



Volunteer Newsletter

Thank you for all that you do!

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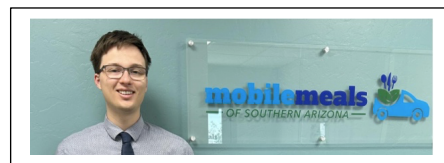


In Touch

Communicating with Staff

A New Face at Mobile Meals

Many of you have already met the newest member of the MMSA staff, Henry Gorton. Henry joined the team as Program Coordinator in May. He came to MMSA from the University of Arizona, where he had been a research technician in applied social sciences, after having earned his BA in Cultural Anthropology and Religious



Studies in 2021. You'll see Henry at meal pickup, and out in the community, where he will represent MMSA through partnerships and outreach opportunities.

The Extra Mile

Cooler Swaps

Keeping meals temperature-controlled through the delivery process is a priority, so we began providing coolers and freezer packs from our kitchen on S. 6th Ave. when the facility opened. Now, we've simplified the process, doing cooler 'swaps' instead of having drivers load the meals into their coolers. This ensures that the meals are kept cool while they await the drivers' pickup, and it streamlines the pickups. Drivers just trade their last deliveries' coolers and ice packs at pickup (it's always appreciated if you can return ice packs frozen).



Drivers: New Mileage Reimbursement Process

Scan the QR code in the left margin, or go to <https://tinyurl.com/MMSAmileage> to submit mileage for reimbursement. Please keep in mind that there's a 90-day window for reimbursement requests, and requests are processed beginning on the 5th of each month. Record and submit mileage from door to door: leaving your home to returning there after deliveries. This is a change from prior policy. Use mileage reimbursement to offset your expenses, or, you can donate it to Mobile Meals.

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What's Cooking?
News from the Kitchen

Upcoming Holidays: No Meal Deliveries

- Independence Day, **Jul 4**
- Labor Day, **Sept 2**
- Veteran's Day, **Nov 11**
- Thanksgiving, **Nov 28 & 29**
- Christmas, **Dec 25**
- New Year's Day, **Jan 1, 2025**

We listened! We're trialing distributing paper menus with meals. Please share with your clients. Remind them to order, and let them know that help is available if they need it. Have them call us, or email info@mobilemealssoaz.org and we will give the client a call.

FAQ

How? Where? Why?

Want to get all the answers to questions you've asked, and some you may not have thought of yet? Attend a newly-updated Volunteer Training session! Monthly sessions are offered when a minimum of 5 attendees enroll. Training is required for new volunteers, and recommended for existing ones. Meet fellow volunteers and learn how you can make the most of your valued efforts.

Meet Linda Rumsey, MS, RDN

Ensuring Nutritional Integrity of Meals

A highly-qualified professional, not only does Linda Rumsey, MS, RDN, have a history with MMSA—she was a board member for 10 years, president for two—but she was also the Nutrition Program Director for Catholic Community Services for 32 years, *and* she worked part-time as Nutritionist for Canyon Ranch for 24 years before retiring in 2019. What she's calling retirement is anything but: in addition to working with MMSA, Linda consults on menu development with Catholic Community Services and Pinal/Gila Area Agency on Aging Patagonia Senior Center.

Having our own kitchen cleared lots of hurdles: we can serve more people and offer more interesting food, with greater variety and high-quality. It brought the challenge, however, of ensuring, within our own kitchen, that we can serve that part of the community that requires special diets for health reasons.

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Volunteer Training: July 8th at Noon

Sign-up with Henry to attend at the office or via Zoom: [520-622-1600](tel:520-622-1600)/henry@mobilemealssoaz.org

News Bites

Drivers Needed

As is the case with many of our volunteer drivers, Tomas, our part-time employee driver is away for the summer. That, and the fact that many other drivers travel for short periods in the summer, makes the need for drivers even greater than usual. Encourage your friends to volunteer, and, if you can fit an extra run into your schedule, let us know!

Other Volunteer Opportunities: Visiting clients and helping with meal orders, Packaging food and bagging meals for delivery, Volunteer recruitment and training and more!

What's Special?

MMSA accommodates special diets in addition to offering nutritious regular meals. We currently offer the special diet meals listed below. In future issues of the newsletter, we'll describe each one.

- Cancer Support
- Cardiac
- Gluten-friendly
- Diabetic
- Renal (1,2 & 3)
- Vegetarian
- Wellness

"Linda Rumsey's expertise and experience are helping to move Mobile Meals to the next level," said MMSA CEO, L'Don Sawyer. "She is working with Chef Melissa to develop a new menu that ensures that we can meet clients' unique dietary requirements based on accepted standards for Wellness, Diabetic, Cardiac, Renal, Gluten-Friendly, Vegetarian, and Cancer Support."

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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=udUBCyWW6XUS6OqXgNotAHF2O16u5u.1>

Meeting ID: 878 7602 7466
Passcode: 728262

Tips & Links

Clients & Ordering

If you suspect that a client is having trouble ordering meals, email us at info@mobilemealssoaz.org.

We can have a volunteer reach out to help them. Meals can be delivered as soon as 5 days after the order is placed.

In Touch

Communicating with Staff and Fellow Volunteers

Who's Who at MMSA

...and how to reach them

L'Don Sawyer, CEO: ldon@mobilemealssoaz.org, 520-622-1600

D.R. Park, Operations Mgr: (520) 620-9133, drpark@mobilemealssoaz.org

Henry Gorton, Program Coord: (520) 622-2593, henry@mobilemealssoaz.org

Melissa Hernandez, Director of Food Services: (520) 622-1600

Stella Montante, Assistant (part-time): (520) 622-1600

MMSA Office: Call or text 520-622-1600

Linda Rumsey, MS, RDN, continued...

“We are in the process of testing each meal and making adjustments to ensure that the nutrition information we have is based on the *actual* products that we use and the measured amount of each portion. We hope to expand on menu items and continue to improve on what we are doing based on client feedback.” added Linda.

Driver Liaisons: Volunteers Paul Roy and Mary Johnson

Please contact them as early as possible any time you know of an upcoming absence or have need for a substitute driver.

Drivers who pick up at Kolb and/or 6th Avenue

Paul (pauleroy@comcast.net)

Drivers who pick up at Green Valley and/or La Posada

Mary (mrivolo@yahoo.com)



Chef Melissa's talents were showcased at a donor Open House May 9th