

Theater Night Success



Our 9th annual fundraising event began with an elegant hors d'oeuvre reception where guests sampled savory appetizers, hearty sandwiches, delectable desserts and sipped beer and wine donated by over fifteen local establishments. A first time attendee claimed, "My wife says this is the best spread of appetizers at an event she's ever seen. And she's seen a lot!"

The pre-show video introduced three TLC Meals on Wheels clients. Thank you to Robin Visser of Creative Touch Video, Inc. for once again helping us tell our story. You can watch it on our website at tlcmealsonwheels.org. The musical, *The Marvelous Wonderettes* was, well, marvelous! It told the story of four friends from their high school prom to their ten-year reunion with favorite songs from the 50's and 60's. At intermission, raffle winners were drawn for prizes including a 65" smart



It was a full house at the pre-show reception.



Nothing Bundt Cakes in Littleton provided many sweet treats to sample.

TV, Broncos tickets, concert tickets, gift cards and a cooking class. Special thanks to Bruce Speegle & SG Associates for donating an autographed Peyton Manning football!

Thank you to our corporate sponsors, food sponsors, raffle prize donors and all who attended to help make this our most successful event to date. With your support, we raised over \$43,000 which helps us further fulfill our mission to enrich the lives of seniors and others in the South Metro Denver area by providing nutritious



There was a great variety of foods to select from.

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FROM THE EXECUTIVE DIRECTOR



One of the best things about my job is all the people I meet. Those of you who know me can probably tell I am a "people-person." I now know many more

folks and have a much deeper connection to my community than I used to because of my involvement with our program.

Being part of a community offers a sense of belonging and provides support. For our clients, our program and volunteers are important because we provide a nutritional safety net and are often one of their few connections to the broader community. For many, our service is what makes the difference to allow people to stay independent and in their homes. I think that's what most of us will want as we age and become more reliant on others for support. Surely our community is richer to have our program as an option and have these folks as our neighbors.

I feel fortunate for the opportunity to lead this wonderful organization. It's such a rewarding position. It's an important service we provide. And you help us provide that. One small act, one small donation, can make a big difference. Together, we can stand against senior isolation and drive away hunger in our community, one meal at a time.

Thank you!

— *Diane McClymonds*

Theater Night Success

— continued from front

home-delivered meals and social opportunities that promote dignity, well-being, a sense of security, and independence.

Please let our sponsors know you appreciate their support of TLC Meals on Wheels the next time you visit them!



Chef George Carlberg of Littleton Adventist Hospital served delicious beef tenderloin with gourmet sauces.

Save the Date

Theater Night 2016 April 19th
Smokey Joe's Café

The longest running musical revue
in Broadway history!

FOOD & BEVERAGE DONORS

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Avalanche Bar & Grill
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Nothing Bundt Cakes in Littleton
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Rocky Mountain Bottled Water
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Tenth & Blake Beer Company
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The Melting Pot
The RAV House
Tokyo Joe's at Southglenn
Wild Ginger



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Racine's
Savory Spice Shop
South Suburban Parks and Recreation
Tapas d'Jerez
The Woodhouse Day Spa
Town Hall Arts Center

Saying Good-Bye

It's always hard to lose someone important to us. Because we serve people who are older and often frail, we experience much loss along with sadness with the passing of our treasured clients. It's difficult to let our drivers know one of their favorites on their route has passed away. Sadly, we have also had a number of our volunteers pass away recently. We certainly miss them all.

I suggest a good way to honor your loved ones is to tell their story. Speak their name. Remember them fondly. With every story you tell and memory you share, their legacy lives on.

I've read a quote from Ralph Waldo Emerson who shared, "the purpose of life... is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well." I know that for our volunteer drivers Dusty Rhodes, John Freeburg, MaryLee DeAutremont and Cathy Crist, their lives and the years they spent as volunteers for TLC MoW have made a difference to those whose lives they touched – including mine. We will remain forever grateful to them for their commitment to serve others. It is with fondness and sadness we say good-bye. ☹️

More Than Just a Meal by Sue Rosser

Around 10 percent of TLC Meals on Wheels' clients are too young to be considered seniors. Littleton's Denise Stahl is one of those, having come to us at a very low point in her life in 2011, when she was just 54 years old. Denise had been forced to give up her long career in dentistry after becoming severely disabled by degenerative joint disease, osteoporosis,



Denise and little Belle Starr

osteoarthritis, intestinal issues, and chronic and severe depression, anxiety, and pain. Even after she was finally able to qualify for Social Security disability, after paying for her medical expenses and rent, her disability check often left her with little money for food. Thus, Meals on Wheels has been a lifesaver for her, providing her with a nutritious daily meal and groceries once each month. Over the past four years with her indomitable grit and determination, Denise has undergone numerous surgeries in an effort to alleviate her joint and intestinal issues, and she recently successfully weaned herself off some of the pain and other prescribed medications that have eased her pain but clouded her mind and her spirit.

"The volunteers' unconditional love and caring has been as important to me as the food they bring," Denise emphatically

states. *"They have nourished my soul and become like family to me. Sometimes they're about the only people I see each week. With their support and encouragement, I've begun to look forward to the rest of my life. I'm starting to get out more—to walk along Main Street and talk with people. I used to be a very gregarious person—I feel that I can be one again. I haven't felt this good in years."*

One of Denise's goals for achieving greater future independence is to find an affordable car to be able to use to get to doctors' appointments and occasionally to the grocery store.

As Denise has grown to trust her Meals on Wheels family, she has shared her story of being raised in an abusive alcoholic household, and her lifelong struggle to overcome the anxiety, depression, and physical and emotional problems that resulted. We are honored to be by her side as she looks with hope and resolve toward a future of greater independence. 🍷

Summer Activities

We are looking forward to seeing you around town this summer!

We are pleased to be the Western Welcome Week Grant Partner this year and are excited to receive a donation at

the Family Night Fireworks on Friday evening, August 7. The Littleton Elks' Car Show is Sunday, August 9 from 11:00am-3:00pm at their lodge at 5749 South Curtice Street in downtown Littleton. Proceeds from the food and beverage sales will benefit TLC Meals on Wheels. The next weekend, we'll have a booth at the Western Welcome Week parade on Saturday, August 15.

On Sunday, August 16, we'll be at the 4th Annual John Elway Dealership Invitational Charity Golf Tournament at Colorado National Golf Club at Vista Ridge. There is still opportunity for sponsorships and foursomes to join. Details are on our website. Or contact AJ Guanella at John Elway Chevrolet, 303-761-0333. We are pleased to be part of such a generous community and appreciate the support! The next weekend we'll be in the Western Welcome Week parade and have a booth, on Saturday, August 15. 🍷



Hal Remon shows off his classic car at last year's show.



TLC's Dana Gaston and Diane McClymonds with "John Elway" at last year's tournament.



MEALS ON WHEELS
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Yes! I will help TLC Meals on Wheels.

I would like to sponsor an individual:

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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.

It's in the Bag!

Whole Foods at the Streets of Southglenn has chosen us to participate in their Change Creates Change program. From July through September, when you bring your own reusable bags to shop at Whole Foods, you



can donate \$0.10 per bag to TLC Meals on Wheels. Please help us spread the word!

Whole Foods is an established community partner with TLC MoW. During their Feed 4 More program in November and December, community donations resulted in nearly 20 pallets of groceries. We use these generous donations in our meal preparation and to share with our most-need clients through our Saturday grocery program. Please help us "bag" some extra funds this summer! 🍷

Keep up with TLC Meals on Wheels' Activities

LIKE US on FACEBOOK 

Do we have your email address? If not, please send an email to info@tlcmealsonwheels.org so we do!