

News of importance to our volunteers.



Spring, 2016

The Driver's Seat: TLC Meals on Wheels Volunteer Newsletter



Remember ...

When you deliver to a client on their birthday, we encourage you to sing “Happy Birthday” to them. Even if it’s off-key, I guarantee you’ll make them smile!

Welcome to the *The Driver’s Seat: TLC Meals on Wheels Volunteer Newsletter*. Whether you deliver meals or groceries, help out in the kitchen, or answer phones and file in the office, the work you do every day plays a vital role in driving away hunger in the South Metro Denver area. These quarterly newsletters are written especially with *you* in mind.

In honor of National Volunteer Month in April, this edition of *The Driver’s Seat* feature article discusses the many benefits of volunteering.



Please Spread the Word

We are looking for a
volunteer with WordPress
skills who can help us upload
occasional updates to our
website. If you or somebody
you know is interested,
please contact Anne Gross at
agross@tlcmealsonwheels.org
or by calling
303.798.7642. Thanks!

Delivery Tip

In the hustle and bustle of
getting out the door with
your meals in tow, please
remember to check your
meal count and specials
before you head out. And
don't forget to take some

What's New at TLC Meals on Wheels

Theater Night: Thank you for all who supported Theater night, our annual fundraising event by purchasing raffle tickets or attending the event. I think all who attended can agree the food was delicious, the company engaging, and the show entertaining.

A big congratulations to all of who won raffle prizes: Gayle Peters (*Peyton Manning autographed Superbowl 50 football*), Dave Hunt (*55 inch LED smart TV*), Rob Hannah, Katrina Breidenbach and Dennis Warner (*Bronco's pre-season tickets*), Larry McClymonds (*Tony's original classics meat bundles*), Carl Williams (*golf for 4 at Lone Tree*), Glenn Bruckhurt (*gift cards to Yard House and Cheesecake Factory*), Susan Bechler (*Winter Park Getaway*), Michelle Mancini (*4 Hudson Garden concert tickets*), Marti Everill (*2 club level Rockies tickets*), Kimberly Roberson (*Woodhouse Day Spa package*), Mike Lehrer (*4 Denver museum of Nature and Science admission tickets and \$50 gift card to Ted's Montana Grill*), Nina Razo (*Mike Ward Infinity deluxe car detail*), JoAnn Mason (*Nikon digital camera*), Doug Hodous (*2 Town Hall Arts Center Legally Blonde show tickets and gift cards to Smokin' Fins and McKinner's restaurants*), Robert Kruse (*4 First Bank Center suite tickets to Macklemore and Ryan Lewis concert*), and Adrienne Oberle (*\$100 gift card to Breckenridge Brewery and Growler for Filling*).



plastic bags. You'll be glad you did when you need to hang a meal on a doorknob!



Did You Know?

Do you shop at King Soopers? If so, an easy way to support TLC Meals on Wheels is to use their reloadable card whenever you shop. These cards can be used to purchase not only groceries but prescriptions, gas or anything else you purchase at King Soopers and 5% of what you load on the card is donated to us to help feed our neighbors. Here's how it works: Just pick up a card in our office and whenever you shop, you can add money to your card by using a check, credit card, or

Coming Soon: Our First Volunteer Educational Training Session. Please join us on Thursday, May 12 at 9:00 a.m. in the volunteer lounge to learn about memory loss and related behavioral changes that affect so many seniors, including our clients. Led by a member of the Alzheimer's Association, this interactive educational workshop features video clips of people with Alzheimer's disease as a way to highlight the challenges they face every day. Learn the importance of early detection and how it provides a chance to begin drug therapy, enroll in clinical studies and plan for the future. RSVP to Anne Gross at agross@tlcmealsonwheels.org or call 303.798.7642.

The Many Benefits of Volunteering

"One of the great ironies of life is this: He or she who serves almost always benefits more than he or she who is served." [Gordon B. Hinckley](#), Author of [*Standing for Something: 10 Neglected Virtues That Will Heal Our Hearts and Homes*](#)

The benefits of volunteering are many. According to HealthGuide.org, [click here](#), some of these benefits include:

cash. Then simply swipe your King Soopers card when you purchase your items. It's that easy! It's best to keep a little money on your card, as a zero balance for more than 90 days expires and you'll need to get a new one from us.



Our volunteers are our strongest ambassadors! Please keep us in mind if you know of anybody who could benefit from our services or would like to volunteer.



We Need Your Input

The Driver's Seat: TLC Meals on Wheels Volunteer Newsletter is for you and we invite your input. If you'd like to share a story which we

- Connecting you with new people and broadening your community. Volunteering puts you in contact with a variety of people you otherwise wouldn't know.
- Provides you with a sense of accomplishment and a sense of purpose. This helps boost your self-confidence, self-esteem, and life satisfaction.
- Combats depression. By engaging with people in your community, volunteering provides you an antidote to social isolation, thereby combating depression.

A less known fact is that volunteering positively impacts one's health. According to the Corporation for National and Community Service, individuals who volunteer have lower mortality rates and greater functional ability than those who do not.

But we don't need to rely on research to know the many benefits of volunteering. All we need to do is ask our volunteers:

can showcase in our newsletter, have any ideas for content you liked or didn't like about the newsletter, please stop by the office and see

Anne Gross.

"It's the hugs and the wonderful people that keep me driving. I feel so appreciated." Felice Cottle, a volunteer driver for over 37 years.

"The more things I do with other people, the more it enriches my lifestyle. I look forward to coming in every Monday. Everybody in the kitchen is so friendly and I feel like I'm doing something useful." Carolyn Walker, a kitchen volunteer for 2 years.

"It isn't work when you know you're helping people in need. I enjoy everybody in the kitchen, and enjoy being part of getting a job done that is so important." Roger Armstrong, kitchen volunteer for 2 years.

And here are some thoughts from two of our younger volunteers:

"I like helping people. It makes me feel really nice and joyful when I get people to smile. It (the feeling) stays with me a little while after." Kaleb Delgado, age 9.

"I look forward to seeing everybody, and bringing

them chocolate and eggs during Easter.” Camille Delgado, age 7.



Camille and Caleb with a client