

*Delivering meals and so much more . . .*



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Contact: Denise Harris  
Special Events Coordinator  
Office: (817) 258-6433  
Cell: (817) 235-4876  
[Denise@mealsonwheels.org](mailto:Denise@mealsonwheels.org)

### **Local Volunteer Wins National Award**

**Fort Worth, TX** – Meals On Wheels Inc. of Tarrant County is proud to announce that one of its long time volunteers, John Gill, received the Meals On Wheels Association of America Jody Tepedino Nicholo Award. John, who goes by the nickname “High Five”, is 95 years young and has been a volunteer for Meals On Wheels for 16 years. John is the second winner of the national award which is given annually to a volunteer who goes above and beyond in their service to the homebound. “John Gill is a shining example of the Meals On Wheels volunteer who goes above and beyond to make sure seniors in their community have the nutritious food and human contact they need to survive,” said MOWAA President and CEO Enid Borden. “We congratulate John and thank all the Meals On Wheels volunteers who provide a lifeline for America’s hungry, homebound and forgotten seniors. They are the backbone of America’s Meals On Wheels programs.” Voting for the award was held from June 15 through August 1 and entries were judged by the general public who viewed a short video clip highlighting the accomplishments of each participant. In addition to the award, John will receive a new set of Bridgestone tires. There will be a reception held in John’s honor on Saturday October 2, 2010 in North Richland Hills at which time he will be formally presented with his award by MOW Executive Director Carla Jutson. “We are so fortunate to have volunteers such as John serving our community. He is a true representation of the strong volunteer base we enjoy here in Tarrant County on a daily basis”, Jutson said.

### **About Meals On Wheels**

Meals On Wheels, Inc. of Tarrant County is a nonprofit agency dedicated to providing hot, nutritious meals and services to homebound people who are unable to prepare meals for themselves and have no one to help them on a regular basis. This service supplies much-needed food and daily visits to elderly, disabled, and chronically ill people in Tarrant County. Meals are prepared in Meals On Wheels’ own kitchen to ensure the highest quality food at a reasonable cost. The meals and services that the agency provides allow homebound people to remain in their home for as long as possible, maintaining their independence and dignity.

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