



SPECIAL DELIVERY

THE MEALS ON WHEELS DELAWARE NEWSLETTER - JULY 2024

END THE SUMMER AT HATS & HEELS

Yes, it is time to clear your calendar for Friday, September 20, 2024 and party at Hats and Heels presented by Wyoming Millwork Co. at Wild Quail Golf & Country Club for Meals on Wheels Delaware!!! Join our Honorary Chair, Dina L. Perry from Bayhealth Medical Group as we enjoy a fun night of cocktails, savory bites and music! You can visit tables set up by some of our favorite restaurants and then enjoy a signature cocktail, craft brews, or maybe a glass of wine! We consider this event casual chic as you show off those awesome heels or your favorite hat!! You may even win the contest for the best in each category, and yes, men, you can participate with your favorite hat & shoes

Lest, we forget you can also take a chance for a 4-digit license plate!! We know us Delawareans have an affinity for low-digit plates and if you've hoped to deck out your hot ride with one, we've got good news for you!!! Our plate #8371 is up for raffle!!! Tickets are \$5.00 each, \$25.00 for 6, or 15 for \$50.00 and are on sale now! You do not need to be present to win.

We hope you can join us and tickets are on sale for both our Hats & Heels event and our raffle! Visit MealsOnWheelsDE.org web site to purchase either one or maybe both? You gotta play to win! Good Luck!!



DIVE INTO PICKLEBALL

Calling all Pickleball Players! Form a team and join in the 2nd Annual Battle of the Paddles as we partner with Courtside Pickleball and Tennis Club, 2117 Kenton Road, Dover, and host this tournament fundraiser on September 7th. Teams will be divided by skill and age, but not until everyone is registered. Medals will be given to the top 3 teams in each bracket! All ages and family friendly! Start your practice sessions now so you can be ready for this great tournament, and at the same time raise funds for our seniors in Delaware who depend on Meals on Wheels for their nourishment! Help us spread the word! Ready, Set, Battle!

Registration is now open, <https://mealsonwheelsde.org/event/battle-paddles-2024/>



MEALS ON WHEELS DELAWARE

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

MealsOnWheelsDE.org

MEET BOARD MEMBER VAUGHN HARDIN



Vaughn is a long time, committed supporter of Meals On Wheels. Vaughn has been involved with Meals On Wheels Delaware since it was founded in the 1990s. His initial connection was through his employer at the time, MBNA, which promoted a culture of giving back to the local community. Both Vaughn and his family deliver meals and know firsthand the impact of a hot meal and personal connection.

Vaughn understood there was an opportunity to combine his background in the culinary arts to benefit the mission – to ensure there is no waiting list for homebound senior meals. Over time, Vaughn has been instrumental in growing one of the annual fundraisers from a local New Castle County event into a regional standout, the Cellar Masters' Wine Auction and Dinner.

KEEP AN EYE OUT FOR NEW MEALS ON WHEELS VANS



Pictured left to right - Anne Love - MOWD, Erica Porter - City Fare Meals On Wheels, Kim Caputo - St. Anthony's Center, Scott Baylis - Board Co-Vice-Chair MOWD.



Meals On Wheels Delaware (MOWD) visited with our partner Meals On Wheels program in Wilmington-City Fare Meals On Wheels recently. City Fare Meals On Wheels provides home-delivered meals to 1,500 homebound seniors in New Castle County.

That's a lot of ground to cover everyday. There are multiple pickup points across the County where volunteers collect the freshly prepared meals to bring to the senior's door. We visited to celebrate the arrival of a recently purchased vehicle, funded by Meals On Wheels Delaware. Vans are needed to move the meals around the County. Also new this year: fresh eye catching logos. There is a special need for volunteers over the summer to cover vacations.

KEEP YOURSELF COOL IN THE HEAT



Staying cool in the heat can be a challenge, but with a few practical strategies, you can make those sweltering days more bearable. One of the most effective ways to stay cool is to stay hydrated. Drinking plenty of water helps regulate your body's temperature and prevents dehydration, which can exacerbate the effects of heat. You can also consume water-rich foods like watermelon, cucumbers, and oranges to boost your hydration levels.

Another key tip is to dress appropriately. Opt for lightweight, loose-fitting clothing made from breathable fabrics like cotton or linen. Light colors are preferable because they reflect, rather than absorb, the sun's rays. Additionally, wearing a wide-brimmed hat and sunglasses can protect you from direct sunlight, reducing your overall heat exposure. When possible, stay indoors during the hottest parts of the day, typically between 10 a.m. and 4 p.m., and use fans or air conditioning to keep your living spaces cool. If you must be outside, take frequent breaks in the shade.