



THE COMMUNITY TABLE

MEALS ON WHEELS DELAWARE NEWSLETTER

UPCOMING EVENTS

* **Celebrity Chefs' Brunch**

Wilmington

Sunday, April 26, 2026

Savor gourmet tastings by top chefs, sip signature cocktails, and enjoy live music in a vibrant, flavorful celebration!

* **Hats and Heels**

Dover

Saturday, September 19, 2026

Get ready to party in style! Enjoy a lively night filled with cocktails, delicious bites, and music that'll keep you grooving. Embrace the theme and show off your flair by rocking your favorite hat and/or high heels—yes, fellas, that includes you too!



A LITTLE EASTER JOY

Even though Easter has passed, I hope your day was filled with peace, love, and moments that reminded you of new beginnings. May the joy and renewal of the season continue to carry into the days ahead, bringing you light, gratitude, and fresh energy for what's to come.

CELEBRATING VOLUNTEER WEEK

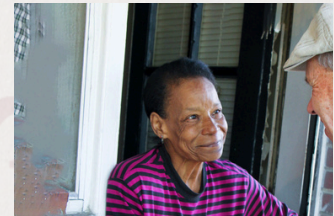
Since 1974, National Volunteer Week, April 19–25, has been an opportunity to recognize the impact of volunteer service, and the power of volunteers to build stronger communities.

We know firsthand how a warm meal paired with a friendly smile from a familiar volunteer can brighten someone's day, ease loneliness, and provide a vital lifeline for an older adult in need. That simple act of kindness can mean everything.

There are many ways to get involved. In addition to delivering meals, you can join one of our Event Committees that raise funds for essential program needs to prepare and deliver freshly prepared, nutritious meals.

Meals on Wheels does more than connect seniors with meals. It connects volunteers with their neighbors to create fulfilling, meaningful and rewarding experiences that stay with you long after your route is completed. Many of our most passionate volunteers are recent retirees.

And if you need one more reason to pick up the phone (or email) and make a commitment?



According to the Mayo clinic, volunteering offers significant health benefits, including:

1. Improving physical and mental health.

By spending time in service, volunteers report a sense of meaning and appreciation, both given and received.

2. Providing a purpose.

Older volunteers experience greater increases in life satisfaction and self-esteem.

3. Nurturing new and existing relationships.

Volunteering increases social interaction and helps build a support system based on common interests.

This Volunteer Month, don't wait—make a difference in someone's life, and in your own.

Join the hundreds of Meals On Wheels volunteers already making an impact.

Learn more at MealsOnWheelsDE.org

THANK YOU VOLUNTEERS FOR YOUR SERVICE

We are celebrating Volunteers from the 5 programs across the state of Delaware. Thank you for the heart, time, and compassion you bring to the mission each and every day. Because of you, deliveries are more than just meals, you are delivering care, connection, and comfort to neighbors across the community. Your dedication does not go unnoticed

Volunteer Week Spotlight
CHEER



Mr. Charles and Mrs. Sharon Carnabuci

Volunteer Week Spotlight
MEALS ON WHEELS LEWES-REHOBOTH



Gil Hofheimer

Volunteer Week Spotlight
CITY FARE MEALS ON WHEELS




Ed Isbell

Volunteer Week Spotlight
NEWARK SENIOR CENTER



KCI Technologies Inc. Group
Volunteers pictured above: Stefanie Thomas, Victoria Ferris, Theresa Colombo, Julie Schou, Veronica Kook, Julio DaSilva, Mike Disko (not pictured)

Volunteer Week Spotlight
MODERN MATURITY CENTER



Mr. Rob MacKnight

LOOKING FORWARD TO MOTHERS DAY ON MAY 10

Wishing a heartfelt Happy Mother's Day to all the incredible Mothers and Mother figures. Your strength, love, patience, and sacrifice do not go unnoticed. Thank you for the way you show up, nurture, and pour into others every single day. We celebrate you and all the beautiful ways you make the world a little softer and a lot stronger.




For some seniors, this time of year is about more than flowers and cards. It's about knowing they matter.

Honor the special people who raised you through your generous support of seniors.

Give Today: MealsOnWheelsDE.org/donate

GET INVOLVED!

Giving back to the community starts with simple acts of care. Volunteering with Meals on Wheels to help deliver meals is a meaningful way to support neighbors, fight food insecurity, and make a positive impact one delivery at a time.



Sign up at MealsOnWheelsDE.org