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Contact Information:

Southern Delaware Wine, Food, & Music Festival

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Southern Delaware Wine, Food, & Music Festival Postponed to 2025 as Founder recovers from Ehlers-Danlos Syndrome setbacks to health

[Rehoboth Beach, DE] The Southern Delaware Wine, Food, & Music Festival has put a pause on the 9th Annual Festival, originally slated for October 5th, 2024, postponing the event to Saturday, May 3rd, 2025, noon to 3pm, at Schellville, Rehoboth, DE.

Following doctor's guidance and with the full support of her Board of Directors and Event Committee, President and Festival Founder, Stacy LaMotta announced the decision citing an abundance of caution to allow her the needed time to recover from recent setbacks to her health caused by Ehlers-Danlos Syndrome.

"When recent flare-ups significantly affected my everyday functioning, I was forced into an uncomfortable place," stated LaMotta, "and while it brings me great sadness to postpone this year's event, I am grateful to my Board, Event Committee, and all who are a part of this magnificent festival for rallying around me with understanding, compassion, and validation that my health and well-being are top priority."

Since 2015, LaMotta has used the Southern Delaware Wine, Food, & Music Festival as a platform to bring thousands of individuals together celebrating the culinary excellence, brilliant artisans, and passionate community of Delaware's beloved beach coast, raising over \$250,000 to support area non-profits. So, it should be no surprise that even during this personally challenging moment, she is focused on transforming the postponement of this year's festival into a positive – using the opportunity to increase awareness of this rare genetic disease.

According to the National Institutes of Health, Ehlers-Danlos syndrome (EDS) is a genetic condition that weakens connective tissues, affecting many systems of the body at once. Symptoms vary based on the 13 subtypes of the disease but often include severe joint and muscle spasms that trigger dislocations, chronic pain and premature arthritis, dizziness and increased heart rates, compromises in cognitive functioning and mental acuity, debilitating fatigue and insomnia, and digestive distress with gastric reflux that leads to poor nutrient absorption.

Although individuals with EDS can typically ambulate and appear to have no disability, this debilitating condition significantly impacts their health and function with frequent and unpredictable flare ups that are excruciatingly painful and multi-faceted in ways that cause serious and life-threatening complications. Yet, poor awareness often leads to misdiagnosis, incorrect or unnecessary treatment, or no treatment at all.

Speaking directly to the passion and purpose that led her to create the Southern Delaware Wine, Food, & Music Festival - helping the whole community grow stronger through understanding and connection – LaMotta’s emotions were raw, “I know what it feels like to struggle with this disease alone. It’s been incredibly hard to not feel as if the disease has taken one more thing away from me. But I’m choosing to believe that being open and honest still gives our community a valuable connection. That it will increase understanding of EDS and more importantly help others get the diagnoses, treatment, and support they need too.”

Plans for the postponed festival are already underway and details about the 2025 festival, participating vendors, and special features will be released in the coming months via the festival’s website www.sodelfest.com and social media channels. All previously purchased tickets will be honored for the new date and current ticket holders will receive more information via email as it becomes available.

In one final statement of gratitude, LaMotta conveyed, “The impacts of this decision on so many people are not lost on me. While it’s been truly heart-wrenching, the encouragement and understanding I’ve received has meant the world to me. This is more than a festival to me, it’s everything I am and everything I love. Knowing the community I have supported for all these years is now supporting me is giving me all the positive emotional energy I need to heal, focus on the future, and grow increasingly excited to celebrate with all of you in 2025!”

For the most up to date information on the 9th Annual Southern Delaware Wine, Food, & Music Festival please visit www.sodelfest.com.

To learn more about Ehlers-Danlos Syndrome please visit The Ehlers Danlos Society website: www.ehlers-danlos.com