





MEALS on WHEELS
PRESCOTT

TOGETHER, WE CAN DELIVER.

JULY 2017

“Services are funded by the Older Americans Act, SSBG funds and the State of Arizona. Funding is allocated on a regional basis from the Arizona Department of Economic Security, Division of Aging and Adult Services (DAAS) to Area Agencies on Aging. Eligibility for programs: Seniors or adults with disabilities. Additional requirements may vary by program. Client contributions are encouraged and are vital for continuation of the programs. Language assistance and alternate forms of communication are available upon request under Titles VI and VII of the Civil Rights Act of 1964 (Title VI and VII) and the Americans with Disabilities Act of 1990 (ADA) Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975. Area Agency on Aging NACOG prohibits discrimination in admissions, programs, services, activities or employment based on race, color, religion, sex, national origin, age, and disability. Area Agency on Aging NACOG must make a reasonable accommodation to allow a person with a disability to take part in a program, service, or activity. Auxiliary aids and services are available upon request to individuals with disabilities.”

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>www.PrescottMealsOnWheels.com 1280-A East Rosser Street, Prescott, AZ 86301 Phone: 928-445-7630</p> <p>Dining room hours are 11:15 am to 12:45 pm Reservations are not required. Please join us for lunch! The suggested donation for those 60 and over is \$5 The cost for per meal for those 59 and under is \$6 Each meal provides 1/3 RDA. Milk, tea, or coffee included</p> <p>KEY: DR=served in our Dining Room, HDM=Home Delivered Meals</p>				
<p>3 <i>Chef Jeff</i> BBQ Trifecta (Beef, Pork, Chicken) Baked Beans Cornbread Potato Salad Strawberries and Blueberries over Cake</p>	<p>4</p> 	<p>5 <i>Chef Jeff</i> Hamburgers Lettuce/Tomato French Fries DR=Spinach Salad HDM=Cottage Cheese HDM=Strawberries With Shortcake Bun</p>	<p>6 <i>Chef John</i> Chicken Cacciatore Stewed Tomatoes & Peppers Black Beans & Corn Garlic Bread DR=Tossed Salad HDM=Coleslaw Melon Medley</p>	<p>7 <i>Chef Jeff</i> Meatloaf Mashed Potatoes California Blend Vegetables DR= Spinach Salad HDM=Pasta Salad Bread Apple Pie</p>
<p>10 <i>Chef Jeff</i> French Onion Salisbury Steak w/ Mushroom Gravy Mashed potatoes Ginger Carrots Coleslaw Biscuit Crumbed Peaches</p>	<p>11 <i>Chef John</i> Pork Loin Chops Scallop Potatoes Mixed Vegetables 3 Bean Salad Bread Applesauce</p>	<p>12 <i>Chef Jeff</i> Italian Sausage Lasagna DR=Sausage or Vege Lasagna Italian Blend Veggies DR=Mixed Salad HDM=Italian Coleslaw Garlic Bread Fruit Ambrosia</p>	<p>13 <i>Chef Jeff</i> BBQ Chicken Potato Wedges Carrots Tomato/Cucumber Salad Bread Watermelon</p>	<p>14 <i>Chef John</i> Beef Tips over Rice Green Beans Carrots DR=Tossed Salad HDM=Coleslaw Bread Mixed Fruit</p>
<p>17 <i>Chef Jeff</i> Chicken Casserole Peas Carrots Coleslaw Biscuit Tropical Fruit Salad</p>	<p>18 <i>Chef Jeff</i> Pulled Pork Roasted Potato Mixed Vegetables 3 Bean Salad Bun Melon</p>	<p>19 <i>Chef John</i> Beef Stroganoff over Noodles Lima Beans Carrots Roll Fruit Salad</p>	<p>20 <i>Chef Jeff</i> Hawaiian Chicken Rice Peas Tomato/Cucumber Salad Bread Mandarin Oranges</p>	<p>21 <i>Chef John</i> Turkey, Stuffing Mashed Potatoes & Gravy Carrots Bread HDM=Fruit Salad</p> <p style="color: red; text-align: right;">OPEN HOUSE 9A-3P</p> <p><i>Open House Specials</i> 9a-\$2 Breakfast Burritos Lunch—\$5 includes Ice Cream Social (Sundaes or Floats)</p>
<p>24 <i>Chef Jeff</i> Spaghetti and Meatballs Italian Vegetables DR=Tossed Salad HDM=Italian Coleslaw Garlic Bread Grapes</p>	<p>25 <i>Chef John</i> Pork Chops Mashed Potatoes Carrots Tomato & Cucumber Salad Bread Pineapples Almond Cookie</p>	<p>26 <i>Chef Jeff</i> Fried Chicken Mashed Cauliflower Mixed Vegetables DR=Garden Salad HDM=Coleslaw Bread Grapes</p>	<p>27 <i>Chef John</i> Macaroni & Cheese with Ham, peppers & onions Peas & Carrots Mandarin Spinach Salad Cornbread Peaches</p>	<p>28 <i>Chef John</i> Chicken Parmesan Marinara sauce over Noodles Squash Medley Tossed DR=Green Salad HDM=Italian Coleslaw Garlic Bread Oranges</p>

THANK YOU

to the following sponsors and donors!

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- and
- Compassionate Donors
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Maximize Your Pharmacy Benefits Consumer Quick Guide

Ways to maximize your pharmacy benefits

1

Know your pharmacy network

- You will likely pay less by filling your medications at a preferred pharmacy if your plan offers that option
- If not, be certain to choose a pharmacy that is in-network for cost savings

2

Know your medications

- Ask your doctor and pharmacist if you can lower your pharmacy costs by filling a:
 - Generic alternative
 - Lower-cost brand alternative
 - 90-day supply instead of 30-day

3

Know your situation

- At least once a year, evaluate changes in your health and prescription needs
- Ask your doctor and pharmacist about ways you can reduce your medication costs

For more information go to
www.n4a.org/



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