

News of importance to our volunteers.



Winter, 2016

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



Remember ...

We follow the Littleton Public Schools closure schedule during inclement weather. If Littleton schools remain open or are on a delayed schedule, we deliver. If they close, we close. So be sure to check your local news or [click here](#) during snow storms. In the event of a closure we also announce it on our phone message.

Welcome to the first edition of *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.

We hope to present a variety of content, including an update on news here at TLC Meals on Wheels, stories showcasing the various work you do, a delivery tip and important things to remember, and an article related to volunteer work. This edition's piece provides tips on how to deal with the loss of someone special.

What's New at TLC Meals on Wheels

Annual Appeal: Thank you to all of our supporters! You helped us raise over \$35,000 during the month of December!

Nobody knows the daily impact of our organization's work better than you. Whether it is preparing a satisfying and nutritious meal, seeing a client's smile when we hand them a meal, or conducting a phone



Please Spread the Word

We are looking for a *volunteer with WordPress* skills who can help us maintain 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

Our lounge is abuzz every morning as volunteers wait for their driving assignments, check to make sure all meals are accounted for, and socialize with others. In this sometimes hectic rush we might forget to check to see if our bags are closed. Please remember to zip your delivery bags before leaving our building as well as between deliveries to assure our clients receive their meals hot and ready to eat!

intake for a new client, our impact is immediate. Your time volunteering is a significant contribution to our program. If you're also looking to donate to a worthwhile organization or make a tribute gift to honor that someone special in your life, please consider TLC Meals on Wheels. Your contribution will help keep the wheels of TLC rolling by helping to pay for the meals of clients with the most need.



12 Days of Gifts: Our annual 12 Days of Gifts was a great success again this year. From December 9th through December 24th, we delivered over 4,200 gifts to our clients. Our friendly Santas, with the help of their elves, delivered calendars, placemats, poinsettias, large fleece blankets, holiday décor, a TLC mug with cocoa, playing cards, candy, gloves, lotion, toiletries and more!

Our gift program wouldn't be possible without the countless volunteers who helped us brainstorm creative ideas, craft, package, and deliver our

Did You Know?

According to The Food Bank of the Rockies, an *expiration date* on food products is used only on baby food and infant formula and indicates that the food must be discarded by that date. However, food which goes beyond its *best if used date*, which signifies the date the product's highest quality is guaranteed, does not have to be discarded. Frozen items, for example, can last indefinitely, although they may lose some of their taste. Canned goods can last from 9 to 36 months. The important factor is that you store your food at the correct temperature. Be sure to throw any food out if it smells funny or has discoloration. Finally, dairy products usually have a *sell by date*. A good rule of thumb is that the product is good for a week past the date.

For more information, go to

gifts. Thank you!

Grieving the Loss of Someone Special

All of us experience the loss of someone special, whether it be a spouse, relative, or a client for whom we've developed a strong relationship. Irrespective of whether or not someone died after a long illness or unexpectedly, lived near you or far away, such losses can hit us hard.

Here are a few tips to help with the grieving process:

Everyone Grieves Differently: There is no right or wrong way to grieve. Some people cry a lot, others not at all. Some people lose sleep, others sleep more. A common misconception is that we need to appear strong, that showing our emotions makes us weak. But ignoring our feelings doesn't make them disappear. In fact, giving yourself permission to feel the anger, sadness, grief, or guilt that often accompanies a loss actually helps you move through the grieving process quicker.

Reach out to those you feel comfortable with, from family and friends to your fellow volunteers at TLC Meals on Wheels. Peruse pictures, letters, or other mementos. Write down your memories of that

