



SPOKES

SPRING 2015

The Newsletter for TLC Meals on Wheels

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

FROM THE EXECUTIVE DIRECTOR



I love Theater Night! It's our opportunity to be together with the community that supports

our program. A chance to see friends and volunteers away from work, put a face to a name, and meet those of you who help us drive away hunger all year long.

Theater Night is our main fundraiser each year. As a non-profit, we do need to raise funds. Our clients do help with funding and contribute what they can; nearly half of them pay the full amount we ask which is \$4 per meal. We must cover the expenses for the rest who are fully or partially subsidized. Our cost is actually more than that \$4 so truly all of our meals are somewhat subsidized.

We are serving more meals than ever before. Last year we served 86,000 meals to 648 clients which is over 10,000 more meals to 109 more clients than in 2013. To continue to meet the growing needs of our aging community, we need to grow, too. We need to add staff hours and upgrade equipment to keep

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Theater Night

April 21, 2015

Theater Night Fundraiser April 21st!

Join us on a reminiscent musical journey for our 9th Annual Theater Night Fundraiser. The *Marvelous Wonderettes* is a musical comedy which uses classic songs from the '50s and '60s to tell its story while paying homage to the 1950's high school songleader squads. When

called upon to perform at their senior prom, the girls rally together to entertain their classmates in four-part harmony. Some of the songs they sing throughout the show include: "Mr. Sandman", "Lollipop", "Hold Me, Thrill Me, Kiss Me", "It's My Party", "Needle in a Haystack", and "It's In His Kiss".

Theater Night, our main fundraising event of the year, begins with a complimentary reception with hearty, savory, delectable delights, beer and wine all donated by local establishments, followed by a live musical performance in the intimate theater at Town Hall Arts Center in downtown Littleton. Fun, friends and food make theater night a favorite of those who have attended year after year. Most importantly, it raises essential funds to provide meals to homebound neighbors in need.

Tickets are \$75 (\$60 is tax deductible) and available now! Call 303-798-7642 to reserve your seats. We look forward to seeing you there! ☺



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.

Win a Peyton Manning Autographed Football

We include a raffle as part of our Theater Night Fundraising Event. The drawing occurs during intermission and the winners need not be present to win. This year, we're having TWO raffles! We have received a generous donation of a football autographed by Peyton Manning! Tickets for the football raffle are \$25 each or 5 for \$100. The value of



Raffle football autographed by Peyton Manning

this football is priceless!

We also have a separate raffle for many other great prizes, including a 65" Smart TV, a mountain get-away, Bronco game tickets, Hudson Garden concert tickets, a digital camera, a cooking class, and more! All prizes are valued at or over \$100. These tickets are \$10 each or 3 for \$25.

Raffle tickets are available now! Call TLC Meals on Wheels at 303-798-7642, or mail your request with the number of raffle tickets you would like along with a check or credit card information to TLC Meals on Wheels, PO Box 3108, Centennial, CO 80161. Include in your correspondence which raffle(s) you are purchasing tickets for: the signed football or the separate raffle with the assortment of prizes. ☺

Gift Program Delivers Holiday Happiness

For twelve days in December our clients receive presents along with their daily meal. This year the gifts included a full size poinsettia generously donated by Welby Gardens, holiday décor handcrafted by a number of groups including Girl Scouts and senior living centers, beautiful hand-knit scarves from the ladies at Holy Trinity Lutheran Church and other knitting groups and individuals, potholder, nightlights, no-skid socks and other useful, thoughtful items.

One client expressed her appreciation by sharing "my heart has been deeply touched by the 'daily delights' that have accompanied my noon-time hot lunch. I am overwhelmed by the generosity of TLC Meals on Wheels' program and I want to share with you that the little child that still lives within me has been so touched, delighted and healed perhaps of long ago lingers of loneliness." This generosity of people caring for people is certainly what makes the holidays special!

Thanks to all who helped by collecting, donating, wrapping

and organizing over 4,200 gifts, including Arapahoe High School Basketball Team, Cindy Clarke, City of Englewood, City of Littleton, Community Service Club, DTC Sertoma Club, Genesis Presbyterian Deacons, Girl Scouts, Holy Trinity Lutheran Church, Kathy Kreidler & Family, Littleton United Methodist Church, Liz Spurr, Marcia Pfister and Delores Valdez, Lorie Schlomann & Family, Littleton Adventist Hospital, Michelle Milash & Friends, Our Father Lutheran Church Sunday School, Peabody Elementary School, Peak Wellness, Powell Middle School National Junior Honors Society, Samson Resources, St. Andrew's UMC Golf & Dinner Group, St. Thomas More, Subaru, Welby Gardens, Wind Crest Womens' Craft Club, Women of Grace Presbyterian, and Cathy Wooten. We give special thanks to all our volunteer route drivers who pulled out Santa hats, practiced their "HO!HO!HO!-ing" and went the extra mile to deliver the meaningful gifts. ☺

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up with the increasing demand. We need your help!

Your donations help us cover the cost of food, labor and overhead for the meals we provide. However, the value that brings is so much more. It keeps the wheels of our organization rolling, the volunteers knocking on doors with a smile, the nurturing of the bodies, minds and spirits of homebound, lonely neighbors. That value is priceless ~ just like the Peyton Manning football!

Please, come to our event. Make a donation. Buy raffle tickets. Ask your friends to buy raffle tickets and come to our event. This will make a difference to your neighbors in need. It will make our little corner of the world a better place.

Thank you!

— *Diane McClymonds*

Discovering Our History

“Our elderly people really need the help. They are the ones who are really suffering in this youth-oriented society. It’s terrible to be old and cold and hungry in a country as rich as this.”

— Said by Virginia Baker, founder of TLC Meals on Wheels, upon receiving the Littleton’s Most Valuable Citizen Award in 1974.

For years, the history of our organization proclaimed that it was founded by Virginia Baker in 1965, when she was preparing lunch for her parents and their friends in her kitchen. Now 50 years beyond 1965, we had been making plans to celebrate our happy 50th anniversary milestone with several special events throughout 2015---until last week.

In doing extensive research at the Littleton Museum, Bemis Library, and other places to learn more about Virginia Baker and the earliest years of TLC Meals on Wheels, we’ve now come to believe that she didn’t implement a regular meal delivery program until sometime after 1965, and possibly not until a couple of years after her widowed mother died in 1966. A few clues suggest that she and a friend or two may have been preparing and delivering meals to a few homebound seniors by 1968 or 1969. By the end of 1971 the meal program was clearly in operation after Littleton’s First Presbyterian Church allowed her to begin using their kitchen and dining room facilities. Both Mrs. Baker and the second director, Jan Andrus, are no longer alive, so we’ve unfortunately lost their valuable first-person recollections.

While we don’t want to obsess about our beginning, we’d like to accurately mark our 50th Anniversary by honoring all that this valuable program has accomplished in helping seniors and others in need over these many years. But when is our 50th?

We need your help! Were you a volunteer during TLC Meals on Wheels’ earliest years or do you know someone who can pinpoint an inception year earlier than 1971? And if so, where were these first meals prepared? Perhaps in the kitchen of the historic Culp home located at 5554 South Prince/5555

South Sycamore in Littleton where Mrs. Baker lived? This home was destroyed by fire in 1974. Please share your historical information with Sue Rosser at rossersdw@aol.com or 720-201-9358.

The story we are discovering is quite interesting and inspiring! We invite you to read it on our website at <http://tlcmealsonwheels.org/about/history/>. ☺

Mayors March for Meals

As part of the national March for Meals campaign sponsored by the Meals on Wheels Association of America, we invited elected officials from



Volunteer Felice Cottle and Mayor Penn delivering a meal to Carol

the communities we serve to join us in delivering meals to their constituents. This program raises awareness of the increasing number of seniors in need of nutritious meals and addresses senior hunger



Mayors Phil Cernanac, Cathy Noon, Ron Rakowsky, Randy Penn and Executive Director Diane McClymonds

and isolation, both serious concerns currently impacting our community and communities across the United States.

The mayors of Littleton, Centennial, Greenwood Village and Englewood answered the call. On March 17, they rode along with our drivers to deliver corned beef and cabbage to clients in their community. Driver Felice Cottle, who has volunteered with TLC Meals on Wheels since 1978, said of the day, “It was a good experience on both sides. Mayor Penn was so friendly and loved meeting his constituents who are beneficiaries of Meals on Wheels, and the clients were proud and flattered to have the mayor at their door!” One client said, “I’ve lived in this town 50 years and this is the first time I ever met the mayor!”

All the mayors expressed appreciation for the opportunity to help us drive away hunger. We thank them for their time and commitment. ☺

Community Youth Support

We value the support we receive from our community and find that it is exceptionally special when it comes to us from younger members of our community.

Recently, Boy Scout Troop 345 held a very successful food drive for us and collected many groceries and monetary donations. These groceries will fill the 250 bags of non-perishables we deliver each month to our clients with the most need.

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Boy Scout Troop 345



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 www.TLCMealsOnWheels.org

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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.

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Columbine Boys Lacrosse team are also active supporters of TLC Meals on Wheels. In December they held food drives on 2 separate weekends and also gathered food and monetary donations for our program. During one snowy school holiday in February over 30 athletes came to deliver meals to our



Columbine Lacrosse Team

clients. It was not long before the clients starting calling. They wanted to know who the fine young men were who shoveled their driveways and their neighbor's driveways, too!

They are indeed fine young men and we're honored to have them be part of TLC Meals on Wheels. Thank you to coach Matt Plitnick for the values of respect, service and philanthropy you are instilling in your athletes. ☺