

Nourishing NEWS

The New Normal at Nourish - COVID Style

While so many other services have been lost during the pandemic, we are proud to report that our clients did not miss a meal during this crazy COVID crisis. In fact, we are back to a normal five day a week delivery schedule after modifying to three days a week to reduce the number of contacts into the community from April through 4th of July.

Of course, we still have COVID precautions in place. Our volunteer drivers wait for their meals socially distanced in the parking lot, and it will likely be some time before we can bring together seniors who are mobile for a community meal or entertaining and educational classes as we had envisioned. Instead, the community room space has allowed our kitchen volunteers to better social distance while packing desserts and groceries.

Additional help for our clients was also added. A weekly Wednesday supplemental grocery program was implemented to provide some ready to eat and easily prepared food items and possibly save a trip to the grocery store. The program will continue through this year since new funding has been approved.

We are immensely grateful to our volunteers who have been willing to deliver meals and come into our kitchen and office, especially during the uncertain early days. They are truly “essential” to our ability to serve the growing number of seniors and vulnerable adults who rely on us for their daily nutrition. We welcome our many new volunteers now that we are back to five day a week deliveries. In addition to nourishing our clients, they are the wheels for our meals!



Volunteers wait in the parking lot for their meals

Who's Cookin'?

Our kitchen staff, led by Chef Geoffrey Groditski, are committed to creating fresh, delicious meals for those we serve. A recently formed relationship with FERN (Food Exchange Resource Network) has provided us access to donated fresh produce and meats that allow for more scratch cooking than ever before! Along with Joe and Jesus, our kitchen team is providing a tasty variety of healthy meals.

Geoff is an accomplished chef with over 20 years of experience in the hospitality industry, including executive chef at The Fort Restaurant. He was invited to cook at The James Beard House in New York City and has had numerous local and national media appearances which include spots on Colorado and Company, The Fine Living Network's “Freakiest Foods”, and Colorado Public Radio. We are so fortunate to have him join our team! And he is happy to be here. He says, “Creating wholesome meals for our elder community is incredibly rewarding. I am humbled to be a part of the great work that Nourish Meals on Wheels is doing.”



Our culinary team: Joe, Jesus and Geoff

Our Caring Community

Many fundraising events were on the calendar this year. Sadly, none of them could take place. While not the same as coming together for an event, our community has still been very supportive. We thank each of you for your efforts to make sure we have the necessary resources to serve our seniors, who are most vulnerable to this pandemic. In addition to individual donations, community food drives, folks who drove into our parking lot and handed us a check or dropped off bags of nonperishables, we also received special grants to assist with our COVID response from a number of foundations, clubs and local governments.

Special thanks to City of Centennial, City of Littleton, Arapahoe County, Scheffel Family Foundation, Harvey Family Foundation, Meals on Wheels America, Daniels Fund, Littleton Rotary Foundation, Littleton Lions, Englewood Lions, Centennial Rotary Foundation, Littleton Optimists Club, Southglenn Sertoma, Dry Creek Sertoma, Kiwanis Club of Columbine and DRCOG Area Agency on Aging. Together we nourish those in need in our community.



These sisters sewed and sold masks in their neighborhood to collect \$400 and nonperishable food donations for Nourish seniors

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

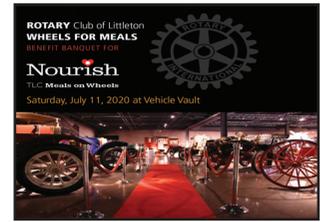
NEW LOCATION
 92 E Arapahoe Road
 Littleton, Colorado 80122
 303.798.7642

Nourish
 Meals on Wheels

MAILING ADDRESS
 PO Box 3108
 Centennial, Colorado 80161

Thank you Littleton Rotary Club!

Although the *Wheels for Meals Benefit Banquet at the Vehicle Vault* that Littleton Rotary Club had planned for Nourish could not take place, the fundraiser went on, like so much else, virtually. Over \$85,000 was donated! A generous challenge grant resulted in all those donations being doubled to over \$170,000!! Wow! Thanks to all who participated!



Best Nonprofit!

Nourish Meals on Wheels is proud to be voted for a 4th year in a row as best Local Nonprofit by Littleton and Centennial readers of Colorado Community Media Newspapers. Our staff and volunteers work hard to ensure seniors and homebound neighbors receive a nutritious, delicious meal, but also that they know we care about their well-being and can count on us to be there and help however we can. Thank you to all who voted for Nourish Meals on Wheels!



From the Executive Director

One thing 2020 and COVID has shown is the importance of partnerships and our community. At Nourish we've had an outpouring of support in a variety of ways: businesses and other nonprofits donating food items; neighbors bringing in homemade masks and handmade cards; clubs and churches holding food drives on our behalf; and generous donations from foundations, clubs, local government and individuals. This support and encouragement helps ensure our ability to care for our clients in new ways in addition to their daily meals.

It's important we remember to take care of one another to help get us through these challenging times. I greatly appreciate the team I work with including our amazing staff and volunteers, our faithful partners in the community, and, most importantly, our wonderful clients. They are so appreciative for what the community helps us provide to them. As one client commented, "Your meals and smiling faces keep me going. It's something to look forward to every day."

I am proud that we make a difference every day in the lives of those we serve. Whether volunteering time or donating food or funds, your continued support is needed to help us care for our most vulnerable neighbors. Together we make our corner of the world a better place. Wishing you health and happiness,

Diane McClymonds

Diane McClymonds



♥ Warmers: From Those We Serve

Our annual client survey confirms the value of our services with 85% of respondents agreeing that receiving Meals on Wheels has improved their overall quality of life, increased their energy level and allows them to remain independent in their own homes.

Ninety-four percent say it has reduced their level of stress.

Here is what they told us: "This is a terrific service you provide!" ***"Dad enjoys and appreciates everything about this program. I do too, knowing he is secure on days that I work."*** ***"Thank you so very much for your help during these trying times!"*** "Meals on Wheels makes a significant difference in our lives." ***"Your volunteers are so upbeat, caring, and efficient. Thank you all so much. This is a great program the way you operate it."*** "My mom loves all you do, the food, little notes and gifts, and Girl Scout cookies. It is the absolute highlight of her day. You are angels to my Mom. As for me I can't thank you all enough. It can be very stressful as the caretaker. To have 1 meal a day coming takes so much stress off my shoulders! Thank you so much!"



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

Email Address

Questions can be sent to:
Community@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