



555 East Plaza Circle, Suite C  
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Phone: 623.594.9588  
[mealsofjoy.org](http://mealsofjoy.org)

## Would you rather pay the state or help us provide meals to seniors right here in the West Valley?

By giving up to \$841 (married couples filing jointly) or \$421 (individuals) to **Meals of Joy**, you may be eligible to claim the Arizona Charitable Tax Credit when you file your 2023 state taxes. This means you can get a DOLLAR-FOR-DOLLAR state tax credit.

Find out more at [mealsofjoy.org](http://mealsofjoy.org) or call us at 623-594-9588.



Delivering hope, one meal at a time.

Please check with your accountant or personal financial advisor for questions and specific details about this tax credit.

Help us bring even more fresh meals to local seniors with your state tax credit!

## Thank You to Our Recent Donors!

ArchWell Health	Kroger (Fry's Food Stores)
Avondale Toyota	The Mellon Family
Jeannette Barsky	Oak Street Health
Blue Cross/Blue Shield	Osborne Jewelers
The City of Buckeye	John & Shelly Pugsley
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Ken Kelley	Vista Winds Bingo
Bill & Kathy Kinney	Zip Sprout, LLC

# Meals of Joy Platter Chatter

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

WINTER 2023

## Oh, What a Night!

On October 7, 2023, 164 friends, sponsors, volunteer drivers, board members, and staff celebrated another successful year at our annual **Meals of Joy Gala**. The largest fundraiser of the year for our organization, this year's event raised a whopping \$68,000! This amount will allow us to continue our mission of providing nutritious and tasty meals to seniors in the West Valley.

We would like to thank the 75 dedicated volunteer drivers who deliver our meals every day. This is a vital part of our mission. Our clients look forward to seeing the drivers, as this may be the only person they see during their day. A friendly smile and greeting are so important for our seniors' well-being. Some of our drivers deliver just one day a week, others make multiple weekly deliveries. It usually takes a little over one hour to deliver the meals.

Please consider becoming one of our volunteer driver heroes. Contact Pam Christy, our volunteer coordinator, at (623) 594-9588 and she will let you know how the process works. Meals of Joy conducts a monthly volunteer training session, so everyone is ready to go when they show up for their first day of delivering.

### Buy Two, Give One!

This holiday season, Meals of Joy would like to give back to those seniors that need it most, and "Buy Two, Give One!" is our newest opportunity. It's simple: just purchase any two meals at the regular price, and Meals of Joy will donate a meal to a senior in need. Call the Meals of Joy office today to place your order, (623) 594-9588 and use offer code 501.

Thank you for your support of Meals of Joy!

— Jim Frey, Meals of Joy Board President

### A big thank you to this year's sponsors:

**Main Event Sponsor:**  
The Don Mellon Family

**Gold Sponsors:**  
Avondale Toyota  
Bill & Kathy Kinney  
Oak Street Health

**Silver Sponsors:**  
Blue Cross/Blue Shield  
Arizona Southwest Refreshments  
Osborne Jewelers

**Bronze Sponsors:**  
Archwell Health  
The Hassenger Family  
Kelly's Insurance Services





## Board of Directors

### FOUNDER:

Larry Cervarich

### PRESIDENT:

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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](https://mealsofjoy.org)



### FOUNDER'S LETTER

## Wishing You a Safe and Blessed Holiday Season

Larry Cervarich, *Founder/Public Relations*

**The first quarter of our new fiscal year has been productive in many ways.** Senior clients have continued to increase along with our daily order of meals. Despite inflation affecting nearly everything we buy, we continue to strive to keep our costs low. Delivering freshly prepared meals is important to our kitchen staff and board of directors, as is being mindful of our client's budgets.

**The month of October was exciting—our Annual Gala Event was successful beyond expectations!** Sharing our mission and recognizing our Community Impact Award Honorees was a real joy. We thank Rev. Dr. Lynne Kammeraad of the Church at Litchfield Park and Deanna Kupcik, President and CEO of the Buckeye Chamber of Commerce for being true inspirations in our community. The funds raised at this event will help us to continue our mission of serving seniors in the West Valley.

### **The holidays and the end of the year are fast approaching.**

Please consider supporting Meals of Joy through the Arizona State Charitable Tax Program. This program is a win-win! By making contributions to Qualifying Charitable Organizations when filing your 2023 Arizona Personal Income Tax return, single individuals may donate up to \$421, and couples filing jointly up to \$841. Contributors receive a DOLLAR-FOR-DOLLAR STATE TAX CREDIT. Please consider contributing to help us reach our annual goals—and as always, bring more meals to those seniors who are most vulnerable.

### **The U.S. is currently experiencing the highest inflation in 40 years.**

Half of seniors living alone lack the income required to pay for basic needs. Older adults are at higher risk of malnutrition due to decreased appetite, mobility issues and prescription medication. We need your help more than ever! Thank you for your continued support and have a safe and blessed holiday season.

face challenges accessing balanced meals and meaningful social interactions.

Through the unwavering dedication of our volunteers, staff, and donors, we have been able to expand our reach, touching the hearts and lives of many seniors in need across the West Valley. Our vision is to foster a community where every senior can age with dignity, receiving the nourishment they require and the companionship they deserve.

At Meals of Joy, we believe that every volunteer has the power to make a profound impact on the lives of others.

Together, let's make a difference, one meal and one smile at a time.

## Volunteer Experience

### Jaime Ryum, *Board Member*

Are you passionate about making a positive difference in the lives of seniors within your community? Do you envision a world where nutritious meals and compassion go hand in hand? Consider becoming a volunteer for Meals of Joy, an organization committed to nourishing lives and creating a lasting impact on those in need.

Meals of Joy is a dedicated non-profit organization with a mission to combat senior hunger and isolation by providing nutritious meals and essential companionship to the elderly in our community. Since 2014, Meals of Joy has been a lifeline for countless individuals who



**As of November 6, our office moved to a new location in the same business complex:**

**555 E. Plaza Circle, Suite C, Litchfield Park**

**We have a new pick-up method** to make it easier and more convenient. The meals are now transferred directly to a cart near the pick-up location where the volunteers can park alongside our building to grab and count their bags. Once all bags have gone out the cart is moved near our door for returns. After a week it seems to be working well!



**Volunteer orientation is held twice a month.**

All orientations are held at our Litchfield Park office, 555 E. Plaza Circle, Suite C from 10:30 am–12:30 pm. Day and date vary month to month. Class size is limited to six.

**Volunteers are always needed** as we continue to see a rise in the number of clients we are serving. If you are interested in volunteering and meeting some wonderful seniors while delivering meals, please contact: Pam Christy at (623) 594-9588 or [pam@mealsofjoy.org](mailto:pam@mealsofjoy.org) or visit our website to complete a volunteer application: [mealsofjoy.org](https://mealsofjoy.org).

## Chef's Corner

Chef Jack, *Meals of Joy*



### MEAL PLANNING FOR SENIORS

Meal planning is a great way to ensure that seniors eat a well-balanced diet and nutritious meals, and involves planning meals and snacks ahead of time, based on the food groups and nutrients that older adults need.

Meal planning can help seniors save money by reducing food waste and buying in bulk. It can help them enjoy a variety of foods and flavors by trying new recipes and cuisines. Healthy recipes are in abundance online. Websites like [seniorly.com](https://seniorly.com) or [yummly.com](https://yummly.com) feature recipes specifically designed for seniors and older adults. Look for recipes that combine fresh produce with pantry staples for nutritious dinners, side dishes, and drinks. They should also contain at least 15 grams of protein per serving and 20% or more of the recommended daily allowance of two or more nutrients that are important for older adults.



Meals for seniors do not have to be boring or bland. With meal delivery services, meal planning tips, and easy recipes, seniors can eat well and stay healthy without spending too much time or money. Eating well can improve their mood, energy, and quality of life. Meals of Joy aims to deliver delicious, healthy meals to seniors with their specific nutritional needs in mind.