



Mobile Meals News

A Bi-Annual Newsletter

Fall 2011

Mission Statement

Mobile Meals helps preserve the health, dignity and independence of homebound adults by delivering special diet meals.

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Turning Lemons into Lemonade

Congratulations Mr. and Mrs. White! Fred White got married on Valentine's Day with Mobile Meals help! Just last spring he was in need of Mobile Meals while he recovered from a car accident.



One day last spring, Fred left his house on an errand. He had no idea that he had Type 2 Diabetes. As he was driving, his blood sugar was elevated. This caused him to lose his sight resulting in a car accident. At the hospital, the doctors told him that he had blocked arteries and the car accident actually saved his life.

While he was at St. Joseph's Hospital or during the four weeks in rehabilitation at Via Campana (he can't remember) - he was given Mobile Meals' phone number. He was served special diet meals during his recovery and for nine months during his recuperation, Mobile Meals delivered diabetic meals to his home.

"The meals were excellent and they made all the difference in my recovery. Thank you!" said Mr. White. "I guess I've turned lemons into lemonade" he says laughing. He had meal delivery, he's recovered from the accident, his diabetes is under control and - when Kate Hiller, the Mobile Meals Development Director spoke to him recently, he was preparing to marry his sweetheart of five years on Valentines Day in Las Vegas!

Happy Holidays!

Our clients will be home for the holidays and we'd like to take each one of them a small gift with items they truly need. Won't you help by donating a gift bag?

Please wrap items suggested below in tissue, place items in a holiday gift bag and include a card or tag with your first name only. We will need 230 bags, one for each of our clients. Our drivers will deliver them the week before Christmas.

« # Travel size hygiene products

« # Socks

« # Toothbrush

« # Facial tissues

Gift bags must be dropped off by **December 9** at these collection points: CareMore office, 7901 E. Speedway; Dependable Health Services, 1120 S. 22nd St.; or the Mobile Meals office at 3003 S. Country Club Rd., #219.

Good In-Deed

This short tale appeared in Reader's Digest, June 1995

Mobile Meals of Tucson is a volunteer agency that delivers meals to the homebound. One of our drivers was halfway through her route one day when her car refused to start.

She phoned a towing service. The tow-truck driver, unable to start the car, said he'd have to take it to the garage for repairs. Our volunteer was frantic - she explained that half her clients hadn't received their meals. "They'll have nothing to eat if I'm not able to get to them," she explained. So the tow-truck driver hitched the car to his vehicle and towed her around the remainder of her route, waiting while she made all the deliveries.

Submitted by Kay Nixon, former volunteer Executive Director

URGENT!!!

*We Need
Office Volunteers!*

3 hours, 1 day a week

*Please call Jeanne
622-1600*

From the Director

Mobile Meals has had a busy year!

Growth - In this last year, we experienced unprecedented growth in the number of clients we feed. This past June we delivered to 243 clients – an increase of 10% over the prior year. This tested our staff (we passed!), all our volunteers, our eight meals preparation sites AND our budget.

Thanks - A special thank you to all the drivers who did double and triple duty to make sure all our clients got their food.



40th Anniversary - I'd like to thank again all the sponsors of our 40th Anniversary in October 2010. As part of our celebration and with the sponsorship help from Cox Communications we taped two commercials starring two volunteer drivers - Ann Geiger and Ismael Quintero Jr. These commercials are still running on TV! Great visibility and no doubt led to our growing number of clients!

Our birthday party, *Passport to Tucson*, was held on a sunny afternoon at St. Philip's Plaza. Everyone who attended enjoyed the wine and sampling the great food prepared by some well-known chefs in Tucson. Thanks again to all our sponsors, chefs all who attended this celebration.

Busy Summer - In May, Mobile Meals was featured on the front page of the Arizona Daily Star with a wonderful story and picture of our driver, Scott Casterlin, highlighting our dire need for volunteer drivers and office help. We were overwhelmed with the response from the community and Jeanne Miller, Volunteer Coordinator, was kept very busy all summer getting everyone trained and working!

Thank you All - for your continued support of our mission. There are lots of ways you help Mobile Meals - your assistance, your time and your donations. Mobile Meals is a unique support service in the community. You are helping to ensure that the homebound in the Tucson area maintain their health and independence.

Priscilla Altuna, Executive Director

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Gather a group of friends and take turns delivering a route.



Board Welcomes Yvonne Keane

I am very excited to be a member of the Mobile Meals Board! I had heard about Mobile Meals from members that I work with at CareMore and they were so relieved to have this service because it was not just providing the food for the day, but it was also offering the social interaction that some would not get, if it wasn't for Mobile Meals.



Yvonne Keane

My position with CareMore is in Business development. In this position I am able to talk to different people in the community- from doctors, members, civic organizations, and now that I am with Mobile Meals I can share the information about the benefits of this program with everyone that I meet.

In my home life, I have two beautiful children: a rambunctious 3 1/2 year old girl and a very busy 1 year old boy. My husband helps me balance family and work, so that I may still be involved in my volunteer endeavors. Every day I feel blessed and am thankful for my family. I think it is important to be involved in the community because we all affect each other in some way.

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Eclectic Cafe

Mobile Meals Mondays at Eclectic Cafe

The Eclectic Cafe donates 5% of Monday's lunch receipts to Mobile Meals of Tucson.

Thank you!

Volunteer Notes

- « # All drivers **must** provide us with a current driver's license and proof of insurance card in order to drive.
- « # Don't forget to leave an "orange note" and mark the client clipsheet to tell us when you don't see your client and can't leave the meals.
- « # Please review all the client clipsheets each time you deliver – there may be a new client or even new information for a current client.

Your Confidentiality

Mobile Meals of Tucson does not sell, rent, lease or exchange your personal information with other organizations. The identity of individuals we serve and individuals who contact us is kept confidential. Use of your personal information will be limited to Mobile Meals. If you have comments or questions about our policy, please send an e-mail to info@mobilemealsoftucson.org

Everyone Can Help

Join Us in Write A Will Workshop

You can leave a legacy by putting **Mobile Meals in your will**. Working with your financial advisor to name Mobile Meals as a beneficiary for all or part of your will can help the elderly, ill and disabled homebound in your name. The Center for Planned Giving, a resource in the community, is also available to discuss legacy gifts to Mobile Meals. If you have not written a will, please join Mobile Meals at a *Write-a-Will* workshop presented by the Planned Giving Round Table in March 2012.

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WORKPLACE GIVING It's fall and time to sign up for Workplace Giving! Simply write in "Mobile Meals" on the form if your workplace offers payroll deduction programs. Employees of some private companies, the Federal Government, State of Arizona, the University of Arizona, Pima County, the City of Tucson, the Towns of Oro Valley, Marana, Sahuarita, and the Tucson Unified School District have supported us and you can too.

Our ECAP number for the City and Pima County is 9814.

IRA Charitable Rollover Extended

The compromise tax bill (Tax Relief, Unemployment Insurance Authorization, and Job Creation Act of 2010) was extended until December 31, 2011, a provision known as the "Charitable IRA Rollover" which allows taxpayers age 70½ or older to make tax-free transfers (of up to \$100,000 per year) directly from their IRA to charities.

The law, originally enacted in 2006, expired at the end of 2009, but was renewed through December 31, 2011.

You can make distributions directly to Mobile Meals from your traditional or Roth IRA, as long as you are at least 70 ½ years old when you transfer the gifts. Such gifts can be made without increasing your taxable income or withholding. Additionally, funds transferred from your IRA to a charity will NOT subject your Social Security income to higher tax levels, and will count toward your minimum required distribution (MRD).

Please note: The information above is not intended to be legal, tax, or investment advice. Please consult your attorney and/or personal financial advisor to obtain this information.

Donate and Save on Taxes

Mobile Meals of Tucson again will qualify for the Arizona Charitable Tax Credit this year. You can help to ensure that homebound adults receive the meals they need to stay healthy and independent AND earn Arizona tax credit at the same time. Mobile Meals is a qualifying 501(c)(3) charity Tax ID is #23-7157579. For more detailed information you can access the following web site: www.revenue.state.az.us.

Tax credits of between \$200 and \$400 are available based on your income and tax filing status. Complete AZ Tax Form 321; return it with your state tax return. Please contact a qualified tax professional for expert advice on your specific tax situation.

Welcome New Volunteers

Thank you!

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|-----------------------|-----------------------|
| Harold Aasland | Pamela Keane |
| Marlena Allen | Robert Kridler |
| Carroll Ann Ann Bauer | Robert Kuhlman |
| Charles Ares | Joseph Lahiff |
| Jean Ares | William Lamphere |
| Laura Arizmendi | Joe Machain |
| Andrew Avery | David Maldonado |
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| Kenneth Bauer | Suenette Maron |
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| James Blaylock | Doris Mitchell |
| Courtney Brock | James Mohr |
| Pamela Brumfield | Patricia Mosier |
| Diana Callimanis | Mary Nee |
| Christie Card | Allyn Nock |
| Beth Chambless | Abraham Ordonez |
| Mary B. Chaplain | Priscilla Ordonez |
| Georgeanna Couston | Martha B. Paynter |
| John Craven | Gerald Pechous |
| Natasha Crawford | Darren Pugh |
| Terry Dee | Grace Qhuish |
| Jinnelle Dittbenner | Joe Qhuish |
| Mary Lou Doehring | Edie Rappaport |
| Jose Dorame | Miguel Regalado |
| Willard Douglas | Vanessa Reyna |
| Hubert Duncan | Charles Robertson |
| Ronald Easley | Dara Robinson |
| Mary Ann Edwards | Sonia Rodriguez |
| Alicia Ekstrom | Chuck Rogney |
| Dee Ellis | Torrian Sandefur |
| Joshua Eriksen | Paul Santos |
| Anita Espinosa | James H. Smith |
| Matthew Farewell | Tiffany Spradlin |
| Martin Fleming | Frances Sroka |
| Barbara J. Gilmore | Theodore Sroka |
| Earl W. Gilmore | Laura Stewart |
| Don Glover | Cori Sweet |
| Ryan Gray | Margaret Thomas |
| Dered Grisard | Esperanza Torres |
| Robert Hamilton | Jenna Upton |
| Cindy Hausner | Randy Van Hulle |
| Robert Herrera | Olympia Velasco |
| Kevin Hicks | Jacqueline West Toles |
| Justin Huglin | Cathleen White |
| Yvonne Keane | Travis Williams |

THANK YOU TO OUR DONORS

March — August 2011

Anne Abbott	Martha Davis	Ronald Lewis
Marissa Alcorta	Stephanie & Gilbert Delgado	Richmond Dwight Lewis
Cathy Aldridge	Joseph Dolan	Terri & Paul Little
Constance Amspaugh	Helen Dominguez	Dana & John Loney
Valerie Anderson	Joyce Dudley	Kathi Long
Charles Balsler	George & Helen Duke	Edward & Lucille Lotz
Bryant & Betty Bannister	Herlinda Duran	Victor Lundgren
Karen Barber	Nancy Edman	Cordelia Lundquist
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Barbara Bishop	Rose Gonzales	Nathaniel & Naomi Rance McMullen
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Garrett & Bonnie Blackwell	Gloria Gonzalez	James Mikolaitis
Jan Blue	Eric & Karen Gustafson	Dr William & Mrs Miller
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Susan Bulen	Leo M Hartke	Raymond & Susan Naumann
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Katherine & Gordon Crawford	Michael I & Karen S Knotek	Richard Rowley
Dr & Elysa Crum Crum	Marita Larkin	Helen Ruble
Nathan Daou	Fu-Wen (Alice) Lee	Linda & Wallace Rumsey

THANK YOU TO OUR DONORS

March — August 2011 (con't)

Jill Sample	Margaret Trachta
Reid & Linda A. Schindler	James J. Vavruska
Drucilla Schmieder	Dean & Marilyn Vesling
David Schneider	Anthony Vuturo
Patricia Schreiner	Mary Wagner
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Ron & Leslie Siggs	Judy Walraven
Julie Simon	William Webber
Karen Sipe	Angela Weir
Mark Smith	James Wheeler
Jennifer Smith	Molly Wheelwright
Alexandra Soto	William & Marjorie Wightman
Elizabeth Souza	Cedric Williams
Heidi Tadlock	Julie Willson
James M Taub	Doris Wright
Peter Thomas	Elizabeth J. Zukoski

Many thanks for grants awarded to Mobile Meals to help supplement the cost of meals and delivery:

*Bank of America Charitable Foundation
Diamond Foundation*

*Fred and Christine Armstrong Foundation
The Joseph & Mary Cacioppo Foundation*

Pima County Outside Agency

The Eugene & Wiletta Denton Family Foundation

The Sundt Foundation

The West Inc.

TJXFoundation, Inc

*Thanks your to the following
Foundations for their support.*

Kirchgessner Foundation

Kitay Family Foundation

We Appreciate Your Support

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Northminster Presbyterian Church
Pima County Employee Charitable Appeal Campaign
Pima County Medical Society Alliance
Raytheon Charitable Giving
State Employees Charitable Appeal Campaign
Trinity Presbyterian Women
Tucson Woman's Club

IN HONOR OF, *Given by...*

In Honor of "Your Volunteers"

Yvonne M Freistedt

Edward Larkin

Marita Larkin

My Mother

Martha Turnquist

Elmer Burkland

Julie Willson

Suzy Bourque

Susan Bosse

"Homebound"

Nelwyn Boyd

Rosemary King & Helen McKenzie

Rev. Dr. W.F. & Derry Dean

Rich Cooper

Paul Duckor

All of the Mothers that delivered meals to Esther Foust

David & Georgene Foust

IN MEMORY, *Given by...*

James Bartley

Mary Bartley

Dorothy H. Britt

James Britt

Wanda Star

Susan Danos

Robert & Dorothy Mann

Carl & Sue DeBerardinis

Mina Ames

Sybil Goodkin

Burl Horton

Margaret D Horton

Joseph Gregorich

Nancy Jebsen

Doug Noll

Dr. & Mrs. John Kurtin

Sue Lauria

Sam Lauria

Juanita Maier

John Maier

William F. Peters

Julia Newman

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Laura Haber & Ivan Seward

Diane Woodrow

Antoinette Tesi

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Jim & Lu Reffkin

Cathy Tesi

Edward Jedd Roe, Jr.

Helen & Robert Freer

Gail & Bruce Grossetta

Robert & Patricia Huber

Leslie Roe

Betsy Skuce

Lamar Smith

William & Bonnie Patient

Anthony Torrance

Linn & Karen Wallace

John & Susan Lindquist

Mission Statement
 Mobile Meals helps preserve the health, dignity and independence of
 homebound adults
 by delivering special diet meals.

Mobile Meals of Tucson
 3003 S. Country Club Rd.
 Suite 219
 Tucson, AZ 85713
 Phone: (520)622-1600
 www.mobilemealsoftucson.org
 E-mail address: info@mobilemealsoftucson.org

Hours of Operation:
 Monday - Thursday
 9:00 AM - 3:00 PM
 Friday 9:30 AM - 1:30 PM
 For your convenience, an
 answering machine will pick up
 messages after hours.

Non-Profit
 U.S. Postage
PAID
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 Permit #932

Mobile Meals of Tucson
 3003 South Country Club Rd, Ste 219
 Tucson, AZ 85713

PROTECTING VULNERABLE ADULTS

Arizona's **Adult Protective Services Act** (*Arizona Revised Statutes §§ 46-451 to 46-459.*) protects against physical and financial abuse of vulnerable adults by persons in positions of trust and confidence.

Vulnerable adults are persons over 18 years of age who because of mental or physical impairment cannot protect themselves. This includes people who may still have the capacity to make legal decisions about finances, property and cash, but because of advanced age are unable to protect themselves from being abused, neglected or exploited.

Persons in trust and confidence include those in various fiduciary relationships, trustees, conservators, guardians, joint tenants in common, and persons who without any legal appointment, assume and exercise control over the vulnerable adult's care and property. Penalties for abusers can include civil damages, criminal liability, and the forfeiture of some or all hereditary and property rights.



A person in a position of trust and confidence must use the vulnerable adult's assets for the benefit of the vulnerable adult. Abuse may include deprivation of food, water, medication, shelter and other services necessary to maintain minimum physical or mental health.

Abused persons' failure to complain or other inaction does not mean they are able to protect themselves from

abuse. Victims of financial abuse are frequently reluctant to report it, ashamed to admit it, may fear retaliation if reported, may not know where to find help, or may be just too impaired to report the abuse.

Various health care providers, social workers, peace officers, attorneys, accountants, trustees, conservators, guardians and others having responsibility for the care of a vulnerable adult's health, property or finances are required to report abuse (*Davis v. Zlatos, 211 Ariz. 519, ¶¶ 28-29 (App.2005)*), and citing *Moore and Schaefer, Remembering the Forgotten Ones: Protecting the Elderly from Financial Abuse, 41 San Diego L.Rev. 505, 509-511 (2004)*. Other persons, though not required, may report such abuse to a peace officer or an adult protective services worker.

Persons reporting such information to the proper authorities are immune from any civil or criminal liability for doing so, unless they themselves are suspected or charged with abuse or where the reporting was done with malice.

Mobile Meals drivers should call the office (622-1600) if you suspect abuse, neglect or exploitation of any client. Any other instances can be reported by calling 1-877-767-2385 or local Tucson number, 881-4066. In an emergency, call 911.

Submitted by Roger Frazier, Attorney