

# Helping North Texans Age With Dignity Since 1934



Hospice Care | Meals on Wheels  
Private Care | Palliative Care

**VNA Meals on Wheels** provides hot, nutritious, freshly prepared meals five days a week to Dallas County residents who cannot provide for themselves due to illness, advanced age or disability. These meals contribute to the overall health and well-being of participating seniors, including those with chronic illnesses that are affected by diet, such as diabetes and heart disease, and frail seniors who are homebound. Without VNA Meals on Wheels these seniors would go hungry.

## GET ASSISTANCE

In order to qualify for **VNA Meals on Wheels**, you must:

- Be over the age of 60 or disabled,
- Be unable to drive or leave your home without assistance,
- Have limited financial resources, and
- Live in Dallas County.

## HOW TO APPLY

If you or a loved one would like to apply to receive meals through **VNA's Meals on Wheels** program, please contact April Burns at (214) 689-2268 or email her at [burnsa@vnatexas.org](mailto:burnsa@vnatexas.org) in order to begin the application process.

## HISTORY

The Meals on Wheels Program in Dallas was organized in 1957 as a pilot project by the Women's Council of Dallas County. It was one of the first Meals on Wheels programs in the United States. In 1973, VNA agreed to assume responsibility for the service, viewing the Meals on Wheels program as a logical extension of home health care and as an advancement of the agency's mission. Over the past forty years, **VNA Meals on Wheels** has expanded with the needs around us – from serving 125 meals a day in 1973, to more than 4,500 today.

**Danalee Morgan, Intake Specialist**  
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