

For Immediate Release
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SCHOOL WILL SOON BE OUT FOR THE SUMMER, BUT LESSONS CONTINUE ABOUT HELPING OTHERS

School will soon be 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.

Volunteer times are flexible. Drivers can choose to deliver meals one or more times a week. Drivers pick up meals between 9:05 a.m. and 10:55 a.m. at one of 20 locations across Dallas County. The average number of meals on a route is 14.

Volunteering with Meals on Wheels can help students complete community service hours required by 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 Linda Mason, VNA's vice president of long-term care, who oversees the Meals on Wheels program. "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 contacting Betsy Cox, director of volunteers, at (214) 689-2210 or coxbe@vnatexas.org.

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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.

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