

# VOLUNTEERS NEEDED FOR MEALS ON WHEELS IN DELAWARE



While we are all struggling to come to terms with our new normal, the Meals On Wheels programs are making sure that for Delaware's homebound seniors their hot lunch continues to arrive on time.

As you can imagine this is not as easy as it sounds.

The way each meal is delivered is adapting to meet the latest and evolving, advice from the CDC, ACL and the State of Delaware.

Everyone who receives Meals On Wheels is 60 and over with the average age being mid-70s. We are all aware this is an age group that has increased risk for serious complications from Covid-19. The health and safety of the seniors, volunteers who deliver meals, and staff are the priority.

Each day over 3,000 meals are delivered to seniors in their homes by over 100 volunteers. These numbers are set to increase in the days ahead as senior center dining rooms, and adult care programs, close to meet the recommendations on social distancing. Many of those seniors require a home delivered meal.

Until recently, volunteers were able to spend time with the seniors who they know as regulars on their delivery routes and place the lunch on a table or the kitchen counter. Unfortunately, this is no longer possible for volunteers or seniors.

Now volunteers may arrive wearing gloves. They will place the lunch outside the home and wait for the client to pick it up. Everyone must stay 6 feet apart. There are many changes, however, the meals are still arriving. Seniors are receiving a balanced meal, which is important for good health and resilience to infections. Volunteers will stay alert to any changes in the seniors well being.

Like you and I, our elderly neighbors are worried about what will happen next. A home delivered meal helps them feel secure. Additional frozen or shelf stable meals are being provided to increase their sense of security and cover any unforeseen circumstances.

There is a decrease in volunteers available to deliver these meals. Some of the volunteers themselves are a part of a high risk group and advised to stay home. Others are now working from home and they are no longer close to a pick up point.

There are those who realize the need and are coming forward. We thank them all. It is important that there is coverage for next week and the weeks to come. If you are able to give a couple of hours during a week day lunchtime your local programs are ready to hear from you.

## Volunteer Coordinator Contact Information by County -

### NEW CASTLE COUNTY

#### CITY FARE MEALS ON WHEELS

Serves most of New Castle County  
MaryKate Murzyn - mealsonwheels@cityfare.org

#### NEWARK SENIOR CENTER

Serves the City of Newark  
Stefanie Thomas - sthomas@newarkseniorcenter.com

### KENT COUNTY

#### MODERN MATURITY CENTER

Serves all of Kent County  
Trudie Clay - mow.coordinator@modern-maturity.org

### SUSSEX COUNTY

#### CHEER

Serves most of Sussex County  
Elizabeth Walls - biffy@cheerde.com

#### MEALS ON WHEELS LEWES-REHOBOTH

Serves Lewes & Rehoboth Beach area  
Donna Hitchens, donna@mealsonwheels-lr.org