Sandee Gentry and wish her well on her new chapter with her family in New Jersey. Her position was split into two separate jobs, bringing in two new employees: Rita Perez as the Office Administrator, and Michelle Brien as the Volunteer Coordinator.

In the kitchen, we now have John Lemieux moving into the Chef position and bringing us some welcomed changes to the menu. Isaac Escalante is now our Prep Cook, and Michelle McKenzie (M&M) joins us as the dishwasher and custodian.