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December 2016

Dear

Merry Christmas & a very Happy New Year to our wonderful friends and supporters! Your generosity and kindness over the past year is truly appreciated. As Eastern Sussex County continues to rapidly grow, so does the need for Meals on Wheels. 2016 has been a busy year for us with increased referrals for our services coming in daily. It is our mission to feed the homebound and reduce the alternative of institutionalization. We are able to realize our mission through the delivery of two heart healthy meals each day along with daily social contact by our wonderfully dedicated volunteers. This daily contact may be the only opportunity many of our clients have to interact with other people. Isolation can be frightening, lonely and detrimental to the overall well being of all humans. However, the daily social connection our volunteer drivers share with each client helps to prevent the adverse nutritional effects of social isolation. Last year alone, Meals on Wheels delivered over 105,000 meals to 326 of our homebound neighbors. Just imagine what the lives of those 326 neighbors would have been like without us.



Pictured to the left is Espie Hart of Lewes. Mr. Hart began receiving Meals on Wheels a little over two years ago. He is 92 years young and with the help of Meals on Wheels has been able to remain in his own home, living relatively independently. Espie is a veteran who served in the United States Navy during World War II, specifically in the South Pacific. He served his country for 4 years and in 1948 got married and moved to Philadelphia to live and work. He worked at various different factory jobs eventually climbing the ladder to the important job of "Inspector of Merchandise", of which he was very proud. Mr. Hart has had numerous surgeries on his back and suffers because of them. He cannot stand for any period of time and walking is even harder. The nerve damage in his back is extensive and prevents him from being able to go shopping or cook for himself. He stated "Without Meals on Wheels, I would be in a nursing home." His family lives in New York and Mr. Hart lamented on how much he misses them and wishes he could see them more often. He is pretty much on his own and truly relies on the social contact that Meals on Wheels provides to him each day along with delivery of two nutritious meals. He said "I look forward to receiving my meals each day and talking to the drivers who deliver them. I don't know what I would do without them!"

Pictured to the right is Jack Meany, one of our dedicated volunteers. Jack came to Meals on Wheels in September of 2014 to volunteer. When asked why he chose us over all of the other places he could have volunteered at he said, "My mother received Meals on Wheels and I remember the anticipation she showed each day for the visit - more than the actual food!" Jack stated that the reason he continues to volunteer with Meals on Wheels is the relationships he has developed with the recipients on his meal route. He also consoles the partners and family members upon the passing of a client along with his Therapy dog, Liberty. Jack stated that he finds his volunteer position here at Meals on Wheels rewarding and fulfilling. He stated, "There are so many happy moments with the clients on my route especially when I have the opportunity to reconnect with them after they have been in the hospital or rehabilitation center. I remember one gentleman who was an avid lonely New York Jets fan. I have a neighbor who is also an avid, lonely Jets fan and I asked him to ride "shot gun" with me one day. Well the two of them connected and if I didn't have more meals to deliver that day, they would still be together talking!" Jack stated that there are too many people looking for meaning and purpose in their lives and he highly recommends to all that they get involved with Meals on Wheels.



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 and 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 sincerely hope your holiday season is filled with love and joy.

**Kathy Keuski**

Director

\_\_\_ \$30 (6 meals) \_\_\_ \$50 (10 meals) \_\_\_ \$75 (15 meals) \_\_\_ \$100 (20 meals) \_\_\_ \$150 (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!**