



# Meals-on-Wheels

OF JOHNSON AND ELLIS COUNTIES

*Serving the Children of Yesterday*

## Volunteer Newsletter

JULY 2010

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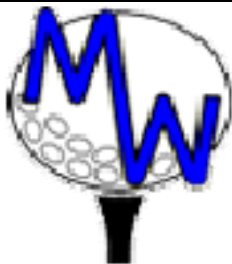
Reminder

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### **23rd Annual Golf Benefit!**

**Thursday Sept 16, 2010**  
Cleburne Golf Links

For Sponsorship, volunteer, or golfer information, please call Lisa Hicks at 817-558-2840 or visit our website.

### **Help protect elderly clients from summer heat...**

With the summer heat already upon us, Meals-on-Wheels wants to remind everyone that intense heat can create serious health problems, especially for the elderly.

Here are some facts to remember about summer heat:

- Everyone needs to drink extra fluids when it is hot
- Humidity makes it more difficult for sweat to evaporate and therefore more difficult for the body to cool itself
- Individuals who are obese, ill, have poor circulation, use alcohol, or are on certain medications are at an even greater risk for heat-related illness

**Also, if you know of anyone on your route who might be in need, we have box fans available for clients to use during the summer months.**

**Contact the office for more information.**

**972-351-9943**

### Reminder

If you deliver a route in the following communities, please remember to call the office as soon as possible and let us know if you have any clients are not home:

**Red Oak  
Ferris  
Palmer**

The coolers in these communities do not get picked up until the next day and we need to be able to check on these clients as soon as we can.

*Thank you for your help!!*



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

**Ennis  
Barry Taylor**

**Waxahachie  
Daniel Walker  
Lauren Herman**

Please tell your friends and family about the need in your community! As Meals-on-Wheels volunteers, you are our best recruiters!

Also, we would be happy to come speak at your business, church, or any gathering about volunteering with Meals-on-Wheels.

**THANK YOU for your ongoing service as a Meals-on-Wheels volunteer!**

972.351.9943  
info@mowjec.org

**Summer Volunteers**

Summer is a critical time of the year for Meals-on-Wheels. With the summer heat, there is an even greater need to



check on our homebound disabled and elderly neighbors. Also, since summer tends to be a busy time of the year for many with school out and volunteers gone on vacation, Meals-on-Wheels needs even more caring volunteers to help deliver meals during these months.

Meals-on-Wheels encourages volunteers to bring along children or grandchildren along during the summer months, and get them involved! If you or anyone you know might be interested in helping out with the open routes listed below, or even if only available on an "as-needed" basis, please contact us.

*Thank you for your help!*

**Volunteer Opportunities**

**Ennis  
Tuesday, Thursday, Friday**

**Bardwell  
Wednesday**

**Ferris  
Tuesday, Thursday**

**Midlothian  
Friday**

**Red Oak  
Fridays**



***Summer fill-ins needed in all communities!***