



SPECIAL DELIVERY

THE MEALS ON WHEELS DELAWARE NEWSLETTER - APRIL 2024

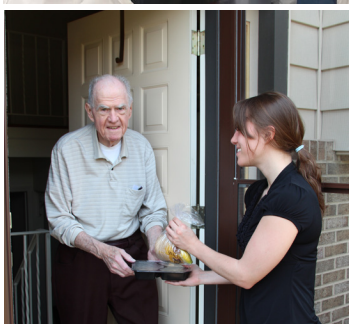
APRIL IS A MONTH TO CELEBRATE VOLUNTEERISM

Held in April every year, National Volunteer Month is a time to celebrate and recognize the contributions of volunteers. It is an opportunity to join the impact of volunteerism and encourage more people to get involved in their communities. This is a great month to reaffirm your commitment to giving back.

Meals On Wheels is volunteer centered – without the men and women who volunteer to bring a hot meal, the personal connection that many seniors treasure would be lost. Volunteers come from all walks of life, you may be a retiree, a college student, juggling the kids school day, or have an employer who understands that giving back to the community matters. If volunteering on a week day is not a good match for your week, we have opportunities to help out at our fundraising events. Look for sign up information on our website.

National Volunteer Week takes place every April during Global Volunteer Month. It is an opportunity to recognize the impact of volunteer service and the power of volunteers to tackle society's greatest challenges, to build stronger communities and be a force that transforms the world it.

Each year, we shine a light on the people and causes that inspire us to serve, recognizing and thanking volunteers who lend their time, talent and voice to make a difference in their communities.



MEALS ON WHEELS DELAWARE

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

MealsOnWheelsDE.org

MEET BOARD MEMBER MARIA FRASER



Maria joined the Board in 2021, and contributes her passion for food and her deep connections in Sussex County to benefit the seniors of Delaware. Maria first participated with Meals On Wheels Delaware as a Chef-testant at the Battle of the Chefs – Chef Cookoff at the Ivy in Dewey Beach. Maria became a key Committee Member, Chef contributor, and Event Chair at the Beach Brunch in subsequent years and continues to lead the Event Committee. Maria brings over 14 years past experience in the food service industry. She served a ten year span at the Country Squire, a restaurant in Rehoboth Beach, starting out as a bartender/server, and worked my way up to manager. Then she worked as a bartender at the infamous Starboard in Dewey Beach. Maria also owned and participated in operations, of my own business, Maria Fraser LLC, a Lawn and Landscaping Company, serving the community of

Rehoboth Beach for over 30 years.

While going through a divorce, becoming a single parent with three sons still in high school and college, she decided to open The Café on 26 when the opportunity came along in 2010.

Maria was not daunted by the hard work, and was accustomed to working with the public, which I enjoy very much. I knew it would be difficult, but necessary, by wearing all of the “hats” in this business, from dishwashing to cooking, to have a successful business. she is very grateful to have behind me an excellent, hardworking, loyal staff who are family to me.

Though she learned the hard way, Maria is very proud of what I have been able to achieve thus far, and grateful for the confidence my patrons have shown in me, my staff, and the Café 26. Her life is always centered on my family, especially my three sons: Will, Nolan, and Prescott, as they continue to achieve their hopes and dreams by working hard and never giving up whenever challenges come along. To believe in and work hard for what you want so much, that it has no choice but to materialize...

#believinggoals #believeinyourself

As we continue to say, **“Together We Can End Senior Hunger!”**

LOOKING FORWARD TO CELEBRATING MOTHERS' AND FATHERS' DAYS

As children, our parents gave us the gift of comfort...But now as they've grown older, the tables have turned. Throughout our lives, many of us have given our parents thoughtful gifts on Mother's and Father's Day to show our appreciation for always supporting us and making us feel secure and comforted in times of need. But for some moms and dads, the tables have turned, and they are the ones who need to be comforted. For these seniors, the most meaningful gifts are showing you care by helping them shop for groceries or preparing their meals. But often, elderly homebound seniors have no one to do that for them.

That's where Meals On Wheels steps up – to ensure these seniors have a reliable way to receive nourishment and never go hungry. Dedicated volunteers bring warm, nutritious meals to their doorstep every day, along with a friendly smile. All this would not be possible without the generous support of donors like you.



VISIT: [MealsOnWheelsDE.org](https://www.MealsOnWheelsDE.org) CALL: 302-656-3257 SOCIAL:  Meals On Wheels Delaware   MealsOnWheelsDE

Together we can end senior hunger.