



Special Delivery

A NEWSLETTER FOR CLIENTS OF MOBILE MEALS OF SOUTHERN ARIZONA

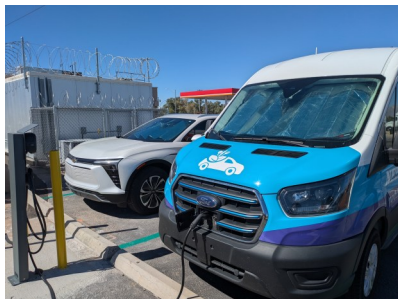
Nourishing with Holiday, Heart ...and Shared Purpose

This month's Mobile Meals *Special Delivery* newsletter celebrates more than a season of gratitude—we're honoring the powerful partnerships that make our mission possible. From the steady, caring hands of one dedicated Green Valley volunteer to the spirited support of a Tucson city department taking over a delivery route, each act of generosity celebrates the spirit of the season and fuels the Mobile Meals network of care. There's also news on TEP and the Del E. Webb Foundation "energizing" our fleet with EVs and a charging station, and ArchWell's kindhearted support of our seniors' wellbeing. Together, we're honoring the Thanksgiving spirit and demonstrating how neighborly delivery of social connection and delicious nutrition every day is a memorable way to show gratitude in our community. Wishing you a season of warmth, wellness and reminders of how deeply you're valued here at Mobile Meals.



--L'Don Sawyer, CEO

COLLABORATION SPOTLIGHT



MEAL DELIVERIES GET A BOOST

Mobile Meals is the proud recipient of a new electric vehicle and charging station through TEP's generous Non-Profit Transportation Pilot. This initiative supports non-profits that provide transportation and services to seniors by funding electric vehicles and infrastructure. Our EV and charger arrived early October and will soon hit the road, delivering meals across Tucson while reducing emissions and lowering maintenance costs.

We're deeply grateful for the electric Ford Charger SUV from TEP and the electric Ford Transit van made possible by the Del E. Webb Foundation.

ARCHWELL HEALTH VISIT REINFORCES COMMUNITY CARE

ArchWell Health, a national provider of advanced primary care for adults 60 and older, operates six Tucson locations dedicated to building communities of care that keep older adults healthy and engaged. Reflecting a commitment to community connection, ArchWell team members Becky and Lorraine recently visited Mobile Meals headquarters — meeting volunteers, touring the kitchen, and sharing thoughtful mementos and health-related goodies. Mobile Meals deeply values the support of this generous and mission-aligned partner!



November 2025

Order up!

Place orders
at the beginning
of each month.

All meals made fresh daily.

Choose as many
Heat & Serve and/or
Ready-to-Eat entrees as you
want for each day. Select
your beverage/
complimentary sweet with
each entrée!

Our Delivery Windows:

Tucson: 10:30am - 12:30pm
Green Valley: 9:30am - 1pm

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

Phone referrals accepted.
HelpLine: 520-622-1600

Or apply through
the website:
mobilemealssoaz.org

Upcoming Holidays

Mobile Meals Is Open:

Veterans Day, Nov. 11
Day-after-Christmas, Dec. 26

No Meal Deliveries:

Thanksgiving Day, Nov. 27
Day-after-Thanksgiving, Nov. 28
Christmas Day, Dec. 25

One Route, Many Smiles for this Green Valley Volunteer



Every Monday, **volunteer Aaron Miller** (*on right in photo with husband Kris and paw family Olive*) loads up his car with 12 to 14 meals from La Posada kitchen, then heads out to Green Valley, where a familiar group of seniors awaits. On Thursdays, he often also fills in on another Green Valley route. For Aaron, **volunteering with Mobile Meals is about more than food deliveries—it's about connection.** "Everyone is so welcoming when I arrive," he says. "I gain so much from the visits, as well."

Aaron joined the Mobile Meals volunteer team over a year ago after discovering the program at a summer volunteer fair. The chance to give back while enjoying friendly conversation felt like a perfect fit.

Originally from Western Washington, Aaron moved to Green Valley with husband Kris three years ago. A former interior designer, he always has been drawn to the arts—first through his handmade wallpaper business, now through creating fused glasswork.

"This sense of community is especially meaningful during the holidays," he says. **"We often assume everyone has a social circle, but that's not always the case. So when I show up with a good meal and some friendly conversation, it feels good to know it's appreciated."**

"Mobile Meals is a vital service," Aaron adds. "I'm grateful it's part of my weekly routine. It's a way to stay connected—and to be a good neighbor."

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.

A CULINARY TOUCH THAT ELEVATES EVERY PLATE

Talented and customer-focused **Chef Tim Piper** (*photo below*) puts love and care into everything that happens in the Mobile Meals kitchen—from tweaking seasonings for optimum flavor to ensuring nutritious variety and presentation on every plate. Shaped by his Minnesota-based education in Culinary and Retail Management, Tim brings a wealth of experience to his role as Mobile Meals Food Supervisor and Chef. His career includes leading food services for a senior living resort spanning Independent, Assisted Living and Acute Care. He also served as Retail and Catering Manager for the Carondelet Health Network and as Executive Chef and Retail Manager for TMC.

While Tim continues to advise organizations across the region on food service strategy, **his heart is in the Mobile Meals kitchen, where good nutrition meets delicious, comforting foods!** He is currently exploring enhancements to further elevate the Mobile Meals dining experience – Stay tuned.



Streamlined Order System: Here's How It Works

Choose the Meal Plan that fits your week:

- Monday through Friday (5 Meals)
- Monday, Wednesday and Friday (3 Meals)
- Tuesday and Thursday (2 meals)

Billing happens automatically once every four weeks — No need to remember to call!

You can still cancel a meal. Simply call at least 24 hours in advance, and a credit will be applied to your account.

A Mural Project Honors Connection and Creativity

TMC and Mobile Meals celebrate a shared legacy through art that nourishes and paints the spirit of Mobile Meals and community care.



A summer collaboration between TMC for Seniors and Mobile Meals of Southern Arizona has blossomed into a vibrant series of murals—now on display at Mobile Meals headquarters. **The installation premiered last month at the 6th Avenue depot celebration** (*photo, left*).

“It’s community coming together—engaging and collaborative,” says Mobile Meals CEO L’Don Sawyer, who first proposed the idea to TMC for Seniors Director Maya Luria earlier this year. “Our partnership dates back to the 1970s, and the synergy between our organizations has only grown stronger. We’ve worked together in so many meaningful ways.”

The mural project was led by Tucson artist Carolyn King, who also facilitates a variety of arts programming at TMC for Seniors. **Older adults who attend TMC for Seniors activities participated in the mural-making, creating large-scale visual interpretations of well-being, nourishing food and the power of connection.** The resulting creative work spans several large canvas panels, each bursting with color and heart—celebrating how Mobile Meals delivers “more than just meals.”

“This project is a testament to the creativity and care that lives in our community,” says L’Don. **Thanks to TMC for Seniors, Maya Luria** (*featured on right with L’Don*), **Carolyn King, and the senior artists who brought to life the work that now brightens the walls—and spirit—of Mobile Meals.**



City Leaders Step Up to Serve

When leadership meets compassion, communities thrive. The City of Tucson’s Housing and Community Development Department recently adopted Mobile Meals’ downtown Route 10, delivering more than 100 nutritious meals to neighbors in need.

This wasn’t just a logistical effort—The department’s leadership team stepped into the service with heart, forging meaningful connections along the way. Special thanks to coordinator Cat Polston, who represented her department with warmth and enthusiasm. Her dedication exemplified the spirit of public service at its best—and reminded us that small acts, done with great care, can nourish far more than hunger.

November
Menu