



SPOKES

FALL 2016

The Newsletter for TLC Meals on Wheels

(303)798-7642 ▶ www.TLCMealsOnWheels.org

Annual Volunteer Appreciation Event

The school gym was overflowing on October 26th as we honored our volunteers. Looking out over the crowd of nearly 100 attendees, I was impressed by the diversity in our midst. Our volunteers ranged in age from 8 to over 90; some had volunteered for less than a year, while others had volunteered more than 20, 30, and even 40 years! Some were retired, others take time out of their busy days to help us out. Some were drivers, others were kitchen and office volunteers.

Our volunteers mixed and mingled as they savored the tasty appetizers prepared by our chef Steve.

Thanks to Sysco, Shamrock and Ticklebelly Desserts for donating the food and Butler Rents for donating the linens, which added an element of elegance to the setting. Diana Dargen, Board Member and owner of Nothing Bundt Cakes located in Littleton at the corner of Wadsworth and Bowles, provided each volunteer with a bundlet cake to take home. Thank you, Diana, they were delicious!

Executive Director Diane McClymonds welcomed the group and showcased

our new video highlighting several of our clients. During our raffle drawing, volunteers won gifts graciously donated from members of our Board of Directors. Mary White, who provided us a client story during our recent "share a story" drive, won a gift certificate, donated by Diana Dargen, to Nothing Bundt Cakes.

You can watch our video at www.tlcmealsonwheels.org.

Congratulations to Jeff Cieslak, this year's Virginia Baker Volunteer of the Year Award recipient. A substitute driver since July 2015, so far this year he has driven 125 routes. Thank you Jeff for all that you do for us!

The highlight of the event was honoring Amy Hermsen, who retired at the end of October after 5 years as our Intake Coordinator. We are sad to see her go and wish her the best.

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



Jeff Cieslak
2016 Volunteer
of the Year

FROM THE EXECUTIVE DIRECTOR

Exciting News from TLC Meals on Wheels.

I'm excited to share with you that we now offer a weekend meal program! Clients can receive two extra meals on Fridays to provide them healthy nutrition all week long. It's a service we've longed to provide.



This growth was made possible by grants for new kitchen equipment, which expands our cooking capacity; as well as an amazing kitchen staff willing to prepare and package an extra 200+ meals each week. We now deliver over 2000 meals weekly!

Of course, more meals require more funds. Over half our clients are unable to pay the full \$4 we ask for meals and are fully or partially subsidized. We rely on support from our community ~ from you, to help cover the expense for those who depend on the nutritional safety net we provide. In addition to offering neighbors the independence to age in place, our program is a good financial investment for the community. For only \$1200 we provide meals for an entire year. Compare that to the cost of a night in the hospital or month in a nursing home.

As part of the TLC community you make a difference in the lives of nearly 400 people each day. I ask that you again look in your heart and invest in feeding and nurturing those in our community who are lonely and less fortunate. We and those we serve appreciate your generosity.

Diane McClymonds

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.



SPREADING MODNESS 2016

For the third year in a row, MOD Pizza, known for its focus on making a positive impact in their communities, has selected TLC Meals on Wheels to partner with them on their 2016 Spreading MODness Campaign. The Mod Squad will donate \$1 to our organization for every pizza sold from

November 22 through 27, 2016, at both their Park Meadows restaurant on Chester St. as well as their new Forest Trace store located at Smoky Hill Rd and E-470. Visit them during this time to enjoy delicious food while supporting TLC Meals on Wheels. ☺



Thinking of buying or leasing a Subaru? Again this year, in conjunction with Meals on Wheels America, we will participate in Subaru's Share the Love Event. This is how it works: Buy or lease a car between now and January 3, 2017, and you can choose to have \$250.00

donated to Meals on Wheels America program, who will then share a portion with local MoW programs across the country. Last year customers donated more than 1.6 million dollars to Meals on Wheels America. So what better time to grab those year-end bargains while supporting Meals on Wheels at the same time. ☺

More Than Just a Meal – Sue Rosser

Anyone who has viewed our current video on either our website or at events already knows what a delightful man 96 year-old Phillip Morrison is—he's the client who loves our spaghetti and meatballs! Phillip and his wife Gerri became TLC Meals on Wheels clients three years ago, when Gerri's arthritis made it difficult for her to fix lunch while their daughter Tracey, who had moved in with them, was at work. Phillip remained our client after Gerri passed away, saying "I love the volunteers who bring my meal each day. We have such nice conversations, and I admire them for all they do to make my life and the lives of others so

much better."

Born in Scotland in 1920, Phillip and his family immigrated to the U.S. in 1921, soon moving to Buttermilk Falls



Client Phillip Morrison.

State Park near Ithaca, New York, where his father was the park's caretaker for many years and where Phillip grew up. Phillip had always had a passion for flying, but imperfect vision prevented him from becoming a career pilot. Instead he

became a mechanics' instructor with the Army Air Corps throughout WWII in the European theater. Pursuing his love of aviation and engineering after the war, Phillip earned a degree in aeronautical engineering from California's Northrup Aeronautical

Support from Our Community Partners

SUMMER SUCCESS: A big thank you to John Elway Dealerships and AJ Guanella, who raised \$10,000 from their 5th Annual Invitational Charity Golf Tournament; the Jimmy Buffet Fan Club's Colorado Parrot Head private fundraising Party With a Purpose, which contributed over \$10,000 as well as a trailer full of pet food and non-perishable food items; and the Littleton Elks' Car Show, which contributed \$2800. ☺

Check Out Our New Website

Last month we unveiled our new website! We have an updated look that features new sections including "Community Members Visit TLC Meals on Wheels" and our volunteer and client newsletters. If you haven't had a chance to look at it, please be sure to check it out at www.tlmealsonwheels.org. We think you'll be impressed.

became a mechanics' instructor with the Army Air Corps throughout WWII in the European theater. Pursuing his love of aviation and engineering after the war, Phillip earned a degree in aeronautical engineering from California's Northrup Aeronautical



A Time to Give Thanks

It's not unusual to peruse our daily mail and find a thank you note from a grateful client or their family. After receiving our meal on Halloween a client wrote, "Thank you so much for



Volunteer Martha Parsons delivering a blanket last year during our 12 Days of Gifts.

the delightful "ghost" favor that arrived with my meal yesterday. It was simple, handmade and I definitely felt the love! And it's the TLC I've really needed in my life lately. I feel that every day when I eat the delicious food lovingly prepared and delivered by a dedicated team. Thank you so much."

We know exactly how that client feels, because we feel the same towards you, our community supporters, that she feels towards us - thankful. Your support is an investment in our community and takes a stand against senior hunger and isolation. During this season of giving thanks, let us count all the ways that you make our work possible:

As a volunteer, you

- Deliver meals which provide nourishment needed for better health.
- Bring joy and smiles to neighbors who may feel isolated.
- Provide clients' families a sense of security that their loved ones have nutritious meals and daily visits.
- Prepare and package meals in the kitchen.
- Take calls from clients and their families and let them know the value TLC Meals on Wheels offers.
- Conduct food drives and assist with events.
- Make and collect gifts to send to clients throughout the year.

As a donor, you

- Subsidize our meals allowing more seniors to receive our services.

As a community organization, you

- Provide in-kind goods and services.

All of you

- Send a message that seniors matter.
- Help seniors age gracefully in place.
- Provide our clients with an intangible benefit that those in the community care about them.

- Save community dollars by keeping our neighbors in their homes and out of senior living facilities.

Our most important fund raiser of the year – The Fall Appeal – is in progress. Watch the mail for your contribution card. You

can contribute by check, credit card or on our website. By donating via our website on Colorado Gives day, December 6, 2016, a percentage of your gift is matched by Community First Foundation and FirstBank. Not sure you will remember Colorado Gives Day? Schedule your online donation now to occur on December 6th.

Twelve Days of Gifts: Beginning December 9 through December 24, we deliver, along with our daily meals, 12 wrapped gifts for the holidays. For many of our clients our gift program is the highlight of their holiday season. For some it is the only gifts they will receive. Thank you to our volunteers who have worked for months brainstorming and crafting gifts for this program. 🍪



Volunteer Jerry Kerrigan heading out to deliver Friday and weekend meals.

More Than Just a Meal

– continued from page 2

Institute, and then began a long career in that field with Martin Marietta in Baltimore, Orlando, and finally Denver, before retiring in 1989.

These days, Phillip, Tracey, and their cat Sebastian still live in the neat Centennial home that the family moved to from Orlando in 1969. Nearly every day, Phillip spends time on his longtime hobby, painstakingly building vintage model airplanes, many of which

decorate the walls and ceilings of his work area. His zest for life and learning and his sunny disposition are an inspiration to all volunteers who serve him. 🍪



Between now and January 15 shop Whole Foods Market Southglenn and donate your bag credits to TLC Meals on Wheels. Money raised will support our Saturday grocery program. Please spread the word!





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

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. ☺

Help Us Save Money and Trees!

We've joined the e-newsletter bandwagon! Volunteer newsletters and event reminders have been sent via email this year. Compared to snail mail, this saves money, trees, and staff time. We are considering sending some of our Spokes Newsletters as an e-newsletter but want to make sure we reach everybody. If you have not received emails from us in the past, then we don't have your email. Please take a moment and send it to us at info@tlcmealsonwheels.org. Thanks! ☺

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.