

# Meals of Joy Platter Chatter

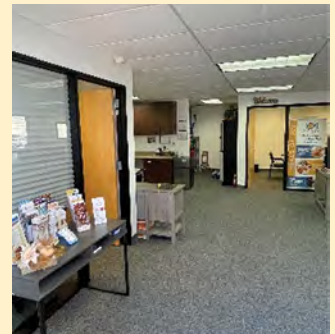
A Newsletter for Supporters of Meals of Joy Home-Delivery Meal Service

SPRING 2024

## As the seasons change, so does the spirit of volunteerism that pulses through our community.

It's inspiring to see the tireless dedication and passion our volunteers bring to the mission of Meals of Joy. April is Volunteer Appreciation Month so this edition we celebrate the heartbeat of volunteerism that keeps our organization thriving and making a positive impact.

Our new office location created an opportunity for growth and an efficient way for the volunteers to pick up meals for the clients who live in the delivery areas in and around the office. It also makes volunteer orientation more convenient with the addition of our own conference room. Our new address is:  
**555 E. Plaza Circle, Suite C, Litchfield Park, AZ 85340.**



### Volunteer Recognition Event — Spring Training Baseball Game!

Volunteers were invited to spend an afternoon at the Goodyear Ball Park for a spring training game. 46 volunteers, guests including three of MOJ's board members, were in attendance. It was a great afternoon of fellowship and a great game!

**A heartfelt thank you to all our volunteers for your unwavering dedication.** Our collective impact is a testament to the incredible change we can achieve when we come together. Remember, your time and efforts make a difference and we appreciate you more than words can express.



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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](http://mealsofjoy.org)

## FOUNDER'S LETTER

# Sharing A Few Client Stories

Larry Cervarich, *Founder/Public Relations*



Meals of Joy receives applications from senior clients weekly, sharing their medical and financial situation.

During the past

nine years, Meals of Joy has been able to support as many seniors as possible. Our grant donations and public donations throughout the year enable us to carry on our mission.

Sharing a few of our client stories helps to illustrate the need that many seniors in the West Valley face each day. Many are too proud to let their relatives or friends know of their living situation.

*Here are few examples of clients who have benefited greatly from our services:*

**Female, 96 years of age.** Medical situation: Chronic Kidney disease, Stage 4, High blood Pressure, and Anemic. Financial: Living below the poverty level. Living Alone.

**Male, 66 years of age.** Medical situation: Had a heart attack and is blind as a result of glaucoma. He also had a brain tumor removed about two years ago. He is home alone and is unable to cook for himself.

**Male, 85 years of age.** Medical situation: He is on oxygen with COPD, CHF, Heart Failure, Hypertension, Dementia, limited mobility and enrolled in Hospice Care. Financial situation: Living on \$580 per month.

**Male, 65 years of age.** Medical situation: Had a 100% blockage and a quadruple bypass. Has sleep apnea and is on oxygen. Unable to stand, lift or walk. Financial: No longer has an income and has no savings. No longer able to work. He is a veteran of the US Army.

Financial and medical issues account for many seniors facing depression and other health issues. With some seniors, a desire for maintaining their dignity might keep them from asking for help. Daily interaction with the clients allows us to monitor their well-being and alert if someone there is in need of further assistance.

Without these visits from Meals of Joy many of our seniors would find themselves removed from their homes and placed in an assisted facility long before it's needed or wanted. We are honored to be a part of the lives of these seniors who have done so much for us. We appreciate your continued support of our mission.

## Thank You to Our Recent Donors!

John Asher  
Avondale Toyota  
Banner University Health Plans  
Coy Baugh  
Ronald & Nancy Broekemeier  
Robert Butler  
Larry Coyle  
Michael Teri Davis

Rebecca Davis  
Phyllis Demattos  
Desert Diamond Casino  
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Marilyn Starr  
Connie Stiffler  
Stotz Equipment  
Silas & Arlene Strode  
Thunderbirds Charities  
Patrick Watkins  
Lisa Wenk  
Phil & Joyce Westlund  
Megan Word

# Elderly Not Eating: *Aging and Appetite*

Aging is an inevitable part of life that brings with it many changes. While not often discussed, a loss of appetite, particularly in the elderly is very common. You may have experienced this with a loved one, perhaps you notice a dinner plate that has barely been touched. As a family member, a friend, or an older adult yourself, here are some things you need to know about elderly not eating.

Believe it or not, being underweight as a senior is a greater risk factor for death more than being overweight. Sixteen percent of Americans over the age of 65 are consuming less than 1,000 calories per day. This could lead to weight loss and poor nutritional status.

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## FACTORS AFFECTING EATING HABITS

**Some medications** can bring side effects that can cause lack of appetite, upset stomach, and changes in taste.

**Limited physical activity** can lead to a lack of hunger, and ultimately, the elderly not eating.

**Loss of smell, taste and sight** are common with advancing age. With the loss it's understandable that eating may not be as enjoyable or appealing.

**Depression** can affect anyone at any age. Some older individuals are more socially isolated. Depression can manifest itself in many ways including fatigue, difficulty sleeping and often lack of appetite.

**Those with advancing dementia** may forget to eat. Many think they have already eaten, have difficulty maintaining interest during mealtime. Eventually forget how to swallow.

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If you notice that someone elderly is no longer eating much, consider getting a healthcare provider involved.

Make mealtime a social experience! Rather than leaving an elderly individual to eat alone, join them for a meal.

Make meals a regular part of their daily routine. Simply establishing a time for breakfast, lunch and dinner can be a great start. It is normal for appetite to decrease with age.

The earlier we address the issue, the more likely we can help them to avoid health complications in the future.

# Chef's Corner

Chef Jack, *Meals of Joy*



## HEALTHIER CONDIMENTS AND SEASONINGS

Welcome to another *Platter Chatter* offering by your MOJ chef!

In today's *Chef's Corner* we want to talk a little bit about a few different heart healthy condiments and seasonings that senior citizens should consider stocking for their households that will enhance the flavor of the food they eat and prepare.



**Ketchup:** Opt for low-sodium or no-salt-added versions. Alternatively, try homemade salsa for that tomato flavor without processed ingredients. Or buy lower sugar, lower salt alternative ketchup brands. Many are available at your local grocery stores.

**Hot Sauce:** Many store-bought hot sauces are high in sodium. Instead, use chopped hot peppers or a dash of red pepper flakes for heat.

**Salad Dressings:** Make your own dressings to control sodium levels. Store bought versions can be surprisingly high in salt.

**Soy Sauce:** Regular soy sauce is extremely salty. Create a savory alternative by simmering low-sodium beef or vegetable broth with vinegar, molasses, and spices.

**Spices:** Use low- or no-salt seasonings like Mrs. Dash, garlic powder, onion powder, lemon pepper, paprika, and chili powder instead of salt. For rubs and marinades use balsamic vinaigrette, olive oil or grapeseed oil which are lower in fat and heart healthy.

Tartar sauce is a quick condiment to make at home. Mix your favorite light mayonnaise or Miracle Whip product with a bit of sweet relish and lemon juice, and whip until smooth. Serve over your favorite fish.

Remember, homemade condiments save money and promote heart-healthy living!





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Litchfield Park, AZ 85340  
Email: [info@mealsofjoy.org](mailto:info@mealsofjoy.org)  
Phone: 623.594.9588  
[mealsofjoy.org](http://mealsofjoy.org)

## Thank You Volunteers!

*Jim Frey, President, Meals of Joy Board of Directors*

Meals of Joy is an organization that is made up of a wonderful staff, a dedicated board of directors, and a great group of volunteers. All three of these components combine to help make Meals of Joy successful.

Our dedicated group of volunteer drivers are the visual representatives of the organization, delivering not only the daily hot, nutritious meals, but also checking in and interacting with our clients. As we've said many times before, a knock on the door and a pleasant "How are you doing today?" means so much to our clients. In a lot of cases, our volunteers are the only contact that some of our seniors may have during the day.

I am a volunteer driver and it's heartwarming to get to know the clients, their pet's name, and in some cases the name of their caregivers. I think that we as volunteer drivers are fortunate to interact with the seniors and the warm feeling we get from a positive interaction can last all day!

***We are continuing to add clients on a weekly basis and because of that we need to add new volunteer drivers.*** We have drivers who drive once a week, some more often. Some drive by themselves and some have their spouse or a friend ride with them. Pam Christy in the Meals of Joy office offers training twice a month for new volunteer drivers so you will be ready as you make your first delivery.

**Please give some thought to becoming one of our volunteer drivers. You can reach Pam with questions and to sign up for an orientation at 623-594-9588.**

### Become A Volunteer and Make A Difference!

We need volunteers to continue to grow and serve more seniors in need! If you have a couple of hours 1-2 days a week and want to make a difference, we invite you to fill out an application:

**Online:** [mealsofjoy.org](http://mealsofjoy.org)  
**Call:** 623.594.9588

Plan to attend one of our mandatory bi-monthly orientations. All orientations are held at our Litchfield Park Office, 555 E. Plaza Circle, Suite C.

#### UPCOMING ORIENTATIONS:

**Tuesday, April 9, 2024**  
10:30 am–12:30 pm

**Thursday, April 25, 2024**  
10:30 am–12:30 pm

**May 2024 Dates**  
Please call the office.