



# SPOKES

SPRING 2016

The Newsletter for TLC Meals on Wheels

(303)798-7642 ▶ [www.TLCMealsOnWheels.org](http://www.TLCMealsOnWheels.org)



**Join us for a night at the theater!** Smokey Joe's Café is a musical revue showcasing such favorites as *Love Potion #9*, *On Broadway*, *I'm a Woman*, *Yakety Yak*, *Spanish Harlem*, *Jailhouse Rock* and *Fools Fall in Love*. The play opened on Broadway in 1995 and holds the record for the longest running Musical Revue in Broadway history. Come mingle with your friends and eat delicious food, listen to old time favorites, and watch the all-male cast dance and perform comedy sketches. Who knows, you might get lucky and win a 55" LED Smart TV in our raffle!

Theater night begins at 6:00 pm with a complimentary pre-show reception, which includes an open (beer/wine) bar, delectable hors d'oeuvres and mouth-watering desserts donated from local restaurants. At 7:15 the curtain goes up in the intimate Town Hall Arts Center in downtown Littleton for a night of musical fun. Not only is theater night a favorite of those who attend yearly but it provides funds to subsidize our meal

delivery service.

**Reserve your seats today!** Tickets are \$75.00 (\$60.00 is tax deductible) and can be purchased by calling our office at 303.798.7642. Purchase raffle tickets (\$10 each or 3/\$25) for a chance at a 55" TV, Winter Park Get-Away, professional sports and concert tickets, golf package, Tony's meat bundle and much more!

And for only \$25 you can try your luck on winning a signed Peyton Manning Super Bowl 50 football. You do not need to be present to win raffle prizes!



**Interested in being a sponsor?** Sponsorships, starting at \$600.00, are still available. All sponsorship funds go directly to provide client meals. Sponsors receive reserved seats and visibility at the event as well as throughout the year. If interested, please call Diane McClymonds at 303.798.7642. ☺

## FROM THE EXECUTIVE DIRECTOR



*Thank you!* Your response to our annual appeal was tremendous! The money raised provides

essential operating funds to ensure the wheels of our organization keep turning. In 2015 over 500 volunteers delivered 88,400 meals and nearly 3000 bags of groceries to 674 individuals in our 95 square mile territory. And the need for our services keeps growing! Last month we served an all-time high of 398 meals on one day! The meals and daily check-in offer independence and a sense of security to our clients.

Our upcoming Theater Night event is another opportunity for you to support our mission. I love Theater Night! I appreciate spending time with our supporters and volunteers. The food is always delicious and each performance has been entertaining and memorable!

There are many ways you can participate in our main fundraising event of the year. You can come! Join us for the evening. Bring a friend. If you can't make it, you can still buy raffle tickets! All the great prizes are listed on our website. Raffle tickets are \$10 a piece or 3 for \$25. Or participate in a separate raffle to win an autographed Peyton Manning Super Bowl 50 football. Your \$25 ticket purchase will provide meals for a week to a neighbor in need. Finally, you

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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.

## An Interview with Joel Collier, Volunteer and Former Broncos Defensive Coach

Joel Collier is best known as the architect of the Broncos Orange Crush defense of the 1970's. Here at TLC MoW we also know him as the route 9 Wednesday driver. We enjoy his insights during football season! He attributes the Broncos past championship season to their determination as well as their cohesiveness as a team. "Football is the



Joel Collier, Former Broncos Defensive Coach

ultimate team sport, and in order to win, you have to play well together," he said. "Some teams have a lot of tension between offense and defense, blaming each other in the locker room for the game's outcome." In contrast, when the Broncos were embroiled in close games this season, they not only showed determination but came together as a team to pull out a win.

For Joel, defensive coaching is so different today from when he coached that it's like comparing apples to oranges. "For one thing, the game is much more wide open," he said, "and the rules have changed to benefit the offense." There were no free agents back then, providing him the opportunity to coach the same players for years. In the 1970's the players had off season jobs, now they attend off season training camps.

Looking towards next season, Collier thinks if the Broncos can keep the defense intact and improve the offense they will be in the playoffs. But statistically, it is very hard to win two Super Bowls in a row.

Although Collier doesn't miss the long hours he logged coaching, he misses the players, coaches, and competitiveness of the game since leaving in 1992. He relies on his son, who is Director of Pro Personnel of the Atlanta Falcons, to keep him up to date.

Joel's commitment to coaching football in Denver for 20 years is matched by a passion for MoW, where he has been a volunteer driver for 10 years. "I like seeing the people," he said. "It gives me a good feeling." ☺

## Marilyn Ness: 7Everyday Hero

Marilyn Ness, our longest serving volunteer, was a Channel 7Everyday Hero in February. In 1970, she started volunteering as a driver on Route 7, which she drove for 39 years until it became too difficult for her to traverse steps. She now volunteers weekly in our kitchen.



Watch Marilyn's 7Everyday Hero Story at [www.tlmealsonwheels.org](http://www.tlmealsonwheels.org)

Marilyn developed strong, long-lasting relationships with her clients, many of whom she delivered meals to for years. She visited with all who invited her in and continued visiting when her clients moved to a senior living facility. Marilyn's commitment to our organization was apparent from the beginning, when she scheduled vacations around her route, which she drove bi-weekly. Although our

## Community Partners Donate Treats

A big thank you to Panera's Bread, located at 1-25 and Colorado, and Duffey Rolls located in the Happy Canyon Shopping Center for their delicious and yummy treats every Tuesday!

Our gratitude also extends to the Fresh Harvest Food Bank for their regular donations of bread and canned foods, and The Makery Bakery for donating birthday cake each month. Clients receive a piece on their birthday and appreciate that we also deliver one to their spouses, so the two can celebrate together! ☺

organization has changed dramatically in the 45 years she has been involved, she says the essence – its commitment to serve nutritious meals and provide social contact with our clients – remains the same.

All of us who know Marilyn enjoy her engaging, friendly style and her hard work ethic. A hearty thank you from everybody here at TLC MoW for her many years of service! ☺

## Virginia Baker Award: Monday Club of Bow Mar



The Monday Club of Bow Mar was the 2015 recipient of the Virginia Baker Volunteer of the

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or someone you know could be a sponsor. Call us to purchase tickets or learn more!

Thank you for all you do to help *Drive Away Hunger*. Together, we can make our corner of the world a better place.

— Diane McClymonds



# More than Just a Meal

By Sue Rosser

Year Award. The club began supporting TLC Meals on Wheels in 1973, and adopted Route 2 in 1977 after a presentation by Virginia Baker, founder of TLC Meals on Wheels.

From the beginning members have bonded over a shared commitment to helping others. The 26 driving members deliver five days a week, substituting among themselves when a regular driver is unavailable.

The club's commitment to TLC Meals on Wheels goes above and beyond delivering meals. They deliver special gifts to their clients during the holidays and are always sensitive to clients' needs as they arise.

After years of annual auctions, four years ago they started an annual neighborhood appeal on our behalf. Last year they raised over \$11,000 for our program!

A hearty thank you to the Monday Club of Bow Mar, as well as the entire Bow Mar Community, for their years and years of loyalty, support and service to TLC Meals on Wheels! 🍷



March is the annual national March for Meals campaign, where meals on wheels organizations across the country invite elected officials and community members to raise awareness of senior hunger and isolation and see firsthand the good work that we do.

TLC Meals on Wheels was fortunate to have people representing many diverse organizations in our community help us deliver and prepare meals. We were proud to have the mayors of 5 communities we serve join us as well as Jefferson County Commissioner Casey Tighe, Centennial Senior Commissioners Nancy Caporale, John Dietrich, Nancy Forsythe, Chris O'Mara, Susan Pye

When 83-year old Centennial resident Carol Worth was finally able to return home late last August after six weeks of rehab following earlier chemo, radiation, and finally removal of her cancerous esophagus, she immediately contacted TLC Meals on Wheels to begin daily meal delivery. Fortunately, Carol is able to pay full price for her meals, saying "It's not that I can't cook a meal or grocery shop, but rather I need the consistency and regimen of having a nutritious meal delivered each day. Without that meal, I have the tendency to delay or skip meals, and I still need to gain weight and strength to fully return to my normal healthy life. I have so much to live for."

Carol considers herself fortunate to know about services for seniors throughout the Denver metro area, having referred many to TLC MoW and other agencies over the years as a volunteer and staff member of Interfaith Task Force, and as a member of Arapahoe LaSertoma. In the 1970's, she became involved directly with our organization both as a volunteer and later on the board of directors, serving

on the board from 1998 through 2008.

Carol reflects that her health issues in 2015 have given her a much greater appreciation for how fortunate she has been throughout her life, how close, loving, and supportive she, her four sons, five grandchildren, and great-grandson are to each other, and how much she is again enjoying life as she returns to good health. "One of the greatest adjustments over this past year has been learning to accept help from family and others. But I'm learning to be open to these lessons in life rather than fighting them."

Carol agreed to be interviewed in order to share her thoughts about the value that our meal services provide. "I want to encourage people who are in my situation—recovering from an illness and in need of a helping hand—to sign up for these meals. I'm certain that there are many others who like I, are not truly homebound or alone, but who need the daily boost and convenience of a nutritious delivered meal."

Carol's zest for life and her resilience inspire all who know her. 🍷

and Carol Race, Senior Commissioner Coordinator Kelly Brady, Arapahoe County Senior Resources Division Manager Linda Haley, Sheridan's Chief of Police Mark Campbell, the ED of the Alzheimer's Association Linda Mitchell who delivered meals with her niece and volunteer, Maren Plisko, the CEO of Hunger Free Colorado Kathy Underhill, and Deborah Gonzales and Richard Lyda from Arapahoe Libraries Mobile Library Services.



Mayors Ron Rakowsky of Greenwood Village, Joe Jefferson of Englewood, Cathy Noon of Centennial, Bruce Beckman of Littleton and Dallas Hall of Sheridan delivered meals in their communities.



Casey Tighe, (right), Jefferson County Commissioner, delivered meals with volunteer Mary White (left).



Kathy Underhill (left), CEO of Hunger Free Colorado delivered meals with Diane McClymonds, Executive Director of TLC Meals on Wheels.





**MEALS ON WHEELS**  
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## 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 noted us in your will or perhaps as a beneficiary of a trust or insurance policy. We will then be pleased to 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!

# 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.*