



Spokes

The quarterly newsletter for TLC Meals on Wheels
Fall 2009 ▶ (303)798-7642 ▶ www.TLCMealsOnWheels.org

From the Executive Director

Our drivers' weekday visits make a difference in the lives of the people they contact over 67,000 times a year. Some calls are literally lifesaving. Several times a week our office phone rings at noon when a volunteer feels worried about something that doesn't seem quite right at a client's residence. Often, the driver calls when unable to get an answer to a knock on the door. However, since the clients may be out temporarily, such as to a medical appointment, our drivers will hang the lunch in a plastic bag from the doorknob hoping the client will be home soon. This happens so often that with few exceptions leaving a lunch on the door doesn't generally cause serious concern. If the driver calls us that day, we call the residence, and if necessary, we call the emergency contact we have on file, and we learn that everything is okay. However, if we haven't been notified and learn that meal is still on the door the next day, then our alarm bells ring and we immediately intervene.

That is what happened one day several weeks ago. The drivers found the meal still on the door. They notified our office. The client's telephone number was no longer in service. Not only that, but we couldn't get a response from the emergency contact. Two of our staff members joined the drivers at the client's apartment. They knocked loudly on the door and on all of the windows. Getting no response, they called 9-1-1. The police entered the apartment and found our client sitting in a chair in the living

(continued)

Whole Foods Market Donates Grab & Give Groceries

grab & give
Help us feed our local community.

Donate a meal this season to those most in need!

NEW \$5 Help feed an elderly or disabled community member in need
breakfast
365™ Organic Instant Oatmeal
365™ Cereal Bars

NEW \$10 Help feed an elderly or disabled community member in need
lunch
365™ Macaroni & Cheese (2 boxes)
365™ Ghnch Light Pasta
365™ Organic Quinoa
365™ Peanut Butter • 365™ Fruit Spread

NEW \$10 Help feed an elderly or disabled community member in need
dinner
365™ Organic Pasta (3 packages)
365™ Organic Apple Sauce
365™ Organic Soup • 365™ Green Beans
365™ Organic Pasta Sauce

Each bag provides four meals to TLC Meals on Wheels.

Huge! That's the only way to describe both the quantity and importance of the groceries donated by Whole Foods Market at SouthGlenn through its Grab & Give program. Every Holiday Season, WFM gives shoppers an opportunity to feed the hungry by choosing \$5, \$10, or \$25 bags of non-perishable food to donate.

This year, TLC Meals on Wheels is the chosen channel for distribution of high quality, organic, non-perishable items to needy individuals and families in Denver's South Metro neighborhoods. Those who need food to get them through weekends, holidays, snow days, and mealtimes, in addition to lunch, have first priority in receiving these items. We are enlisting volunteers to make special deliveries over-and-above our noontime lunches to be sure those in need get their pantries stocked for the winter. We are also preparing to respond to needs beyond our existing clientele. Special thanks to Tom Baribeau who volunteered to transport trailer after trailer full of these items from SouthGlenn to Ames. Please call our office (303.798.7642) if you want to help organize or deliver these items to those in need. We are proud to be partners with Whole Food Market at SouthGlenn in fighting hunger in our community.

The mission of TLC Meals on Wheels is to deliver nutritious meals to seniors and other homebound individuals so they may enjoy the benefits and dignity of independent living.

Twelve Days of Christmas Coming December 9th



Here they come again – the 12 Days of Christmas – 12 weekdays, that is, of wrapped presents for each of our meal recipients. Citizens of the community started helping TLC Meals on Wheels get ready for this season of giving last summer with the wrapping sessions held at two branches of Arapahoe libraries. Mothers and daughters from the National Charity League showed up in force to prepare some of the items to be distributed starting Dec. 9. A special gift from the Wal-Mart Foundation covered the cost of one day's gifts. Local dentists donated supplies, the staff from the University of Phoenix got involved, a women's club prepared packages, students from Peabody Elementary School pitched in, and many other individuals from south suburban neighborhoods chipped in with the goal of bringing cheer to the homes of our meal recipients with fun and practical offerings. On behalf of our grateful clients, here's a sincere "thank you" to all who have donated funds, gifts, or time to make the 12 Days of Christmas come to life once again this year.

We All Love Our Pets (WALOP) Pet Food Distribution Program

For the third year in a row, Banfield Pet Hospitals have donated dog and cat food for distribution through TLC Meals on Wheels to needy residents of Denver's south suburbs.

Pets have a beneficial effect on the health of their owners, particularly in the case of homebound people who live alone. Like the people with whom they live, dogs and cats need nutritious meals to stay healthy.

It's long been proven that owning a pet

can increase longevity, reduce stress and vastly improve quality of life. For many seniors, pets become sole companions that add joy to each day, ease loneliness and energize the spirit. The Banfield Charitable Trust recognizes the importance of this bond to both pet and pet "parent" and has teamed with the Meals On Wheels Association of America to fund and administer Pet food distribution programs across the



country. This innovative program ensures that Pets, like their owners, receive the nutrition they need. We are thankful that the Banfield Charitable Trust makes this program possible.

From the Executive Director (*continued*)

room, alive but too weak even to call out an answer to those who had been knocking on the door and windows.

The client was rushed to a hospital and is now in a rehabilitation center.

TLC Meals on Wheels prepares good, nutritious meals each day, but we make our greatest impact with the delivery of

those meals. Special programs such as our 12 Days of Christmas, supplemental grocery deliveries, and the distribution of pet food also make life better for those in our care. We enjoy tremendous support from dedicated volunteers and from the partners who provide groceries and pet food for us to share. At the same time, the regular

donations of our friends are indispensable for us to continue to benefit the residents of Denver's South Metro neighborhoods in these ways. I hope that, as a reader of this newsletter, you will want to join those who fund our services.

– Phil Miller, Executive Director

Volunteers Celebrated



At least 75 of the over 200 TLC Meals on Wheels volunteers came to Ames on Thursday, Nov. 12, to celebrate their vital role in making it possible to prepare and deliver a nutritious meal 67,000 times a year in the 90-square-mile zone bordered roughly by highways C-470, I-25, and U.S. 285. Those who came received a long-sleeved T-shirt with the TLC Meals on Wheels logo. Shirts will be available to volunteers who were unable to attend – at least until the supply is used up. Attendees also enjoyed a table of hors d'oeuvres catered by Silver Spoons with items from Panera Bread, Starbucks Coffee, and Butler Rents. In addition, many volunteers had the good fortune to win a door prize such as a fuel card or lap blanket. TLC Meals on Wheels has increased the involvement of volunteers during the

past year by establishing new delivery routes and by including more volunteers in meal preparation and office work. The organization could not begin to accomplish its mission without the generous gift of time contributed by these many good people.

Recurring Online Gifts Encouraged

The TLC Meals on Wheels Fall Appeal encourages recurring online gifts this year although monthly or quarterly gifts may also be established through an individual's Internet banking program. A link on the TLC Meals on Wheels Website takes the donor to GivingFirst.org and a comprehensive profile of our organization. A recurring or one-time gift can be sent to TLC Meals on Wheels using PayPal or a credit card. Giving regularly throughout the year makes it possible to do more than most people are

able to do with a once-a-year contribution, and it provides much needed revenue to provide the meals and services that make TLC Meals on Wheels such an important program in our community.

**DONATE NOW
THROUGH
GIVINGFIRST.ORG**

Consider TLC Meals on Wheels for Planned Giving

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Littleton Elks Contributes Proceeds from First Annual Car Show



Littleton Lodge 1650 of the Benevolent and Protective Order of Elks held its First Annual Car Show in conjunction with Western Welcome Week in August and raised \$1495.05 for TLC Meals on Wheels. Representatives of the organization presented the check for this amount to our board of directors in September. TLC Meals on Wheels has had a longstanding friendship with the Littleton Elks and is grateful for this donation.

Update our Address in Your Records

In case you haven't updated our mailing address in your records, now would be a good time to do so. We receive mail at **P.O. Box 3108, Centennial, CO 80161-3108**. Our physical address is 7300 S. Clermont Drive, but please do not send mail to that address. Thank you for your support.
