



Spokes

The quarterly newsletter for TLC Meals on Wheels
Winter 2011 ▶ (303)798-7642 ▶ www.TLCMealsOnWheels.org

From the Executive Director

TLC Meals on Wheels delivered 69,492 meals in 2010 to approximately 500 individuals. We expect the number of meals served to increase by 5 or 10 percent during the coming year. Sometimes people wonder how we pay for the meals served by our volunteers.

Our funding comes from many sources, each of which is very important in sustaining our mission. These include:

27% Payments from clients for their meals. We subsidize 41 percent of our clients fully and 17 percent partially due to economic hardship. So we sincerely appreciate the help that comes from the meal payments we receive.

18% Grants from private charitable foundations. These vary from year to year, and we are grateful to such programs as the Denver Foundation, the Daniels Fund, the Rod McDonald Family Foundation, and the Anschutz Family Foundation for such support.

16% Grants from local governments. Arapahoe County contributes an Aid to Agency grant and administers the City of Centennial's Community Development Block Grant. We also receive Aid to Agencies funds from the cities of Littleton and Englewood.

16% Donations from community

(continued)

Raffle Added to Fifth Annual Theater Night Fundraiser



Plan now to enjoy another entertaining production on **TUESDAY, APRIL 12th**, at the Littleton's Town Hall Arts Center. By attending on that date, you'll support the wonderful services of TLC Meals on Wheels.

This year, the play is "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.

The TLC Meals on Wheels Board of Directors is selling raffle tickets for a list of tantalizing items to enhance the outcome of



this very important fundraiser. You don't have to be present to win a prize, but you'll enjoy it much more if you're at the Town Hall Arts Center the night it's announced. Here's

the schedule:

6:00 p.m., Complimentary Reception—Splendid Hors D' Oeuvres provided by local restaurants

7:15 p.m., Curtain Call

Please call (303) 798-7642 for ticket information.

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.

Donors, Makers, Helpers Add Wow Factor to 12 Days



* Dental supplies came from three dentists: Dr. Alan Goral, Dr. Brian Furgason, and Dr. Tom Froning.

* The Peabody Elementary School students (pictured, right) made gift bags and contributed wrapped facial tissues.

* Holy Trinity Lutheran Church compiled bags of toiletries and grooming aids.

* Leslie Mutnick made fleece lap robes for several clients.

* The women of Littleton United Methodist Church created 318 pine cone skiers.

* Liz Spur and her friends donated the fleece neck scarves.

* Michelle Milash and her friends wrapped 325 cans of soup and donated additional food.

* Children from Our Father Lutheran Church decorated paper gift bags.

* Troop 2446 Cadet Girl Scouts made the refrigerator magnets and photographic greeting cards.

* Two Wal-Mart Stores—the Centennial location on Arapahoe Road and the Littleton location on Coal Mine Avenue — donated \$1,750 to pay for gifts and materials.

* Welby Gardens, home of Hardy Boy Plants, gave \$2,540 worth of beautiful poinsettias.

* The Whole Foods Market in the Streets at SouthGlenn donated 300 reusable grocery bags to go along with their contribution of \$48,518 in grocery items.

* Other gift wrappers and organizers included volunteers from Laradon Hall, members of the “Bit o’Class” Arapahoe County 4-H Club, the National Junior Honor Society of Powell Middle School, and students of Littleton Public Schools Health Sciences Program.



* FirstBank provided coin purses and pens.

* The Buck Center Knitters made covered coat hangers.

* The cities of Englewood and Littleton supplied calendars.

* The Community Service Club (which provides drivers for Route 7 every Wednesday) assembled and gave the decorative gift bags with dry soups and powdered beverages.

* The Denver La Sertoma Club donated small bags of hard candy that decorated the coat hangers.

Banfield Hospitals Donate Pet Food

During the past holiday season, the Banfield Pet Hospitals in four local PetSmart stores once again promoted “Seasons of Suppers,” a campaign for pet food donations. TLC Meals on Wheels collects these donations, volunteers repack them to a manageable size, and drivers deliver dog and cat food and toys. Our program is called WALOP (“We All Love Our Pets”). Drivers deliver pet food upon request as long as the supply lasts. We appreciate the Banfield Pet Hospitals in the following PetSmart locations: Park Meadow Center, Ken Caryl, Littleton South, and Littleton.

From the Executive Director *(continued)*

businesses, churches, and civic clubs. Some of these come in monthly or quarterly installments, others from fundraisers held on our behalf, and still others as an annual gift.

13% Individual contributions. These include support from those who make a recurring online donation, from those who respond to our Fall Appeal, and from others who recognize the

importance of their assistance. Foundations believe individual contributions are the most important source of income for work such as ours.

8% Fundraising efforts, primarily Theater Night. Income generated by an event comes from individuals and local organizations but is different from donations.

2% Interest, dividends, and rebates. Our reserve funds generate a small amount of income.

You probably understand your own part in funding our operations, so I simply want to express appreciation for what you do to help TLC Meals on Wheels drive away hunger

– *Phil Miller*



Whole Foods – SouthGlenn Donates \$48,518 in Groceries

After making such a huge impact on the mission of TLC Meals on Wheels last year, the Whole Foods Market in the Streets at SouthGlenn enthusias-

tically dared to top their Grab and Give record. Their corporate office challenged them to collect \$27,000 for groceries, but the SouthGlenn store team thought \$45,000 would be a more respectable goal. Then the employees and customers went beyond that and raised \$48,518 for non-perishable groceries, which TLC Meals on Wheels volunteers are now distributing. High school students and family groups

gather monthly on Saturdays to carry these groceries to the homes of our meal recipients. There is no charge for this food because it has been given by a caring community to make sure no senior or adult with a disability goes hungry. On behalf of a grateful community, thank you to Whole Foods – SouthGlenn!

Low Sodium Emphasis

The federal government recently recommended that older adults cut down their intake of sugar, saturated fats, and sodium. According to the American Heart Association, High-sodium diets are linked to an increase in blood pressure and a higher risk for heart disease and stroke. Reducing the amount of sodium you consume can help lower high blood pressure or prevent it from developing in the first place. Keeping your blood pressure at healthy levels is important, because high blood pressure can lead to heart attacks or stroke.

Sodium has several functions in the food supply. Various forms of sodium, including sodium chloride or salt, are used as preservatives. Sodium is also an essential nutrient used to modify flavor. It binds ingredients, enhances color, and serves as a stabilizer. Sodium is an essential nutrient, but very little is needed in the diet.

Sodium can come from natural sources or be added to foods. Most foods in their natural state contain some sodium. However, the majority (up to 75 percent) of sodium that Americans consume comes from sodium added to processed foods by manufacturers. While some of this sodium is added to foods for safety reasons – the amount of salt added to processed foods is clearly above and beyond what is required for safety and function of the food supply.

TLC Meals on Wheels has avoided adding salt to any of the food prepared for our clients for a long time. Now our Nutrition and Wellness Committee is monitoring our menus and striving to lower the sodium levels of all the food we serve.



TLC Meals on Wheels Teams Up with SarahCare at DTC

An adult day care center located at 8000 E. Quincy Avenue near the Denver Tech Center is now serving lunches prepared and delivered by TLC Meals on Wheels. SarahCare® Centers strive to meet the needs of the following:

- Those with physical impairments who find their activity limited.
- Lonely individuals who would enjoy socializing with their own peers.
- Those with memory impairment (Alzheimer's disease, dementia, and normal memory loss) who need a structured, safe environment.
- Persons who may need assistance with incontinency.

Transportation and financial assistance are available. Anyone interested in learning more about Sarah Care can call 303/221-7272.

Movie Quote



“Fasten your seat belts. It's going to be a bumpy night.”

– Bette Davis
All About Eve
1950