



Et Cetera

Quarterly Newsletter, July 2026

INSIDE THIS ISSUE:

Page 1

- HundredX

Page 2

- Top Hat Catering

Page 3

- Volunteer of the Quarter

Page 4

- The Super Patch Company

Page 5

- Upcoming
Campaigns/Events



hundredx[®]

Thank you to those who participated in our 5th annual HundredX campaign. Funds received through this campaign continue to help us support seniors in our community!





Is Serving Up Something New

Looking for catering that delivers exceptional food while giving back to the community? Top Hat Catering, the catering division of Meals on Wheels, Etc., has launched a brand-new website, making it easier than ever to explore and book its custom catering services for corporate events, weddings, holidays and special celebrations.

Led by our very own Chef Delaño Lambertclare, Top Hat Catering specializes in chef-crafted menus, offering everything from elegant plated dinners and buffet-style service to interactive culinary experiences.

For every event catered by Top Hat Catering, 100% of proceeds directly support Meals on Wheels, Etc., helping us provide meals to seniors in Seminole County.

Be sure to visit the new website [TopHatCatering.org](https://www.TopHatCatering.org) to learn more and book your next event. And keep an eye out for an exciting new feature coming soon, online ordering, where customers will be able to order online for pickup, making it even easier to enjoy chef-crafted meals while supporting Meals on Wheels, Etc.



Congratulations! **Volunteer of the** **Quarter** **April-June, 2026**



Congratulations to James (Jim) Flatley, Volunteer of the Quarter. Jim started his volunteer adventure with Meals on Wheels, Etc. in January 2025 as a substitute. During this time, he has completed 186 routes, 42 of which were done within the last three months.

When we asked Jim what brought him to Meals on Wheels, Etc. - he said one day my wife said bluntly, “Hey, why don’t you do Meals on Wheels.” He thought what a great idea and picked up his phone to call us. And our staff and clients are so thankful that he did.

Jim shares that he is continually stunned by the smiles and gratitude of the clients we serve. No matter how dire the circumstances, most people light up just for knowing that someone cares about and for them. Jim is a retired US Navy Captain and one of his clients is a retired General who served in the Venezuela Army, so when Jim delivers to his house, they always salute each other - each looking forward to that!

Jim credits Rosibel and Lorraine for inspiring him to have fun and enjoy his volunteer experience! He likes the system we use as it’s well organized for the staff, drivers, and fellow volunteers. The software makes it easy to match the areas in need with his schedule so he can assist 4-5 days a week and serve all over Seminole County.

We are grateful to have Jim as a substitute volunteer and thank him for his willingness to step in and help whenever and wherever needed.

The Super Patch Company

We would like to highlight and thank ***The Super Patch Company*** as another first-time sponsor for the 2026 March for Meals Walk and Brunch. If you are looking for something to support your body, elevate your energy or help you perform your best everyday, these patches might be for you.

THE PATCHES WORK
Freedom. Liberty. Victory.

Discover the power behind the **Super Patches**—designed to support your body, elevate your energy, and help you perform at your best every day.

★ Freedom Patch	★ Liberty Patch	★ Victory Patch
FREEDOM	LIBERTY	VICTORY
<i>Relief from aches and pains.</i>	<i>Activates body's natural systems.</i>	<i>Greater strength, increased speed & enhanced power.</i>
<i>Taps into your body's natural ability to soothe & relieve.</i>	<i>Activates body's natural systems.</i>	<i>Accelerates your recovery.</i>
	<i>Achieves balance, stability & strength while achieving neurological homeostasis.</i>	

WHY CHOOSE SUPER PATCHES?

- ✓ Easy to Use
- ✓ Non-Invasive
- ✓ Drug-Free Support
- ✓ Designed for Everyday Performance

*Take control of your wellness.
Experience the difference.*

Visit: **rjfc.superpatch.com**

Contact us at **407-264-1192** for more info
or **rjfc.superpatch.com**

Note: This is not a paid ad or endorsement.

Upcoming Campaigns/Events

mealsetc.org/events



SAVE THE DATE

Giving Breakfast

We are hosting our 3rd annual Giving Breakfast on September 24th. If you are interested in sponsoring and/or attending the event, please contact Dawn Garrison for additional Information:

dgarrison@mealsetc.org
(407) 333-8877, ext. 103

Sept. 24, 2026

2801 S. Financial Ct., Sanford, FL 32773

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