



Meals-on-Wheels

OF JOHNSON AND ELLIS COUNTIES

Serving the Children of Yesterday

Volunteer Newsletter

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Happy Valentine's Day!

Meals-on-Wheels loves our volunteers!

Reminder

If possible, we appreciate a 24 hour notice when you are unable to deliver your scheduled route. This allows us time to find a fill-in for you. We understand that there are times when volunteers have to be out and we are more than happy to help! If you need to call after hours feel free to leave us a message.

Volunteer Spotlight

When Shelly McMullan began working at the Registrars office of Southwestern Assemblies of God University in Waxahachie during the fall of 2006 she was asked if she would be interested in volunteering with Meals-on-Wheels. Immediately



Shelly knew that this was an opportunity that she could not pass up. Shelly became one of a group of volunteers from SAGU's academic team that take turns delivering two routes every Friday in Waxahachie. She enjoys delivering to the Waxahachie route 9 clients and considers it "the practical side of ministry and hands on gospel". Her favorite thing about volunteering is the opportunity to meet different types of people and learn about their lives. Shelly finds it interesting to find out what is important to the clients and discover facts about their history. Shelly is from Missouri and came to Waxahachie to attend SAGU. When she is not working or volunteering she enjoys building furniture and watching television. She is also an avid reading with a wide variety of reading tastes!

Thank you, Shelly and the academic team at SAGU for your dedication to homebound elderly and disabled in your community. You are greatly appreciated!

Volunteer Opportunities



Maypearl

Friday

Bardwell

Tuesday

Ennis

Thursday, Friday

Ferris

Tuesday, Thursday

Fill-ins needed in all communities!

www.servingthechildrenofyesterday.org

Welcome!

**Please join us
in welcoming
our newest
volunteers!**

Ennis

Jennifer DeWeese
Stephen Wyant
Misty Gardner
Kathy Dickey

Italy

Carolee Farnsworth

Red Oak

Sarah Fowler

Midlothian

Joie Callaway

Waxahachie

Espiridion Pineda
Darene Walker
Fawn Martwick
Cathy Neumeyer
Pam Davis-Young

Please tell your
friends and family
about the need in
your community!

Inclement Weather

The weather is unpredictable this time of year, and there is a chance we could be closed for a bad weather day. We will not deliver meals if there is a potential danger to you, the volunteer. Please stay tuned to local stations for details. NBC-5 and FOX-4 will have specific information on Meals-on-Wheels of Johnson and Ellis Counties.

COLD WEATHER PRECAUTIONS

When the weather outside is frightful, it can take a heavy toll on elderly members of the community. One of the main concerns is the cold winter weather, but it is important to be sure that the precautions don't turn into problems.

As we age, the body loses the ability to regulate temperature. Frail elders may turn the heat on higher than most of us, which can lead to dehydration and confusion, increasing one's risk of falling or taking too much or not enough essential medications.

Please notify Meals-on-Wheels if you are ever concerned about a client. You are often the only person a client may see throughout the day.

Reminder

Please remember the pick up time for your community! It is very important that the routes are picked up at the designated time for consistent delivery to our clients throughout the week.

Bardwell 11:15 am	Maypearl 11:00 am
Ennis 11:30 am	Midlothian 11:00 am
Ferris 11:30 am	Palmer 11:45 am
Italy 11:00 am	Red Oak 11:00 am