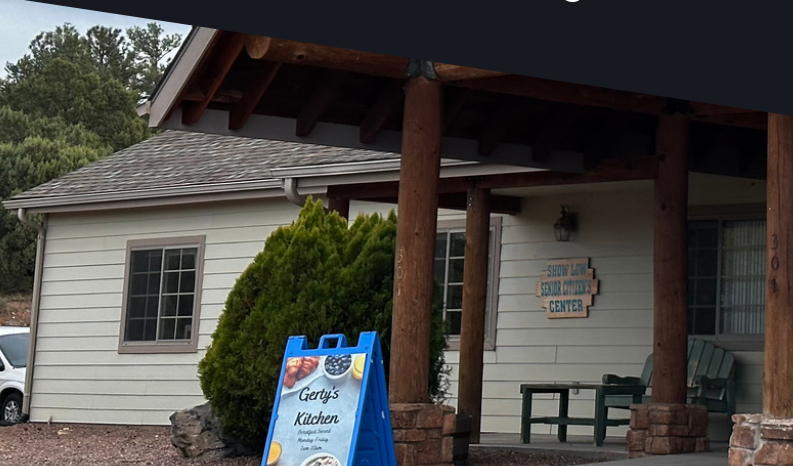


# NEWSLETTER

MOWAZWM.org



## WE ARE GRATEFUL FOR YOUR SUPPORT

During the 2021 Tax season, you decided to contribute your tax donation to our mission:

*"Devoted to providing quality senior meals, supportive services, and experiences."*

Because of your generous donation, we were able to serve and provide **17,404** home delivered and congregate meals to our most vulnerable seniors. We also provided **11,790** meals to the head start children around the corner from our Show Low Senior Center Location. These children can enjoy the same nutritious meals we serve our meals on wheels clients. We also partnered with Fishers of Men to provide **934** meals to our Veterans living throughout the White Mountain forests from February 2022 – October 2022. That's **30,128** meals served to those living in our White Mountain Communities! Additionally, we recently partnered with The United Food Bank to accept and deliver 25 – 32 food boxes once a month to our home-bound seniors and those seniors who can visit our center.



*"Devoted to providing quality, senior meals, supportive services and experiences"*

### ARIZONA STATE TAX CREDIT



**\$400 Individual/\$800 Joint  
Dollar for Dollar Tax Credit**  
301 East McNeil, Show Low, AZ 85901  
928-532-0656  
501c3 Qualified EIN 86-1007764



*...so that no Senior is forgotten*



**We appreciate your support,**  
MOWAZWM would not have been able to serve our community of Linden, Wagon Wheel, Show Low, and Pinetop-Lakeside without you!

Please consider us for your 2022 tax credit.

QR Code above,

Zelle @ [info@mowazwm.org](mailto:info@mowazwm.org),  
stop by or mail a check to:

301 E. McNeil Show Low, Arizona 85901.




Please visit our website, [MOWAZWM.org](http://MOWAZWM.org), to see what other amazing things your contribution supports and how you might get more involved!

We always need volunteers to deliver nutritious meals to our clients or give us a hand in the Kitchen! If you like to inquire, please call us at 928-532-0656.

Monday - Friday, we operate Gerty's Kitchen from 7 am - 11 am. We serve affordable and delicious breakfasts, with all proceeds going to our meal on wheels programs. Come in and try Gerty's for yourself!

Show Low Senior Center  
301 E McNeil Show Low, AZ 85901  
We hope to see you!!!

**NACOG**  **NACOG Aging**  
Northern Arizona Council of Governments  
Apache • Coconino • Mohave • Navajo  
Along with  
**White Mountain Senior Center**  
Cordially invite you to join us for

# JOY FOR OLDER ADULTS

November 15<sup>th</sup> -December 19<sup>th</sup>, 2022  
Bring some holiday joy to the homebound Seniors in our community.

- Stop by the White Mountain Senior Center and pick out a gifting tag from the giving tree.
- Bring back the unwrapped item listed on the gifting tag to the White Mountain Senior Center by December 19<sup>th</sup>, 2022
- Our volunteers and staff will wrap and deliver the gifts to the Homebound seniors in our community.

White Mountain Senior Center located at  
301 E. McNeil Show Low, AZ 85901

For more information call:  
Clarresse Van Eck, NACOG Aging (928)225-2366  
Shawna Bolton, NACOG Aging (928)251-2257  
Karen Hook, White Mountain Senior Center (928)532-0656

## Gerty's Kitchen



*In 1983, Gertrude Mae "TRUDY" Bartlett, started serving sack lunches out of her kitchen to Seniors in need in the White Mountains. She enlisted her friends and others who shared her compassion and respect for our elders to deliver these sack lunches. Today Meals On Wheels Arizona White Mountains operates out of the Show Low Senior Center. As was with Trudy, this would not be possible without help or our community members who either devote their time or donations to continue her and her friend's legacy that started 4 decades ago.*

Egg Plate	\$8.00
2 Eggs, Hash Browns, Toast & Choice of Bacon or Sausage Links	
Biscuits & Gravy	\$9.00
2 Eggs, Hash Browns & Choice of Bacon or Sausage Links	
Pancake/Waffle Plate	\$9.00
2 Eggs, Hash Browns & choice of Bacon or Sausage Links	
French Toast	\$9.00
2 Eggs, Hash Browns & Choice of Bacon or Sausage Links	
Breakfast Sandwich on Muffin (Egg, Sausage Patty & Cheese)	\$8.00
Served with Hashbrowns	
Omelette Plate	starting \$9.00
Hash Browns, Toast & Choice of Bacon or Sausage Links	
Cheese Omelette \$9.00	
1 Meat Omelette \$10.00	
Denver Omelette \$11.00	
2 Meat Omelette \$11.00	
3 Meat Omelette \$12.00	