

Nourishing NEWS

You Brightened the Holidays for our Seniors

Thank you for making the 2021 Twelve Days of Giving such a success! With your contributions our clients received a special gift along with their hot meal each day for 12 days in December. That's 5,400 gifts! It is a special accomplishment to help a senior feel valued. Social isolation can be as deadly as smoking up to 15 cigarettes a day. We received a note from one of our clients, Dolores, "Thank you so much for the lovely gifts and treats. This was my first Christmas since my husband passed. I have no children and I cannot drive. Seeing a smiling face walk up to my door with a beautiful red poinsettia brought me joy. I was so pleased to get twelve gifts when I wasn't even expecting one."



Breakfast Program Success

Thanks to your generous support we were able to start a breakfast program in June of 2021. Now, 750 breakfasts are delivered each week. The breakfast packs contain ready to eat items such as cereals, eggs or egg sandwiches, pastries, yogurt, fruit, bread, milk and juice. Each week we hear from clients about how much they enjoy the breakfasts and how wonderful they think it is to have ready to eat food on hand. Nancy wrote to us saying, "before the breakfast program I would have to wait until after lunch to take my medicine. Now I can take it first thing in the morning and I feel better all day long." With breakfasts, we now deliver over 3,000 meals each week!



Save the Date for Theater Night! June 15th!

Mark your calendars for Wednesday, June 15th 2022 at 5:30 pm for "The Wedding Singer" at The Town Hall Arts Center in Littleton. Before the show there will be complimentary hor d'oeuvres and drinks. This year there will also be a live auction. Auction prizes include an United Airlines Flight Simulator experience, and a private dinner party prepared by our Chef Geoff. If you cannot attend but still want to support the event, consider buying raffle tickets! Raffle prizes are all valued at \$100 or more and you need not be present to win.



We have not hosted a fundraiser since 2019 so look forward to seeing you there!
More info coming soon!

A Fond Farewell

It is with gratitude and regret that we share our long-time Executive Director, Diane McClymonds' announcement of her retirement in June. There are not enough "thank yous" to cover all that she has accomplished in her time with TLC/Nourish Meals on Wheels. She has grown the program from 230 hot weekday meals to as high as 500 while also adding the frozen weekend meals and breakfast program. She was instrumental in starting Theater Night as a successful event. And most recently oversaw the purchase, renovation and move to our new building before navigating the program through the ups and downs of COVID. She will leave the organization well-positioned for our next chapter.

Diane is one of the most caring, dedicated, and professional people the Board of Directors has had the pleasure and privilege to know and work with. She has dedicated the last decade-plus of her life to Nourish Meals on Wheels as a volunteer, Board Member, and Executive Director. We will never be able to thank her enough for her energy, leadership, and friendship. Diane has our heartfelt best wishes for the next chapters of her life.



Brad Talbot - President Nourish Meals on Wheels Board of Directors.

Visit us Online to donate, sign up to volunteer, or receive our E-News at
NourishMealsOnWheels.org

NEW LOCATION
92 E Arapahoe Road
Littleton, Colorado 80122
303.798.7642

Nourish
Meals on Wheels

MAILING ADDRESS
PO Box 3108
Centennial, Colorado 80161

Tony's Story

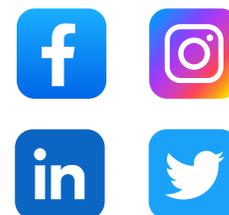
Tony is 55 years old and suffered a head trauma that resulted in brain injury. Because of this Tony cannot work, he struggles to prepare food for himself and he forgets to eat. While navigating his new life Tony tried to get food from his local food bank. However, the paperwork was difficult and he was denied several times due to small mistakes in his application. Once he was finally approved Tony raced to the food bank only to realize that any ready to eat food that was available was very unhealthy. With his diabetes and his high blood pressure Tony can't live off of canned ravioli! This is when his nurse stepped in and recommended Nourish Meals on Wheels. "It was a much easier process than trying to apply for the food bank" Tony told us, "we just called the office and I was getting hot meals delivered to me that same week!"



Tony wishes he could thank all of you personally for your donations that make this program possible. He says, "My health has improved! Even my nurses are happy with the meals! My blood pressure and sugars are down!" It is your support that lead Tony to a happier and healthier life. Thank you!

Connect With Us Online!

You can receive Nourishing News in your inbox when you sign up for our email list, plus special invitations to events and announcements. If you don't receive our emails, please visit our website www.NourishMealsonWheels.org/stories/newsletter or email us at info@NourishMealsonWheels.org to sign up. You can also follow us on social media. Connect with us on Facebook, Twitter, Instagram and LinkedIn! Just search Nourish Meals on Wheels.



Help Us Earn Donations When You Shop

It is easier than ever to support Nourish Meals on Wheels anytime you shop for groceries at King Soopers and for all your goods on AmazonSmile. For further information check out their websites at www.KingSooperCommunityRewards.com and www.smile.amazon.com. We appreciate the extra support!



A Message from Our Executive Director

When I started as a volunteer driver in 2005, I did not foresee the amazing journey I would have with Meals on Wheels. The opportunity to lead this important community program that makes a difference each day in the lives of hundreds, has been the highlight and pride of my professional career.

It is with mixed emotions I announce my retirement. I will miss all of the wonderful people I've worked with to accomplish so much, but I eagerly look forward to new adventures and what comes next.

Our dedicated staff and board, and the next Executive Director will continue the compassionate mission to nourish the body, mind and spirit of those who rely on us for their daily nutrition and a connection to the community. All of you, and Nourish Meals on Wheels will always have a special place in my heart. With gratitude,



*Nourish Staff:
Pat Bongers, Patti Kallery,
Diane McClymonds,
Geoffrey Groditski, Jerrilyn Law,
Olivia Servaes, Dana Gaston,
Tara McManus,
and Armando Manjarrez*

Diane McClymonds

Nourish Meals on Wheels Gift

I want to help provide meals, wellness check, special gifts and friendly smiles to our senior neighbors in need.

Name

Address

City/State/Zip

Phone Number

Email Address

Questions can be sent to:
info@NourishMealsOnWheels.org



You can also donate securely online at NourishMealsOnWheels.org/donate

Enclosed is a check for \$ made payable to Nourish Meals on Wheels.

Please charge my
 Visa MasterCard Discover Amex
In the amount of \$

Please charge this amount to my card:
 Monthly Gift One-Time Gift

Card Number Expiration Date

Name on Card Security Code

Signature