



Special Delivery

A NEWSLETTER FOR CLIENTS OF MOBILE MEALS OF SOUTHERN ARIZONA

Special Note to Our Clients

You may have heard about funding cuts affecting local Meals on Wheels deliveries. We want to assure you that Mobile Meals of Southern Arizona remains strong: Your orders continue without delay, providing you with nutritious meals and friendly service from dedicated volunteers. If you have questions or know someone who needs support please call our HelpLine: **520-622-1600**.

Mobile Meals is here for you and your neighbors!

— L'Don Sawyer, CEO

SAY HI TO THE MOBILE MEALS KITCHEN TEAM!

It's 6am and the 6th Avenue kitchen is alive with activity — with pork tenderloin roasting, lemon cookies baking and a dedicated staff hard at work. Smiling faces and skilled hands prepare delicious and nutritious meals with care. Here's a glimpse behind-the-scenes with the people who make it happen!

(Clockwise, from right) Luis Gonzalez, Javier Carrasco and Annette Pena prep the day's orders. A bevy of dedicated volunteers also assist the staff in packing and distributing the meals.



July 2025

Order up!

Remember to place your Mobile Meals orders at the beginning of each month.

Need help ordering?
Call the HelpLine at 520-622-1600

Every Meal Is Made Fresh Daily

If you have a friend who can benefit from our nutritious, tasty meals, please tell them about Mobile Meals.

Phone referrals accepted.

Or apply through the website:
mobilemealssoaz.org

Upcoming Holiday
No Meal Deliveries:

Independence Day, July 4



A LEGACY OF SERVICE

Do good. That’s been a guiding principle of volunteer driver **Sheila Govern** (*pictured left*) throughout her life. For more than a decade Sheila has been a familiar face on Tucson’s east side, delivering Mobile Meals to those in need. A former elementary school teacher and retired Tucson Unified School District principal, **Sheila believes community begins with “helping our neighbors”** — through meals and caring conversations.

Sheila’s passion for service is inherited from her mom, Julia, who also was a longtime Mobile Meals volunteer. Sheila started out as her mom’s co-pilot, helping with deliveries “Gradually, when mom was in her 90s, the tables turned and she became my co-pilot, riding along on my deliveries,” she recalls.

Sheila enjoys her Mobile Meals stewardship. “The food is good, **but being able to greet clients is the best part,**” she notes. With an average of 12 stops on her route, Sheila sees many older clients, but also delivers to those recovering from hospital stays in need of temporary support.

One of Sheila’s friends became a Mobile Meals client and praises Mobile Meals selection of foods and service. “My friend **Jeanette loves her volunteer drivers,**” Sheila adds, smiling.

Sheila’s service took a meaningful turn recently. One client undergoing chem treatments looked unwell during a delivery, prompting Sheila to call the office for a wellness check. Staff acted quickly getting help for this client who lives alone. “**It’s satisfying to know we have a strong team working together for our community,**” says Sheila.

That’s what makes Mobile Meals special,” she adds. “Yes, we provide healthy meals but we’re also looking out for those who need a helping hand.” **Mobile Meals salutes Sheila and all the volunteers who deliver meals with kindness and compassion.**

Mobile Meals of Southern Arizona (MMSA) is a 501 (c)(3) non-profit delivering nutrition for more than 50 years.

Our Mission:
Delivering nutritious meals to people in Southern Arizona through a network of caring individuals.

3355 S. Sixth Avenue
Tucson, AZ 85713
520-622-1600
MobileMealsSoAz.org.

Hot Weather Safety Tips

from the National Institute on Aging

Heat rash can be caused by sweating. Keep powder handy to soothe the itch!

Remember to drink plenty of fluids, such as water or sports drinks containing electrolytes.

If you begin to feel dizzy or nauseated in the heat, try to rest in a cool place and drink more water.

Always seek medical care if your symptoms continue.

Learn more: nia.nih.gov

Meet Sci-Fi Trailblazer Liz Danforth

This famed industry creator is also a Mobile Meals client and donor

Have you ever played *Magic: The Gathering*, *Dungeons & Dragons* or *Star Trek*-themed strategy games? If so, you may know

Elizabeth T. Danforth (pictured right) – a force in the world of science fiction and fantasy gaming. As a renowned illustrator, writer, editor and game designer, Liz has spent decades shaping the industry. **Now, as she recuperates from knee surgery, she’s also a Mobile Meals client and donor.**



Her passion for sci-fi and fantasy was sparked early — first from her parents and her love of Tolkien books and later through a science fiction fan club. In the 1970s she began professionally writing, editing and illustrating board, card and video games, eventually achieving a MLS degree and using her research skills to determine **how role-playing games help develop critical 21st Century skills in teens.**

Today Liz remains active in the global gaming community, including speaking at conventions. When Mobile Meals visited her studio, Liz was illustrating a character for *Sorcery: Contested Realm*, a strategy card game from New Zealand, while also collaborating on a Heritage edition of *Tunnels & Trolls*, a pioneering game she helped shape.

Support in the Kitchen from Mobile Meals

Liz learned about Mobile Meals from her friend Tara, whose uncle had ordered meals after he had surgery. “She recommended I suggest the service to my neighbor Kay, who was not cooking for herself and needed balanced nutrition,” recalls Liz. With mobility challenges of her own after a recent surgery, Liz then decided to sign up herself. “I love cooking, but standing at the stove or even grocery shopping became very difficult,” she explains. “Now I’m getting the nutrition I need; I feel better about my eating habits.”

Beyond the meals, Liz values the kindness of the volunteer drivers. “The service is wonderful for elders living alone, like my neighbor. **The drivers are always considerate, and their visits bring smiles.**” As a believer in giving back, Liz donates any remaining food budget funds to Mobile Meals during her recovery. “My work is an everyday adventure, and Mobile Meals gives me energy to keep at it,” she says. “A life full of good healthy habits is an adventure well worth taking.”

Whether it’s a short-term need like Liz’s, or an extended necessity, providing affordable home-delivered meals has always been central to the Mobile Meals mission, says CEO L’Don Sawyer. “For decades, we’ve consciously chosen flexibility over federal grant monies that might restrict our ability to serve. Our goal is simple: Mobile Meals should be available to anyone in the community who needs us.”

JULY 2025

Updated: 6/13/2025

JULY MENU SELECTIONS • \$5 per Healthy entrée; \$7 per Special Diet entrée • Call 520-622-1600

SELECT FROM: HEAT & SERVE ENTRÉE (microwaveable TV dinner) AND/OR READY-TO-EAT ENTRÉE (salad or sandwich)

COMPLIMENTARY SWEET INCLUDED • ALL MEALS LESS THAN 700MG SODIUM • HEART HEALTHY • VEGETARIAN DIET SUBSTITUTES PLANT PROTEIN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 Heat & Serve Entrée - Beef Stew, White Steamed Rice, Capri Blend Vegetables, Mixed Berries Ready to Eat Entrée - Caesar Chicken Wrap, Mixed Berries</p>	<p>2 Heat & Serve Entrée - Chicken Enchiladas Casserole, Capri Blend Vegetables, Mandarin Oranges Ready to Eat Entrée - Cold Pork Noddle Salad, Mandarin Oranges</p>	<p>3 Heat & Serve Entrée - Dilled White Fish. Creamy Orzo, Apples Ready to Eat Entrée - Chicken Taco Salad, Roll and Pineapple</p>	<p>4</p> <p>MOBILE MEALS IS CLOSED FRIDAY, JULY 4TH, IN OBSERVANCE OF INDEPENDENCE DAY</p>
<p>7 Heat & Serve Entrée - Herb Roasted Chicken Breast. Roasted Red Potatoes, Green Beans, Mixed Berries Ready to Eat Entrée - Mexican Tuna, Cali Blend Vegetables, Apples</p>	<p>8 Heat & Serve Entrée - Pork Loin with Cranberry Sauce, Brown Rice, Dilled Carrots Mandarin Oranges Ready to Eat Entrée - Chicken Pesto Salad, apples</p>	<p>9 Heat & Serve Entrée - Stuffed Green Peppers, 5-way Mixed Vegetables, Pineapple Ready to Eat Entrée - Turkey Cobb Salad, Pineapples</p>	<p>10 Heat & Serve Entrée - Meatballs with Cream Sauce, Herbed Lemon Quinoa, 5-way Vegetables, Apples Ready to Eat Entrée - Spinach Chicken Salad, Mixed Berries</p>	<p>11 Heat & Serve Entrée - Chicken Fajitas with Pineapple Salsa, Broccoli, Mandarin Oranges Ready to Eat Entrée - Chicken Pesto Salad, apples</p>
<p>14 Heat & Serve Entrée - Lemon Chicken, White Rice, Cali Blend Vegetables, Pineapple Ready to Eat Entrée - Chicken Pesto Salad, apples</p>	<p>15 Heat & Serve Entrée - Meatloaf, Green Peas, Apples Ready to Eat Entrée - Caesar Chicken Wrap, Mixed Berries</p>	<p>16 Heat & Serve Entrée - Chicken Feta Pasta with Asparagus, Sauteed Yellow Squash, Mixed Berries Ready to Eat Entrée - PB & J Sandwich, Mixed Berries</p>	<p>17 Heat & Serve Entrée - Beef & Broccoli Stir Fry, Brown Rice, Mandarin Oranges Ready to Eat Entrée - Chicken Sandwich, Mandarin Oranges</p>	<p>18 Heat & Serve Entrée - Texas-Style Chili over Rice, Steamed Carrots, Apple Ready to Eat Entrée - Southwest Chicken Salad, Apples</p>
<p>21 Heat & Serve Entrée – Shepherd’s Pie, 5-way Mixed Vegetables, Apples Ready to Eat Entrée - Asian Chicken Salad, Apples</p>	<p>22 Heat & Serve Entrée - Classic Sloppy Joe, Cole Slaw, Apples Ready to Eat Entrée - Tuna Salad, Apples</p>	<p>23 Heat & Serve Entrée - Grilled Tilapia, Brown Rice, Roasted Cauliflower Ready to Eat Entrée - Chicken Taco Salad, Roll and Pineapple</p>	<p>24 Heat & Serve Entrée - White Chicken Lasagna, Green Beans, Mixed Berries Ready to Eat Entrée - Couscous Chicken Salad Mixed Berries</p>	<p>25 Heat & Serve Entrée - Tuna and Pasta Casserole, Snap Peas, Mandarins Ready to Eat Entrée - Turkey Salad Wrap, Mandarin Oranges</p>
<p>28 Heat & Serve Entrée - Meatballs with Cream Sauce, Herbed Lemon Quinoa, 5-way Mixed Vegetables, Apples Ready to Eat Entrée - Asian Chicken Salad, Pineapple</p>	<p>29 Heat & Serve Entrée - Beef Stew, White Steamed Rice, Capri Blend Vegetables, Mixed Berries Ready to Eat Entrée - Caesar Chicken Wrap, Mixed Berries</p>	<p>30 Heat & Serve Entrée - Chicken Enchiladas Casserole, Capri Blend Vegetables, Mandarin Oranges Ready to Eat Entrée - Cold Pork Noddle Salad, Mandarin Oranges</p>	<p>31 Heat & Serve Entrée - Dilled White Fish. Creamy Orzo, Apples Ready to Eat Entrée - Chicken Taco Salad, Roll and Pineapple</p>	