



Extra! Special Delivery

A NEWSLETTER FOR CLIENTS OF MOBILE MEALS OF SOUTHERN ARIZONA

PCOA: IN SERVICE TO SENIORS

At Mobile Meals of Southern Arizona (MMSA) we know the importance of good neighbors. **The Pima Council on Aging (PCOA)** is one MMSA partner that is here to help with reliable information about resources and services for older people and their families in Pima County. Among the services:

The PCOA Helpline is staffed Monday through Friday (except on holidays) from 8:30 a.m. – 5:00 p.m. You may also leave a message after hours and weekends. Call the Helpline at (520) 790-7262.

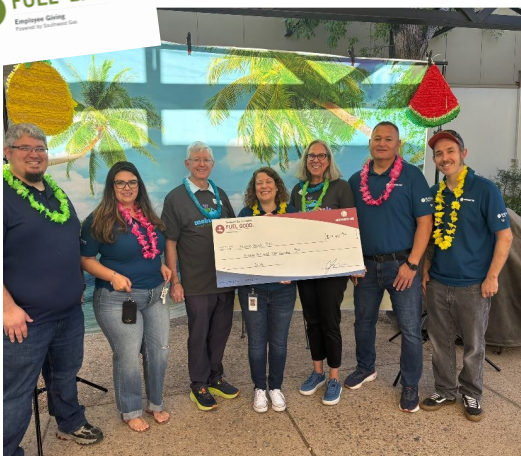
The PCOA Resource Directory has listings of resources, from household repair, to legal consultation or dental care: www.pcoa.org/ways-we-help/directory.

PimaCare at Home is a subsidiary of PCOA, providing services by highly skilled caregivers who are well-trained and have had rigorous background checks. Payment for services can be through the Arizona Long-Term Care System (ALTCS), self-pay or partnership with long term care insurance. Learn more at www.pimacareathome.com or call (520) 305-3445.

WHAT'S NEW: THE STORY BEHIND YOUR \$5 HEALTHY MEAL

Did you know that the \$5 fee paid for your MMSA healthy meal only covers a portion of what your meal actually costs? MMSA fundraises for the remaining 75 percent of the meal's cost. We're so thankful for our valued donors and partners who help MMSA provide our clients with delicious, nutritious meals for a reasonable price!

Southwest Gas Employees Fuel MMSA Mission



(left) Fuel for Life is the employee-giving campaign created by Southwest Gas in 2012. A full 91% of Southwest Gas Southern Arizona people contribute to the campaign.

MMSA has been a grateful recipient since 2021, with the campaign pledging \$19,400 in support of MMSA's mission this next year. Thank you, South-west Gas employees, for being a great partner and supporting our residents in need of our friendly visits and our tasty and nutritious meals!

June 2025



Order Up!

Keep color in your foods this month...find it in the fresh vegetables and fruits provided in MMSA healthy meals!

Place your orders early in the month.

Tell your neighbors about MMSA if they can benefit.

Call the
MMSA HelpLine
at 520-622-1600
or check the website:
mobilemealssoaz.org

Hydrate!

Summer heat is here, so remember to stay hydrated with water and unsweetened beverages.



No Meal Delivery:
Independence Day, July 4