



THE COMMUNITY TABLE

MEALS ON WHEELS DELAWARE NEWSLETTER

UPCOMING EVENTS

Purchase Tickets Today

* Hats and Heels

Dover-Bally's Dover Casino Resort
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.

* Beach Brunch

Rehoboth Beach-
Rehoboth Beach Country Club
Sunday, October 4, 2026

Guests will enjoy a seated upscale brunch with cocktail pairings overlooking the bay at the Rehoboth Beach Country Club.

* Ultimate Tailgate

New Castle- Delaware Park
Thursday, October 22, 2026

Get ready to kick off an unforgettable evening at The Ultimate Tailgate—a premier foodie fundraiser benefiting Meals on Wheels Delaware!

THANK YOU DUPONT COMMUNITY IMPACT



Thank you Dupont Community Impact for your recent gift of \$5,000 for Meals On Wheels programming in Delaware. This is much appreciated at a time when seniors are reaching out for help from Meals On Wheels to cope with rising food and medical costs on fixed incomes.

HEATWAVES ARE HITTING HARDER THIS YEAR.



For many of us summer is our favorite time of the year, most of us are ready for a break from the last few weeks of extended heat. We are staying cool indoors, relaxing by the pool or at the beach. However, for those who are not able to take a break from the heat it can be an uncomfortable, and potentially unsafe time.

This is especially true for those 65 and older who are more prone to heat-related health problems.

- Seniors do not adjust as well to sudden changes in temperature.
- Chronic medical conditions can change normal responses to heat.
- Prescription medicines may affect the body's ability to regulate temperature.

Please check in on elderly friends and neighbors frequently, especially those who live alone, ideally at least twice a day. Confirm they are drinking enough water, have access to working air conditioning, and know how to stay cool.

Advice to seniors in extended hot weather

- Stay in air-conditioned buildings as much as possible.
- If your home doesn't have air conditioning, contact your local health department or locate an air-conditioned shelter in your area.

Find a location that has one by dialing 2-1-1, or by contacting your local health department or emergency management agency.

- Drink more water than usual, don't wait until you're thirsty to drink.
- Do not rely on a fan as your main cooling source when it's really hot outside. Use fans only if indoor temperatures are less than 90°F. In temperatures above 90°F, a fan can increase body temperature.
- Don't use the stove or oven to cook.
- Contact your doctor if you take water pills, or fluids are limited, for their advice.
- Check on a friend or neighbor and have someone do the same for you if you are living alone.

BLACK AND WHITE LICENSE PLATE RAFFLE!! READY, SET, BUY!



Don't miss your chance to join us! Purchase your event tickets today, and while you're at it, grab a \$5 raffle ticket for your chance to win a coveted 4-digit Delaware license plate—all while supporting Meals On Wheels Delaware. The winning raffle will be selected on September 19 at 8pm. Grab yours today by clicking [here](#).

VOLUNTEERS MAKE THE MISSION POSSIBLE

We make a living by what we get, but we make a life by what we give." — Winston Churchill

No finer words could have been spoken which helps us understand volunteering. During these summer months, when many of us take vacations, we hope you can remember our seniors in Delaware, many who do not vacation anymore! Many of them have only the Meals on Wheels volunteer to see on a Monday through Friday basis, it is their only touch of reality and nourishment.

Remember our seniors receive meals during the week, so think, do you have a children who need volunteer hours for school? Can they volunteer during the summer?

Does anyone work for a company who would allow you to deliver meals, maybe once a week? Or even once a month? It only takes about an hour of your time.

The greatest pleasure you can receive is when a senior opens their door, and says "Thank you!", best way to make your life by what you are giving!

Call our office, and we can direct you to the agency who is closest to your home or office! Thank you from everyone at Meals on Wheels Delaware!

HONORING OUR PAST, CELEBRATING OUR FUTURE



Hope you had a Happy Fourth of July! We celebrated 250 years of courage, resilience, and the enduring spirit that continues to shape our nation. Let's honor those who came before us while looking ahead with hope for the generations to come. Here's to celebrating America's 250th birthday—happy Independence Day!

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



SCAN TO DONATE TODAY

