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New Year's Resolution

A New Year's resolution is a tradition, in which a person resolves to continue good practices, change an undesired trait or behavior, accomplish a personal goal, or otherwise improve their behavior at the beginning of a year.

Meals on Wheels, Etc. New Year's resolution is to continue to provide the much-needed programs and services to our seniors, appreciate and acknowledge our volunteers, staff and board and to educate the community on our mission to serve the senior community.

What's your resolution? Here's a few ideas to consider:

- Perform a simple act of kindness every day.
- Donate items, money or your time to the senior community.
- Volunteer as a family to serve your community.

2023 Successes

As we embark on a new year, we would like to take a look back at some of our 2023 successes. While all of our services had an increase in clients served, we want to highlight a few of them.

Home-Delivered Meals Program

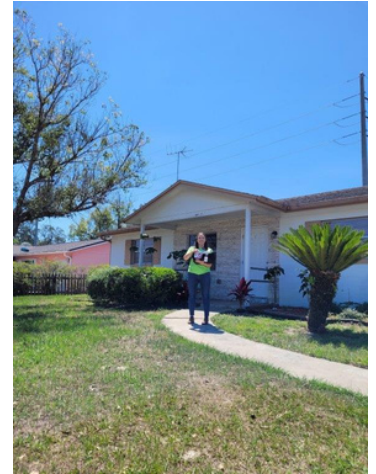
Delivered 3,423 more meals

Served 188 more clients daily

Added 5 new routes

Added 63 new volunteers

Added 3 new groups to our Adopt-A-Route Program



Neighborhood Dining Program

Served 4,800 more meals

Served 99 more clients

Added 3 new dining sites



EHEAP & Weatherization Programs

Served 168 EHEAP clients

Weatherized 40 more homes

To learn more about our programs and services, please visit website at www.mealsetc.org



Congratulations!

**Volunteer of the
Quarter
October-December 2023**



Congratulations to **Robin DeMundo**, Volunteer of the Quarter. Robin started volunteering in June 2023 with her longtime friend, James Warren. After retiring and having cared for her mother until she passed, Robin was looking for an opportunity to help seniors. So, she hooked up with James and they agreed to take on this journey together. Robin lives in Lake Mary and James in Oviedo, so they meet in the middle and do two routes in Sanford every Friday.

Robin has grown close to one client who lives in a tiny room with only basic needs being met. While Robin had some big ideas on how she might help this client, the client was not interested. So, they decided to take it a little slower. Each week they asked the client what she might need. One week she said she would like a box of Special K cereal - and added, "Family size"- which, "Made us laugh!" Another week it was a jar of peanut butter - "Jif - the creamy one!" "She knows exactly what she wants and is specific about what she likes! "

Robin shares, "I think helping others benefits me sometimes more than it benefits them! I have met some wonderful people on my routes, and I look forward to visiting them every Friday. I love to see their smiles when they open the door and see us! They are now part of my social circle!"

Thank you, Robin, for all you do with Meals on Wheels, Etc. The care and compassion you have for our clients is undeniable. Congratulations!

Upcoming Events & Campaigns

Tuesday
January 23
7 pm
Buster's Sanford



10th Annual
Mardi Gras
Street Party

Saturday
February 17
5-9 pm
Sashay Parade
starts
at 4 pm



March for Meals
5K Brunch
Saturday, March 9th
8-10 am
Cranes Roost
Altamonte Springs

For more information, visit www.mealsetc.org or contact Community Relations Coodinator, Dawn Garrison at dgarrison@mealsetc.org

thank you

A special “thank you” to those who supported our Christmas Day Delivery and Senior Santa campaign this year.

200+ volunteers shared their Christmas morning with us delivering a meal and gift to about 300 clients. We received close to 500 gift basket/bag donations this year, which enabled us to provide a gift for each Home-Delivered Meals and Neighborhood dining client.

We have also been blessed with close to \$40,000 in donations from our Senior Santa campaign, which helps us tremendously.



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Meals on Wheels, Etc.'s newsletter is published quarterly and shared with friends of the organization. We welcome suggestions and feedback on the publication and ask that they be sent to: Meals On Wheels, Etc., Attn: Et Cetera, 2801 S. Financial Ct., Sanford, FL 32773