



Meals On Wheels

LEWES-REHOBOTH

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Dear Neighbor,

In 2022, your generous donations helped us to raise over \$85,000! The funds we receive from this campaign, are used specifically to pay for client's meals. Last year we purchased over 12,000 meals using your contributions! Your compassion and caring for our homebound meal recipients is astounding and we deeply appreciate each and everyone of you. The need for our service continues to increase each year. Your support of our mission to feed the homebound & reduce the alternative of institutionalization is invaluable. Each day, heart healthy meals along with daily social contact by our wonderfully dedicated volunteers are provided to each client. The daily visits our volunteer drivers share with each client helps to prevent the adverse nutritional effects of social isolation. Last year alone, 113,000+ meals were delivered to 500+ homebound clients. Pictured to




the left are the Shehans. Donald is 85 years old & his wife, Gwendolyn is 84 years old. Donald is a Military Veteran having served 34 years in both the Air Force & the Army. He spent 27 years in the Air Force and 7 in the Army. The Shehans have been married for 65 years! This lovely couple have been receiving Meals on Wheels for almost 2 years now. Gwendolyn stated that they try to help each other the best that they can due to their medical issues which sometimes can get the best of them. She has degenerative disc disease that keeps her down for days at a time & Donald has problems with his memory, as well as anxiety & high blood pressure. They were referred to our program by their health care provider due to the above issues & Mrs. Shehan losing 45 pounds. Their doctor was concerned about their inability to prepare healthy meals & the fact that their diet consisted mainly of take out food. When asked what meals they enjoy the most, Gwendolyn was quick to answer with, "Pulled Pork and Chicken". When asked if Meals on Wheels was of help to them they both said, "yes, definitely". Mrs. Shehan stated, "When I am down with my back, there is no worry as we have meals delivered every day ". She also stated, "If we didn't have Meals on Wheels, I don't know what we would do. It would be difficult because we don't have anybody to help us. Our son is in Maryland & our daughter lives in New Castle. Our neighbors have died or moved & the 3 close friends that I had have all died." When asked about the volunteers who deliver their meals, Gwendolyn stated, "they are always very friendly and very kind. They bring up the paper for us & offer to take us to the doctors! We cannot drive & the volunteers offer to help us all the time."

Pictured to the right is Hazel Meegan, one of our many dedicated volunteer drivers. When asked why she got involved with Meals on Wheels she stated, "After I retired at age 82, I decided that I would not sit around wasting time. I wanted to continue to be active & help my community. I heard on the radio that Meals on Wheels was looking for volunteers, so I called & signed up. I truly enjoy & get great pleasure in meeting some wonderful folks on my delivery route. They are so grateful for the service. Giving them a smile & showing you care about them helps some get through their day." Hazel also recalled what happened one day during her delivery, "One gentleman was unable to get to his wheelchair & his door was locked. I called 911 & we were able to help him. If he was not receiving meals, the outcome might have been very different. Doing little things for the meal recipients, such as getting their mail, replacing the batteries in their remotes, plugging in phone chargers can help so much. I occasionally go to the store for one client who needs other necessities. Sometimes I sit & chat with them when time allows. Folks are lonely & some families do not visit often" When asked what she thinks of Meals on Wheels, Hazel replied, "Meals on Wheels is a caring organization & are dedicated to helping the homebound. If you have time on your hands, consider volunteering. The rewards you receive from helping others makes you feel good about yourself & makes your life complete".



Meals on Wheels is designed to provide healthy nutritional meals, daily social contact and referrals for additional in home services to enable our clients to continue living in their own homes, as independently as possible. No one is refused service due to the inability to pay for meals which is why your donations are so important to us. Many of our recipients simply do not have the funds to pay for their food & your contributions are critical in keeping meal services available to them. All donations are tax deductible to the fullest extent of the law & an addressed envelope is provided for your convenience. To make a gift via smartphone, please scan the QR code below. Thank you & we wish for you a holiday season filled with love and joy.


Kathleen Keuski
Director

Would you like to leave a legacy?

- I would like to learn more about planned giving opportunities
- I have named Meals on Wheels in my will



In lieu of flowers, many family and friends of Meals on Wheels clients choose to honor their loved ones with memorial donations to Meals on Wheels

___ \$42 (6 meals) ___ \$70 (10 meals) ___ \$105 (15 meals) ___ \$140 (20 meals) ___ \$210 (30 meals) ___ Other \$ _____

NAME: _____ PHONE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

___ Check Enclosed or ___ Please charge my credit card: ___ Visa ___ MC ___ Discover

Card Number _____ 3/4 code on back _____ Expiration Date _____

Card Holder's Name _____ Signature _____

Please provide credit card information above or mail a check payable to Meals on Wheels, Inc., 32409 Lewes Georgetown Highway, Lewes, Delaware 19958 AND *Please don't forget to sign if donating by credit card. THANK YOU!*

You can also donate through our website at www.mealsonwheels-lr.org