

## FROM THE EXECUTIVE DIRECTOR



### *Being Thankful.*

As I do every year at this time, I take pride and gratitude in how the many

pieces of our organization work together to provide for others in our community.

I'm grateful to our clients, who have taught me to appreciate what we have, rather than what we don't. From the notes I receive from clients and family members that adorn my office wall, to their friendly smiles and appreciative words when they receive our meals, their outpouring of gratitude has taught me to value the simple things in life.

I'm grateful to our community partners, who have taught me the value of generosity. From those who give in kind services – from accounting services to non-perishable food, to those who donate or raise funds on our behalf, I'm heartened by those who willingly share so others can lead a better life.

Finally, I'm grateful to our volunteers, who have taught me the true power of a community. When I greet our volunteer drivers in the morning and get to meet their grandkids or parents, or see

— continued on page 2

## Annual Volunteer Appreciation Event

We honored our wonderful volunteers on October 8th. Nearly 100 volunteers – from weekly meal to monthly grocery delivery drivers, to office and kitchen staff, gathered in our facility for delicious appetizers prepared by our chef Nick. The school gym was transformed into an elegant setting thanks to Butler Rents, who donated linens, and O'Tooles, who donated flowering plants. We also had a drawing for prizes, including gifts cards donated from MOD Pizza, Edible Arrangements, and Tattered Cover. Owner Diana Dargen of Nothing Bundt Cakes, located in Littleton at the corner of Wadsworth and Bowles, provided each volunteer with a mini bundlet cake encased inside a TLC Meals on Wheels red mug to take home.

Thank you, Diana, they were delicious! The group was welcomed by Executive Director Diane McClymonds and enjoyed a video which highlighted 3 of our clients. Volunteers mixed



Volunteer Drivers Susan Fitch and Sally Meyers.

and mingled, sharing many stories of their years of involvement in our organization. You can watch our video at [tlcmealsonwheels.org](http://tlcmealsonwheels.org).

Thank you to all of our volunteers. You are the engine that keeps us going and the heart of all that we do. 🍷



Board members Geno Pauline and Larry Parberry.



Volunteer Jerry Derr.

# Support from Our Community Partners



Todd Maul, Josh Letsis and A. J. Guanella presenting the check to Executive Director Diane McClymonds.

encourage all of our supporters to visit their restaurant during their 5 day campaign to enjoy their delicious food while contributing to our organization.

**WHOLE FOODS.** This year we celebrate our sixth year of partnering with Whole Foods at Streets of Southglenn! Throughout our partnership Whole

**SUBARU SHARE THE LOVE EVENT.** During Subaru's Share the Love Event November 19, 2015 through January 2, 2016, \$250 will be donated to the customer's choice of participating charities for every new vehicle sold or leased. Customers can choose the



**SUMMER SUCCESS.** We want to thank John Elway Dealerships, who raised \$9,000 from their 4th Annual Invitational Charity Golf Tournament, the Jimmy Buffet Fan Club's Colorado Parrot Head private fundraising party, which contributed \$4,000 as well as 550 pounds of pet food and non-perishable food items, and the Littleton Elks' Car Show, which contributed \$2,892.

**MOD PIZZA.** We are pleased to announce that TLC Meals on Wheels was selected to partner with the 2015 Spreading MODness campaign from November 24 through November 29. For every MOD size pizza sold in their Park Meadows store MOD will donate \$1.00 to our organization. We



Foods has consistently raised money to support our clients for which we are very grateful.



We are pleased that Whole Foods has again chosen our organization for their annual giving program, Feed 4 More. During the month of November, patrons can contribute at check-out to benefit TLC Meals on Wheels. Money raised will support our Saturday grocery program. Please spread the word!

This summer, through their Change Creates Change reusable grocery bag refund program, they raised \$458 for TLC Meals on Wheels from patrons who chose to credit their refund to our organization. At 10 cents per bag from July to September, that donation represents significant support from our community.

national Meals on Wheels America program, who then shares its donations with local Meals on Wheels programs across the country. Last year, customers donated more than \$1.3 million to Meals on Wheels America. So please, choose Meals on Wheels when you buy or lease from Subaru!

Thank you all for your continued to support and commitment to those we serve! We couldn't do it without our community! 🍷

— continued from front

our kitchen and office volunteers busily attending to the tasks at hand, I'm heartened by how their pooled resources help so many less fortunate in our society.

The rewards of being part of TLC go both ways. It is fulfilling for volunteers and staff as well as clients. I know firsthand the opportunity to help others and experience the nurturing support offered by the TLC community is powerful and healing. And I am thankful to be part of it.

I wish you all peace and joy through the holiday season and best wishes for the New Year.

Thank you!

— Diane McClymonds



Retired driver Paul Stewart and Abby Fullman.

Paul, who recently retired as one of our volunteer drivers, delivered meals for nearly 40 years: 15 for TLC Meals on Wheels and prior to that for Volunteers

of America. We will miss him and wish him the best!

**Twelve Days of Gifts:** Beginning December 9 through December 24, in addition to their daily meals, each of our clients will receive 12 wrapped gifts for the holidays. Volunteers and staff are hard at work creatively brainstorming gift ideas. Will it be notepads and blankets? Coasters and games? We will have to wait to see!

**Introducing New Staff:** We are pleased to welcome Anne Gross, our new Community Engagement Specialist.

Anne will help spread the word about our organization through social media, engaging new support within the community, and recruiting new volunteers. 🍷



## Our Annual Fall Appeal

I'm sitting at my computer, contemplating how to begin this article on our annual fall appeal. I hear Amy on the phone with one of our drivers who shared a concern about a client. The volunteer heard his TV on, but the client did not answer the door. Perhaps he had fallen again. Amy called the client's neighbor, who agreed to check on him.

Incidences like this, as well as our client's broad smiles and thanks of appreciation, remind us every day of the vital service we provide seniors in our community. We know we don't only make it possible for many to stay in their home, but our daily visits are a life-saving safety net and are often the only connection many of our clients have to the broader community.

New research from Brown University not only affirms these benefits, but reveals additional ones. In this groundbreaking study commissioned by Meals on Wheels America in conjunction with AARP, over 600 Meals on Wheels recipients in eight states filled out an extensive questionnaire. The results were astonishing.

The most significant finding was that those who received daily fresh meals had greater emotional and physical well being compared to those who received a weekly delivery of frozen meals. Specifically, these seniors reported less anxiety and less isolation and loneliness. Moreover, recipients self-report on a variety of health issues revealed those who received daily meals reported better physical health and less falls compared to the group who received frozen meals. Finally, daily recipients reported less worry about their safety and ability to stay in their homes.

Like a stone skipping across a lake, I can't help but contemplate the ripple effect of delivering one meal

## More than Just a Meal by Sue Rosser

Just as our daily visits foster appreciation and connection on the part of our clients, volunteers also develop strong attachments to those they serve. Nearly all of us have been profoundly touched by clients we will never forget, no matter how long they've been gone.

Those of us, including myself, who delivered meals in the Southglenn area will always remember our client and friend, Grey Keinsley, who passed away eight years ago. Grey lived and worked as a day trader in the converted garage of his mother's home. Upon our arrival each day, he would cheerfully ask about our families, the day's meal, and our opinions about current news topics. His always cheerful, generous, and optimistic nature was amazing because he was a quadriplegic, having only very minimal use of one hand. We all looked forward to chatting with Grey, never failing to be uplifted by his gregarious and caring spirit. He was our friend.

If asked, Grey shared his story, but there was never any hint of self-pity. On April 6, 1964, Grey was an 18 year old freshman at UNC. Driving home for the weekend strong spring winds

lifted his VW bug and rolled it several times. Grey was ejected and suffered head trauma, internal injuries, and full paralysis. After two months in a coma followed by rehabilitation at Craig Hospital, he earned a BA (1969) and then an MA (1971) from UC Denver in the fields of business, economics, and finance. After a 27-year career settling cases and handling claims for CIGNA, Grey retired in 1998 to help care for his elderly mother, who had long cared for him.

In April of 2003, Grey celebrated 40 years of "his bonus life," as he called it, having set a national record for living so long with such a severe level of paralysis. He soon suffered a series of severe health problems requiring several hospital stays. On February 16, 2007, at age 62 and nearly 44 years after his accident, Grey passed away.

When I think of the clients I've known throughout the years that have enriched my life, Grey Keinsley immediately comes to mind. His quiet acceptance, selflessness, generous spirit, perseverance, optimism, and courage vividly remain with me today. ☹️



**We love our clients!**

a day. In addition to improving seniors physical and emotional well being, our services save money by keeping seniors in their homes. It's safe to say that we not only provide piece of mind for our clients, but for our clients' families as well, helping to alleviate anxiety about their loved ones.

Remember, donate on Colorado Gives by December 8, 2015 and Community First Foundation and

FirstBank will partially match your gift. Simply go to [tlcmealsonwheels.org](http://tlcmealsonwheels.org) and click donate to get to the Colorado Gives website. Indicate you want your contribution made on December 8. It's that simple!

When your appeal card comes in the mail later this month, please keep in mind how far your dollars go in impacting those in our community. And, as always, thank you for your continued support! ☹️



## MEALS ON WHEELS

Post Office Box 3108  
Centennial, CO 80161  
(303) 798-7642  
info@TLCMealsOnWheels.org  
www.TLCMealsOnWheels.org

Non-Profit Org.  
U.S. Postage  
PAID  
Permit 1075  
Denver, CO

**Yes!** I will help TLC  
Meals on Wheels.

**I would like to sponsor an individual:**

- \$1,020 annually     \$510 semi-annually  
 \$255 quarterly     \$85 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.*

## 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.

**Questions?** Contact Diane McClymonds at [dmcclymonds@tlcmealsonwheels.org](mailto:dmcclymonds@tlcmealsonwheels.org)

## 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](mailto:info@tlcmealsonwheels.org) so we do!