

We Love our Volunteers!

Over 100 volunteers attended the celebration honoring their service, passion and support to TLC on October 11th. Thanks to Butler Rents for the table linens and Diana Dargan, owner of Nothing Bundt Cakes located at the corner of Wadsworth and Bowles, who in addition to preparing the food with Lorie McMillan and Sharon Salgado, provided each volunteer a bundlet cake to take home.

In the fiscal year ending June 30, 2018, over 500 volunteers donated 26,511 hours, drove 92,353 miles, packaged and delivered 119,970 meals, visited 778 unduplicated individuals, and assisted in the office each day.

Thank you again to all of our volunteers. You are the heart and soul of this organization. 🍷



Bob Keyser, Diane Wilson, Kenny Wilson, Executive Director Diane McClymonds and TLC Volunteer Ronn Conn.



Executive Director Diane McClymonds, Volunteer of the Year Andrea Stevens, and Dana Gaston, Director of Operations.

10th Anniversary Elks Car Show

Thank you to Ken & Diane Wilson, Bob Keyser, and Ed Nies from the Littleton Elks Lodge #1650 who delivered 2 checks from donations raised at the 10th Annual Elks Car Show in August. Their donation of \$6,067.28 will feed 5 seniors for an entire year. THANK YOU! 🍷

FROM THE EXECUTIVE DIRECTOR



At this time of year we reflect on all that we are thankful for.

Like the nurturing community of TLC Meals on Wheels. I am grateful for our caring volunteers who donate their time to show friendship and kindness to seniors and homebound in our community.

I am grateful for the generosity of our community. It is only with your support and generous giving, that we are able to nourish the lives of so many neighbors.

And I am grateful for our clients and their life's accomplishments and their stories and history that strengthen the fabric of our community.

Our clients are also grateful. "Thank you for the delicious meals, the special treats and the wonderful volunteers who deliver them. The generosity and love you convey is brightening and uplifting! Your sweet souls have touched ours deeply."

I ask that you again look in your heart and invest in feeding and nurturing those in our community who are less fortunate and need a little extra support that a meal and friendly face at the door can bring. Your donation lets these neighbors know they have not been forgotten. And makes our corner of the world a more compassionate place.

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

Thankfully,

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.



Amazon Smile for TLC

If you're like most of us, you'll shop this holiday season on Amazon. An easy way to support our organization is to shop on Amazon Smile at smile.amazon.com and choose TLC Meals on Wheels as your donated charity, and Amazon will donate .5% of your purchase price to our organization. It's that easy! Amazon Smile provides the same shopping experience as Amazon with the same products at the same price. ☺



Subaru Share the Love Event

For the past 11 years, Subaru of America has invited Meals on Wheels to participate in its annual Share the Love Event! From November 15, 2018, through January 2, 2019, Subaru will donate \$250 to a host of charities – including Meals on Wheels – for every new Subaru vehicle sold or leased, based on customer choice.

If you or someone you know is looking at purchasing or leasing a new car – maybe a Subaru would be perfect for you and you can support TLC Meals on Wheels with your purchase. ☺

More than Just a Meal with John Morrison 101 years old

I was fortunate to meet John Morrison at TLC's 50th Birthday Party for our clients and enjoyed his company so much I went to visit him. He will be 102 years old in February and has just started "feeling his age" over the past 6 months. He retired with his wife Dessie from Springfield, Colorado, their home for 40 years, to an apartment in Englewood in 1985. At the time Dessie wouldn't live higher than the 5th floor as she had learned that the Englewood Fire Department ladders could not go higher! Dessie passed away 14 years ago.

John grew up in the depression and



John and Dessie Morrison 1967

"worked real hard, 7 days a week." He never wanted to be hungry and worked in the broomcorn industry to

provide for his family. He assisted the Federal Penitentiary in Oklahoma by providing supplies to make brooms for the U.S. Navy during World War II. Did I mention John is from Oklahoma?



John Morrison and volunteer driver Sherri Hanley.

Something you learn quickly when his phone rings to the Broadway tune "Oklahoma."

He started receiving deliveries from TLC Meals on Wheels 3 1/2 years ago. He is a "GREAT junk eater" and loves his sweets. He had caramel corn, gummy bears, chocolate, and salt water taffy near his chair but was willing to share with me and others when they visit. His daughter thought he should eat more nutritious meals so signed him up. His favorite lunch is our barbeque ribs that are "really delicious." He described the meals as "almost gourmet!"

What he truly loves about TLC are the volunteer drivers who visit him Monday through Friday. "They are my best friends now, and the nicest people I know." John described his life as exceptional but "old age is no bowl of cherries." We can all only hope to look and feel as good as John does at 101. ☺



"Both my wife and I are 90 years old and were it not for TLC Meals on Wheels, we would be in a nursing home. The meals are a tremendous help to both of us and in Mary's case, eases her worries about chopping, organizing and preparing meals. We have our house and surroundings and hope to remain here as long as possible. Your service is invaluable. It assures our family that there will always be food available. It gives us peace of mind," Vernon.

When you consider your year-end giving, please think of individuals like Vernon and Mary. We rely on the generosity of community partners and YOU to help us provide meals for neighbors in need. For a recurring donation of \$100 a month, you can feed a senior for a year; a one time donation of \$25 serves a senior for a week.

Your donation can have a greater impact if you give on Colorado Gives Day, December 4th. Starting today, you can schedule your donation to occur on that day and a percentage of your donation is matched by Community First Foundation and FirstBank. Simply go to www.tlcmealsonwheels.org and click donate to get to the Colorado Gives website. Indicate you want your contribution made on December 4. Thank you for your support!

50th Birthday Party Open House

October 18th we celebrated TLC's 50th Birthday with some of our clients and their guests at an Open House we hosted at our TLC offices. Clients enjoyed birthday cake, met our staff, and got to see where their meals are made. It was a nice afternoon of stories and laughter. We were thrilled to meet many of the clients who we only know from phone conversations. ☺



New client Josephine with her son Curtis.



Clients Ruth and Leonard with their guest, Ruth.



Elena and Executive Director Diane McClymonds.

Local Companies Give Back!

We have been fortunate to become involved with many company service projects over the past 4 months. Thank you to these companies and their employees for investing their time, energy, and monetary donations in TLC Meals on Wheels.

Kaiser Permanente – Halloween Tray Favors

Yard Work

Zachry Group – Food Drive and Yard Work

HomeMark Realty Group – Food Drive

Nationwide Insurance – Yard Work

Starbucks Littleton – Food Drive

Pinnacle Living – Yard Work

PwC (PricewaterhouseCoopers) – Yard Work

AARP/Windsor Gardens – Food Drive

Haynie & Company, CPAs – Yard Work

Assured Partners Colorado –



PcW volunteers.

Don't miss our Monthly e-newsletters. Send us your email address at info@tlcmealsonwheels.org



50 years of Driving Away Hunger

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Thank You!!

Thank you to A.J. Guanella and the John Elway Dealerships for hosting the 7th Annual Invitational Charity Golf Tournament supporting TLC Meals on Wheels. 138 Golfers participated in a fun day; raising more than \$9000 for TLC.



Left to right: Ernie Bjorkman, event emcee, A.J. Guanella, John Elway Chevrolet and Diane McClymonds TLC MoW Executive Director.

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.