

FROM THE EXECUTIVE DIRECTOR



The holidays. It's a good time to reflect. Take note. Give thanks.

By giving thanks we often choose to extend ourselves and give to others less fortunate. Out of the abundance of our hearts, we offer our resources to help others.

It's good to have a mindset of abundance. When you share kindness, generosity and love, it fills your life and makes it richer. These things are limitless. The more you give the more you get.

It's important to be thankful for what is, despite feelings of loss or lack in your life. It helps you understand and appreciate the blessings and the abundance that surrounds you. That's what the Pilgrims did on their first Thanksgiving. That first year was pretty difficult, loved ones lost and many hardships in the new world. Yet they celebrated and were thankful. They focused on their abundance.

Appreciate what you have and the abundance in your life. Notice the possibilities. There is enough. Especially when you share it. Imagine a world based on giving.

I am thankful for the generosity of our community. It is only with your support, your generous

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Volunteers Honored with Appreciation Event

In the last 365 days over 550 volunteers donated 25,000 hours, drove 74,000 miles and delivered 82,225 meals and visits. To show our appreciation to them for their commitment to our community we had the pleasure to serve them a meal! It was a delicious buffet prepared by our own chef, Don Louie. Butler Rents donated linens and O'Tooles provided flowering plants for centerpieces which created an elegant setting. A special surprise included a drawing for over 30 \$25 gas cards which were generously donated from an anonymous volunteer.

The Virginia Baker Volunteer of the Year Award was presented to Dana Gaston. Dana has been a kitchen volunteer for over



Dana Gaston, Volunteer of the Year, and Executive Director Diane McClymonds.

a year. This summer she shared her project management skills to help us implement new software which has streamlined and automated our operations. Dana said, "Meals on Wheels is a great organization

and I have truly enjoyed being part of a team that makes such a difference in our community. The dedication from the staff and all of the other volunteers has made this such a wonderful experience."

Since then, Dana has accepted the Director of Operations position at TLC Meals on Wheels. We are thrilled to have her on staff!

Thank you, Dana, and all of our wonderful volunteers for all you do to make a difference in the lives of those we serve. ☺



Staff and volunteers enjoying their meal and a visit. Dana, Kathy, Tanya, Katya, Val, Irene, Joanne & Pat



Volunteer drivers Jerry, Riggs, Bill, Lee & Janet

TLC Meals on Wheels' Volunteer a 7 Everyday Hero

Beverly Busher has been volunteering with TLC Meals on Wheels for 35 years! She and her Community Service Club friends drive route 7 every Wednesday. For many years her group has also provided the gifts for one of the 12 days of our holiday giving in December. Beverly moved to Missouri this fall to be closer to her family. Before she left, her friends made sure her years spent serving TLC Meals on Wheels' clients did not go unnoticed! Bev was quite surprised when Channel 7's Mitch Jelniker greeted her on the day of her final route delivery. You can see the video on our website www.tlcmealsonwheels.org ☺



Whole Foods Feed 4 More

The Streets of Southglenn Whole Foods' annual giving program is called Feed 4 More. Donations are collected at check-out November 1 through December 3 to provide food to local nonprofits. We are honored to again receive this donation. It is this Whole Foods' donation that inspired us to establish our Saturday Grocery program where we provide non-perishable food on the second Saturday of each month to our clients with the most need. It helps us feed not 4, but 150 more! ☺

More Than Just a Meal

By Sue Rosser

W e volunteers always look forward to visiting with Catherine Seal when we deliver her daily meal. At 98 years old, Catherine still lives independently in her



Catherine waving to the crowd at the Western Welcome Week Parade.

home on a quiet, tree-lined street, with just a bit of help from friends, neighbors, and TLC Meals on Wheels. She loves to tend her flowers in the summertime, stopping to sit on her front porch to chat with us when we arrive. With her sparkling blue eyes, radiant smile, and welcoming words, our visits with Catherine always remind us of how much TLC Meals on Wheels enriches our lives, as well as those of our clients.

Fearing the Bolshevik advancement, Catherine's parents and two older siblings fled their farm in the Volga River region of Russia and immigrated to St. Marys, Kansas, arriving aboard the Lusitania at Ellis Island in March of 1909. Catherine, the eighth of their twelve children, was born in 1916. Growing up on the family farm, she was just 18 when after a whirlwind courtship, she married her husband Dana in 1934. After the births of three daughters, the family moved to Denver in 1951 and purchased a home in 1965 where Catherine still lives. After Dana's death, Catherine's daughter Diane, also a widow, bought the home next door, and mother and daughter were inseparable until Diane's untimely death this past March. Having outlived all her siblings and her husband and daughters, Catherine's greatest wish has

been to remain living independently in her own home. And with her admirable strength and tenacity and some support from others, Catherine has had her wish. We volunteers and staff are dedicated to supporting the independence of our beautiful and plucky friend.

We were pleased to have Catherine represent our organization and clients this past August in Littleton's Western Welcome Week Parade. Riding in a bright red convertible and wearing a turquoise cowboy hat and her radiant smile, she tirelessly smiled and waved at the parade crowd who cheered as she passed by them.

TLC Meals on Wheels personnel honor the rich histories and lives of Catherine and all our other clients, and we celebrate their unwavering will and wish to remain independent in their later years. Our community is richer for having them living in our midst. ☺

Nothing Bundt Cakes Grand Opening

A new Nothing Bundt Cakes is opening December 3, at 8116-C W. Bowles Ave, Littleton, 80123. For their Grand Opening December 13, bakery owner Diana Dargen plans to donate 20% of the proceeds to TLC Meals on Wheels! Please support them, as they support us and enjoy some delicious bundt cakes on December 13. Tasty!! ☺

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giving, that we are able to nourish the lives of so many neighbors. I ask that you again look in your heart and invest in feeding and nurturing those in your community who are less fortunate.

What you focus on is what you believe. Dare to believe in abundance and infinite blessings.

Wishing you peace and happiness,

— Diane McClymonds



Community Raises Funds to Feed Our Seniors

Events hosted by our community partners have raised over \$14,000! This generous amount will provide over 3500 meals ~ enough to feed 14 seniors for an entire year!

The John Elway Dealership 3rd Annual Charity Golf Tournament raised over \$8,000. Littleton Adventist Hospital and Native Rank were the Orange and Blue Sponsors. We thank all the sponsors, including Enterprise, Carfax, FirstBank and Air Force Credit Union. Also, thank you to the golfers who donated additional money through mulligans and games on the course.

The Littleton Elks Car Show, held annually during Western Welcome Week, drew a great crowd again this year. No fees are charged to enter a classic, rod or custom car and it's free to look at them and check under the hoods! The event raised



Executive Director Diane McClymonds and Elks organizer Ken Wilson at the Car Show.

nearly \$2800 for TLC Meals on Wheels through food and beverage sales and donations! MOD Pizza near Park Meadows Mall held



MOD Pizza Manager Carrie Mayfield, MoW Volunteer Judy Culley, Diane McClymonds, MOD Pizza COO Scott Schooler. Judy was the lucky winner of a year of free MOD Pizzas at the grand opening event!

own pizzas! MOD will again support us November 25 – 30 as they “Spread MODness” to celebrate the company’s 6th anniversary. One dollar will be donated to us for each pizza and salad purchased.

TLC Meals on Wheels is definitely a community program. We are honored to serve our local community, and we are supported by and are part of it. Thank you to all who help ensure our neighborhood seniors receive hot, nutritious meals and friendly visits. ☺



Subaru Shares the Love

During Subaru’s “Share the Love” event November 20, 2014 through January 2, 2015, \$250 will be donated to the customer’s choice of participating charities for every new vehicle sold or leased. Last year, the check marks next to “Meals on Wheels” added up to more than \$1.3 million which Meals on Wheels of America shared with Meals on Wheels programs across the country. So please, choose Meals on Wheels when you buy or lease from Subaru! ☺

Remembering Claire

A candlelight vigil themed “Deliberate Acts of Love” will be held on Saturday, December 13 at 5:30 p.m. in Clarity Commons at Arapahoe High School to remember Claire Davis one year after the tragic event at the school. Claire’s family has graciously asked us to be part of the vigil and is suggesting the community “pay it forward” with a donation to our program. We will be accepting grocery and monetary donations at the vigil which will help us continue to nourish the bodies, minds, and spirits of our neighbors in need. Denver Health’s Family Crisis Center will also be collecting stuffed animals. We are humbled by the inspiration, resiliency, and thoughtfulness of the Davis family. We wish them peace and are grateful to them for their compassion and selflessness. ☺

Client Profile

CLIENTS RESIDE IN

Littleton

Englewood

Centennial — Greenwood Village

Sheridan

Jefferson County

CLIENTS AGE PROFILE

Under 60 12%

60s 19%

70s 23%

80s 34%

90s 11%

Over 100 1%

CLIENTS BY GENDER

Male 37%

Female 63%

TOTAL 357

HOUSEHOLD INCOME

Extremely Low 51%

Very Low 27%

Low 18%

COST

Daily \$4.00

TLC meets needs regardless of a client's ability to pay.

BOUNDARIES

County Line Road to northern border of Englewood and western C-470 east to I-25.



MEALS ON WHEELS

Post Office Box 3108
Centennial, CO 80161
(303) 798-7642
info@TLCMealsOnWheels.org
www.TLCMealsOnWheels.org

Non-Profit Org.
U.S. Postage
PAID
Permit 1075
Denver, CO

Yes! I will help TLC
Meals on Wheels.

I would like to sponsor an individual:

- \$1,020 annually \$510 semi-annually
 \$255 quarterly \$85 monthly

I would like to commit to a monthly donation of:

- \$10 \$25 \$50 \$100
 Other _____

My business or corporation would like to make a donation.

Name: _____

Phone: _____

Email: _____

Address: _____

City: _____ State: _____ Zip: _____

*Please make checks payable to TLC Meals on Wheels.
P.O. Box 3108 Centennial, CO 80161-3108*

Meals on Wheels is a 501(c)(3) non-profit corporation.

Help us Feed Your Neighbors in Need

TLC Meals on Wheels provides nutritious meals and daily personal interaction to homebound seniors and disabled adults when preparing their own meals is too difficult or costly. This service helps them to remain independent in the security and familiarity of their own home. Over half of our clients are unable to pay the full cost of the meals we provide. Many have no family who can help them. **That's why we need your support.**

Our most important fund raiser of the year – the Fall Appeal – is in progress. Watch the mail for your contribution card. You can make your donation online from our website www.TLCMealsOnWheels.org. If you do this on “Colorado Gives Day,” December 9, a percentage of your gift will be matched by 1st Bank. Or you can schedule your online donation now to occur on December 9.

Does your employer offer a Matching Gift Program? If so, you can increase the impact of your donation even more! ☺