



Mobile Meals News

A Bi-Annual Newsletter

Spring 2011

Mission Statement

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

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Volunteer driver Gloria Hirsch (center) with Mr. and Mrs. Donald Hanson,

Working Together

“The Chef at Tucson Medical Center uses his spices in the gravy and I put that wonderful gravy on almost everything”, Mr. Hanson, a Mobile Meals client proclaimed to **Gloria Hirsh**, the volunteer driver. Gloria was delivering one of the eight meal trays she delivers on Thursdays out of Tucson Medical Center (TMC). She has been a Mobile Meals driver for over a year and is fueled by her conviction that “food is a basic of life”.

After she returns the empty meal trays, Gloria continues her volunteer day holding babies and helping new parents at TMC's Neonatal Care for the afternoon. Gloria believes that food and comfort are essentials in life. And she is scheduled to deliver those essentials four days a week through her volunteerism with both organizations, and a fifth day with another group.

“ Food is a basic of life”

For over three decades Mobile Meals and TMC have been working together to deliver food and comfort to the homebound of Tucson. There are over 35 volunteers that manage the seven TMC delivery routes that feed an average of 57 clients a day. All of these clients receive food trays prepared by the kitchen staff of TMC. Each of those meals includes a lunch and a dinner as well as a short friendly visit by the Mobile Meals volunteer driver.

Sharon Allen has been delivering meals for Mobile Meals for the last three years. *And for the last five years*, Sharon has also volunteered for the TMC *Seniors Helping Seniors* program. She visits two women weekly to “just listen” and check in on them. These two programs have similar goals, to help seniors stay independent and in their homes.

(Cont' d on page

HELP!!!

We Need Drivers

Have several openings for drivers at St. Mary' s Hospital.

Can you help?

Please call Jeanne

622-1600

Thank You TMC !

Working together for almost 40 years, Tucson Medical Center and Mobile Meals together have ensured that many Tucsonans were able to remain in their own homes rather than having to make the emotionally difficult move to a nursing home. The TMC kitchen prepares 112 meals daily for volunteers to deliver and many of these same drivers also volunteer at TMC.

TMC staff also share its expertise and insight with Mobile Meals. Our newest Board member is Julia Strange who is TMC Vice President of Community Benefit. L'Don Sawyer, Director of Senior Services, served as our Board president in 2006.

Mobile Meals gratefully thanks Tucson Medical Center for their support as a lead sponsor for our 40th anniversary celebration, "Passport to Tucson".



Julia Strange

Celebrating 40 Years



Some Goodies

Chef Jon Wirtis, (right) of Shlomo & Vito's serves up his power bars at the 40th Anniversary celebration, Passport to Tucson, held last fall at St. Philip's Plaza.



Birthday Cake

The birthday cake was donated by Morrison, which also served delicious appetizers.



Catching Up!

Long-time volunteers and past board members of Mobile Meals, Joan Hall (below left) and Jackie Bell enjoyed the afternoon reflecting on their time working for Mobile Meals.



Feasting, Fun and Friends

Volunteers and friends of Mobile Meals feasted on luscious samples of healthy foods prepared by several renowned chefs from Acacia at St. Philips, Canyon Ranch, Downtown Kitchen Cocktails, Eclectic Pizza, La Posada, Morrison, and Shlomo & Vitos.

Grants awarded to help supplement the cost of meals and delivery by:

Armstrong McDonald Foundation
 Bess Spiva Timmons Foundation
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Thank you to the following foundations for their support

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Working Hard for Mobile Meals

Anastasha Lynn, Kynn Escalante and Tyna Callahan (from left) presented the proceeds Mobile Meals from the annual holiday luncheon of the Pima County Medical Society Alliance.

Mobile Meals volunteers delivered 85,964 meals in 2010.

Working Together

(continued from page 1)

“Both are wonderful programs,” Sharon notes, and “there is staff at both TMC and Mobile Meals that help find solutions to any problems I may encounter when I visit people’s homes”. Sharon loves her volunteer work. “You think you are giving, but you get so much in return. It’s very fulfilling and wonderful when you can help someone”.



Getting Ready to Drive

Don Cummins loads up at TMC to deliver meal trays to his clients.

Helen Reynolds began delivering meals since 1980, when Mobile Meals was just 10 years old. She started volunteering as a TMC Patient Assistant in 1987. When Helen started delivering, Mobile Meals was still under the guidance of founders, Rosemary King and Joanne Butterbaugh. Their husbands were both physicians at TMC when their wives answered the call to “rescue” a special diet meals program that was going to lose its funding.

As we celebrate 40 years of delivering meals to the homebound, thank you to Tucson Medical Center for partnering with us – for the preparation

IN MEMORY, Given by...

- | | |
|---|--|
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September 2010 — February 2011

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September 2010 — February 2011

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Make a donation in honor or memory of a friend or loved one, or in celebration of a birthday or anniversary. All donations help to further our mission of feeding the homebound.

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.

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

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

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