

For Immediate Release
September 11, 2009

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

SUMMER MAY BE OVER, BUT HUNGER IS STILL HERE

For most Dallas County residents, the end of summer means vacations are over, children are back in school, foliage colors begin to change, and football season starts.

For many homebound frail elderly, sick, and disabled individuals, the end of summer isn't much different than the rest of the year. They still depend on the Visiting Nurse Association's Meals on Wheels program for a nutritious home-delivered meal.

The end of summer is also a time when the shortage of volunteer drivers for Meals on Wheels is particularly severe.

There are more than 365 delivery routes in Dallas County. The average number of meals delivered on a route is 10. Volunteers can choose to deliver Meals on Wheels one or more times a month.

For more information about becoming a Meals on Wheels volunteer, contact Betsy Cox, director of volunteers at the Visiting Nurse Association, at (214) 689-2210 or coxbe@vnatexas.org.



Volunteers not only deliver Meals on Wheels to the homebound elderly, sick, and disabled, but also a little sunshine.

###