



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:

Cleburne

Monday, Wednesday, Friday

Burleson

Monday, Tuesday, Thursday

Keene

Wednesday

Grandview

Thursday

Alvarado

Wednesday

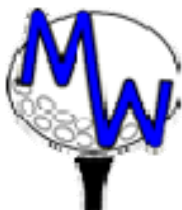
Lillian

Monday, Thursday

Venus

Tuesday

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 817-558-2840
or visit our website.

www.servingthechildrenofyesterday.org

WELCOME

Please join us in welcoming our newest volunteers!

Cleburne
Candice Boyd
Marjorie Rochelle
Gail Robertson

Burleson
Amber Munoz
Jim Vann
Michelle Barkley
Robin Holland
Sue Ware

Venus
Carol Beifus

Joshua
Hizamar Escobedo

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.

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 Whitney if you are interested in helping out! 817-558-2840