



# Meals-on-Wheels

OF JOHNSON AND ELLIS COUNTIES

*Serving the Children of Yesterday*

## Volunteer Newsletter

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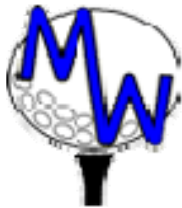
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### **22nd Annual Golf Benefit!**

Thursday Sept 17th, 2009  
Hidden Creek Golf Course  
Burleson

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

### Volunteer Spotlight

For two years now, Rex and Joy Roye have delivered route number five every Thursday in Cleburne with a smile. The



Royes have become a crucial part of the volunteer base in Cleburne, and it all started when another Cleburne volunteer, Nina Roe, invited Joy to come ride with her one day. After riding along several times, the Royes decided to make a Meals-on-Wheels route a regular part of their week, and we are so glad they did! The Royes are very dedicated and dependable volunteers, and they are very gracious in filling in on days when other volunteers have to be out.

They are parents to three grown children and grandparents to six grandchildren, the youngest of whom is four years old. They bring her along with them sometimes, and she loves delivering meals as well! Joy says that volunteering is "very rewarding, and we really do enjoy it." Married 52 years, Joy is originally from Hood County and Rex grew up here, in fact, he graduated from Cleburne High School. They are very committed to serving others in their community and are active members of Bethel Temple.

THANK YOU, Rex and Joy Roye, for all of your help in delivering meals to the homebound elderly and disabled people of Cleburne. You are greatly appreciated!



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

**Cleburne**

- Garrett McClure
- Lisa Waits
- Maurice Moses
- Terre Winter
- Teresa May
- Winter Young

**Burleson**

- Amber Ashton
- Evalene Reed
- Jennifer Tripe
- Jennifer Vandagriff

**Joshua**

- Teleisha Schmidt

**Rio Vista**

- Connie Proctor
- Susie Weathington

**Grandview**

- Coral McMinn
- David Shackelford
- Norma Helm

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.

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

**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

Warning signs of heat stroke can include any of the following: red, dry skin, a fever of 103 or higher, rapid pulse, throbbing headache, dizziness, nausea, confusion, unconsciousness.

***Building Community by Building for the Future!***



With the Kitchen Campaign, Meals-on-Wheels will have the ability to prepare meals in our own kitchen facility, saving over \$200,000. We are so excited about the possibilities the kitchen will bring for the communities we serve!

If you would like more information about the Campaign or how you can be involved, please contact Amy Jackson at 817-558-2840 or [amy@mowjec.org](mailto:amy@mowjec.org)



**Volunteer Opportunities**

**Cleburne**

**Wednesday, Thursday, Friday**

**Joshua**

**Wednesday**

**Grandview**

**Thursday, Friday**