



Meals-on-Wheels

OF JOHNSON AND ELLIS COUNTIES

Serving the Children of Yesterday

Volunteer Newsletter

JULY 2010

JOHNSON COUNTY VOL.6, ISSUE 7

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Summer Heat

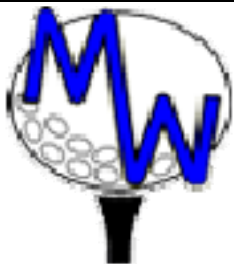
2010 Golf Benefit

"Goatneck" Bike Ride

New Volunteers

Summer Volunteers

Volunteer Opportunities



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. 817-558-2840

Remember, as Meals-on-Wheels volunteers, you are our eyes and ears. Thanks for your help!

Volunteers Needed to help with the 23rd Annual "Goatneck" Bike Ride!

Saturday July 31, 2010

Volunteers will be needed in the morning, helping to flag the course for riders in and near Cleburne. All money raised from this event goes to Johnson County charities, including Meals-on-Wheels!

Contact Lisa Hicks if interested!

817-558-2840 or lisa@mowjec.org





Please join us in
welcoming our newest
volunteers!

Cleburne
Maria Gonzalez

Burleson
Jeannine Reddick
Summer Kvalheim
Kristin Shlemon

Joshua
Julie Blackwood, Joshua 4-H
Donna Martin

Keene
Kim Peak

Grandview
Cindy Harrington

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!

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

Burleson
Friday

Cleburne
Monday, Wednesday, Friday

Lillian
Tuesday, Thursday

Keene
Wednesday

Grandview
Wednesday



Summer fill-ins needed in all communities!