



# Special Delivery

A NEWSLETTER FOR CLIENTS OF MOBILE MEALS OF SOUTHERN ARIZONA

## Celebrate Healthy Aging Month with Smart Nutrition

September marks **Healthy Aging Month**, a national initiative launched over 30 years ago to promote active, healthy lifestyles at every age.

**Mobile Meals** proudly supports this mission of healthy aging, and this newsletter edition reminds everyone to prioritize well-being—starting with what’s on our kitchen tables.

Mobile Meals offers nutrient-rich meals that helps you focus on variety, whole foods and lean proteins. We also provide **customized meal plans** tailored to dietary needs or health conditions. **Call our HelpLine for more information**—Mobile Meals is here to support your healthy aging journey.

— L’Don Sawyer, CEO

## **DELIVERING POWERFUL PARTNERSHIPS**

Strong communities are built on kindness! Happy and healthy communities also are built through compassion and shared purpose. We’re proud to spotlight just a few of our incredible partners whose generosity helps us reach neighbors in need. Watch for future partnership acknowledgements!

### **Delta Dental of Arizona Foundation**

Their support helps fund Our More Than Meals Program — at the heart of everything we do!

### **Del E. Webb Foundation**

Their gift of an electric van—complete with a branded wrap and interior accessories—energizes our delivery routes.

### **Women in Blue / Green Valley Democrats**

From hosting a heartwarming luncheon to contributing a generous \$500 donation, their support feeds our spirits!

### **Southwest Gas**

Through their inspiring *Fuel for Life* employee-giving campaign and years of steadfast support, they help keep our organization thriving.

### **City of Tucson Housing & Community Development**

By adopting our 6th Avenue #10 Route, this employee team ensures consistent service to some of our most vulnerable neighbors.

### **Scan Health Plan’s Nutrition Grant Program**

SCAN’s grant helps us serve hard-to-reach older adults through our nutritious meal delivery service.



## September 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](http://mobilemealssoaz.org)

Upcoming Holiday No Meal Deliveries:

**Labor Day, Sept. 1**



## A HEART IN EVERY COOKIE

With a warm smile and a passion for cooking, Annette Pena has spent the past two years quietly making a big difference behind the scenes at Mobile Meals of Southern Arizona. As a dedicated member of our kitchen staff, Annette brings both heart and skill to every task—whether she’s chopping vegetables, organizing meal trays, or baking her now-legendary healthy lemon cookies. Tireless in her efforts and joyful in her work, Annette says her greatest reward is knowing she is serving the community, helping nourish seniors and disabled neighbors in need, one meal at a time.

***Congratulations to Annette as we celebrate her two years of service with Mobile Meals!***

## SEPTEMBER SAFETY TIPS

The National Institute on Aging (NIA) offers these autumn safety tips especially for older adults:

- Check to see if you have good lighting, particularly at the top and bottom of stairs or in hallways to ensure home safety.
- Remember to remove or secure rugs, fix loose flooring, and install grab bars in the bathroom near the toilet and shower.
- Keep walkways clear of debris. Wear shoes with good support and non-slip soles.
- Exercise is so important! Daily routines, including walking, will improve coordination and muscle stability.
- It’s important to have regular eye and hearing exams to identify and address any issues that may impact balance or awareness of surroundings.

Learn more: [www.nia.nih.gov](http://www.nia.nih.gov)

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](http://MobileMealsSoAz.org)

## Emergency Lock Boxes

Volunteer Coordinator Tara McCarthy and another Mobile Meals volunteer who retired from the Pima County Sheriff’s department want to remind clients about the value of residential lock boxes.

These provide a way for the Fire Department to access your home during a fire or medical emergency without damaging entryways or breaking windows. A spare set of your house keys are kept inside. You must go through your local fire department for lock box purchase and installation. To learn more, call Rural/Metro (520) 219-2060.

## Volunteer Spotlight

# From Fairways to Neighborly Front Doors...

*After years guiding young athletes as the head coach of a university golf team, this Mobile Meals volunteer finds new fun and purpose in serving her community.*



Sally Kosters has found a new way to lead—this time off the golf course and right to the doorsteps of Tucson’s homebound elderly and disabled residents.

**Sally and her husband, Ed Chamberlin, moved to Tucson first as snowbirds in 2000, then fulltime in 2010. For the past three years, Sally and Ed have turned their energies and leadership skills toward Mobile Meals volunteering.** Each week, the couple subs on various routes, and also delivers meals to community members along the 6th Avenue #2 route, ensuring clients receive not just nourishment but a friendly face and a moment of connection.

**“It’s deeply fulfilling to do something that’s about kindness and care,”** Sally says. “We know that the meals and greetings we deliver matter to our clients, but it also matters to us, as well. You learn something new from the wonderful people you meet along the way.”

Sally and Ed are no strangers to hard work or service. Before retiring, Ed ran a third-generation family business, and Sally had built a remarkable career in both business and athletics. With an MBA from New York University, a Masters from Drake and a BS in Psychology from Iowa State, Sally had done it all — rising through corporate ranks and launching a pioneering wellness business.

But it was on the greens that Sally found a special calling. After marrying Ed and moving to Ohio, Sally discovered a talent in golfing. After turning pro, Sally joined coaching and helped transform the University of Dayton’s women’s golf program into a competitive force, mentoring student-athletes to succeed not only in tournaments but in academics and leadership. Her coaching philosophy was shaped around a highly successful program she called “Academics First.” Sally’s approach was holistic: **“I always believed that coaching was more than teaching a swing—it was about helping young women find their voice, their confidence, and their own path.”**

Now retired from coaching but not from caring, Sally and Ed have found Mobile Meals suits their interests in staying engaged in community. “It’s the same mindset I had with my team,” Sally reflects. **“You show up, you do the work, and you care deeply. Whether it’s a golf tournament or helping delivering nutritious meals, the need to be a good neighbor never changes.”**



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*Top photo, above: Sally checks in with Mobile Meals Program Coordinator Henry Gorton at 6th Avenue headquarters. Photo, right: Sally and Ed at the start of their Wednesday delivery route.*