

# Meals of Joy Platter Chatter

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

WINTER 2023

## Founder's Message

LARRY CERVARICH, FOUNDER/PUBLIC RELATIONS



As you are enjoying this issue of "Platter Chatter" we will have entered another New Year. With the support of our donors and senior clients, we are happy to project serving more than 42,000 freshly prepared meals in 2023. Our senior client lists continue to increase each week. It is joyful to witness referrals coming from doctors, case managers, hospice services, and current clients.

Meals of Joy takes pride in delivering freshly prepared meals served hot and ready to eat upon delivery. Our knock on the door of a homebound senior could signal the arrival of the only person they might see all day, or all week long. It brings HOPE, HEALTH, NUTRITION, and CARE that will completely make their day. Many seniors are living on less than \$250 per week. Their expenses for housing and medical care, along with inflated food costs, means little money left to pay for food. ONE IN FOUR SENIORS live ALONE. ONE IN FOUR SENIORS FEEL LONELY. Home-delivered meals can be invaluable for elderly adults living alone, and it's a cost-effective way to keep seniors independent.

In January, we will begin our first *Senior Social Luncheon*. These luncheons will be served in the dining areas of various local churches once per month. We are happy to announce that the Desert Palms Presbyterian Church will be the first to establish this program. The luncheon will focus on seniors primarily living home alone within the church parish. Creating a social time within the churches is our goal.

To learn more about our mission, please visit our website at [mealsofjoy.org](http://mealsofjoy.org), or call 623-594-9588. We thank you for helping us fulfill our mission to provide nutritional, hot homemade meals to seniors in the West Valley.

## Board of Directors

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Jeannette Barsky

Brian Day

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Mike McNally

Serving most  
West Valley cities,  
Monday-Friday.

### For information or to begin meal service:

623.594.9588

[info@mealsofjoy.org](mailto:info@mealsofjoy.org)

### Online application for meal service:

[mealsofjoy.org](http://mealsofjoy.org)

# Chef's Corner

CHEF JACK, MEALS OF JOY



Today, I'm writing to you about how high inflation is affecting food prices and how it impacts the senior community.

Overall, inflation in June of 2022 climbed to 9.1% over one year ago as measured by the consumer price index—the fastest rise in more than 40 years. The cost of groceries rose 12.2% during the past year, an increase that can be especially painful for people with low incomes.

Higher prices also mean that many common food items such as meat and fruit can, and have been, in short supply. This makes shopping and meal planning very difficult. My staff shops almost everyday to ensure we have adequate supplies and tries to maintain reasonable prices. On an average day we shop 4-8 suppliers. The staff that prepares your meals everyday works hard to make fresh nutritious meals while trying to hold down food costs!

## WHAT'S NEW?

*Have you tried our Weekender meals?*

They are the perfect addition to extend your weekday meal plan. If you're interested in the Weekender, they must be ordered by Wednesday and are delivered on Fridays. On Tuesdays and Thursdays we offer your choice of soup or chili served with a half sandwich and fruit.

**Now, a question for you: would you like a second weekend meal?** Since we currently offer a half sandwich with our soup or chili would you prefer a full sandwich with soup or chili for a little more cost?

Any suggestions would be appreciated by calling the Meals of Joy office at 623-594-9588.

## Thank You to Our Generous Sponsors

Meals of Joy operating budget comes from individual donors, community partners, businesses, and more. These are ways you can support our mission so we can continue to provide freshly prepared meals to our homebound seniors.

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***Thank you to the following sponsors who recently contributed to Meals of Joy:***

Andersen Windows  
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Thunderbird Charity  
Foundation

Nina Mason Pulliam  
Foundation

Mavericks Foundation

Season for Sharing

Give 65-Home Instead

AZ Women's Partnership

Microsoft Blue Cross

Verrado Rotary

Goodyear Rotary Club

Desert Diamond Casino

Stotz Equipment

# Volunteer Updates!

Our new Volunteer Orientation which started in June, was a big success with nearly 80% of guests signing up and volunteering on a regular basis. We hosted a new volunteer presentation in Canta Mia at Estrella Mountain Ranch and have had several successful table-talks at Vistancia in Peoria led by Board Member/Volunteer Bill Kinney. We are also recruiting from Volunteer Match and Meals on Wheels/Let's Do Lunch and have had some success there as well.

## NEW VOLUNTEERS TRAINED

**June-December 2022: 29**

**Active new volunteers: 23**

Volunteer retention can be challenging. Since June, we have seen 12 volunteers exit, mostly for family or health related reasons.

**The Meals of Joy Annual Volunteer Appreciation Breakfast** was held on Saturday, January 14, 2023, at Fountain of Life Lutheran Church. All volunteers were given an insulated mug as an appreciation gift. A drawing for prizes was also held. It was a great time for all the volunteers to meet each other on a more personal basis especially those who deliver out of our Meals of Joy office. Breakfast was catered by our catering company Deli Quench and served by two of our Meals of Joy Board Members, Jim Frey and Jeannette Barsky. Thank you to all who helped put this together!





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Phone: 623.594.9588  
[mealsofjoy.org](http://mealsofjoy.org)

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Last day to  
donate is  
April 18, 2023



## GET A DOLLAR-FOR-DOLLAR ARIZONA STATE TAX CREDIT

When you donate to Meals of Joy through the Arizona Tax Credit you receive a DOLLAR-FOR-DOLLAR deduction on your tax bill and help support seniors right here in our community.  
**AZ State Qualifying Charity Organization (QCO) #22002**

**Visit: [mealsofjoy.org](http://mealsofjoy.org)**  
for more details and to donate today!

## Helping You Fight Inflation

Inflation has touched all of us this past year. Meals of Joy understands the hardship it presents when it comes to providing the daily fresh meal. We are happy to announce that we have lowered some of our popular meal items in the month of February. Hopefully this will assist you when budgeting and selecting your menu items for the month—visit our website to see all the menu options for February!

**[mealsofjoy.org](http://mealsofjoy.org)**