

## FROM THE EXECUTIVE DIRECTOR

*"At this Thanksgiving time I have so much thanks and gratitude for your program!*

*The wonderful meals have made my life so much better and less stressful. I greatly appreciate this service,"* said Virginia who started receiving our meals earlier this year.



I am proud that we make a difference every day in the lives of those we serve. And by we, that means all of you who support our program. By volunteering, donating your time and donating funds, your support gives our clients not only delicious meals but a personal connection to the community. It lets them know that people care.

A supporter who works in health care told me, "TLC MoW is positively impacting community health and individuals in a way most community service organizations only hope for." We couldn't make that impact without your help. Your donations provide nutritious meals and a friendly face at the door so seniors know they have not been forgotten. Just \$100 provides our service to a senior in need for an entire month. Thank you for giving generously!

From all of us at TLC Meals on Wheels, we wish you a happy, joyful holiday season and time with your family and friends.

All the Best,  
*Diane*

## Volunteer Appreciation Event

Over 550 volunteers donated 26,511 hours, drove 95,820 miles, packaged and delivered 99,847 meals, visited 766 unduplicated individuals, and assisted in the office throughout our last fiscal year. On



Lorie McMillan, board member Diana Dargan, and Sharon Salgado in the kitchen creating delicious dishes for the volunteers to enjoy.



Dana Gaston, Director of Operations, Volunteer of the Year Dan Herndon, and Executive Director Diane McClymonds.



Yummy ... attendees dish out delicious food.

November 18th, we showed our appreciation to our volunteers, 100 of whom gathered at our facility for a celebration of their service at TLC Meals on Wheels.

Thanks to Butler Rents and Diana Dargan, owner of Nothing Bundt Cakes located at the corner of Wadsworth and Bowles, who in addition to preparing the food, provided each volunteer with a bundlet cake to take home. Thank you, Diana, they were delicious!

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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.



Volunteers Felice Cottle and Marilyn Ness, whose combined service tops 84 years!

The group was welcomed by Executive Director Diane McClymonds, and enjoyed a video highlighting many of our clients. Dan Herndon, nicknamed double duty Dan for driving two routes in a single day when needed, received our Volunteer of the Year Award. Thank you Dan, for your commitment to our organization.

Volunteers mixed and mingled, enjoying the delicious food and sharing many stories of their years of involvement in our organization.

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

# Behind the Scenes at TLC Meals on Wheels

**T**he silver tsunami – an increase in the senior population as baby boomers age – has now become the new normal. And in Colorado, the senior population is growing at a faster rate than in most states. The 75 and older population in the Denver metro area is expected to grow by almost 65% between 2014 and 2024. As with all organizations serving seniors, we are faced with the challenge of reaching seniors, many of whom are isolated and feel stigma around home delivered meals, in need of our services.

At TLC Meals on Wheels, we've operated on the assumption that the best way for seniors to engage our services is for them to hear about us from a trusted person. For the past several years, we've build relationships with other senior organizations. These include free weatherization programs to reduce their heating costs and stay warm to information on signing up for food stamps, as well as programs that increase their quality of life, like home delivery library services and talks they can participate in by phone. These

efforts have paid off. The number of meals served has increased by 15% this year compared to last, and the number of referrals from other professionals has roughly doubled.

As seniors age, they need increasingly more services to stay independent. And if one of those services is unavailable, it often results in a move to a nursing home. Another benefit from these partnerships is sharing information about their services to our clients – either through our quarterly client newsletter Bon Appetit or in flyers delivered with the meals – to help them receive the services they need. 🍷



## Amazon Smile for TLC

**I**f 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 [www.smile.amazon.com/ch/84-0617651](http://www.smile.amazon.com/ch/84-0617651), 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! And Amazon Smile provides the same shopping experience as Amazon. Except for a few exceptions, both sites carry the same products. 🍷

 **SUBARU share the love® EVENT**

Since its inception nine years ago, Subaru Share the Love Event has helped deliver more than 1.7 million meals to America's seniors! Here is how it works: Between now and January 2, 2018, \$250 will be donated to the customer's choice of participating charities for every new vehicle sold or leased. Customers can choose the national Meals on Wheels America program, who then shares its donations with local Meals on Wheels such as ours. So please choose Meals on Wheels when you buy or lease from Subaru, and spread the word!



# More than Just a Meal

I had the pleasure of visiting with Marveline Fetters, a 93 year old woman who started receiving our meals on her 90th birthday. For a woman who relies on a walker and spends all day in her recliner, even sleeping there at night, I was immediately struck by her appearance. She wore a knit red dress with a matching jacket, telling me she always takes care to look her best. A widow, she proudly wears her wedding ring.

Marveline lived an active life; she drove until she was 90, and ran an upholstery refinishing business out of her garage. She recalled how, decades ago, while perusing a magazine, she got the idea of reupholstering their own furniture. She called her husband who said “that’s a great idea,” and they eventually turned it into a business.

Her surroundings are a testament to her desire to stay engaged. No longer able to attend church, a table next to her recliner was full of tape recordings of sermons and gospel music. She spends time daily doing



TLC volunteer Stan delivering Marveline her meal.

crossword puzzles, many of which have a religious theme.

Meals on Wheels has been a godsend for her, she told me. When I asked her what she liked the most, her face broke into a smile exclaiming it was seeing the volunteers. She equally loves the meals, and pointed out to me several items in her apartment from past years of TLC’s 12

Days of Gifts Program, from the towel in her kitchen, to the pillow on her couch, to the blanket on her lap.

Not only are we providing Marveline the nutrition she needs, but a continued connection to the community, allowing her to retain her self-respect, dignity and independence that has been a hallmark of her rich life. ☺



Marveline in an earlier picture with her husband Warren, a career serviceman.

## Annual Fall Appeal

When you consider your year-end giving, please think of individuals like Marveline. We rely on the generosity of community partners and individuals like you to bridge the gap between meal revenues and our expenses. 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 5th. You can schedule your donation now to occur on that day and a percentage

of your donation is matched by Community First Foundation and FirstBank. Simply go to [www.tlmealsonwheels.org](http://www.tlmealsonwheels.org) and click donate

to get to the Colorado Gives website. Indicate you want your contribution made on December 5. Thank you for your support! ☺





50 years of Driving Away Hunger

**MEALS ON WHEELS**  
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Centennial, CO 80161  
(303) 798-7642  
info@TLCMealsOnWheels.org  
www.TLCMealsOnWheels.org

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

## 50th Anniversary Cookbook Available Now!

**I**t's here at last! Our 50th Anniversary Cookbook *Stirring the Pot* is finally here and available to help you prepare delicious meals in your own kitchen.

The TLC Meals on Wheels Cookbook, with favorite recipes from the kitchens of our volunteers, staff and clients, is ready in time for holiday gift giving. For a suggested \$10 donation you can solve the problem of what to get for...well everyone on your list.

In addition to delicious recipes, *Stirring the Pot* highlights our history and some of our volunteers and clients. It also includes loads of useful information, including a substitution list for missing ingredients, measurement equivalents, and even how to adjust food quantities for up to 100 servings, just in case you want to start your own Meals on Wheels service!

What are you waiting for? Drop by our office and pick up several! 🍲

## 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.*