



# Spokes

The quarterly newsletter for TLC Meals on Wheels  
Fall 2011 ▶ (303)798-7642 ▶ [www.TLCMealsOnWheels.org](http://www.TLCMealsOnWheels.org)

## From the Executive Director

Recently I became a grandfather for the first time and held my newborn grandson. Yes, he is quite adorable. Those who've had a similar experience have encountered the strange sensation of beholding a new life—representing an entirely new generation—while realizing that we're in the later chapters of our own lives. Contemplating the coming and passing of generations is like standing on a beach watching the waves roll in.

Wave after wave, generation after generation, yet some waves are taller than others. My generation has worn the label "Baby Boom" — or nowadays, simply "Boomer" — because our wave was a really big one. After World War II, hospital nurseries grew crowded, and within a few years, schools were overcrowded, and new schools had to be built. Now a fine school facility like Ames is no longer occupied by elementary school students because the community has fewer children than it once did.

Instead, now "Boomers" (born between 1946 and 1964) as well as residents somewhat older than that are becoming the prevalent portion of the population. The fastest growing age group for years to come will be those over age 75. A workshop I recently attended called this an "Age Wave."

Many in this fast-growing age group, unfortunately, will not be financially secure in their retirement years and may face food insecurity.

*(continued)*

## Fall Appeal Climaxes with Colorado Gives Day

The loyal group supporters who fund the work of TLC Meals on Wheels will soon receive the annual Fall Appeal card in their mail. Their response is a vital component in driving away hunger in South Metro Denver.

A year ago, individuals contributed \$21,870 and community groups (churches, businesses, and civic clubs) donated \$1,825 in response to the annual Fall Appeal of TLC Meals on Wheels. It was also the first year for Colorado Gives Day, an occasion when online contributions made through the website GivingFirst.org were augmented by FirstBank and other businesses.

**24 Hours to  
Give where you live**

**COLORADO**  
**GIVESDAY**  
COMMUNITY FIRST FOUNDATION  
**12.06.11**

This year, once again, we are mailing an appeal to our friends asking for an investment in driving away hunger in South Metro Denver. Once again, GivingFirst.org will boost the value of any online donation made on Tuesday, December 6th. To donate online, simply open the TLC Meals on Wheels web site, click on the "Donations" tab, and click on the link for online giving. Then follow the step-by-step instructions provided by GivingFirst.org. In addition to adding to the value of your gift, the online option allows you to use a credit card and to set up recurring donations throughout the year. Of course, "old-fashioned" checks are still welcome, too!

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Remember us on Colorado Gives Day

**Tuesday, December 6th**  
**online at *GivingFirst.org***

The value of your donation increases when you donate  
anytime on December 6, 2011.

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# Wrapping Up Plans for 12 Days of Christmas



Presenting each meal recipient with a wrapped present for 12 weekdays prior to Christmas distinguishes TLC Meals on Wheels as an especially caring program. Thanks to groups like the children from Peabody Elementary, seen here with Diane McClymonds, TLC Meals on Wheels connects the local community with its homebound residents. This drives away “emotional hunger” and brightens the holidays for many who live alone. Some two dozen groups or businesses donate and wrap the gifts.



## Remembering Corey

Our deepest sympathy continues to be with Diane and Larry McClymonds and their daughter Katie for the loss of their son and brother Corey Scott McClymonds, who passed away suddenly while at home Saturday July 16, 2011. Corey was a 2007 graduate of Arapahoe High School. Like his father and grandfather, he was a proud Eagle Scout and a member of troop 456 of Centennial. He earned a double bachelor degree in computer science and computer engineering from RPI in 2011. Corey was an exceptionally gifted student, enjoyed learning, and living life to the fullest. Diane McClymonds is the Director of Operations for TLC Meals on Wheels

## Plan Ahead for the Next Theater Night



## From the Executive Director (continued)

Others, however, will find happiness in volunteering to make a positive difference in their community.

Our volunteers, including those who are “Boomers” and older adults, connect with homebound individuals who are generally unseen by most people. We are the eyes and ears that recognize their existence and hear their needs. We can become the voice of those who hidden behind the closed door.

– Phil Miller

April 17th is the date of the next Theater Night, and the play is the rock opera “Tommy.” Produced with music by The Who in 1969, the stage play is thought-provoking and dramatic. Last year our Theater Night sold out two weeks in advance, so plan to get your tickets early.



## Western Welcome Week Features Felice Cottle

One of our volunteers, who has delivered meals on Route 10 for 32 years, greeted the throngs lining the Western Welcome Week parade route on August 20th from the passenger seat of Harold Anderson’s red Spyder convertible, a crowd favorite. The lead car in the parade, carrying the parade marshals, was driven by another of our volunteers, Harold Remon.

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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.*

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# Grab & Give Stocking Up Groceries Again

For the third year, the Whole Foods Market in the Streets at SouthGlenn will be driving away hunger with TLC Meals on Wheels by donating nonperishable groceries for distribution by our volunteers throughout the coming year. The groceries include such items as instant oatmeal, strawberry cereal bars, applesauce, tuna fish, peanut butter, jelly, macaroni and cheese, spaghetti, pasta sauce, minestrone soup, and green beans. Those who receive them have called TLC Meals on Wheels to express their appreciation. Some have sent notes such as the one that said, "If it wasn't for the help and extra food, we would not have made it. God bless all of you!" Another person said, "There have been many times when there has been very little food



available to us and we have miraculously heard the doorbell with one of our dear TLC volunteers holding bags filled with unexpected food." Last year the program provided an in-kind food donation valued at \$48,518, and with support from store customers and employees, this year's results may even top that!

The Food Bank of the Rockies is now supporting our effort to provide homebound persons with grocery items to supplement the weekday meals we deliver. Each month, with transportation provided by volunteer Tom Baribeau and unloading help from Larry Luchini, the Nutrition Network of the Food Bank of the Rockies contributes a truckload of items to broaden the array of groceries we're supplying to our neighbors.

# SarahCare Food Drive and Open House

Our friends at SarahCare, located at 8000 E. Quincy Ave., will hold a food drive for TLC Meals on Wheels in conjunction with an Open House from 5:00 until 8:30 p.m. on Friday, November 18th, and from 10:00 a.m. until 2:00 p.m. on Saturday, November 19th. Stop by!

## Extra Efforts

We strive to focus on providing nutrition and social contact for our clients, and to refer other types of needs to the appropriate agencies. Inevitably, our volunteers sometimes learn about needs that can't be dismissed with a simple referral. A recent example involved renting a truck to move furniture that one of our drivers had carefully purchased from various salvage and consignment stores with money donated by another driver. A third driver helped move the furniture to a new residence for one of our long-time clients.

## — Movie Quote —



**"Here's looking at you, kid"**  
— Humphrey Bogart  
*Casablanca*, 1942

# Littleton Elks Raise \$2,334 with August Car Show



On a warm August Sunday afternoon, people like our Route 16 driver Harold Remon, who enjoys fixing up antique cars, registered for the third annual car show presented by the Littleton Elks, which raised \$2,334.05 for TLC Meals on Wheels. Later that week, in the Western Welcome Week Parade, Harold chauffeured the parade marshals in his car. This was the third year the Littleton Elks have put forth this fine fundraiser on behalf of our program..

# Grocery Distribution Involves Numerous Volunteers



The task of packing and delivering groceries has involved many individuals and community groups with the work of TLC Meals on Wheels during the past two years. A group of local realtors, pictured here, joined up with a team from Buckley Air Force Base on Saturday, October 1st. The total of 30 volunteers packed every available bag with for distribution the next week and beyond—by still more volunteers.