



SPOKES

SPRING 2017

The Newsletter for TLC Meals on Wheels

(303)798-7642 ▶ www.TLCMealsOnWheels.org

FROM THE EXECUTIVE DIRECTOR

Counting My Blessings.

It's something I try to do daily. Some days I have to dig deep or shift my paradigm to see it, but there is always something for which to be grateful.

I consider my role as Executive Director of TLC a blessing. I appreciate the opportunity to make a positive impact in people's lives and I feel a connection to the community that I had not previously experienced. Plus I enjoy feeding people, so it's perfect for me!

Many of our clients consider our volunteers and the service we provide them a blessing in their lives. Our program nourishes a clients' body with nutritious, satisfying meals, and nourishes their spirit with an opportunity to visit with volunteers who deliver their meals and often become their friends.

If every day you find a blessing to be thankful for, life is bound to look brighter. And it will brighten for those around you. Pass it along by being a blessing for others with a kind word or deed or just a smile. It will help make our corner of the world a better place.

Blessings,

Diane McClymonds



Theater Night is coming soon!

June 7, 2017

Baltimore, the year is 1962.

Tracy Turnblad's dream of landing a spot on the Corny Collins show is realized. Join us for our 11th annual Theater Night fundraiser on Wednesday, June



7th as we follow Tracy's adventures while enjoying the play Hairspray.

Mingle with your friends, eat delicious food, enjoy the singing and dancing and try your luck in winning one of our many raffle prizes. Watch your mail for an invitation, coming soon!

Interested in becoming a sponsor?

With ticket prices covering our Theater Night expenses, we rely on sponsorships from people like you whose donations directly support our work in helping seniors age in place. Sponsorships start at \$600 and all include reserved seats at the show. Please visit our website at www.tlmealsonwheels.org or call our office at 303-798-7642 for more information.

This year we are excited to announce that Subaru of America

will be our Diamond Title Sponsor! Thank you, Subaru, for your generous sponsorship and your ongoing support of our organization throughout the year. 🍀



SUBARU

Federal Funds for Meals on Wheels

Volunteers and clients have been inquiring over the past month about the impact of the proposed federal budget on our organization. Federal funding for meals on wheels programs include Community Development Block Grants (CDBG) as well as money from the Older Americans

Act (OAA).

The proposed budget cuts would eliminate CDBGs, which is money the federal government gives to states to disperse at their discretion. OAA funding comes from the Department of Health

— continued on page 2

The mission of TLC Meals on Wheels is to enrich the lives of seniors and others by providing nutritious meals and services that promote dignity, well-being and independence.

Federal Funds for Meals on Wheels

— continued from front

and Human Services, which could face a budget cut of up to 18%. Although TLC does not request or receive OAA Funds, 35% of the funding for meals on wheels programs nationally comes from the OAA.

TLC MoW has diverse funding sources that include meal payments, individual donations, foundation grants, community and religious organization donations, fundraising events and local government. We do not request or receive OAA funds, but \$34,000 or about 6% of our annual



PAIGE FOUNDATION

Enriching Lives - Engaging Donors

Support from Our Community!

Thanks to the Rose Community Foundation, the Paige Foundation and additional funds from the City of Centennial's block grant for funding our new kitchen equipment. Replacing our 1960's oven with a new one, plus a double convection oven, a new steamer and extra freezer space allowed us to increase our capacity. We now serve over 400 meals a day plus an additional 250 meals for the weekend. We appreciate all of your support in helping us meet the needs of our seniors, now and for the future! ☺



In addition to being a Diamond sponsor for Theater night, Subaru and Meals on Wheels America recently awarded us a grant for \$15,440 for our participation in their annual Share the Love Event. Thank you Subaru, for the many ways in which you support our organization.

budget is from the City of Centennial's block grant money. Those funds support 566 meals each month!

The 400 seniors we serve every day rely on us for a nutritious meal, a visit from a volunteer who may be the only person they see that day, and a sense of security that someone is checking in on them. In a recent survey, 82% of our clients indicated receiving meals improved their overall quality of life and 84% agree participating in the program allows them to remain independent in their own home, which is much more cost effective than other alternatives. After all, we can provide a senior with meals for an entire year for \$1200, roughly the same cost of an average one-day stay in the hospital or ten days or less in a nursing home. Cutting meals on wheels programs will ultimately result in long-term increases in mandatory government spending such as Medicaid.



TLC Meals on Wheels is turning 50 in 2018!

It was in 1968 when our founder, Virginia Baker first prepared meals in her home and delivered them to seniors in Littleton. From those humble beginnings in her kitchen, we have grown into an organization that delivers over 2,100 meals a week throughout the South Metro Denver area.

Plans are being made to celebrate 50 years of serving our community. We are collecting memorabilia to showcase our history. We would appreciate it if you could help us by searching those boxes in your basement for any photos, old route sheets, newsletters, newspaper articles, brochures from fundraising events or other material from our past. Please mail them or drop them off at our facility. As always, thanks for your help.

Interested in being on the planning committee? Please contact Diane at dmclymonds@tlcmealsonwheels.org for more information. ☺

We were looking forward to the opportunity to share information about our program and the impact we have in our community with Representative Mike Coffman, who was scheduled to speak to our volunteers and staff on two separate occasions. Regrettably, he had to cancel both times. Hopefully he will hear directly from enough constituents to realize the value Meals on Wheels programs offer local communities across the nation.

"It's terrible to be old and cold and hungry in a country as rich as this," our founder Virginia Baker declared upon receiving Littleton's Most Valuable Citizen Award in 1974. We trust that if congress eliminates CDBG funds, we can count on you and others in our community to ensure our ability to continue to drive away hunger and senior isolation. ☺

More than Just a Meal

For more than 45 years, Marilyn Ness, our longest serving volunteer, has been bringing love, companionship, and joy to our clients



and staff alike. Although she'll turn 88 this year, Marilyn has no plans to retire. "I'll just keep helping until I'm no longer able," she says with her twinkling eyes and friendly smile.

Marilyn grew up in Pinedale, Wyoming, and while attending the University of Wyoming, met and then married her husband Norman. His career as an Amoco drilling engineer ultimately required their growing family to move 16 times in 19 years. "With some moves, I barely had time to unpack,

find the school, doctor, and grocery store before it was time to pack up and move again," she says. But in 1969 they were finally able to settle down in Littleton, buying the home where Marilyn still lives. With their two sons in middle and high school and Norman at work, Marilyn soon jumped at the chance to begin delivering for TLC Meals on Wheels, after an assistant to founder Virginia Baker came to their church to recruit volunteers. Marilyn recounts that her first route had only five deliveries and that the meals, covered in foil and wrapped in newspaper, could leak all over the front seat if they happened to tip over along the route.

Fifteen years ago, due to foot problems that made climbing stairs difficult, she switched from delivering meals to helping make them in our kitchen, where she still volunteers every Friday morning.

Marilyn's 45+ years of memories have made her an invaluable resource in helping us piece together and preserve our history. To her, the best part has been making a difference in the lives of those she has served. "Where else can you so easily enrich the lives of hundreds of people?" she asks. "I'm so blessed to be able to still give to others."

We have all been enriched by Marilyn's many years of unwavering and selfless service! ☺

Celebrating our Youth Volunteers

Whether it's in the kitchen, crafting bags for Valentine's Day, donating Girl Scout cookies or delivering meals with their relatives, we are fortunate to have the



Riggs, Bobbie, Carson and Kalli.

help of many youth volunteers. In celebration of National Volunteer Week we are showcasing some of our youth volunteers who assist in delivering meals.

For Riggs and Bobbie Smith, volunteering at TLC Meals on Wheels is an intergenerational activity, an opportunity for them to spend time with their grandson, Carson Kazmierski and his girlfriend Kalli Kerns. And the feeling is mutual. For the past year, Carson and Kalli have traveled down from Windsor – a 90 minute drive - to join his grandparents to drive route 18, a commitment they look forward to twice a month. Carson enjoys seeing his grandfather interacting with clients, instilling in him an appreciation for the



Camille and Kaleb posing with our client Carol.

rewards of volunteering and the impact it has on others.

"It's mealy wheelie day" Kaleb and Camille Delgado declare in joy when they wake up knowing that it is their day to deliver meals. They have delivered meals for over two years with their mother Katie, who felt it was important to teach her kids to think beyond themselves by helping others. Kaleb and Camille especially love interacting with their clients' cats and dogs, who they always remember by bringing them special treats.

Sam is your typical high school freshman – plays volleyball, participates in speech and debate club, and is active in his Church. But when you ask him about volunteering you know right away by the passion he exudes that he is someone special. Sam, who has delivered meals as part of St. Andrew United Methodist Church Youth Group for the past 5 years



Sam delivering a meal to Robert.

says "There is no downside to helping people and feeling appreciated."

Not only are we appreciative of our youth volunteers, but we are heartened knowing that their experience with us has helped contribute to their lifelong inclination to volunteer. Carson and Sam also volunteer at other community organizations, and Kaleb and Camille hope to continue to volunteer for Meals on Wheels as adults. Thanks to all of you for brightening the days of our clients! ☺



In Memory of Carol Worth

In December Carol Worth, a valued member of our TLC community, passed away. She was a board member from 1998 through 2008, and following treatment for cancer in the fall of 2015



became a client. Initially she was reluctant to receive meals. It wasn't until her son told her that after a

lifetime of helping others it was her turn to be on the receiving end did she agree. Receiving meals was one less thing for her and her family to worry about and she was very appreciative. You can hear her talk about this by clicking on the video on the home page of our website. ☺





MEALS ON WHEELS

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**WANTED: New
(Gently Used) Copier!**

If you've stopped by our office recently, you may have seen us alternatively sweet talking our office copier to please start working again, or huddling over the machine to figure out what we can tweak to get it to stop jamming. With our copier on its last leg, it's time to look for a gently used copier. If you have one or know of somebody who does, please let us know. Thank you! ☺

TLC Meals on Wheels Legacy Society

We invite you to create a lasting legacy by including us in your planned giving. In doing so, you become a permanent partner in driving away hunger in our community.

Please let us know if you have left us in your will or as a beneficiary of a trust or insurance policy. We will then add you to our Legacy Society List. ☺

Yes! I will help TLC Meals on Wheels.

I would like to sponsor an individual:

- \$1,200 annually \$600 semi-annually
- \$300 quarterly \$100 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.*