



Meals-on-Wheels

OF JOHNSON AND ELLIS COUNTIES

Serving the Children of Yesterday

Volunteer Newsletter

JUNE 2010

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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!



Volunteer Needs:

Ennis

Monday

Palmer

Italy

Wednesday

Tuesday

Ferris

Monday, Tuesday, Thursday, Friday

Summer fill-ins needed in ALL communities!



Mark Your Calendar for the 23rd Annual Golf Benefit!

Thursday, Sept 16th, 2010
Cleburne Golf Links

For sponsorship, volunteer, or golfer information, please call Lisa Hicks at 972-351-9943 or visit our website.

www.servingthechildrenofyesterday.org

Welcome!

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

Ennis

Dorien Bjork
Julie Beebe
Libby Caldwell

Midlothian

Megan Kapferer

Waxahachie

Barry Hines
Shalin & Brian
Galbraith
Shelli Magin
Joe Jenkins
Kelly Wilder
Mellissa Kizer

Red Oak

Cody Thompson

Please tell your friends
and family about the
need in your community!
Also, we would be happy
to come speak at your
business, church or any
gathering.

972-351-9943
sarah@mowjec.org

Help protect elderly clients from summer heat...



With the summer heat already upon us, Meals-on-Wheels of Johnson and Ellis Counties 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:

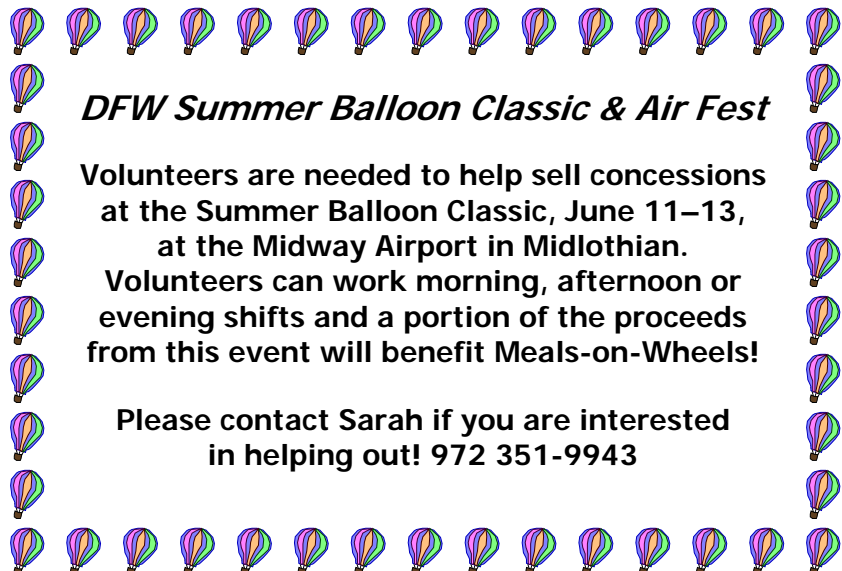
- Everyone needs to drink extra fluids when it is hot
 - Humidity makes it more difficult for sweat to evaporate and therefore more difficult for the body to cool itself.
- Individuals who are obese, ill, have poor circulation, use alcohol, or are on certain medications are at an even greater risk for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

Warning Signs of heat exhaustion include:

Heavy sweating, Paleness, Muscle Cramps, Fatigue, Weakness, Dizziness, Headache, Nausea or Vomiting, Fainting

Please notify us if any of your clients might be at risk of heat exhaustion. Remember, you are our eyes and ears!

Thank you for your help!



DFW Summer Balloon Classic & Air Fest

Volunteers are needed to help sell concessions at the Summer Balloon Classic, June 11–13, at the Midway Airport in Midlothian.

Volunteers can work morning, afternoon or evening shifts and a portion of the proceeds from this event will benefit Meals-on-Wheels!

Please contact Sarah if you are interested in helping out! 972 351-9943