

CREW Denver Delivers Meals

Submitted by CREW Denver Community Outreach Committee Members:
Sumaya Vanderhorst, Snell & Wilmer L.L.P.
Lisa Kissler, Catamount Constructors, Inc.



In the spirit of Colorado Cares Day, CREW Denver's Community Outreach Committee members committed part of their day on Saturday, July 31 to contribute to Denver's volunteer efforts. This year, the Community Outreach Committee chose to volunteer for Project Angel Heart of Denver.

The effort was led by Sumaya Vanderhorst, who gathered 13 CREW members and friends together to deliver meals to Denver residents—each of them coping with

a life-threatening illness. "We delivered meals to about 35 people in total," said Vanderhorst whose group gathered at noon and finished at 3 p.m. Locally, Project Angel Heart prepares nutritious meals for over 800 clients per week, which are then delivered by volunteers to recipients in the Denver and Colorado Springs area.

Project Angel Heart's mission is to deliver nutritious meals, at no cost, to improve quality of life for those coping with life-threatening illness. Preparing and delivering these meals is no easy undertaking: This year alone, nearly 3,000 volunteers will dedicate over 42,000 hours to support Project Angel Heart.

Volunteer jobs include food preparation, distribution assistants, meal delivery driving, and a host of administrative tasks to ensure clients receive their meals.

Locally, Project Angel Heart will deliver life-sustaining nutrition to more than 1,850 Coloradoans. In order to meet its annual operating budget of \$1.7 million, the agency hosts four annual fundraising events:

- Art for Life - August 26, 2010
- Pie in the Sky - October 15 - November 23, 2010
- A Taste for Life - November 4, 2010
- Dining Out for Life – April 28, 2011

Those interested in more information about Project Angel Heart or any of its events should visit the Project Angel Heart website at www.ProjectAngelHeart.org, or call the office directly at 303-830-0202. Information on CREW Denver can be found at www.CREWDenver.org.