



Spokes

The quarterly newsletter for TLC Meals on Wheels
Winter 2010 ▶ (303)798-7642 ▶ www.TLCMealsOnWheels.org

From the Executive Director

The long-distance caller asked our help for her sister. After listening to the situation, I decided to ask an adult protective services social worker to check it out. Apparently, the woman in question is suffering domestic abuse that has made it difficult for her to get food. The social worker made a home visit and called me to confirm the critical need in this home. That very same day one of our drivers delivered a meal to the woman.

We were able to respond promptly to this critical need because of our independence as a program. Having no bureaucratic roadblocks to clear enabled us to take action immediately. Now we're able to follow up, staying in touch with the social worker, delivering supplemental groceries, and lending our support to a woman whose well-being was in doubt. We had no waiting list and didn't require approval from an outside agency.

Our ability to react quickly derives from our independence from funding sources requiring "red tape." Each year we face the decision of whether to apply for funds from federal and state sources that involve complicated reports. As it is, through Arapahoe County and from the City of Centennial, we receive a helpful Community Development Block Grant, indirectly consisting of federal funds. We complete a quarterly report accounting for the clients we serve in Arapahoe County who are in lower income brackets. While we appreci-

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Fourth Annual Theater Night Features "Guys and Dolls"

March 10th

An extraordinary evening of entertainment awaits those who purchase tickets for the Fourth Annual Theater Night on Wednesday, March 10th, at the Town Hall Arts Center in downtown Littleton. At 6 o'clock, an array of local restaurants will provide delightful hors d'oeuvres while patrons enjoy a glass of wine, beer, or another beverage. After this complimentary cocktail hour, the upstairs theater will open for this year's production, "Guys and Dolls." This play won



TLC MEALS ON WHEELS



HOUSE CALLS WITH A HOT LUNCH FOR SENIORS AND PERSONS WITH DISABILITIES IN DENVER'S SOUTH METRO COMMUNITIES

WEDNESDAY | MARCH 10TH | 2010

6:00PM COCKTAIL HORS D'OEUVRES
7:15PM CURTAIN CALL

TICKETS \$60
(\$42 IS TAX-DEDUCTIBLE)

CALL 303-798-7642

OUR FOURTH ANNUAL FUNDRAISER

THEATER NIGHT

FEATURING

"GUYS AND DOLLS"

LITTLETON TOWN HALL ARTS CENTER | 2450 W. MAIN STREET

TLC MEALS ON WHEELS | 303.798.7642 | WWW.TLCMEALSONWHEELS.ORG

the 1951 Tony Award for Best Musical, was made into a movie in 1955 starring Marlon Brando, Frank Sinatra, and Jean Simmons, and has enjoyed many revivals.

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.



Whole Foods Market Grab & Give Program Donates \$32K Value

The newly located Whole Foods Market at the Streets of SouthGlenn chose TLC Meals on Wheels as the channel of distribution for groceries during the holiday season. By the time this seasonal cam-

paign closed, the employees and customers had donated nearly \$32,000 worth of items. Our “new” facilities at Ames made it possible to store the stockpiles of nonperishable food with space to package it in paper bags for distribution. On Christmas Eve, every client received a bag of groceries from our regular drivers.

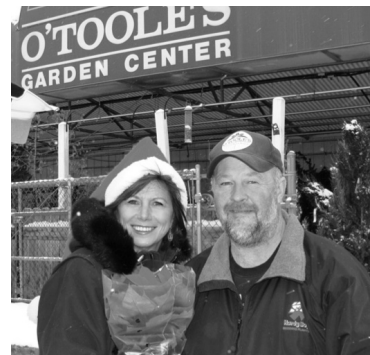
Volunteers who aren’t available for our weekday meal distribution have stepped forward to deliver this food on Saturdays to as many as 70 selected households. A group of college students in town for a conference delivered food on January 4th, while the Columbine High and Arapahoe High lacrosse teams have started a friendly competition to see which team can be the most helpful in getting groceries to those in need. Special thanks to Tom Baribeau, who took a leading role and devoted many hours in moving the groceries from the SouthGlenn location to the Ames facility.

Congratulations Jo Ann Hunt, Volunteer

Jo Ann Hunt, Route 11 driver since 1996, received the Dry Creek Sertoma Service to Mankind award Jan. 20th for her extraordinary volunteer service to the community. Besides her faithful service through TLC Meals on Wheels, Jo Ann co-directs the food bank at her church. She requests donations and coordinates the efforts of donors and volunteers. In addition, for 13 years she has worked with the New Moms program called Bright Beginnings. She visits families with babies to provide parenting information and support. Jo Ann’s husband Dave has been a member of the TLC Board of Directors for several years. We’re proud to have people like Jo Ann Hunt as volunteers in our program.

Schools, Churches, Clubs, Libraries, Dentists, Friends, and Twelve Days of Christmas

Belleview Elementary, Highland Elementary, Homestead Elementary, Peabody Elementary, Powell Middle School National Honor Society, the Arapahoe Library District, the Buck Recreation Center Knitting Group, Holy Trinity Lutheran Church, Our Father Lutheran Church, St. Andrew United Methodist Youth, the Community Service Group, the National Charity League, O’Toole’s Garden Center, Welby Gardens, the Daisy Scouts at Shaffer Elementary, Michelle Me-



nash and friends, Liz Spurr and friends, Korrie Stainbrook and friends, Leslie Mutnick, Carol Holm, Dr. Liliane Brantes, Dr. Dan Dymerski, Dr. Stace Lind, and students in the Teacher Cadet and Health Science Technology programs at Ames These are the friends who made our 2009 Twelve Days of Christmas

such a powerful experience of giving—not to mention the difference their contributions made in the lives of our clients! We appreciate our wonderful community partners for their kindness.

From the Executive Director (continued)

ate the accountability this report demands, we confess that it’s time-consuming, to say the least.

We’ve been fortunate to have such reliable friends in the community that we

haven’t found it necessary to become heavily dependent on governmental funds. While this way of operating challenges our fundraising energies, we celebrate those who step forward again and again to sup-

port the work we do and to maintain our ability to respond rapidly to critical needs in our community.

– Phil Miller, Executive Director



Year-round Community Events Keep our Clients in Mind

Just as the Old Mill Brewery and Grill set aside a day last August to donate its proceeds to the support of TLC Meals on Wheels, other local businesses and organizations are also looking for creative ways to give our work a boost. Spread the word among your friends who are Broncos fans—on May 15th, we'll host a 90-minute tour guided tour of the Broncos' Dove Valley Training Facility. Fans of all ages will enjoy this opportunity, but children will get a special kick out of seeing what goes on behind the scenes for their favorite pro football team.

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. Forty-nine donors gave over \$10,000 in 2009 by this means—a nice start!

Littleton Sertoma Club Donation



One of the groups that supports our work financially and with volunteers is the Littleton Sertoma Club. Larry Parberry currently serves as Treasurer on the TLC Meals on Wheels Board of Directors and is an active member of Littleton Sertoma. Pictured here, he is presenting a \$1000 check from the club to Executive Director Phil Miller.

“ My wife Mary and I have been married for forty-seven years and not once have we had an argument serious enough to consider divorce; murder, yes, but divorce, never. ”

Jack Benny

Planned Giving for Caring About the Long Term

Until now, TLC Meals on Wheels has funded its work through its annual giving program, including fundraising activities, to support ongoing operations. While annual giving will always be essential to our work, planned giving can help to ensure our organization's long-term success. Instruments such as life insurance and annuities, bequests and charitable remainder trusts make it possible for someone who cares about the work we do to go beyond annual giving. If you or someone you know has an interest in exploring the idea of connecting planned giving with TLC Meals on Wheels, please contact Phil Miller (Executive Director) or Larry Parberry (Treasurer) for more information.

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.