

Welcome!

**Please join us
in welcoming
our newest
volunteers!**

Bardwell

Meg Lyons

Ennis

Charles Warren
Doug Norton

Ferris

Michael Fulps

Italy

Chris Baker

Midlothian

Linda & Danny Long
Tony Sanders
Dana Rowe

Red Oak

Tamara Lee
Bernice Rennie

Waxahachie

Methodist
Children's Home
Jaclyn Lauterbach
Wayne Gilbert
Wendi DeJong
Cindy Helton
Pam Fowler
Judy Hamilton
Ruby Jones
Jack Dunaway

972-351-9943
shanna@mowjec.org



Volunteering—Good for YOU!

Volunteering your time doesn't just help others; it turns out, it probably benefits your health, too. Retirees over 65 who volunteered had less than half the risk of dying compared to their non-volunteering peers, according to a study presented May 2 at the American Geriatrics Society annual meeting, in Chicago.

"We found that volunteering remains a powerful predictor of decreased mortality among current U.S. retirees, even after extensive adjustment for possible confounding factors," wrote the study's authors.

"People who are socially engaged will have a better quality of life and better survival," said Dr. Gary Kennedy, director of the division of geriatric psychiatry at Montefiore Medical Center in New York City. "This study is a good way of using science to reinforce what's good common sense.

"Volunteering is a good thing to do, and lo and behold, it's good for you, too."

Entire article may be read at:

<http://www.medicinenet.com/script/main/art.asp?articlekey=100093>



We would like to express our appreciation to all of the volunteers who represented Meals-on-Wheels at the **DFW Summer Balloon Classic** in Midlothian.

Thank you so much for giving your time!

Glenn & Jennifer Alexander, Janet & Dave Elliott, Myron & Andrea Driskell, David Jackson, Teresa & Avery Richards, Sheila Whatley, Alfred & Rhonnie Tompkins, and Mary & Markie Abbott.