

For Immediate Release  
June 2, 2010

Contact: Robert Smith  
Director of Public Relations  
Visiting Nurse Association  
(214) 689-2609

## **SCHOOL IS OUT FOR THE SUMMER, BUT LESSONS CONTINUE ABOUT HELPING OTHERS**

School is out for the summer, but for students and teachers there's an educational opportunity about the importance of community service. Summer volunteers are needed for the Visiting Nurse Association's Meals on Wheels program in Dallas County.

Drivers can choose to deliver meals one or more times a week. Drivers pick up meals between 8:45 a.m. and 10:30 a.m. at one of 21 locations across Dallas County. The average number of meals on a route is 14.

A volunteer who delivers just one Meals on Wheels route saves the Visiting Nurse Association enough money to be able to provide a meal to a homebound elderly individual for an entire week.

Volunteering with Meals on Wheels also benefits students who need to complete community service hours required by some high schools or colleges for graduation. Being a Meals on Wheels volunteer also stands out on job, college admission, and scholarship applications.

"You don't need to be a student or teacher, though, to volunteer," notes Betsy Cox, director of volunteers for the Visiting Nurse Association. "Spending a couple of hours one day a week delivering meals will bring a little bit of the sunshine indoors for many homebound seniors," she adds.

Information about becoming a VNA Meals on Wheels summer volunteer can be obtained by calling (214) 689-2210 or going online at [www.vnatexas.org](http://www.vnatexas.org).



**Summer volunteers with VNA's Meals on Wheels program provide needed help for the homebound elderly in Dallas County and also gain a rewarding experience.**

###