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December 2011

Dear

We express our sincere thank you for your support of our homebound meal program. 2011, marks our 41st year of service to the local community. In addition to daily meals, our volunteers also deliver warm smiles, gentle touches & essential social contact. For some homebound, this may be the only opportunity during the course of their day to interact with another human being--a key factor in preventing the adverse nutritional effects of social isolation.



Pictured to the left is 60 year old Wayne Bowen. Mr. Bowen is Italian and loved to cook and bake many of his favorite Italian dishes especially during the holidays. However, due to his recent diagnosis of cancer and subsequent radiation and laser treatments, Mr. Bowen can no longer cook for himself. He remarked how much he misses those days but stated "I would be so lost without Meals on Wheels. If not for the daily

meal deliveries, I would probably have to go into an assisted living facility or nursing home. I just couldn't bear to do that, I want to stay in my own home for the remainder of my life." Wayne commented on how much he loves the meals he receives. "The food is fabulous. I love the fresh salads, chicken tenders, bananas and fruit cups." Mr. Bowen did not lament on what life isn't, but preferred to express gratitude for what he does have, which included Meals on Wheels. He stated "Meals on Wheels is a godsend. They really do care about me, especially the volunteers who deliver my meals. That means more to me than anything else in the world and I am truly thankful." Pictured to the right is 83 year old Phyllis Jiuliano with her service dog, Jade. Until a short time ago, Mrs. Jiuliano was caregiver for her husband who suffers from Alzheimer's Disease. Phyllis suffers with vision and mobility problems. When caring for Mr. Jiuliano became too difficult for her, he was moved into a nursing facility. Phyllis misses her husband terribly and visits him whenever she can. Mrs. Jiuliano remarked that she is unable to cook or shop for herself and turned to Meals on Wheels for help. She stated, "I was amazed at how delicious the food is. It's just like home cooked meals, in fact, it is better than my own cooking! Meals on Wheels is a life saver for me. I had lost a lot of weight but since I started receiving Meals on Wheels, I have gained a few pounds and I'm so happy! Everyone is wonderful and the food is tremendous. I never used to eat fruit or carrots but now I get them regularly and love them. I didn't realize that I was missing out on some really good food! The food comes beautifully packaged and smells so good, it makes me want to sit down right away and eat! All of the volunteers who deliver my meals are as sweet as can be. They are so cheerful and if I am having a bad day, they always cheer me up and make me feel better. I am now a part of the Meals on Wheels family and I love it! I couldn't ask to belong to a more caring and marvelous family!"



Pictured left is Maddie Macia, one of our dedicated volunteers for the past 19 years! In the winter of 1992, Maddie accompanied a neighbor who was delivering meals as a substitute. In her own words, "I enjoyed it so much that I decided to take a delivery route by myself." When asked what makes her continue to volunteer with our organization, Maddie stated, "I've become very friendly with the clients on my route, seeing them each week. They are so appreciative and grateful for the food and the visit. In fact, I enjoy the weekly visits as much as they do. After a career as a Registered Nurse and 30 years as an army wife, serving people continues to be its' own reward!" Maddie recommends everyone try to get involved in their community because, as she says, "It's very worthwhile work-you feel much more connected to the community and other volunteers and you also feel useful during retirement!" One of her favorite memories of delivering meals was one couple who shared their love of quilting with her by displaying their quilts & wall hangings so she could see them on her weekly visits. Maddie would also take some of her work with her to share with the couple each week. Another client on her route was from the west and she loved to share her stories about her former life there. She would wear her Indian Jewelry for Maddie each week who, in turn, would share stories of her family's life in the southwest, something they both had in common.

Meals on Wheels is designed to provide healthy nutritional meals suited to specific dietary needs of seniors. Social contact arrives daily with each meal delivery, as does the comfort of knowing that no one is refused service due to the inability to pay for meals. In 2011, 106,662 meals were delivered to the homebound in eastern Sussex County through Meals on Wheels of Lewes & Rehoboth. The need for our service continues to grow each year. Last year, your gifts of over \$40,000 supplied 5,700 hot meals to homebound seniors! All donations are tax deductible to the fullest extent of the law & an addressed envelope is provided for your convenience. You may also donate through our website at [www.beachmeals.com](http://www.beachmeals.com). To make a gift via smartphone, please scan the QR code below. Thank you & may your holiday season be filled with love and joy.

Kathleen Keuski  
Director

\_\_\_\_\_ \$38 (5 meals) \_\_\_\_\_ \$75 (10 meals) \_\_\_\_\_ \$150 (20 meals) \_\_\_\_\_ \$300 (40 meals) \_\_\_\_\_ \$375 (50 meals) \_\_\_\_\_ Other \$ \_\_\_\_\_

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

\_\_\_\_\_ Check Enclosed or \_\_\_\_\_ Please charge my credit card: \_\_\_\_\_ Visa \_\_\_\_\_ MC \_\_\_\_\_ AmEx \_\_\_\_\_ 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!*