July 2025

MEALS on WHEELS SOUTHWEST FLORIDA
A program of: Community cooperative

Storm Ready & Staying Cool

A big thank you to FPL, iMold, Sun Communities, FGCU, and 1-800-GOT-JUNK for helping us deliver storm kits to our Meals on Wheels clients! These kits are an important part of staying prepared during hurricane season. If you have any questions or didn't receive your kit, please call our office and we'll be happy to help.

As the summer heat continues to rise, it's important to stay cool and hydrated. Try to stay indoors during the hottest parts of the day, drink plenty of water, and use fans or air conditioning if available. Your health and safety are always our top priority—please take extra care during these hot summer months!

Take a moment to fill in what brings you joy this season:

Something that makes me smile in the summer is _____.

My favorite summertime memory is _____.

A food I love to eat when it's hot out is _____.

One thing I'm grateful for today is _____.

My perfect summer day would include _____.

Someone who always makes me smile is _____.

The best part of receiving my meals is _____.

I feel happiest when I _____.

Stay Connected with Us!

We've launched SMS messaging alerts to help keep you informed. You'll now receive important updates and reminders directly on your phone.

Upcoming Holidays

Meals on Wheels deliveries will continue as normal schedule and will not be affected by the holidays.

July 4th:
Fourth of July

Emergency Contact Updates

We are currently reviewing all of our customers' emergency contacts to ensure we have the most accurate and up-to-date information on file.

Please take a moment to call our office and confirm your emergency contact information. It's a small gesture that can make a big difference in an emergency.

As always, we're just a phone call away if you have any questions or need help.

Questions or Comments? Please reach out to us!
Jessika, Client Coordinator: 239-337-1055
Dave, Meals on Wheels Manager: 239-332-7687 x 128
Address: 3429 Dr. Martin Luther King, Jr. Blvd., Fort Myers, FL 33916

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