



# Meals-on-Wheels

OF JOHNSON AND ELLIS COUNTIES

*Serving the Children of Yesterday*

## Volunteer Newsletter

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

Thursday Sept 17th, 2009  
Hidden Creek Golf Course  
Burluson

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

### Volunteer Spotlight



For Susanne Hunter of Alvarado, serving others is something she was raised doing. When she was little, her mother used to bake muffins and send the kids out to deliver them to elderly neighbors. That same generosity is certainly still present today, as Susanne delivers meals to homebound elderly people of Alvarado three days a week. A "Texas transplant" by way of California and Colorado, Susanne understands the importance of reaching out to others in her community. She knows that by delivering meals to the clients on her routes, she is providing them with a much-needed service, as well as a smiling face and someone to talk to. "I don't have any special favorites" she says, "except maybe the pets." Susanne loves taking treats to her clients' pets, and even buys a certain type of treat for one particularly picky Chihuahua! She loves volunteering, and says "This is my fun thing. I really enjoy it. If I didn't I wouldn't do it three days a week!" Susanne has been a faithful volunteer in Alvarado for almost three years now.

**THANK YOU,** Susanne Hunter, for your dedicated service. Without volunteers like you, Meals-on-Wheels could not continue to serve the "children of yesterday" and clients would not be able to receive a well-balanced meal each day.

**[www.servingthechildrenofyesterday.org](http://www.servingthechildrenofyesterday.org)**

# WELCOME

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

**Cleburne**

Jay Rich  
Mark Fulkerson

**Lillian**

Rebecca Sims

**Joshua**

Atmos Energy  
Mary Crowley  
Mike McClendon

Thank YOU for your ongoing service, and for your help in recruiting new volunteers to deliver meals to the homebound in your communities.

**You are greatly appreciated!**



**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.

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!

***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 \$175,000. 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**  
**Thursday**

**Rio Vista**  
**Monday, Wednesday, Friday**

**Joshua**  
**Wednesday, Thursday**

*Summer fill-ins needed in all communities!*

***DFW Summer Balloon Classic***  
Midway Regional Airport, Waxahachie  
Friday, June 19 –Sunday, June 21

Meals-on-Wheels will receive a percentage of the sales from this event, and we need volunteers to help represent our organization! Contact us if you would like to help with any of the following shifts:

**Friday, June 19:** afternoon or evening  
**Saturday, June 20:** morning, afternoon or evening  
**Sunday, June 21:** afternoon or evening

**817-558-2840**