



# SPECIAL DELIVERY

THE MEALS ON WHEELS DELAWARE NEWSLETTER - JULY 2022



**THURSDAY, OCTOBER 20, 2022**

**THE GROVE AT DELAWARE PARK**

## The Ultimate Tailgate Returns for 2022!

We are excited to welcome back in person our supporters of the Ultimate Tailgate 2022! We are returning to the Grove at Delaware Park on Thursday, October 20th for this fun-filled outdoor event celebrating fall and everything tailgating!

Bring along your friends to enjoy one of the best events Meals on Wheels Delaware holds in the county. You'll enjoy the creative tailgate bites, prepared by some of our outstanding restaurants while sipping on some great brews, enjoying some live music and even win one-of-a-kind items from our bucket auction.

We have put together a fun evening and will return with our Craft Beer trail, as you walk and tour our many local and some out-of-state breweries! All happening under the heated tent in the Grove at Delaware Park.

"For nearly 30 years, WSFS has been committed to supporting Meals on Wheels of Delaware in its efforts to maintain nutritious meal delivery to homebound seniors," said Vernita Dorsey, Senior Vice President, Director of Community Strategy at WSFS Bank. "The WSFS CARES Foundation is proud to serve as the presenting sponsor of this year's Ultimate Tailgate to raise funds to support the mission of Meals On Wheels of Delaware and help homebound individuals."

Remember your attendance helps our organization to raise funds, awareness, and support for the five program partners that prepare and deliver meals to over 6,600 seniors throughout the state. With this assistance to our programs, seniors may be enabled to age with dignity without the fear of hunger. Together we can end senior hunger.

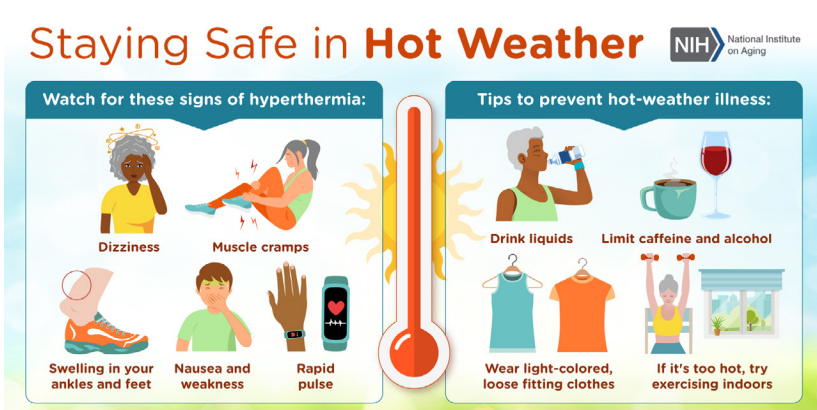
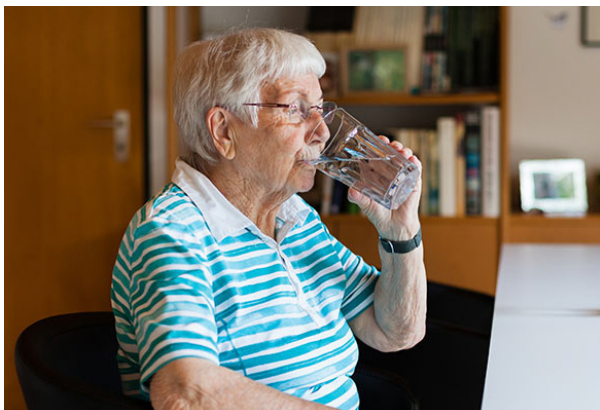
[CLICK FOR TICKETS](#)



**MEALS ON WHEELS DELAWARE**

100 W. 10th Street, Suite 207, Wilmington, DE 19801

[MealsOnWheelsDE.org](http://MealsOnWheelsDE.org)



## Helping Seniors Stay Safe in the Heat

For our senior neighbors high temperatures can be a challenge. Seniors often don't realize when they are overheated, dehydrated and in danger. They are more likely to have a chronic condition or take medications that change the bodies response to heat.

During hot weather, think about making daily visits to older relatives and neighbors. Encourage seniors to drink lots of water or juice, more than usual. Avoid caffeinated beverages as they can cause dehydration.

Keep cool treats available that are low in sugar and have a high water content. Sugar-free popsicles are a classic or fruits and vegetables like

watermelon, cucumber or strawberries.

If there is a heat wave, and they do not have air conditioning offer to help them go someplace cool. They should not rely on a fan as the main cooling source when it's really hot outside, or for a number of days. To keep a senior's home cooler, close curtains or blinds where the sun shines.

If they need additional help Delaware 211 connects people in Delaware to essential resources throughout the state. Call 211 and the service is free, confidential, and available in multiple languages. Seek medical care immediately for symptoms of heat-related illness like muscle cramps, headaches, nausea or vomiting.

## Stock Up For Seniors this September!

Get holiday shopping crossed off your list with Stock Up For Seniors online sale! Emile Henry and Jars are offering exclusive sales on their luxury ceramic dinnerware as well as quality ceramic ovenware, cooking and bakeware products. Don't miss out on 30% off handcrafted gourmet pieces that will transform your kitchen and dinner table.

Online Shopping hours from 9:00 AM on Monday, Sept. 26 to 5:00 pm on Monday, Oct. 3.

Participating Brands: Emile Henry and Jars

[CLICK FOR TICKETS](#)



**Vist:** [MealsOnWheelsDE.org](https://www.MealsOnWheelsDE.org)

**Call:** 302-656-3257

**Social:** [f](#) Meals On Wheels Delaware [i](#) MealsOnWheelsDE [t](#) MealsOnWheelsDE

**Together we can end senior hunger.**