

# MARTIN LUTHER KING, Jr. DAY OF SERVICE

*Please join VNA Meals on Wheels for our  
16th Annual MLK Day Special Meal Delivery  
on Monday, January 16, 2023 at 9:30 am*



**HONOR THE DREAM. VOLUNTEER.**



## Visiting Nurse Association



Meals on Wheels  
Hospice & Palliative Care

1(800) CALL-VNA  
[vnatexas.org](http://vnatexas.org)



TO RESERVE YOUR ROUTE:

- Call Tracie Demery at (214) 689-2653
- Email [demeryt@vnatexas.org](mailto:demeryt@vnatexas.org)
- Go online at [volunteer.vnatexas.org](http://volunteer.vnatexas.org)

**MEAL DISTRIBUTION POINTS:**

Concord Baptist Church  
6808 Pastor Bailey Dr.  
Dallas, TX 75237

**TURN OVER FOR INSTRUCTIONS**



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## 2023 INFORMATION

All volunteers must be fully onboarded (**complete the online application, consent to and pass a background check, and complete the online training videos**) to volunteer with the VNA Meals on Wheels program.

Please scan the QR code below to register for the event.



Once you have been fully onboarded as a volunteer through VNA Meals on Wheels, you'll be able to sign up for a recurring (ongoing) route or a one-time route in an area that works best for you as well as special events such as holiday gift, Friends on Wheels Snack Bag deliveries and monthly pet food deliveries!

For more information, please email [volunteer@vnatexas.org](mailto:volunteer@vnatexas.org) or call 214-689-3222.

**All student volunteers under the age of 18 MUST  
volunteer with a parent and/or adult**

**Life's most persistent and urgent question is, 'What  
are you doing for others?'**