



## Delivering Hope

Phyllis, age 83, is originally from Wisconsin but has called Arizona home for over 38 years. After separating from her husband, Phyllis decided to move into a retirement home with the hope to meet other women her age that she could interact with. Being active and independent are qualities that Phyllis is incredibly proud of. Unfortunately, six years ago, Phyllis received news that we all fear, she was diagnosed with cancer.

Cancer slowly stripped Phyllis of her independence causing her to lose the ability to drive herself to doctor's appointments and losing the physical stamina to stay active and the energy to make nutritious meals for herself.

Luckily, through the retirement center, Phyllis heard of TCAA and the Home Delivered Meals program. Having access to daily nutritious meals is critical when you're undergoing chemo treatments.

*“When you are alone it is hard to cook a well-rounded meal just for one, Phyllis said. “It is something to look forward to each day and I know I am eating well.”*

With no immediate family in Arizona, TCAA HDM drivers have become like extended members of her family. Phyllis can name all the drivers that come to her door and she enjoys getting to know them.

Thanks to donors, volunteers and community partners, TCAA can continue to help clients like Phyllis, because no senior should feel social isolation and sustained loneliness in our community.

*“The HDM program is so important for people like me. It is a great cause for seniors especially if they do not have a family to help them.”*