

Mayors March for Meals

On March 25 the mayors of Centennial, Englewood and Littleton all came to TLC Meals on Wheels to deliver hot, nutritious meals to residents in their community. Many clients were very surprised to meet their mayor at the front door!

Mayor Cathy Noon of Centennial has delivered meals with us before. She clearly values care of our elders as evidenced by her work on the Centennial Senior Commission. "TLC Meals on Wheels is a program very important to our community and our senior and disabled citizens to allow them to remain in their homes." She added, "It's a self-sustaining program we all need to support so we can keep our seniors in the community they helped build."

It was Englewood Mayor Randy Penn's first time visiting TLC. He was pleased to have the opportunity to participate.

Littleton's Mayor Phil Cernanec said he appreciates TLC Meals on Wheels and

thanks the volunteers for their presence in our community and the part they play in helping seniors stay in their home. "The societal costs for folks that can no longer live independently are very high. There's a tremendous benefit, a tremendous leveraging of dollars that are contributed to TLC Meals on Wheels."

We are honored that these mayors took time out of their busy schedules to see firsthand the good work our program does and we thank them for their ongoing support. ☺



Upper left:
Mayor Phil Cernanec



Upper right:
Mayor Cathy Noon



Lower right:
Mayor Randy Penn



Executive Director Diane McClymonds, Mayor Cernanec, Mayor Noon and Mayor Penn.

FROM THE EXECUTIVE DIRECTOR



Life is Good. I am blessed to be one who truly believes that. I have a favorite, comfy shirt that says so, too! Life presents challenges,

disappointment and sadness. We all have burdens. Some folks seem to get more than their share. But that doesn't really change that life is good. That's just life. Some days you may have to look a little harder for evidence of it, but goodness surrounds you.

You can be that goodness for someone else. Engage with people. Offer a smile or a helping hand. You won't know what kind of day they're having, or what is happening in their lives. Who may be going home to an empty house? Your offer of friendly conversation could be the only encounter they have today. That kindness can feel like a hug if you're lonely.

We can all be part of the goodness. We recently lost one of the 'good ones.' Volunteer driver, Dave Vietti passed away suddenly last month. Just days before he passed he told a fellow volunteer, a friend, that delivering Meals on Wheels was one of the highlights of his week. In fact, at Dave's memorial service the priest's opening remarks spoke of the goodness Dave offered by delivering meals to those in need. I think Dave understood a benefit of giving of yourself is what you get back. The Vietti family, and we, thank you for donations made

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Upcoming Summer Events

- Littleton Elks Car Show is Sunday August 10 from 11:00 - 3:00. Check out some cool classic cars, hot rods, motorcycles and trucks. All proceeds from food and beverage sales are donated to us! This is always a fun day!
- Look for us in the Western Welcome Parade on Saturday August 16 beginning at 10:00 am in downtown Littleton.
- John Elway Charity Golf Tournament benefitting TLC Meals on Wheels is Sunday, August 17. Be a sponsor or bring a foursome to play at the Colorado National Golf Club. Who knows, maybe John Elway will show up! More information is available at www.TLCMealsonWheels.org.



Join the TLC Staff

You could be part of the TLC MoW team! We are hiring a part-time cook to help plan and prepare nutritious, quality meals Monday through Friday. If you have enthusiasm and a passion to create fresh, appealing meals for 350 homebound neighbors we'd love to hear from you. Send your resume to info@tlcmealsonwheels.org. Thanks!

— continued from front

to TLC Meals on Wheels in Dave's memory.

So look for the good in life. The good in others. The good in a difficult situation. Figure out what makes your life good and share it. When you create it, goodness becomes more abundant. It makes our little corner of the world a better place.

— *Diane McClymonds*

Theater Night



Many who have attended our Theater Night fundraisers over the years rated Swing as the best yet!

The evening began with a wonderful spread of savory appetizers and delectable desserts that were graciously donated from local establishments. Guests then enjoyed a special performance of the musical SWING! The show was all about the music and the dancing from the swing era. The music, upbeat jazz mixed with some soulful numbers, set the pace for a lively show. And the dancing, oh the dancing! Everyone was in awe of the talent and energy of the dancers. There was more than once we thought one gal's heels would get caught in the spotlights she was getting flipped around so much!

Thank you to all who created our most successful fundraiser to date! Please support these organizations that support us and help drive away hunger in our community. ☺



Don't Miss Out ~ Save the date for next year's Theater Night fundraiser April 21, 2015 featuring The Marvelous Wonderettes

More Than Just a Meal

By Sue Rosser

One of the most rewarding aspects of being a TLC Meals on Wheels volunteer is that our clients give us so much more than we give to them, by sharing their invaluable life experiences. Such is the case with Bob and Millie Fleshman, who lead quiet lives in their home in western Centennial. Now both 89 years old, Bob's eyesight is failing, and Millie's health and medications limits her activities. They receive daily meals and groceries once a month which help them remain in their own home.

As children Bob and Millie were each placed in different Nebraska church group home facilities when their parents relinquished them and their younger siblings during the Depression—Millie at 12 years old and Bob at 8. They met in their early teens when Bob was transferred to the 100-bed facility in Holdrege where Millie and her siblings

lived. Millie says the "home" provided custodial care, but little love, nurturing, or individual attention. Each resident was required to leave upon finishing high school.

Millie worked her way through college before marrying and becoming the mother of two sons. With sadness she reflects that it was difficult to have no parental love or guidance or a lasting home base. Throughout her life, her strong faith has given her strength to get through the lonely times.

Bob joined the military, becoming a B-17 tail gunner as the United States was drawn into World War II. On October 23, 1944, on his very first mission, their B-17, the Shadrack, was hit by enemy fire as they began bombing the massive Skoda munitions factory in Pilsen, Czechoslovakia. After three of their four engines were disabled, the crew

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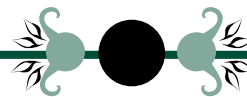
was forced to parachute into German-occupied territory near Solden, Austria. All ten crewmembers were captured by German soldiers and transported by boxcar to the Stalag Luft IV prison camp near Auschwitz. Life there was indescribably harsh, with little food, inadequate clothing in the biting cold winter weather, no medical care, and brutal treatment. As the Russian Army approached the camp in February 1945, Bob and 1500 other prisoners were transported by boxcars to the Stalag Luft I prison camp in Germany. Liberation finally came in early May, and Bob vividly recalls that he was flown to France on his way back home on his 20th birthday—May 13, 1945.

Back in the U.S., Bob spent the next year regaining his physical and mental health, and the nearly 40 pounds he had lost during imprisonment. In the years that followed, he forged a successful career in the insurance business, married, and fathered a son. Bob still suffers the residual effects of frostbite and deprivation from the months he spent in prison camp.

Bob and Millie never lost touch with each other, having forged a kind of

family bond in their years together in the Nebraska group home. In early 1995, years after both their marriages had ended, Bob proposed marriage to Millie. Millie recalls that she initially thought the idea was ludicrous---they were just friends! But Bob's persistence prevailed, and the two were married in early September 1995, when both were 70 years old. Happy years of travel followed, with one of the highlights being Bob's reunion with the surviving members of his B-17 crew in Austria in 2004, celebrating the 1996 discovery of the Shadrack, which had flown on after the crew bailed, finally crashing and becoming buried in a glacier in the Austrian Alps on that fateful October day.

Through quiet example, Bob and Millie have taught us so much about self-reliance, fortitude, resilience, survival through faith, and love and loyalty to family. It's a privilege to be able to serve Bob and Millie now that they need assistance, nearly 70 years after Bob risked his life in service to our country. It's an honor to serve all our clients, each of whom has a lifetime of knowledge and experience to share with us. ☺



Pharmaca Grand Opening

Pharmaca Integrative Pharmacy opened its newest location on May 17 in Greenwood Village next to Trader Joe's. They selected TLC Meals on Wheels to be the beneficiary for the Grand Opening Celebration by donating a percentage of the day's sales. Those who joined in the celebration that day received lots of goodies as giveaways including free facials, massages, makeovers and more. This store offers thousands of natural and homeopathic medicines, supplements and over-the-counter-medications that are often difficult to find in other stores. Next time you stop in to visit them, please thank them for supporting TLC Meals on Wheels. ☺



Board Members Geno Pauline and Kathy Kreidler



MEALS ON WHEELS

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

Non-Profit Org.
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Yes! I will help TLC
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I would like to sponsor an individual:

- \$1,020 annually \$510 semi-annually
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I would like to commit to a monthly donation of:

- \$10 \$25 \$50 \$100
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Name: _____

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*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.

Survey results

Each year we conduct a client survey to see what they think about our service and to learn a little more about how they are doing. Here is what we have found this year:

- ♥ 70% of our clients live alone.
- ♥ For 75% the meal we serve is their main meal of the day.
- ♥ Over 90% favorably rated the taste of our meals, and 96% favorably rated the nutritional value.
- ♥ 84% indicated receiving meals has improved their physical well-being
- ♥ 87% indicated it has improved their emotional well-being.
- ♥ Over half our clients value TLC Meals on Wheels because they enjoy regular visits from our volunteer drivers and it gives them a sense of security that someone is checking on them.
- ♥ 90% say participating in our program allows them to continue living at home and has improved their overall quality of life.

Almost 2/3 of our clients are women. 49% have extremely low income, 31% very low income. Our findings validate that our service fulfills a need and that our clients appreciate our community coming together to serve them to drive away hunger.