

FROM THE EXECUTIVE DIRECTOR



When life presents challenges, it's best to count on your friends to support and see you through. Even if you haven't heard from them lately, you know they will be there when you need them. You just have to ask.

Well, TLC Meals on Wheels is in a challenging position, and I'm asking you, as a friend of TLC, to help. Identifying, renovating and relocating into a new space by the end of this year is big. I want to say "we've got this!" but honestly, so far we don't. We need you, our community, to help make it happen.

A new space is an opportunity for growth, new programs and new collaborations. This is uncharted territory for us and our timeline is short, but I trust that with the support of our community we will find the best scenario for the longevity of the organization. We must ensure that the seniors who rely on us now and into the future have access to hot nutritious meals and a friendly face at the door from TLC.

Together, we make a difference in the lives of the seniors we serve, every day, and will continue to do so for years to come.

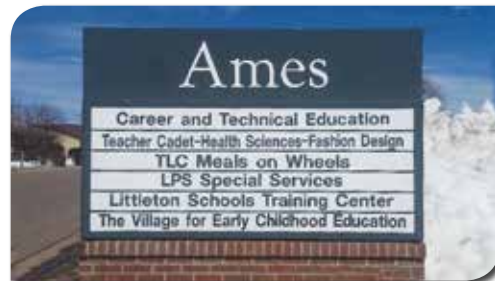
Thank you for your support and partnership.

Thankfully,
Diane McClymonds

TLC Meals on Wheels Needs Your Help!

TLC Meals on Wheels must relocate to a new kitchen facility by December 2019! With the passage of the Littleton Public School bond, our current location in the Ames school will be one of the first to be rebuilt and again used for students, so we need to move.

We truly need help from the community to find and move to a new space. Last year over 800 seniors and homebound adults relied on us for 128,000 meals. If our ability to provide these meals is



Ames Elementary; our home now. Thank you LPS for 9 years of support to TLC.

interrupted it would have an immediate, detrimental impact on the well-being of these neighbors.

All options are being considered: leasing a commercial kitchen space, purchasing our own building and/or forming a new partnership to help defray costs are some possibilities. All would require a large amount of funds we don't currently have on hand. We have added a "Relocation" tab to our website; www.tlcmealsonwheels.org. Current information and FAQ's regarding the move and fund raising initiatives will be updated there.

Your support is needed to ensure this important community service continues!

What can you do?

- Help identify space available for lease or sale. Ideally, at least 5500 square feet with lots of parking. We expect to make tenant finishes, but an existing commercial kitchen would be great. (If it is listed with a realtor, we probably already know about it)
- Help identify a potential partner organization.
- Recommend a capital campaign manager.
- Recommend a commercial kitchen architect.
- Recommend a construction contractor and company.
- Tell us if you have skills that we are going to need.
- Help fund raise.
- Donate generously to our Relocation Campaign (Coming Soon).
- Identify an interim (3-6 month) commercial kitchen space in case we need it.
- Help spread the word!

The strength of TLC Meals on Wheels comes from the unity in purpose of our compassionate donors, volunteers, families, and community members. We know that working together we will find a new location that will provide us the opportunity to increase programming and serve more seniors in our aging community. 🍷

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.

Thank you for Giving Back!

AMR Ambulance Company – Made 400 Sack Lunches for TLC clients.

Arapahoe High School Boys Basketball Team – Food Donations/Wrapped 1500 Gifts

Bellco Credit Union – Made 500 Sack Lunches for TLC Clients

Bell Plumbing – Food Drive

Canvas Credit Union – Food Drive

Faegre Baker Daniels LLC, IT Team – Baked Muffins for TLC Clients

Girls Scout Troop 63608 – Food Drive

Littleton Rotary Club – Donated 300 Flowering Plants

TriNet – Volunteered in the Kitchen

Littleton Business Chamber – Food Drive

Mountain Vista Boys Lacrosse Team – Food Drive

National Charity League – Made Trail Mix & Valentines



Volunteers from Faegre Baker Daniels LLC baking for our seniors.



Arapahoe Boys Basketball Team volunteers at TLC.

More Than Just a Meal

Patti is 77 years old, widowed and has been receiving our meals for about a year. She lives alone in a rented mobile home on a very limited income. Patti is visually impaired and has lost approximately 90% of her vision. She called us recently to share how excited she was that her two granddaughters were coming to spend the weekend with her for the first time. Unfortunately, she did not have any food to share with them and had no way of getting to the store. She asked if we could send her a can of soup and some cookies with her lunch the next day so she would have something for the girls. She offered to pay us \$5, all that she had for the remainder of the month's expenses which we gladly turned down. We sent her two bags of food from our grocery room; including peanut butter, jelly, bread, cereal, fruit, soup, and a box of cookies. Staff pitched in

to provide milk and small gifts for her granddaughters.

Our volunteer driver delivered the food and helped her put away the groceries. She was overwhelmed by the amount of food for her granddaughters and grateful for the coloring books and toys we sent for the girls.

She called to thank us and share how appreciative she was to have food to feed her family. Our clients know they can rely on us to help. ☺

Please send us your email address so we can provide you with updated news on our move. info@tlcmealsonwheels.org

Theatre Night 2019



Based on the 1992 hit film, Sister Act is a feel good musical comedy. Disco Diva, Deloris Van Cartier, witnesses a murder and is put into protective custody in the one place she won't be found; a convent. We hope you will share in Deloris' adventures and join us for our 13th annual Theatre Night and fundraiser Wednesday, June 5th.

Mingle with your friends, eat delicious food, enjoy the singing and dancing and try your luck in winning one of our many raffle prizes. Tickets will go on sale May 1st.

Interested in becoming a sponsor?

Sponsorships directly support our work in helping seniors age in place. Sponsorships start at \$600 and all include reserved seats at the show. Please visit our website at www.tlcmealsonwheels.org or call our office at 303-798-7642 for more information.

We are excited to announce that Subaru of America will again be our Theatre Night Diamond Title Sponsor! Thank you, Subaru, for your generous sponsorship and ongoing support of TLC Meals on Wheels throughout the year. ☺



Lorie and Bob Schlomann with friends.

12 Days of Love

December was a very special month for everyone at TLC Meals on Wheels. Our partner organizations, service groups, churches, community members, and volunteers came together to donate, wrap, organize, and deliver more than 5500 gifts during our 12 Days of Giving,

to our 460 clients.

Thank you to Carrie's Cause; your donation of fresh poinsettias kicked off

Day 1 of our 12 Days of Giving. The Littleton Elks Lodge #1650 sponsored our 4th Day of Giving, sending holiday decoration for everyone's home. Liz Spurr and friends donated and wrapped bottles of hand soap for all clients on our 7th Day of Giving. Arapahoe County Judicial Services Community Services Division donated hundreds of handmade fleece blankets.

Thank you to our volunteers and the community who donated gifts for other days, including puzzle books, candy, back scrubbers, toiletries, greeting cards, and funds. Volunteers baked more than 200 dozen cookies that we delivered to clients in time for Santa. This is truly a community project that brightened the holidays for our clients! ☺

A volunteer driver delivering meals during the holidays.



A volunteer driver delivering meals during the holidays.

March for Meals

The 18th Annual March for Meals is a month-long celebration to commemorate the historic day in March 1972 when President Nixon signed into law a measure that amended the Older Americans Act of 1965 and established a national nutrition program for seniors 60 years and older. Since 2002, Meals

on Wheels programs across the country have joined forces for the annual awareness campaign to celebrate.

We are thrilled to celebrate Community Champions Week, March 18-22. You will see local government and organization leaders working in our kitchen and delivering meals to seniors in their respective cities and counties during this time. This provides us with the opportunity to share the importance of our program and the clients we serve to local decision makers and influencers.

We would love to share information about our program with your service, church, or community group as part of our March for Meals Celebration. If you would like to arrange for a presentation please contact Korri at korri@tlcmealsonwheels.org or call 303-798-7642. ☺



Mayor Stephanie Piko delivering meals to TLC clients in 2018.

Meet Our New Chef

Rebecca Groen is a Colorado native, born and raised in the town of Parker. She currently lives in the Centennial area with her

with 25 plus years of experience in the industry.

In her spare time, Rebecca enjoys good music, good food and good friends. She is an accomplished artist and loves growing her own vegetables in the summertime.

"I'm always cooking, and when I'm not cooking, I am usually thinking about what to cook next. I like to challenge myself to be able to put together any dish that will appeal to my audience. I'm definitely not afraid of food!" ☺



Rebecca Groen

husband, Marcus. Rebecca has a passion for cooking for the elderly population



Valentine's Day lunch.



50 years of Driving Away Hunger

MEALS ON WHEELS

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(303) 798-7642
info@TLCMealsOnWheels.org
www.TLCMealsOnWheels.org

Non-Profit Org.
U.S. Postage
PAID
Denver, CO
Permit #4470

Food Insecurity in Colorado

“It’s estimated that **more than 1 in 8 Colorado older adults are unsure of when or where they would get their next meal.** After a lifetime of working, many Colorado older adults are left to fend for themselves” according to Hunger Free Colorado. Do older adults need to choose from buying needed medication, rent, or food? Do they have the resources to access or prepare food, in order to maintain their health and independence? This is where TLC Meals on wheels can help!

For over 50 years we have served seniors and homebound adults in the south metro area. In 2018, TLC Meals on Wheels delivered 128,000 meals to over 800 individuals. In the last five years we have increased the number of meals served annually by 75% and number of clients by 37%.

And, it’s more than just nutritious food

we offer. Volunteers delivering meals provide a connection to the community so our clients don’t feel so lonely. We visit Monday through Friday so they feel secure that someone is checking on them. We also send each client a small gift, card, and birthday cake on their birthday in addition to special treats for every holiday. This provides the opportunity to remain independent in their own home, which is the best thing for the community and the seniors. Your support will ensure continued service to our seniors. 🍷



Enjoy Amazing Italian Food while raising Money for TLC

TLC Meals on Wheels Night at Romano’s Italian Restaurant.

Romano’s will donate 20% of your check to TLC Meals on Wheels.

Wednesday April 10; 4pm to close. Dine in or take out.

Located at 5666 S Windermere, Littleton 80120. We hope to see you there.



Dana Gaston -Director of Operations, Korri Stainbrook –Community Relations Specialist, Diane McClymonds - Executive Director at Romano’s Night last November.