



*Et Cetera*

Quarterly Newsletter, July 2025

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**Happy 4<sup>th</sup>  
Of July**



**Chef's Special**



Delaño Lambertclare.  
Executive Chef/Kitchen Manager



When you think of Meals on Wheels, catering may not be the first thing that comes to your mind. But, here at Meals on Wheels, Etc., we offer a full catering service - TopHat Catering.

We prepare upscale delicious food in our scratch kitchen, prepared by our very own Chef Delaño. Delaño was born, raised, and began his chef training in New Orleans, Louisiana. He worked in several French, Asian and Italian restaurants, before he came to Orlando to attend the Le Cordon Bleu Culinary Academy. While at the academy, he gained valuable experience working at the Swan and Dolphin at Disney, serving in upscale high-volume restaurants and catering to large business conventions.

Chef Delano has been with Meals on Wheels, Etc. for 19 years, preparing meals for our senior clients and others. Now we want to share his talents with YOU by offering our Chef's Special. Every 2-3 months, Chef will prepare a family-style meal for purchase. Each special will be unique, showcasing his many creative talents.

Proceeds from each purchase will benefit Meals on Wheels, Etc.

## WEATHERIZATION PROGRAM



Are your energy bills too high? Do you feel like you are spending way too much for energy? Well, Meals on Wheels, Etc. has a program that can help you. The Weatherization Program is a free program that helps lower your energy costs by making your home more energy efficient. If you're a low-income household in Seminole County, you may qualify! Visit our website **[www.mealsetc.org](http://www.mealsetc.org)** to see if you meet the requirements and start saving today.

## ***Congratulations!*** **Volunteer of the** **Quarter** **April-June, 2025**



Congratulations to James Warren, our Volunteer of the Quarter! James has been a volunteer for for us for two years now, doing two routes in Sanford, usually teaming up with his friend, Robin DeMundo. He was introduced to Meals on Wheels at a previous job when he delivered meals on his lunch hour.

James says he gets great pleasure being given the opportunity to meet the great seniors and helping out wherever he can. “My seniors are constantly thanking me for what I do. But really we all should be thanking them because this opportunity gives us a feeling of greater purpose in helping people that are in need. This is when you get to see firsthand what your volunteering does. You meet so many wonderful people”.

James’ commitment to Meals on Wheels and the seniors he serves goes above and beyond. He has become close to one of the clients in hospice care and recently helped with getting him a new pair of shoes. It was a small act with a huge impact to the client. He’s also helped the client with phone issues, getting needed personal care items, and assisted in getting his Medicaid reinstated. All great acts of kindness displayed here.

James says, “If you’re thinking about volunteering somewhere, this is what I thought about when I was looking to volunteer. What if this was someone I loved that needed this help and needed someone to deliver the meals to my loved one. What better way to help some of the most vulnerable of the population”. Again, Congratulations to James!



# Upcoming Events/Campaigns

[www.mealsetc.org/events](http://www.mealsetc.org/events)



## SAVE THE DATE



JOIN US FOR OUR SECOND

*Giving Breakfast*

THURSDAY, SEPTEMBER 18

We are hosting our 2<sup>nd</sup> annual Giving Breakfast on September 18<sup>th</sup>. If you are interested in sponsoring the event or attending, please contact Dawn Garrison for additional information: [dgarrison@mealsetc.org](mailto:dgarrison@mealsetc.org) (407) 333-8877, ext. 103

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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

