

# Nourishing NEWS

Dear friends and neighbors,

These are challenging times, but it is heartening to know that you understand and value the importance of our mission and are here to help, because your support is needed now more than ever.

After our successful renovation and relocation of operations in 2019, we thought our focus this year would be to complete our capital campaign and to launch new programs that would bring people together in our beautiful new home.

Instead, for everyone's health and safety, we now meet our volunteers in the parking lot to hand off meal bags and they, in turn, ring the doorbell and leave meals on the door of our clients.

It was a difficult decision — because connecting with our clients is an important part of our service. But, we are determined that "social distancing" does not result in "social isolation" for those we serve.

Our fundraising focus now is to ensure we have resources necessary to provide Meals on Wheels to the growing number of seniors and homebound adults who are relying on us. Many of you have asked how best you can help and we've offered here a number of ways to come alongside. Most importantly, we ask you to consider a monetary gift to support our work. The seniors we serve are the most vulnerable to this virus and aren't leaving their homes.

So, we all join together in appreciating what's most important ... taking care of one another. We encourage you to call or reach out (virtually) to an elderly neighbor and see if they need anything. Together, we'll make our corner of the world a nourishing place for our senior neighbors in need. Wishing you blessings and good health,

*Diane McClymonds*  
**Diane McClymonds**  
EXECUTIVE DIRECTOR



Volunteers social distancing in Nourish's parking lot.

## Nourish Meals on Wheels Gift

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

Name

Address

City/State/Zip

Phone Number

Business/Organization

Questions can be sent to:  
Community@NourishMealsOnWheels.org

## You can also donate securely online at [NourishMealsOnWheels.org/donate](https://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

# Ways to Help Nourish our Neighbors in Need

## Financial Contributions for Increased Meal Requests

Staff and volunteers are working hard to prepare and deliver over 2500 meals each week. With the increased difficulties associated with the Coronavirus, many seniors who have been getting three meals a week, are now requesting five meals a week. And, we're receiving meal delivery requests from new seniors needing food and support.

You can make such a difference to ensure the most vulnerable in our community are cared for through a financial gift. Donations can be made through our website or by returning this response form and enclosed envelope.

## Donating Nonperishable Foods

There is now an urgent request for nonperishable food for our vulnerable neighbors. From your home pantry, or while shopping for your family, please think of those we serve and contribute items such as ... peanut butter, jelly, and canned items like tuna, chicken, soup, chili, stew, or fruit. Packaged dry goods like tuna and chicken helper, crackers, cookies, noodle/rice side dish packets, instant oatmeal and of course, toilet paper. Donations can be dropped off just inside the entrance of our Nourish headquarters at 92 E Arapahoe Road, at the southeast corner of Broadway and Arapahoe Road, Monday through Friday, between 8:00am - 2:30pm.

## Sharing Greeting Cards with Seniors

Your family can make cheerful cards or notes to brighten the day of our clients. Download pictures to color or create your own. We have 450 clients, so we need lots! You can drop off your greetings at Nourish when you bring nonperishable items, or mail the cards in a large envelope to Nourish Meals on Wheels, PO Box 3108, Centennial, CO 80161.

## Volunteering for Client Care Calls

To reduce the impact of losing interaction between volunteers and those they serve, we are establishing a new program for Client Care Calls. Clients will sign up if they are interested in receiving a periodic phone call from a volunteer, just to check in, make sure they're OK, and give them someone to talk to for a few minutes. If you would like to participate in this program and have been trained and background checked as one of our volunteers, you can apply online through our website, or complete the volunteer section of the response device below.

## Sign Up for E-News

Things are changing quickly and we want to keep you updated with all that's happening at Nourish Meals on Wheels. If you don't yet receive our e-newsletter, please share your email address with us. This will insure you get information in a timely manner and saves mailing costs. You can sign up on our website by clicking the "Sign Up" tab at the top right on our homepage, or complete the Email Sign Up on the response form below. Your email address will never be shared.

## Postponing Nourish Benefit Banquet with Melissa d'Arabian

Our April 25 benefit banquet featuring special guest and Food Network Star Melissa d'Arabian has been postponed. More information will be coming when we are able to plan for more than critical day-to-day needs.

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

Formerly TLC **Meals on Wheels**

## Become a Volunteer Today

Complete your contact information on the reverse side of this form and indicate your volunteer interest below.

Please contact me with additional information about:

- Client Care Caller
- Meal delivery driver
- Grocery delivery driver
- Kitchen or office volunteer

We'll connect with you as opportunities become available — there may be some delay due to current circumstances.

### NEW LOCATION

92 E Arapahoe Road  
Littleton, Colorado 80122  
303.798.7642

## Nourish Meals on Wheels Email Sign Up

Thanks for subscribing to receive updates on events, stories, programs and news by providing your email address below.

Email Address\*

\*Nourish Meals on Wheels does not distribute your contact information outside of our organization. It will be used exclusively for our communications with you.

**Kindly complete this response form and return it with your contribution in the envelope provided or in an envelope addressed to:**

### MAILING ADDRESS

**Nourish Meals On Wheels**  
PO Box 3108  
Centennial, Colorado 80161