



# Spokes

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

## From the Executive Director

One of our clients whose meals had been partially subsidized appealed for us to sponsor the entire cost of her meals due to a raise in her rent. The specific numbers showed that her rent, which is modest and reasonable, takes 69 percent of her monthly income.

When we gather the information on our clients, we ask them to share, in a general category, their income level. I'm astonished by how many people subsist with an extremely limited income—often less than \$10,000 per year, and quite often not much more. While it is way beyond the scope of our mission as an organization to change that situation, we welcome the opportunity to help these individuals meet a couple of basic needs—food and social interaction.

And our clients appreciate our service. One woman recently wrote, "The meals that have been delivered to my home since last fall have been a great benefit to me. Having a balanced meal each day helped when I was not able to prepare. The meals gave me that extra time to be able to get back to normal. I certainly thank each one of you for making the delivery of meals possible."

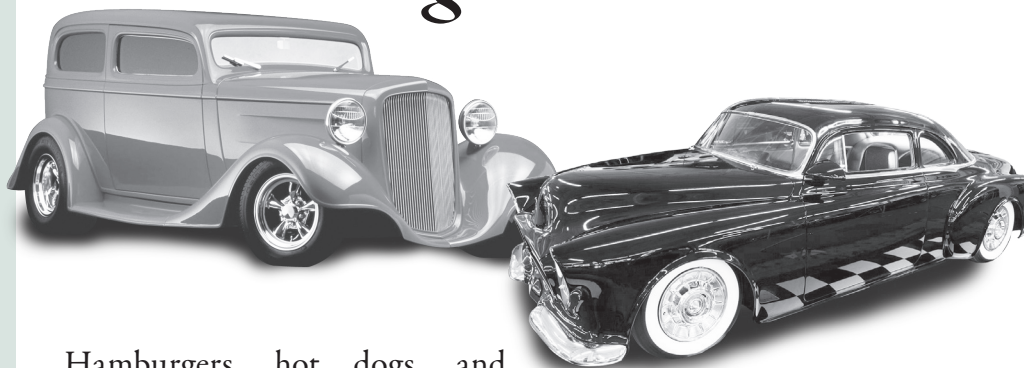
Another wrote, "The meals and the services catered during lunchtime on weekdays the last four months were outstanding. They were truly tender, loving, and caring. The meals were health wise oriented: with lots of fruits and vegetables and low

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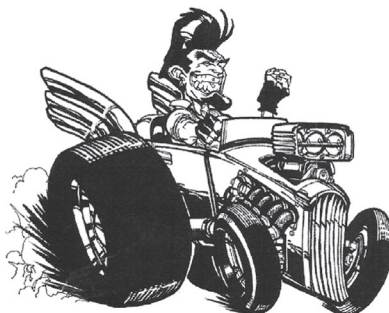
## Benefits TLC Meals on Wheels

# 3rd Annual Littleton Elks Classic Rod and Custom Show

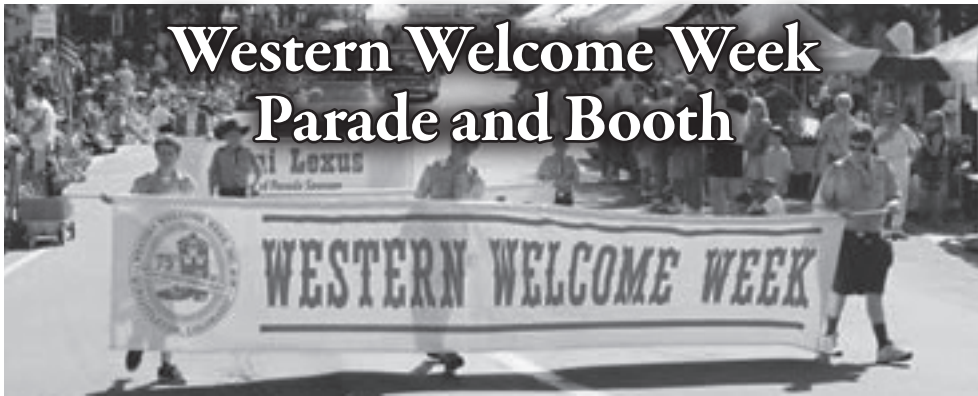
*August 14th*



Hamburgers, hot dogs, and hot rods (not to mention cool beverages) await the crowd that will enjoy looking over some of the coolest cars, motorcycles, and trucks around on Sunday afternoon, August 14th, at the Littleton Elks Lodge, 5749 South Curtice Street in Littleton.



The first year this event was held, the Elks presented TLC Meals on Wheels with a check for over \$1,000; the second year, the check was more than twice that amount. Linking a car show to a meals on wheels program makes sense. So does the idea of a local fraternal organization hosting a fun event to raise funds to benefit their own community. All that's needed now is for lots of people to attend. So please mark your calendar and make your plans.



## Western Welcome Week Parade and Booth

TLC Meals on Wheels will take part in the Western Welcome Week 83rd Grand Parade on Saturday, August 20th, from 10 a.m. until noon in downtown Littleton. Harold Anderson will provide

a bright red, snazzy Mitsubishi Spyder convertible with our logo on the sides. We will also share our story at a booth during the day's Festival. Come find us and help spread the word!

## Anschutz Family Foundation Support

The Anschutz Family Foundation supports Colorado nonprofit organizations that assist people to help themselves while nurturing and preserving their self-respect. The Foundation encourages endeavors that strengthen families and communities and advance individuals to become productive and responsible citizens. There is a special interest in

self-sufficiency, community development and programs aimed at the economically disadvantaged, the young, the elderly and the disabled. This year, TLC Meals on Wheels received a grant of \$5,000 for general operating support to provide hot nutritious noontime meals five days a week to the homebound elderly and disabled.

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## From the Executive Director (continued)

sodium, just what the doctors ordered. Most importantly, the meals and the balanced nutrition helped me regain some of my muscle strength and motivated me to continue exercise with enthusiasm. In addition, the delivered meals lightened the tasks of my husband who was taking care of me and was already overwhelmed with house chores."

These expressions from our clients show that every ounce of energy we pour into the mission of TLC Meals on Wheels is worthwhile.

– Phil Miller

## Volunteer Opportunities Abound!

Office assistant (Monday, Tuesday, or Friday); grocery deliverer (second Saturdays); food donation picker-upper; computer tech guru; special events helper—these are but some of the ways you (or your friend) can plug in to the mission of TLC Meals on Wheels as a volunteer. A corollary of our organization's mission is to provide meaningful opportunities of community service for people who want to develop this dimension of their lives. To step forward, please call (303) 798-7642 or send an e-mail to [info@TLCMealsonWheels.org](mailto:info@TLCMealsonWheels.org).

## Save this Date September 29th

Every year, we hold an event to recognize and express appreciation to our many volunteers. Every volunteer and any friend of our program are welcome to attend. This year, the event will include a light supper and will take place from 4:30 until 6:30 p.m. on Thursday, September 29th, at the Ames Building.

## Special Volunteers Enhance our Service

Did you know that four distinct programs that provide daytime activities for adults with developmental disabilities now contribute to the work of TLC Meals on Wheels? Bethesda Lutheran Communities provides a driver and his crew of assistants for Route 6 every Thursday. Carmel Living Corporation has delivered part of Route 5 for several years. The Highpointe Center in Centennial recently started delivering meals on Route 9. And Laradon Hall, the oldest charitable organization in the Rocky Mountain region to offer support, education and training to children with developmental disabilities, now has three teams delivering meals at the Bradley House, Alyson Court and the Southview Towers. In addition, by including students from the Littleton Public Schools Transitions Program in packing groceries and similar chores, TLC Meals on Wheels has embraced some special people who can expand their skills and experience success while making a valuable contribution to their community.

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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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# An Encore of Colorado Gives Day

Starting at midnight on Tuesday, December 6, for 24 hours online donors can contribute in a way that gets a boost from FirstBank and other corporate philanthropists. Not only will 100 percent of all donations go to the designated nonprofit organization (no credit card fees are charged), but also the sponsors add additional funds based on the amount the specific organization receives. Donations will be accepted through GivingFirst.org with the goal of motivating Coloradans to support qualified programs, including TLC Meals on Wheels. For now, it's enough to make a note on your calendar about this opportunity. Later, we'll make sure to give you step-by-step instructions.



# Two Foundations Match Gifts

Rose Community Foundation makes grants to organizations and institutions serving the seven-county Greater Denver community in the areas of Aging, Child and Family Development, Education, Health and Jewish Life. Rose Community Foundation promotes change in how communities organize care and support for both seniors and caregivers, with particular attention to the needs of low- and moderate-income seniors. TLC Meals on Wheels will receive \$5,000 from Rose Community Foundation to match funding received from a new foundation.

The "new" gift providing the other half of this funding will come from El Pomar Foundation, which makes grants to nonprofit organizations in the state of Colorado--and has been doing so since the Foundation was established in 1937 by Spencer and Julie Penrose. Foundation funding is one of the vital sources of income that enables TLC Meals on Wheels to fulfill its mission.

# New Venture with WALOP

Since 2007, TLC Meals on Wheels has provided pet food for clients who request this help for their dogs and cats. The Banfield Foundation, associated with the veterinary stations in PetSmart stores, initiated this program by encouraging employees and customers to make in-kind donations during the holiday season (or "Season of Suppers," as they call it). Now TLC Meals on Wheels has received a grant of \$1,000 to start a new effort of assisting adults with disabilities in paying for veterinary expenses. Our

program has reached out to Freedom Service Dogs to collaborate in distributing these funds to appropriately qualified pet owners. Freedom Service Dogs provides trained service animals to adults with disabilities throughout Colorado, but to qualify for the help associated with the WALOP grant, the recipient will be required to live in the area served by TLC Meals on Wheels. Interested donors may designate funds for this assistance by marking a check to TLC Meals on Wheels with "WALOP" on the memo line.

# Daniels Fund Supports Operations

The Daniels Fund recently granted TLC Meals on Wheels \$20,000 for General Operating Support. This significant gift will help our organization provide hot meals for over 500 unduplicated individuals whose age or disabilities make it challenging to obtain adequate nutrition. In addition, the Daniels Fund recommended that TLC Meals on Wheels

occupy the "Cause of the Month" position with Wilks Broadcasting. This resulted in a 24-minute interview of Executive Director Phil Miller that aired on KIMN Mix 100 FM, KXKL Kool FM, and KWOE 92.5 The Wolf. For over ten years, the Daniels Fund has been "changing lives and making life better... one individual at a time."

# The Schramm Foundation

The Schramm Foundation adopted TLC Meals on Wheels as a beneficiary in 2010 and once again in 2011 donated \$2,000 to assist with the mission of our organization.

# Firestone Opening Includes TLC Meals on Wheels



A new Firestone Complete Auto Care store had its grand opening and ribbon cutting ceremony in Arapahoe County on May 24th, and Phil Miller received a check for \$250 for TLC Meals on Wheels in celebration of the occasion. Denver Nuggets stars Chris "Birdman" Andersen leaned down to present the ceremonial check. Firestone and Bridgestone have committed support nationwide for meals on wheels programs.

# Plans Starting for 12 Days of Christmas

Believe it or not, it's time to decide how you'll help make the "12 Days of Christmas" better than ever for our clients in 2011. Can you and your group assume responsibility for a specific day—soliciting, gathering, and preparing gifts for over 300 individuals? Please contact us ([info@TLCMealsonWheels.org](mailto:info@TLCMealsonWheels.org)) to offer your help and to arrange details. Thank you!