



**FOR IMMEDIATE RELEASE**

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## **URGENT: Volunteers Needed To Fill Void**

*Meals on Wheels seeks additional volunteers to help deliver meals this coming season*

**Sept 27, 2010, San Antonio, TX** – *Meals on Wheels of San Antonio* is in urgent need of additional volunteers to assume vacant delivery routes beginning mid-September. Since the end of August, Meals on Wheels has lost a significant number of volunteers due to school and job-related schedule changes. Thus, the sponsoring organization (Christian Senior Services) is putting out an appeal for new volunteers to help fill in the gaps.

“We have had some loyal volunteers deliver meals this past summer despite hot weather and planned vacation schedules,” said CEO, Sharon Baughman. “But now those volunteers can no longer deliver due to changes in their school or work schedule. Therefore, we are asking the community to volunteer and help deliver meals to homebound and disabled seniors living near their work or home.”

*Meals on Wheels* has made it simple to volunteer with the program. Volunteers are assigned a delivery route near their work or home and are only asked to commit one hour per week during their lunch hour to deliver meals. “It is very easy for someone to help and the results are very tangible,” explains Baughman. “Our elderly neighbors depend on these meals and we hope the people of San Antonio will show compassion and not let their neighbors down.”

Volunteers can apply online at [www.christianseniorservices.org](http://www.christianseniorservices.org) or call **Volunteer Services** at (210) 735-5115.

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### **About Meals on Wheels of San Antonio**

*Meals on Wheel of San Antonio*, a program of Christian Senior Services, prepares and delivers over 3,400 nutritious meals each weekday to homebound seniors living in Bexar County. With a registered dietician on staff, our meals are often the primary source of daily nutrition received by our recipients. In addition, personal contact with our volunteers and staff drivers combats loneliness and can often provide opportunities for early intervention in life-threatening situations. Last year, the program provided over 850,000 meals to senior residents of Bexar County. To learn more about the organization, visit [www.christianseniorservices.org](http://www.christianseniorservices.org).