

FROM THE EXECUTIVE DIRECTOR



Compassion. This is an emotional time of the year for me. Many of us have one. A time when memories of a loved one who is no longer with us are strong. For some, it's the holidays. For me, it's the anniversary of the loss of our son, Corey, who passed away suddenly at age 22 on July 16, 2011. Just three months after I started on staff at TLC Meals on Wheels. As hard as that loss has been, I've been blessed to be surrounded by a compassionate, kind community here at TLC MoW.

Compassion and kindness, like love, increase when you give it away. I've seen it. I've felt it. It has helped me heal. And it seems the world could use more it. It starts with each of us. By reaching out to the people you encounter in your day and offering a warm smile, kind word or helping hand. It will make a difference in their day, and probably yours, too!

Five years later, I can confirm that compassion is a wonderful way to show another struggling soul there is hope. Let's make our corner of the world a more compassionate, kinder place.

Peace and Blessings,

Diane McClymonds

Theater Night Success!



Our 10th Annual Theater Night was sold out! The festivities began with a pre-show reception, where attendees noshed on a never-ending selection of delectable appetizers ranging from roast beef carving station sandwiches, to layers of shrimp, to mouth-watering desserts.



Board members John Streeleman, Laura Baker and Jill Elwood.

Executive Director Diane McClymonds welcomed everyone, her words capturing the impact of how a friendly volunteer delivering a meal not only provides our clients' nutrition but conveys that they are cared for and not forgotten by their community. We also enjoyed a celebratory moment when Diane toasted Geno Pauline, a recently retired board member, for his many years of service.

The pre-show video highlighted the extensive services we provide and the impact it has on seniors and homebound individuals in our community. A special thanks to Robin Visser of

Creative Touch Video, Inc., for once again helping us tell our story. You can watch our video on our website. Smokey Joe's Cafe lived up to its reputation as the longest running musical revue on Broadway. Listening to so many of our favorite songs was akin to taking a trip down memory lane.

The raffle drawing occurred during intermission. Winners took home a 55" LED Smart TV, Broncos, Rockies and concert tickets, restaurant gift cards, a Nikon digital camera and more. A special thanks to Bruce Speegle & SG Associates for donating an autographed Peyton Manning Superbowl 50 football.

Our annual theater night success was made possible only with the generous support of our corporate and food sponsors, raffle prize donors as well as all who attended. Funds raised help us provide nutritious meals and enrich the lives of hundreds of seniors and homebound neighbors in south metro Denver. 🍷

**Theater Night 2017 is
Moving to a New Month!**

Save the Date
Wednesday,
June 7, 2017



The winner of 8 Tony Awards,
including Best Musical



Please support this year's sponsors by patronizing their businesses and personally letting them know how much we appreciate their generosity!

Sponsors

Platinum

- Kreidler Family
- Subaru
- 1st Bank

Gold

- Littleton Adventist Hospital - Centura Health
- Our Father Lutheran Church

Silver

- Merle's
- Nothing Bundt Cakes, Littleton
- Sertoma Club of Littleton
- South Denver Cardiology Associates

Bronze

- InnovAge
- KD Kitchen Distributors
- Larry Parberry Family
- Pauline Family
- Schlomann Family
- St. Gregory's Episcopal Church
- Sunrise Senior Living at Pinehurst
- TLC Meals on Wheels Board of Directors

Food and Beverage Donors

- Café Terracotta
- Cherry Crest Seafood
- Edible Arrangements at Southglenn
- Hurricane Grill & Wings
- Littleton Adventist Hospital
- Lucha Cantina

- Merle's
- Nothing Bundt Cakes, Littleton
- Platte River Bar & Grill
- Rocky Mountain Bottled Water
- Shamrock Foods
- South Suburban Parks & Recreation Hospitality Division
- SR Originals
- The Melting Pot
- The Rav House Homemade Gourmet
- Tokyo Joe's
- Virgilio's Pizzeria Wine Bar
- Wild Ginger Restaurant

Raffle Prize Donors

- Bacsik Family
- Breckenridge Brewery
- Cummins Family
- Denver Museum of Nature & Science
- Hudson Gardens
- Joe Collier
- Kreidler Family
- Laura Baker
- McClymonds Family
- McKinner's Pizza Bar
- Mike Ward Infiniti
- SG Associates, LLC
- Smokin Fins
- South Suburban Parks & Recreation
- Ted's Montana Grill
- The Cheesecake Factory
- Tony's Meat Market
- Town Hall Arts Center
- Woodhouse Day Spa
- Yard House
- 1st Bank

What's Cooking in the Kitchen

Fresh produce, herbs and meats, along with homemade sauces are taking center stage in our kitchen. Whether its fresh cilantro, zucchini and cherry tomatoes from the local produce company, or fresh pork ribs from a local grocery store, we are working hard to present fresh homemade food as the centerpiece of each of our meals.



Our Memorial Day meal of BBQ pork complete with all the fixings.

Take our recent Memorial Day meal, which consisted of fresh pork ribs from a local market topped with a mouth-watering BBQ sauce made fresh in our kitchen. For those who want the recipe, I'm sure our chef is happy to oblige!

All of this is made possible by our new kitchen equipment, allowing us to happily wave goodbye to our 1950's style oven. Thanks to generous funding from the Rose Community Foundation, the Herbert and Judy Paige Family Foundation, and the City of Centennial Community Development Block Grant, we were able to buy a new steamer and oven. Please come and take a look the next time you are in our facility.



Our kitchen staff Leonard, Sarah, Debbie and Steve.



More than Just a Meal

This regular column has recounted countless stories which reflect the rich and challenging lives of our clients. Whether it's the story of a younger client overcoming disabling medical conditions or one client's heroic actions defending our country in World War II, these stories put a human face on the work we do. They also remind us



Volunteer Martha Parsons delivering a blanket to a client during our 12 days of gift program.

that we truly do deliver “more than just a meal,” allowing clients to continue to live rich and vital lives in the comfort of their own homes. And the benefits

run both ways, as we as a community are richer for having them as our neighbors.

Delivering more than just a meal includes:

- A visit from a friendly volunteer. For many clients, our volunteer drivers are the only personal contact they have on a daily basis. Chatting a few minutes about the weather or an upcoming visit from a family member, volunteers help break the isolation many seniors experience.
- A daily wellness check. Our clients, as well as their families, feel a sense of security knowing that someone stops by regularly. This is an important service that helps clients remain independent.
- Special touches that communicate we care. Whether it's BBQ hamburgers for July 4th, our 12 days of holiday gift giving in December, remembering clients on their birthday or treats for their pets, we provide clients an important intangible benefit that those in the community truly care about them.

- A meaningful volunteer experience. As Felice Cottle, who is 91 years old and has delivered meals for 37 years said, “It's the hugs and the wonderful people that keeps me driving. I feel so appreciated.”

All of this wouldn't be possible without the continued support of our volunteers, donors, and community partners. So **THANK YOU** for all you do to help us drive away hunger, and so much more! 🍷



Felice Cottle, a volunteer driver for 37 years, is one of over 500 volunteers who help us annually.

Upcoming Summer Events

Looking for something fun to do this summer while helping support TLC Meals on Wheels at the same time? Please join us for one or both of the following events, the proceeds of which support our organization.

On Sunday, August 8th we will be at the Annual Littleton Elks Car Show



Diane McClymonds and Elks member Ken Wilson at the 2015 car show.

from 11:00 a.m. to 3 p.m., located at their lodge at 5749 S. Curtice Street in downtown Littleton. Come and explore the coolest classic cars, hot rods, motorcycles, and trucks around while enjoying hot dogs, hamburgers, soft drinks and beer! Proceeds from the food and beverage sales benefit our organization.

We are pleased that once again this year we are the designated charity for the 5th Annual John Elway Dealerships Invitational Charity Golf Tournament on Sunday, August 21st at Colorado National Golf Club at Vista Ridge. Sponsorship packages start at \$200;

individual golfers can participate for \$125 or \$500.00 for a foursome. Please call our office at 303.798.7642 or AJ Guanella at John Elway Chevrolet at 303.761.0333 if you are interested.

More information on both these events are available on our website.





MEALS ON WHEELS

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2016 Survey Results

The results of this year's client survey are in, and once again it demonstrates the impact we have on our clients' lives. Clients overwhelmingly said our services improve their emotional well-being (87%) and physical health (81%), while 86% noted that it improves their overall quality of life. Without our services, 87% of clients said that it would be difficult to get meals from another source and that our meals are healthier than they could prepare for themselves. Perhaps the greatest indicator of the value of our service is that 96% of our clients said they would refer our services to others!

Keep up with TLC Meals on Wheels' Activities

FOLLOW US on FACEBOOK



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

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.

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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.