



Spokes

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

From the Executive Director

Beyond preparing and delivering good meals, TLC Meals on Wheels helps people in many other ways. For example, one of our drivers learned that a wheel-chair-bound meal recipient is a devoted Colorado Rockies fan. With a life-long disability and medical costs absorbing most of her small income, this client never expected to attend a game. Recognizing how much her team loyalty meant, however, our driver brought together the resources to get this woman and her support crew to Coors Field for a game in June—a dream come true.

Another of our clients had been in declining health for several months, but this spring he started going downhill fast. Our volunteers called our office to express their concern about him so I called his son, who lives in another state. The son and his sister flew to Denver that night and had a few days with their father before he passed away. I offered support to help the family provide an appropriate way to acknowledge the death of their loved one and to lay him to rest. The next week, I received a voice mail from the son, who said: "I owe you guys a huge, huge, huge debt of gratitude. You made such a difference in my life. Please let everybody at TLC know how grateful I am for what you did for my father and the fact that you were there every day for him." Some weeks later, we received a generous donation as an expression of this gratitude.

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Eat Breakfast, Lunch or Supper at Old Mill Grill July 31st

Come to the Old Mill Grill at 5798 South Rapp Street in downtown Littleton for any meal on Saturday, July 31st, and 25 percent of their proceeds from your meal will be transformed into a donation for TLC Meals on Wheels.

Last year Old Mill donated over \$1000 after such a day. This year we hope for an even better



turnout. See www.oldmillbrewery.com to learn more about this fun and interesting place to eat.



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.

Thanks to the Makery, our Clients' Birthdays are More Fun

To help celebrate each of our meal recipients' birthdays, drivers will now carry a piece of cake provided by the Makery Cake Company in Centennial (see www.themakery.com) along with a birthday card. Special thanks to Desiree Kelly (Sugar Artist and Owner) for making this service possible!



New Maps, Better Routes

Thanks to John Mues and Joan Johnson (son and mom) for their tremendous work in producing a poster-size map outlining our delivery routes, in addition to creating a map on Google Earth showing the location of every resident we serve. John and Joan literally drove every single route to make sure they correctly located each home. Their finished products help to ensure that each meal recipient is placed in the correct route, that our drivers are not crossing paths with each other, and that each home is placed in the best sequence for the driver

Earlier Volunteer Appreciation Event

October 7th BBQ

Instead of November, this year our Volunteer Appreciation Event will take place at the Ames Facility on Thursday, October 7th, from 4:30 until 6:30 p.m. Pending fair weather, tentative plans include a barbecue dinner. Even more important, of course, is our desire to recognize our many volunteers, without whom our program simply could not function. In addition to over 200 drivers who conquer the many challenges involved in finding residents to deliver meals each week, other individuals supplement our staff in the kitchen or office. Beyond these regular volunteers, our program benefits from the time and effort of others in the community who help with special projects, such as our 12 Days of Christmas, or the distribution of groceries. If you're among our volunteers, please mark your calendar for this special event and make a real effort to take part.

Zach Singer Photo Exhibition to Benefit TLC Meals on Wheels

On Friday, August 6th, starting at 6 p.m., the Bolt Factory will exhibit some of the fine-art photography of Zachary Singer, a good friend of TLC Meals on Wheels. Zach will collect donations to benefit our program during the opening of this show. Zach has written dozens of articles on photography for magazines such as Outdoor Photographer, PCPhoto, and Digital Photo Pro, and has taught photography at California's Santa Monica College. He sells prints to private collectors, art consultants, and interior designers. He also has been a pro bono photographer for our organiza-



tion. The exhibit will feature prints from the Out West: The City and the Highway series (such as the one pictured here). To attend Zach's show, go to the Bolt Factory, 209 Kalamath Street, Studio 5, near downtown Denver in the Santa Fe Arts District between 2nd and 3rd Avenue, and enter from the far west end of the building off 2nd Avenue.

From the Executive Director (continued)

We've had a good year, thanks in large part to the leadership of Jim Mingle, our Board President from last July until this June. We're fortunate to have dedicated, talented leadership on our Board. Jim's worthy successor is John Fellows, who has been delivering meals on Route 16

and coordinating volunteers from St. James Presbyterian Church while serving on our Board for the past few years.

I'll attend the Meals on Wheels Association of America Annual Conference in Atlanta at the end of August. I hope

to return with skills and information to make the best use of your contributions, raise money needed for the service we provide, and help our program thrive in the years to come.

– Phil Miller

Guidance for Drivers Delivering Meals

When a client doesn't answer the doorbell or knock at the door, what's a driver to do? First—wait. And wait. Usually, those who receive our meals take much longer to get to their door than people who don't need our service. Okay, you've waited a long time. Now what? We recommend keeping plastic grocery bags handy so you can hang the meal on the doorknob unless the client has a milk box or cooler designated for this purpose. If you suspect something may be wrong, please call our office phone to share your observations. But especially if you find yesterday's meal still on the doorknob or in the cooler, be sure to make contact with our office immediately. We will follow up promptly with the client's emergency contact to account for the individual or to intervene as necessary. As a driver, your eyes may make the difference between life and death. Thanks for all you do!

National Charity League Summer Help

Each Monday morning during the summer months, a mother and daughter from the National Charity League help our staff in various ways, including organizing delivery bags for drivers. This group also makes many of the "tray favors" we send out with our meals. We appreciate the faithful service of these friends

In-Kind Donations

Duffy's sends cinnamon rolls on Tuesdays. Starbucks donates pastries on Fridays. Merle's Restaurant brought cases of corn on the cob plus rolls. The Littleton Museum has donated pork. We feel fortunate to be a channel of caring for these businesses reaching out to Denver's South Metro residents.

Thank you for Your Support

As TLC Meals on Wheels celebrates the end of one fiscal year and begins a new one, we are grateful to our generous donors. Your support has improved the lives of hundreds of men and women in our community. It has also helped TLC Meals on Wheels step forward with some momentum and confidence in our ability to serve Western Arapahoe and Southeastern Jefferson counties effectively.

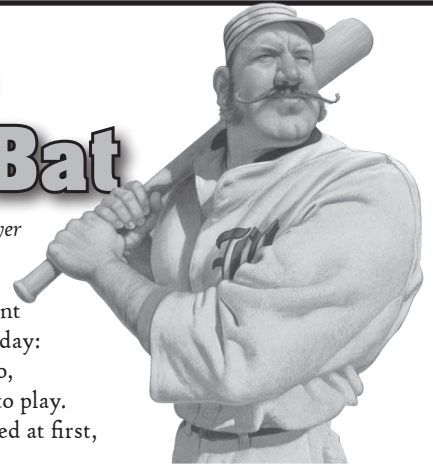


Put Theater Night on Your 2011 Calendar

Tues April 12th: Chicago. . . Set in the roaring twenties, Chicago has one show-stopping song after another. It's a sensational musical tale of sin, corruption, murder, and "all that jazz." Chicago has received countless honors, including six Tony awards

Casey at the Bat

by Ernest Lawrence Thayer



The Outlook wasn't brilliant for the Mudville nine that day:
The score stood four to two,
with but one inning more to play.
And then when Cooney died at first,
and Barrows did the same,
A sickly silence fell upon the patrons of the game.
A straggling few got up to go in deep despair. The rest
Clung to that hope which springs eternal in the human breast;
They thought, if only Casey could get but a whack at that -
We'd put up even money, now, with Casey at the bat.
But Flynn preceded Casey, as did also Jimmy Blake,
And the former was a lulu and the latter was a cake;
So upon that stricken multitude grim melancholy sat,
For there seemed but little chance of Casey's getting to the bat.
But Flynn let drive a single, to the wonderment of all,
And Blake, the much despised, tore the cover off the ball;
And when the dust had lifted, and the men saw what had occurred,
There was Jimmy safe at second and Flynn a-hugging third.
Then from 5,000 throats and more there rose a lusty yell;
It rumbled through the valley, it rattled in the dell;
It knocked upon the mountain and recoiled upon the flat,
For Casey, mighty Casey, was advancing to the bat.
There was ease in Casey's manner as he stepped into his place;
There was pride in Casey's bearing and a smile on Casey's face.
And when, responding to the cheers, he lightly doffed his hat,
No stranger in the crowd could doubt 'twas Casey at the bat.
Ten thousand eyes were on him as he rubbed his hands with dirt;
Five thousand tongues applauded when he wiped them on his shirt.
Then while the writhing pitcher ground the ball into his hip,
Defiance gleamed in Casey's eye, a sneer curled Casey's lip.
And now the leather-covered sphere came hurtling through the air,
And Casey stood a-watching it in haughty grandeur there.
Close by the sturdy batsman the ball unheeded sped -
"That ain't my style," said Casey. "Strike one," the umpire said.
From the benches, black with people, there went up a muffled roar,
Like the beating of the storm-waves on a stern and distant shore.
"Kill him! Kill the umpire!" shouted someone on the stand;
And it's likely they'd a-killed him had not Casey raised his hand.
With a smile of Christian charity great Casey's visage shone;
He stilled the rising tumult; he bade the game go on;
He signaled to the pitcher, and once more the spheroid flew;
But Casey still ignored it, and the umpire said, "Strike two."
"Fraud!" cried the maddened thousands, and echo answered fraud;
But one scornful look from Casey and the audience was awed.
They saw his face grow stern and cold, they saw his muscles strain,
And they knew that Casey wouldn't let that ball go by again.
The sneer is gone from Casey's lip, his teeth are clenched in hate;
He pounds with cruel violence his bat upon the plate.
And now the pitcher holds the ball, and now he lets it go,
And now the air is shattered by the force of Casey's blow.
Oh, somewhere in this favored land the sun is shining bright;
The band is playing somewhere, and somewhere hearts are light,
And somewhere men are laughing, and somewhere children shout;
But there is no joy in Mudville - mighty Casey has struck out.