

## Our Volunteers



Providing essential food to so many deserving people takes a team of caring volunteers. Our volunteer's effort results in an invaluable service to some of our region's most vulnerable people. Whether our recipients are living on a fixed income, are recovering from an injury or from hospitalization; they receive daily nutrition and comfort – ensured by a visit from the friendly face and kind words of someone who cares.

To keep our program cost efficient, volunteers deliver the meals. They pick up the coolers from Sentara Obici Hospital and are assigned a route in the Suffolk and Isle of Wight regions. Upon completion of meal delivery, they return the coolers to the hospital. Delivery is during mid-day, Monday through Friday.



If you would like to volunteer for **Suffolk Meals on Wheels**, please contact us at 934-4911. Also, we have applications available for pick up at the office at Sentara Obici Hospital and we are located on the Garden Level. Applications can also be downloaded from our website: [www.suffolkmealsonwheels.com](http://www.suffolkmealsonwheels.com).

**Suffolk Meals on Wheels** is a member of the **Meals on Wheels Association of America**, and is America's oldest and the largest organization representing those who provide services to those in need.



## Suffolk Meals on Wheels



“It is more than a meal”

**Suffolk Meals on Wheels** helps people remain independent and in their homes as long as possible by delivering meals right to their doors, and providing daily safety checks and friendly interaction with volunteers.

We deliver in Suffolk and the Isle of Wight Region, including Windsor and Smithfield.

**Suffolk Meals on Wheels** office is located on the Garden level at:

**Sentara Obici Hospital**  
2800 Godwin Boulevard  
Suffolk, Virginia 23434  
Phone: 757-934-4911

[www.suffolkmealsonwheels.com](http://www.suffolkmealsonwheels.com)

**Suffolk Meals on Wheels** is the most recognized name brand of senior nutrition programs in the region. Our meals are prepared by the Sentara Obici Food Service Department and provide two-thirds of the minimum daily nutritional requirements for adults.

The meals can be modified to meet special dietary needs, such as low sodium, diabetic and renal. Two meals, a hot meal and a chilled meal including two beverages, are delivered by our volunteers to each recipient's home Monday through Friday each week.

Meals can be brought to you on a temporary or a long-term basis. For some it can be a solution to a temporary situation - an illness, and injury or a recent hospital stay. For others, **Meals on Wheels** becomes an essential part of their daily life, providing nutrition to maintain good health for seniors and the disabled.

**Suffolk Meals on Wheels** provides more than meals; we also provide the recipient with a connection with the outside community, a daily "check-in" to ensure the client safety and well-being, and essential services.



The meals we provide do more than nourish the body. They also:

- Help maintain health and aid recovery
- Provide a method of keeping contact between the person and their community
- Help people maintain their independence by enabling them to stay in their homes instead of moving to a healthcare facility
- Are less costly than an assisted living or nursing facility.



### **Eligibility**

Applicants are asked to complete a form to receive meals. A small fee is charged for the meals. A minimum of 10 days payment is paid for at the time the application is submitted. The recipient or caretaker is billed at the end of each month. If there is a financial need, Senior Services can be contacted to assist you with payment.