



Meals on Wheels

of Greater Lynchburg

Delivering independence, nourishing body and spirit

Volunteer Newsletter

April 18—22 was National Volunteer Week. What a perfect opportunity to recognize the incredible gifts that are provided by you, our volunteers. Meals on Wheels of Greater Lynchburg would cease to exist without your incredible support and help. Every year I have to “value volunteer contributions” for the IRS. Last year I reported that \$470,650 in value was provided by our volunteers. I would actually say that is not enough, because **the work you do is priceless.**

A New Tagline

Did you notice our new tagline on the top?

Delivering independence, nourishing body and spirit.

After a great deal of discussion, research and conversation, the Meals on Wheels Board and some incredible community volunteers came together to develop a short description of our services. Every day when our volunteers bring a meal, they are providing an opportunity for our recipients to remain in their own home, as independent as possible. While the nourishing food is important, we believe the connection to the community that you provide and the care and commitment you demonstrate, nourishes our friends and neighbors in need in just as important a way.



Volunteers Are Our Heroes

Last Fall, at our Volunteer Dinner, we celebrated our volunteers as heroes. While no one is changing clothes in telephone booths (if they can even find one today) or swooping down to save a maiden in distress, the work you do and the example you provide makes you a hero in our books. Thank you!

HERO. Someone we admire. Someone we look up to. Someone who gives us hope. Not a myth, or an icon, or a legend—someone solid, genuine and real. An ordinary person who does extraordinary things. A hero picks us up when we are down. Believes in us before we believe in ourselves. Inspires us to expand and embrace what's possible. Helps us realize that we can be heroes, too.

Kobi Yamada

Food Safety

To ensure food safety, please never leave the meal in a cooler unless there is ice. We also want to make sure everyone is safe, so only leave food when the route sheet indicates you should do so (even if the cooler is outside the door).

Thank You!

Still Growing

Meals on Wheels is continuing to grow, serving more people than ever before. We started a new route in Madison Heights recently. We are actively recruiting for a new route in the Waterlick/New London Area and then will turn our attention to a new route along the Expressway. If you are interested in delivering more often or know of some-

The Training Video is being edited and will be available soon. Watch for a notice at Canteen & VBH

**Don't Forget to Pick Up
Yellow Door Hangers**

when you get your meals.

one who might enjoy volunteering, please call Ronnie today (434.847.0796). We want to make sure our routes remain a manageable size.

Safety First

While no volunteers have ever reported to us that they have been hurt during their route by other people, it probably is a good idea to remind everyone that **Safety Must Be A Priority** when you are delivering meals.

Meals on Wheels does not do a background check on any of our meal recipients (or volunteers). In general, the people we are serving are very ill and while it is unlikely that they would cause a problem, remember you are still in a vulnerable position when you deliver meals. Many of the people we are serving have very diverse backgrounds or live in areas that may be concerning.

As always, we encourage volunteers to deliver in teams. It is usually more fun and a great opportunity to spend some time with a friend or family member. It might also be a good opportunity to show a friend how fun it is to volunteer.

If you do deliver by yourself, be aware of your surroundings—the people on the street, individuals in stairwells or lobbies, and of any other potential issues. If you ever feel unsafe, call the recipient and ask them to come to the door or call the office and we will make the call for you or talk you through the situation.

Many of our recipients have companion animals. If there is ever a concern about the volatility of a pet, we will ask the client to make sure they are inside or in a place where they could not jump up on you. If that is not the case, please call the client and ask them to secure the animal and call the office. If it bothered you, it might bother someone else. We want to make sure it doesn't regularly occur.

If a recipient ever makes you uncomfortable because of something they say, ask you to do, or a behavior, please let us know immediately. This is a problem that will be addressed immediately. Never feel that you have to "come in" or help them if you are not comfortable doing so.

Many of the routes are long and you are crossing some busy streets. Please take care driving your route. If you ever have an accident or car troubles, call the office and we will try to be of assistance. We can pick up the remainder of your meals, or just stay on the line with you until the police or other assistance arrives.

The staff at Meals on Wheels and our recipients care about your health and well-being. So **Please Be Careful!** You are an important part of our organization and our community.