



501 East Plaza Circle, Suite 15
Litchfield Park, AZ 85340
Email: info@mealsofjoy.org
Phone: 623.594.9588
mealsofjoy.org

Meals of Joy Recent Donors

Our work is made possible in large part because of generous donations from individuals like you! Each year we strive to bring more meals to our most vulnerable clients and our donors can rest assured their support is doing just that. **Thank you!**

Arizona Community Foundation / APS	William Kinney
Jacqueline ArRhaman	Anna Lammens
Avondale Toyota	Debra McKinley
Jeannette Bartsky	Kristyn Meulenberg
Blue Cross / Blue Shield of Arizona	Oak Street Wellness
Diane DiPietro	William & Susan Schmidt
Robert Eve	Solace Hospice
Ron & Marilyn Foreman	Steve Sussman
Jim Frey	The Church at Litchfield Park
Golf & Charity Assoc.	Kenneth Ward
Robert Hatch	Russ & Janet Wenk
Robert Johnson	West Valley Mavericks

Meals of Joy Platter Chatter

A Newsletter for Supporters of Meals of Joy Home-Delivery Meal Service

FALL 2023



Our goal throughout the year is a serious one:

to make sure our West Valley seniors get their daily nutrition and — possibly just as important — a wellness check.

Our annual *Meals of Joy Gala* is a special time to have some fun, but also to honor and recognize the people in our community who have done special work to help others.

We want to acknowledge community leaders who have made a difference, but also invite **you** to be a part of this special evening. It's a night for you to make a difference. Every person attending this fun night will be helping to raise funds for Meals of Joy and our mission to help seniors.

Our honored guests, Dr. Lynne Kammeraad, Senior Pastor, from The Church at Litchfield Park and Deanna Kupcik, President and CEO, Buckeye Chamber of Commerce, will be recognized for their efforts and accomplishments in their communities. Their achievements will inspire all who attend.

Popular local group **Thaddeus Rose Band** will be playing music throughout the evening for your enjoyment and some fun on the dance floor. Guests will enjoy a

delectable three course meal prepared just for the Gala.

It is only through your help that we can continue to help those in need of a delicious meal and friendly visit from our wonderful volunteer crew.

Enjoy the evening with friends and new acquaintances, knowing that you have made a difference in so many lives.

Get Your Tickets Today!

Online: mealsofjoy.org

Just click on “Coming Events.” Doors open promptly at 5:30 p.m. A cash bar will be offered and there will be a wonderful live auction featuring packages like a wine tasting for 20 people, a boat tour including lunch and drinks, and many others!

2023 COMMUNITY IMPACT AWARD HONOREES



Rev. Dr. Lynne Kammeraad
Senior Pastor,
The Church at
Litchfield Park



Deanna Kupcik
President and
CEO, Buckeye
Chamber of
Commerce

Board of Directors

FOUNDER:

Larry Cervarich

PRESIDENT:

Jim Frey

VICE PRESIDENT:

Bill Kinney

SECRETARY:

Cynthia Knaut

TREASURER:

John Pugsley

MEMBERS:

Jill Akers

Jeannette Barsky

Brian Day

Mike McNally

Jaime Ryum

Serving most
West Valley cities,
Monday-Friday.

For information or to begin meal service:

(623) 594-9588

info@mealsofjoy.org

Online application for meal service:

mealsofjoy.org



FOUNDER'S LETTER

Help Us Bring Joy and Hope to Seniors in Need

Larry Cervarich, *Founder/Public Relations*

Our clients come to Meals of Joy for a variety of reasons: some are older folks with medical issues, others are seniors struggling to get by on social security, and some are shut in seniors with physical limitations. We also work with seniors who can't get out to shop for their own food anymore for a number of reasons. We don't have to look far to see we are needed in our community.

Even the most independent senior may experience physical declines or financial hardship that strips away their ability to take care of themselves without any assistance. Nearly 7.5 million seniors have incomes below the poverty level. After housing, utilities, and medical expenses there may be little for food. A lack of daily nutritious meals is known to contribute to depression and loneliness.

How can you help those who took care of you for so long? Your continued donations and volunteer efforts can change their daily living. Every dollar donated helps us fund meals for those who need it most.

As we enter our ninth year of providing delicious and ready-to-eat meals, we ask you consider where you may be able to be a part of helping seniors thrive in their later years of life.

The annual Meals of Joy Gala Event on October 7, 2023, is one wonderful opportunity to help us achieve our mission. Become a sponsor or purchase a ticket to the event.

Help us bring joy and hope to seniors in need. Your continued support is always appreciated.

Questions? Call (623) 594-9588. Our staff will be happy to assist you.

Volunteers Make a Difference!

Since starting our new volunteer orientation program in 2022, we have trained 71 new volunteers to date with an overall retention rate of 80%. We are always in need of additional volunteers as our current service routes grow and as we expand our delivery areas to include more clients.

The most recent class included eight participants, one of which has become a member of our Board of Directors! Currently four board members deliver at least once a week. We are so grateful for their hands-on approach to serving Meals of Joy!

We need your help!

To become a volunteer, you will need to attend a two-hour orientation session, have a vehicle, a GPS or phone to locate addresses, and the compassion to make a difference in a senior's life. You choose how much time you can give and the delivery route.

To learn more and to find out when the next orientation will be, call Pam at 623-594-9588 or send an email to pam@mealsofjoy.org.

Chef's Corner

Chef Jack, Meals of Joy



As seniors age, their nutritional needs change and it's important to be aware of the food they consume to maintain good health and well-being. Seniors face challenges such as decreased appetite, difficulty swallowing and dental issues as they age. This can greatly affect their ability to maintain a well-balanced diet. With the experience of our expert food preparation team at Meals of Joy, we constantly work to meet the needs of our seniors.

Our staff works hard to prepare foods that are not only good to eat, but nutritionally dense. Our freshly made meals have plenty of the 'four food groups' and include fruits, vegetables, whole grains and lean meat proteins and low-fat dairy products. By doing this, we aim to ensure vitamin and mineral intake while being mindful of the caloric values.

FIBER is an important part of a healthy senior diet as well. The food we prepare at Meals of Joy is prepared to help ensure a high fiber diet that aids in healthy digestion, which prevents constipation. We incorporate plenty of whole grains, fruits, and vegetables as well as legumes (beans—very high in fiber!)

PROTEIN in a senior diet is vital for maintaining muscle mass and strength and helps in healing wounds as well as supporting immune function. Our meals are prepared with high quality, lean meats, and fish as well as beans and peas.

SODIUM Also, important when considering a senior's meal plan is sodium intake. At Meals of Joy we use low or no sodium seasonings, which is very important to our clients that are dealing with cardiovascular or hypertension issues.

Making sure our seniors get a healthy, yet delicious meal takes a coordinated effort from our team but it's well worth it to be able to deliver a meal they enjoy eating!



A recent volunteer orientation gathering.



Our board members really deliver!