



# Meals-on-Wheels

OF JOHNSON AND ELLIS COUNTIES

*Serving the Children of Yesterday*

## Volunteer Newsletter

FEBRUARY 2010

JOHNSON COUNTY VOL.6, ISSUE 2

PAGE 1

**HAPPY  
VALENTINE'S  
DAY**

### CONTENTS

**Volunteer Spotlight**

**Reminder**

**New Route Needed!**

**New Volunteers**

**Cold Weather  
Precautions**

**Volunteer  
Opportunities**

### 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, or email us!

*Thank you for your help!*

**817-558-2840**

***whitney@mowjec.org***

### Volunteer Spotlight

For Ross and Dorothy Temple and their two sons, volunteering is incredibly important. Ross says that they volunteer "to teach the kids to give of themselves in order to help others."

Joseph, age eleven, and Stephen who is 16 ride along and deliver the meals

to the clients while their dad drives. The boys are homeschooled and the family volunteers together each

Friday in Grandview. Ross and Dorothy are both originally from Maine, and the family moved to the area about five years ago. Ross says he fell in love with Texas

years ago while in the military. Ross is a disabled veteran and says, "I am in a wheelchair—if I can volunteer, anyone can!" He enjoys delivering Meals-on-Wheels and says that being able to help others in his community by delivering meals is a reward within itself.

**Thank you**, Temple Family, for your dedication to the homebound elderly and disabled in your community.

You are greatly appreciated!



### New Route Needed in Cleburne!

**URGENT!**

Due to the continuing increase in the need for meals, we are in need of a 16th route in Cleburne. We are still in need of volunteers for this route on Mondays, Wednesdays, Thursdays and Fridays.

Without volunteers, beginning this new route is not possible! Please keep this in mind when talking with family, friends and co-workers about Meals-on-Wheels.

***Thank you for your help!***

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

# WELCOME

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

**Cleburne**

Amber Jean  
Samantha Talley

**Burleson**

Brian Heltzel  
Debra Earley  
Diane Tripp  
Florence Corbin  
Russell & Deda Ator

**Venus**

Sheila Banks

**Lillian**

Danny James

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

**817-558-2840**  
**whitney@mowjec.org**

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

## 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.

**Thank you for all that you do!**



### Volunteer Opportunities

**Cleburne**

Monday, Wednesday  
Thursday, Friday

**Burleson**

Tuesday, Wednesday  
Thursday, Friday

**Lillian**

Monday

**Grandview**

Monday

*Fill-ins needed in all communities!*

*Please let us know if you or someone you know would like to help with one of these routes.*