

# The Center Newsletter

## MARCH IS MEALS ON WHEELS MONTH

Does the Meals on Wheels program make a difference? The short answer is YES it does. In fact, according to Meals on Wheels of America 81% of recipients state that it improves their health, 92% state that it enables them to live at home and 90% state that it makes them feel more safe and secure.

Meals on Wheels provides more than just a nutritious meal. Our drivers and volunteers pay attention to our Homebound that receive Meals on Wheels. They ask questions about whether the heater or air conditioning is working in the home, if there is a working microwave and refrigerator, did the recipient eat the prior meal that was provided, and how the person is feeling.

For many, our drivers are the only people they see on a regular basis. We had one gentleman call and tell us that his driver makes him feel like a million dollars. He wakes up, gets dressed, and stands outside with his walker and waits for her to deliver his meal. That meal is a message that says; *you are important, you are not forgotten or alone and the Payson community cares about you.*

With one in six seniors facing isolation, depression and hunger we must keep this program going.



## Your Support Makes a Difference

*“Meals on Wheels has become a Godsend. My wife has Alzheimer’s and I know at least one of the meals I get her is balanced. I’m not the greatest cook.”*

- Doug

*“Please help the elderly! We are the ones that are overlooked! But I thank God for the Senior Center. They have helped me.”*

- Janice

### INSIDE THIS ISSUE

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## Do Good with your Tax Dollars!

Springtime is just about upon us, and as always our thoughts turn to –TAXES??

Yes, it's that time of year again - with the days getting longer, the sunshine feeling warmer, and the April 15 tax filing deadline getting closer. For many people, tax day is a day to be dreaded.

But did you know that your state tax dollars can be put to good use, right here in Payson? The State of Arizona provides a tax program that allows you to designate a portion of your state tax dollars to qualified charities like the Payson Senior Center! You can donate up to \$400 for individuals and \$800 for people who file jointly. This donation does not increase the amount of tax a person pays, it is just an opportunity to tell the State of Arizona how to spend your tax dollars.

Even if you do not have to pay Arizona state taxes, you probably know many people who do. This program is available to any and all people who pay state taxes in the State of Arizona. Let them know about this opportunity to support the Payson Senior Center with tax money they are already paying!

How often do we get the opportunity to tell the government exactly how we want our tax dollars to be spent? This program is an opportunity to do just that, and to ensure a portion of your tax dollars will support the important services provided by the Payson Senior Center. For more information, please visit [PaysonSeniorCenter.org/TaxCredit](http://PaysonSeniorCenter.org/TaxCredit). Thank you for your support!!



**ARIZONA**  
**CHARITABLE TAX**  
**CREDIT**





### Lunches at the Center

You are welcome to join us for lunch at the Center Monday –Thursday at 12:00pm.

Enjoy a delicious meal in the company of friends.

The meals are only a \$3 suggested donation for those 60 and above and \$5 to anyone under 60.

Please RSVP at least 24 hours in advance.

Call 928-474-4876 to make your reservations.

Monthly menus can be found online at [paysonseniorcenter.org](http://paysonseniorcenter.org) or can be picked up at the Center 514 W. Main St.

## FRIENDSHIPS AND INTERACTION

BY ANN LEONARD

When it comes to interacting with others, the more the better! Seriously, it keeps the mind active plus gives you friends for enjoying conversation, having coffee, and taking trips together. Many people will experience isolation, depression and/or anxiety as they age. Relaxing activities are very helpful. Consider joining the Payson Ukulele group! You will be amazed. You don't need to know how to play beforehand; they will teach you and before you know it you'll be playing.

Remember coloring when we were younger? Journaling and coloring releases the inner child that is within all of us. Suddenly, you're transported to a more beautiful place. Not only because coloring is relaxing but because you can use the pictures to be part of a letter to a loved one. Yes, some people still send letters via snail mail! I send homemade cards to family and friends; I enjoy doing it and have received the same in response. It's relaxing to make them, though sometimes I don't want my husband to use my homemade cards. How do I know it will be properly appreciated? I have to get over it. Make the cards or draw something on a piece of paper that you're sending to someone. It doesn't have to be a masterpiece (though all of mine are, LOL). It will be appreciated! Start a trend!

You can also join a card game, bingo or many other activities every day, just check out the monthly schedule! And if there is something you think would be fun, mention it. You might be a trend setter and start a new craft or interest!

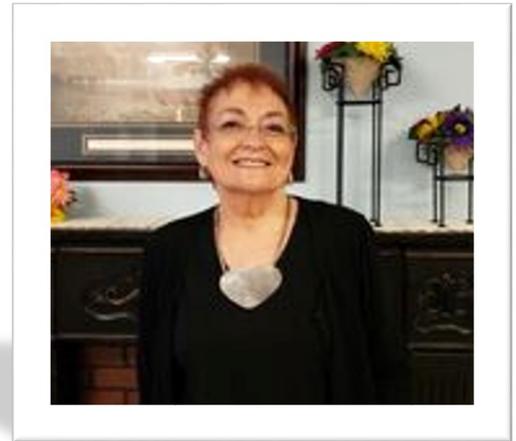


## VOLUNTEERS SPOTLIGHT BY ANN LEONARD

You must know Becky. She hasn't been a member forever, but as one of our more recent members she surely has made an impression. Becky is a busy woman. She is involved with activities at the Center such as cards, exercise programs and the trips that Laura plans, but she is also on the Transportation Board. She travels to see her children and grandchildren, and she keeps an eye on her husband Randy when she is in town and not involved in activities at the Center.

Becky also volunteers to assist people when they ride the bus. She explains the ins and outs of the transportation bus for those initial rides when some might feel apprehensive. I for one have not ridden on a bus, other than when I was a kid going to school, so I know that I would appreciate someone going with me.

Our members and volunteers are very dear to us here at the Center. Everyone plays an important part to make it all work, and we appreciate everyone very much.



## VOLUNTEER OPPORTUNITIES

*"Why haven't I been doing this my whole life?" said Bonnie.* Bonnie is a volunteer hero at Trinkets & Treasures.

We have a few volunteer positions open: cashiering, sorting (more like treasure hunting), and clothes.

**Shifts are only 2 hours  
9AM-11AM, 11AM-1PM,  
1PM-3PM, 3PM-5PM**

If you are interested in becoming a volunteer hero at Trinkets & Treasures, please contact Holly at 928-474-3205  
Fun! Friendships! and 20% Discounts!

YOU make the difference!



## Your Wheels can help keep our Wheels going



Do you have a vehicle that you no longer use?

**Your donation will benefit  
Meals on Wheels & Senior Transportation**

Contact Debbie 928-978-9645 or visit  
[www.paysonseniorcenter.org](http://www.paysonseniorcenter.org)

501(c)3 Non-Profit

EIN 74-2378900

Donations are tax deductible!



## UPCYCLE WITH TRINKETS & TREASURES

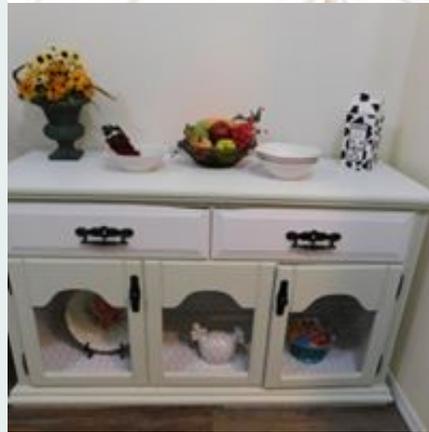
Upcycling has become extremely popular over the past decade. These are before and after pictures from our Trinkets & Treasures' customers.



Before



After



Trinkets & Treasures is a fine resale shop and you never know what you'll find on the shelves! We have fine collectables, jewelry, clothes for the entire family, furniture, electronics, and so much more. Items are rotated each month and there are plenty of discounted treasures in the bargain barn. New items are added daily. Trinkets & Treasures provides 30% of the needed funding to Payson Senior Center programs. Please consider donating unwanted items (even large items!), shopping, and volunteering.

**Trinkets & Treasures**  
A FINE RESALE SHOP



## YOU MAKE A DIFFERENCE!

BY BOB & BECKY O'CONNOR

*We support the Senior Center Program because we strongly believe that we need to be proactive in supporting and protecting our most vulnerable citizens, and many of our seniors fall into that group. Because so many families fail at taking care of their aged members, the Senior Center steps up in a supportive, meaningful way to supply the support they need.*

*The Meals on Wheels program is our favorite program with the ridership (transportation) program coming in at a close second. The Meals on Wheels program not only supplies a nutritious meal to many needy seniors, it brings someone into their home for a few minutes to check their welfare and warmly interact with the recipient. This program is an absolute necessity for our area.*

**Would you like to share your giving story?**

**Please contact Debbie at 928-978-9645 or email at [developdirectorpsc@gmail.com](mailto:developdirectorpsc@gmail.com).**



### **HERE IS MY DONATION OF \$**

I want to help provide for critically needed meals and transportation programs!  
Please make checks payable to Payson Senior Center & mail or drop off at The Center 514 W. Main St: OR complete the Visa or MasterCard information below and mail or drop off at The Center. **YOU MAY ALSO DONATE SECURELY ONLINE: [www.PaysonSeniorCenter.org](http://www.PaysonSeniorCenter.org)**

Card Number

Expiration Date

CCV#

Name on Card

Billing Zip Code

Please fill out the following information for your tax receipt:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

EMAIL

(optional): \_\_\_\_\_

**A RECEIPT FOR YOUR RECORDS WILL BE MAILED TO YOU**

Here is my gift of  \$25  \$50  \$100  \$250  \$1,000  \$1,950 (1 yr. of Meals on Wheels to a Homebound)