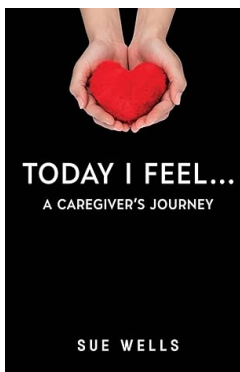




Volunteer Voices

Thank you for all that you do!

Contents



MMSA Volunteer Sue Wells' new book.

What (and who) is a Volunteer Ambassador?

Holiday Gathering

Resources: Who's Who (and how to find them)

Upcoming Holidays

No Meal Deliveries:

- Thanksgiving
November 27-28, 2025
- Christmas
December 25, 2025
- New Year's Day
January 1, 2026
- Martin Luther King Day
January 19, 2026

A Caregiver's Journey

TODAY I FEEL... driver and Ambassador Sue Well's heartfelt first book



Sue Wells, MMSA Volunteer Ambassador and author of new book, Today I Feel...

If you're a meal delivery driver who picks-up on the East side, or if you volunteer in the office, you may recognize Sue Wells. Sue has been a volunteer with Mobile Meals of Southern Arizona since 2021. Before the U of A graduate with a Master's in Social Work retired and moved back to Tucson, she owned a healthcare consulting firm in San Diego. Retiring in Tucson took a turn after just three years when her wife, Deena, was diagnosed with Alzheimer's.

"Being a caregiver to someone with Alzheimer's is a rewarding, taxing, and life-changing event. There are so many unknowns, so much to learn, so many decisions to make. I learned a lot during my three-plus years as a caregiver. I got some things right. And, especially in the beginning, I got a lot wrong."

Sue's beautiful book shares the lessons she learned: what she did right, and what she believes she could have done better. The highly-relevant and touching "Today I Feel.... A Caregiver's Journey," takes readers through the heartbreaking and heart-warming progression of this horrible disease through the eyes of a loving spouse whose commitment to and protection of her partner is overarching and unwavering.

Released in September, 2025, and published by Vanguard Press with Pegasus Publishers, the book is available on Amazon and at Barnes and Noble. (*Visit her blog, too, at alzcaregiverjourney.com*)

Scan to see book at Barnes and Noble



Scan to see book at Amazon.com



The Drive

...Let's Celebrate together!

What is a Volunteer Ambassador?

Mobile Meals of Southern Arizona's Volunteer Ambassadors are volunteers who are ready and willing to help other volunteers, and, by extension, Mobile Meals' clients. Ambassadors are available if you have questions, need help/advice, or want to discuss volunteer challenges and duties. Connect with any of us to ask advice, provide feedback, or just chat.

Volunteer Ambassador contact information: pg 3



Have a question?
Hit a snag?
Need a tip?
Scheduling issue?

Give a call

MMSA Office (8am – 3pm)
520-626-1600

Volunteer Cell
520-222-9878 (text or voice)

Or contact a Volunteer Ambassador (see page 3)



Celebrate with us!
at UA Tech Park at the
Bridges*, 1600 Idea Lane

Thursday, December 4
2:00-4:00

RSVP:
tara@mobilemealssoaz.org

*Venue is across from Quincie Douglas Rec Center. Maps to come!

You're Invited!

Let's beat the rush!
Take a moment to kick-off the holiday season with fellow volunteers to celebrate our successes and look forward to another great year of volunteering in 2026.

Volunteer Status Update

As the temperatures drop to a more comfortable level and snowbirds start returning to Tucson, we want to share some statistics with all of the MMSA volunteers.

- Current number of active volunteers: 161
 - Drive/meal delivery volunteers: 150
 - 121 Tucson, 27 GV, 2 Handmaker
 - Office and administrative help volunteers: 3
 - Distribution site volunteers: 4
 - Kitchen help volunteers: 4
- We always need more volunteers, and at the moment, are looking for 7 Tucson drivers, 10 GV drivers and 2 distribution site volunteers.

Volunteers are the backbone of MMSA. Look at it this way: the organization currently runs with the work of 11 paid staff and 161 volunteers. Volunteers are critical to our mission, and we're always looking for more! Tell your friends!

What Volunteer Opportunities are Available?

There are currently 20 opportunities (see above). See the up-to-date list at <https://mobilemealssoaz.org/volunteer-mobile-meals/>



Scan the QR code for easy access.

Job descriptions for the various volunteer opportunities will soon be available on the website!

Nourishing Tucson & Southern Arizona

In Touch
Communicating with Staff and Fellow Volunteers



Mobile Meals of Southern Arizona CEO, L'Don Sawyer

Office Hours

Monthly Volunteer Chat with CEO, L'Don Sawyer

Join the Zoom Meeting on the last Friday of each month at 2:00 MST.

<https://us06web.zoom.us/j/87876027466?pwd=udUBCyWW6XUS6OqXgNotAHF2OI6u5u.1>

Meeting ID: 878 7602 7466
Passcode: 728262

MMSA Staff Contact:
520-622-1600

L'Don Sawyer, CEO:
ldon@mobilemealssoaz.org

Henry Gorton, Program Coord:
henry@mobilemealssoaz.org

Tara McCarthy, Volunteer Coord:
tara@mobilemealssoaz.org

Stella Montante, Assistant (pt):
admin@mobilemealssoaz.org

Tomas Smith, Process Improvement Director:
director@mobilemealssoaz.org

After-hours Volunteer cell:
520-222-9878



Mobile Meals of Southern Arizona Ambassadors (l to r): Steve Godwin, Sue Wells, Tara McCarthy (MMSA Volunteer Coordinator), Beverly Trunick, Mary Verona, Richard Keith (on Zoom screen), L'Don Sawyer (MMSA CEO), Art Evans, Gerald Jeffries, Tyna Callahan

Who's Who: Volunteer Ambassadors

Tyna Callahan, tynacaz@gmail.com
 delivers meals from 6AVE and edits *Volunteer Voices* newsletter

Art Evans, arthevans@aol.com
 delivers meals from 6AVE

Steve Godwin, steve@stevegodwin.com
 delivers meals from 6AVE & manages website

Gerald Jeffrey, geraldjeffery@hotmail.com
 delivers meals from 6AVE

Richard Keith, richardkeith475@gmail.com
 advises

Beverly Trunick, btrunick@cox.net
 delivers meals from Green Valley

Mary Verona, m.verona@icloud.com
 delivers meals from 6AVE

Sue Wells, wellsconsult@cox.net
 delivers meals from Eastside (formerly Kolb) and crunches numbers



In partnership with TMC (and their volunteers), Mobile Meals now has several beautiful hand-painted banners. The banners were unveiled at a ribbon-cutting on September 26th, 2025.