

Because of **You**

Stories about the lives **You** are changing and the difference **You** are making!

"Meals on Wheels means I get one complete meal a day. I don't get enough money for buying much food after paying rent and utilities. I look forward to receiving my meal each morning. Without meals on wheels many people would suffer. My nutrition would suffer. I would always be hungry. I would like to tell the donors, thank you. I would also like to compliment the people who prepare and deliver the meals. The food is very good and the service is very kind and friendly." Jeanne

"I have limited mobility so I am not able to make meals on my own. Thank you for improving my quality of life" Linda



To the Senior Citizen Center,

I want to extend my gratitude for all that you do. The kindness and generosity extended to us home-bound individuals is wonderful. The delicious meals are so appreciated.

Sincerely,

Edna



Because of YOU

We recently passed the two-year mark of having Covid-19 create unforeseen chaos in our lives. While we finally seem to be emerging from that crisis with the hope of returning to normalcy, the new crisis of runaway inflation is wreaking havoc with people's budgets.

Jeanne's story told about how Meals on Wheels allows her to eat nutritional meals that she otherwise wouldn't have; soon, more people will be unable to afford to buy enough healthy food. Many food items have increased 30-50% in price, with more increases yet to come. We anticipate more members of our community needing to rely on Meals on Wheels to maintain a healthy way of life.

This increase in food prices will not only increase the number of people who need this service, it drastically increases the cost to us of providing these nutritional meals.

It is only with your generous support that we are able to continue to provide and expand the Meals on Wheels program within our community. Knowing we can rely on your support means we can continue to service our community without having to eliminate other valuable programs. We are forever grateful for your support of Meals on Wheels!

Because of You

The smallest act of kindness is worth more than the grandest intention.” -O.W.

Tom began volunteering in April of 2021. He has accumulated a grand total of 186 hours so far. Tom shares his time supporting the Meals on Wheels program. It was in knowing that there are people who need help or otherwise may go hungry that gave Tom the desire to be a volunteer. He also stated that he wanted to use his time after retiring in a meaningful way. When Tom is away from the Center his three grandchildren keep him pretty busy. We appreciate Tom along with all of our faithful volunteers.



Music groups such as Six Gal n Hat (pictured to the left) and Cinnamon Twist (pictured below) share their music and singing free of charge. Their music inspires our seniors to lots of handclapping and dancing.



One of the Greatest Gifts
You can give is
Your Time



Thank you!



Payson Senior Center

Laura is Voted Best of the Rim!



Each year thousands of votes are submitted for Rim Country's "Best of the Rim" contest. This year our Laura Marlowe was voted Best of the Rim for Best Front Office Customer Service Person. Laura has been the Program Coordinator for the Payson Senior Center since 2017. Whenever you enter the doors of the Senior Center you are greeted with a warm welcome and friendly smile. Laura cares about the people she serves. We are blessed to have Laura on our team!

Trinkets & Treasures, our fine resale shop, was also nominated and made the top three as a finalist for the Best of the Rim's Best Resale/Thrift Store. The store is stocked with generous in-kind donations from community members and has several faithful volunteers along with dedicated staff. All net proceeds benefit the Payson Senior Center.

Trinkets & Treasures A FINE RESALE SHOP

 *Benefits* 

Meals on Wheels & Senior Transportation



Thank you for your support!
SHOP DONATE VOLUNTEER

Because of YOU



Exercise is a big part of our mission as it helps to improve quality of life. Pictured to the right are some of our friends participating in the Strength and Balance exercise class. We also offer Line Dancing, Walking Club, Feeling Fit Level Three Fitness, Yoga, Zumba, Strength & Balance, Tribal Dance, Yogalaties, and more.

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

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 \$500 \$1,000 Other amount _____