



# Meals on Wheels

## Touching Lives for Christ

Is it not to share your food with the hungry and to provide the poor wanderer with shelter... Then your light will break forth like the dawn, and our healing will quickly appear; then your righteousness will go before you, and the glory of the LORD will be your rear guard.

~ Isaiah 58:7&8

*MOW is sponsored by the Dallas area Visiting Nurses Association (VNA) located on Mockingbird Lane. The Messiah chapter has existed forever and one day (over 25 years).*

Volunteer Opportunities: Volunteers are needed to deliver meals to the people that have signed up for the MOW program. Specifically, this includes folks who cannot provide meals for themselves including elderly, people recovering from illnesses, ambulatory people, mentally handicapped, etc...

Skills Needed: Personal transportation (auto), ability to read directions and follow a map, ability to walk from car to house to house, friendly smile and ability to converse with the people and take notes for problems found.

Time Commitment: Approximately 2.5 hours (9:00 AM – 12:00 PM) **once** a month. Note: The Messiah group currently works the 3<sup>rd</sup> week of each month. We have 10 “regular” volunteers (and several substitutes) that pair up to cover 5 days of the week (weekends are handled differently by the VNA).

Contact Info:

Messiah Coordinator

Sam Samuelson ~ 972-690-0989

VNA Director of Volunteers

Betsy Cox ~ 214-689-2210