



# SPECIAL DELIVERY

THE MEALS ON WHEELS DELAWARE NEWSLETTER -SEPTEMBER 2025



Step into a night of elegance and excitement at Hats & Heels, a chic soirée benefiting Meals on Wheels Delaware. This stylish affair invites you to indulge in an evening of delectable bites, signature cocktails, and vibrant music, all while showcasing your fashion flair.

Don your most fabulous hat or strut in your most stunning high heels—this is your chance to shine. Prizes will be awarded to those who truly embrace the theme, with accolades for the most exceptional hat and the swankiest shoes.

Both men and women are encouraged to join in on the fun, making this a night of fashionable festivities for a great cause. Don't miss out on the chance to mix, mingle, and make a statement at this unforgettable event!

## New This Year: A Stylish Surprise!

Guests at Hats & Heels will be treated to a chic new addition — a brief, high-energy fashion show curated by acclaimed designer Dell Scott Designs, in collaboration with talented students from Delaware State University's Fashion Program.

**Exciting news!** Grab your chance to own a coveted black and white license plate with our upcoming raffle! Tickets are on sale now, and you won't want to miss this opportunity to support a great cause while adding a touch of elegance to your ride. Purchase your tickets today to secure your spot. Let's make this a memorable event—good luck to all participants! Each raffle ticket is \$5.

Purchase your tickets [here](#).



**MEALS ON WHEELS DELAWARE**

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

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

## SEPTEMBER IS HUNGER ACTION MONTH

### Hunger: The Struggle for Enough to Eat

No one should have to go hungry. But for some older adults, getting healthy food is not easy. Limited transportation, health problems or mobility issues make these tasks much harder.

We know that good nutrition is the cornerstone of a healthy life. Yet, hunger and malnutrition among seniors in America are a growing crisis.

When seniors can't get enough food or struggle to access healthy meals, it affects their health. Food insecurity can lead to mental health issues like depression and anxiety. Worrying about their next meal makes life harder for these seniors.

Food insecurity among seniors is caused by many factors, but the root cause is often financial barriers. They often have to choose between paying for health care, utilities or food.

### The Risks of Not Getting the Right Food

Malnutrition happens when someone doesn't get the right nutrients and calories to stay healthy. Even if seniors have regular meals, they can still miss important nutrients. Older adults are at higher risk of malnutrition due to factors like decreased appetite, mobility issues and medications.

Seniors need fewer calories but more nutrients like protein, fiber and vitamins to stay strong and healthy. And for many seniors, difficulty shopping, cooking or chewing can also stand in the way.

Malnourished seniors are more likely to get sick, spend more time in the hospital and require costly long-term care.

Every day, Meals on Wheels providers deliver nutritious, age-appropriate meals to their homebound senior neighbors. They help seniors stay healthy and continue to enjoy life in the homes and communities they love.

### Take Action

Spend some time with your local Meals On Wheels program volunteering with seniors or delivering meals. If you see a decline in the health or wellness in a friend, neighbor or family members encourage them to reach out for help, or call to find out more about home delivered meals .

More information on our website <https://mealsonwheelsde.org/about-us/meal-delivery>



**VISIT:** [MealsonWheelsDE.org](https://MealsonWheelsDE.org) **CALL:** 302-656-3257

**SOCIAL:** Meals On Wheels Delaware



# Together we can end senior hunger.

## WELCOME OUR NEWEST BOARD MEMBER, MARY ELLEN HASSETT



With expertise in law and nonprofit fundraising, Mary Ellen has dedicated much of her professional and volunteer work towards fundraising for organizations she has a personal connection with.

She has volunteered over 15 years of her time to the Special Events Committee for Humane Animal Partners (formerly Delaware Humane Association) and served over 10 years as the volunteer coordinator for Meals on Wheels Delaware, helping to lead major fundraising events such as the Beach Brunch, Celebrity Chefs' Brunch, and the Ultimate Tailgate.

Inspired both by her volunteer service and by personal experience—her father-in-law was a Meals on Wheels recipient. Mary Ellen is passionate about advancing the Meals On Wheels mission to help older adults remain healthy and independent, while remaining in their homes.

Mary Ellen, her husband Keith, and their two rescue dogs, Dakota and Wrigley split their time between Bear and the Rehoboth beach area.

## SCORE BIG AT THE ULTIMATE TAILGATE: GET YOUR TICKETS NOW FOR AN UNFORGETTABLE EXPERIENCE!



### Get Ready for the Ultimate Tailgate Experience!

Savor gourmet tailgate bites, craft beer, fine wine & cocktails, music by DJ Smooth, and a beer & sports-themed auction—all supporting Meals on Wheels Delaware.



Scan to purchase tickets

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DelawareToday MAIN LINE TODAY

Purchase tickets at [MealsOnWheelsDE.Org](https://MealsOnWheelsDE.Org)

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