



Visiting Nurse Association

VNA MEALS ON WHEELS FACT SHEET

History of VNA Meals On Wheels

Since VNA began managing Dallas County's Meals On Wheels program 1973, the number of meals delivered each weekday has increased from 125 to almost 4,000. In fiscal year 2009, VNA Meals On Wheels made more than 1.1 million home deliveries. This expansion of VNA Meals On Wheels is due to the substantial growth of the aging population.

VNA cooks fresh hot meals every day in its state of the art kitchen. There are several meal drop sites that are grouped to be near the majority of the delivery routes. Meal coolers are delivered to drop sites throughout Dallas County Mondays through Fridays.

For many homebound elderly, sick, and disabled individuals, the difference between continuing to live in their own residences and institutional care is a nutritious home-delivered meal.

Who is Most Likely to Be a VNA Meals On Wheels Client?

- 70 years of age or older, living alone
- has three or more medical conditions
- takes more than four medications
- has infrequent or no family contact
- lives on less than \$600 a month

How Can I Become A Volunteer?

There are delivery routes and meal pick-up sites for volunteers all across Dallas County. Because there are not enough volunteer drivers, more than a third of these routes are delivered by paid drivers.

Deliveries are made Mondays through Fridays in the late morning hours. Volunteers can deliver once a week, every other week, or whatever best suits their schedule. Delivering a route takes approximately 1.5 to 2 hours, serving 10-14 clients. Volunteer trainings are held at the Patrick & Beatrice Haggerty Center (1440 W. Mockingbird Lane Dallas, Texas 75247) the first and third Mondays of every month from 10:30 a.m. to noon. Group trainings can be scheduled by appointment at the VNA office or at your own.

Individuals or groups interested in volunteering to deliver meals should contact Betsy Cox, Director of VNA Volunteers, at (214) 689-2210 or coxbe@vnatexas.org.

Where Can I Pick Up My Meals?

After the meals are cooked in the Patrick & Beatrice Haggerty Center Kitchen, our eight delivery trucks take the meal coolers to 19 meal distribution points scattered throughout Dallas County:

Bachman/Love Field

Bachman Recreation Center
2750 Bachman Drive
Dallas, Texas 75220

Carrollton/Farmers Branch

TD Industries
13850 Diplomat Drive
Farmers Branch, Texas 75234

Cedar Hill

Cedar Hill Food Pantry
403 Houston
Cedar Hill, Texas 75104

DeSoto

Hampton Road Baptist Church
400 N. Hampton Road
DeSoto, Texas 75115

Duncanville

Duncanville Senior Center
206 James Collins Blvd
Duncanville, Texas 75116

East Dallas

St. Thomas Aquinas School
6255 E. Mockingbird Lane
Dallas, Texas 75214

Garland

First Presbyterian Church of Garland
930 W. Avenue B
Garland, Texas 75040

Grand Prairie

Church Street Senior Center
503 W. Church Street
Grand Prairie, Texas 75050

Irving

South MacArthur Church of Christ
1401 S. MacArthur Blvd
Irving, Texas 75060

Lancaster

First Baptist Church of Lancaster
305 E. 3rd Street
Lancaster, Texas 75146

Mesquite

Mesquite Evans Senior Center
1116 Hillcrest Street
Mesquite, Texas 75149

North Dallas

Northway Christian Church
8400 Airline Road
Dallas, Texas 75225

Oak Cliff

Cliff Temple Baptist Church
123 W. 10th Street
Dallas, Texas 75208

Pleasant Grove

Umphress Road United Methodist Church
7224 Umphress Road
Dallas, Texas 75217

Richardson

Spring Valley United Methodist Church
7700 Spring Valley Road
Dallas, Texas 75254

Rowlett/Rockwall

Rowlett Fire Station
3900 Miller Road
Rowlett, Texas 75088

South Dallas

St. Phillip's School
1600 Pennsylvania Avenue
Dallas, Texas 75215

West Dallas

VNA Patrick & Beatrice Haggerty Center
1440 W. Mockingbird Lane
Dallas, Texas 75247

White Rock

White Rock United Methodist Church
1450 Old Gate Lane
Dallas, Texas 75218