

Suffolk Meals on Wheels

Winter 2017 Newsletter



Located on the Garden Level at Sentara Obici

During the Christmas season, some of us will be focused on what we give and others will be focused on what we get. Not all gifts come wrapped in a big bow. Remember - **The more of your heart you give away, the fuller it gets.** That is true for our amazing Meals on Wheels Volunteers. I hear from our recipients wonderful stories about how they have been touched by our volunteers giving of their time. Also, thank you for attending our Volunteer Appreciation Event in September. It was great seeing everyone and sharing in your years of service. Also, in September we had an incredible Golf Charity Event at Suffolk Golf Course which included volunteers, friends and donors alike. I hope you will be able to enjoy being with your family and friends this Christmas. Take time to savor every minute with your family, because those moments will provide enjoyable memories for a lifetime! I wish you a Merry Christmas with a bounty of blessings in the coming year,

Roseland Lowe Worrell, Executive Director

FROM THE OFFICE STAFF

If you are on a Team, please contact your Team Leader if you cannot deliver, instead of the office. If unable to connect with Team Leader or another volunteer, then call the office and we'll make the delivery happen. Do not forget - if a meal is undeliverable, **please call us** so we can contact the recipient's emergency contact.

Important Meal Delivery Guidelines: Please refer to the **notes** on Route Sheets. Please **do not** leave meals unattended on porch or in cooler unless you're instructed by the office to do so. Call the office if recipient does not come to door/answer the phone. We will call their Emergency Contact.

Earl Smith, Program Manager

Patricia Simms, Program Manager

Shirley B. Robinson, Program Volunteer

EXCITING UPCOMING EVENTS

- **Annual Volunteer Orientation/Update** – is **Tuesday, January 30, 2018** in the Amedeo Obici Conference Room from 10:30am to 11:10am. If you are a new volunteer or need a refresher course, we urge you to attend. And yes, there will be door prizes.
- **Meals on Wheels Charity Event** – the “Rocky Hock Opry” is on **Friday, June 1, 2018**, at Kings Fork Middle School. Tickets are \$15 donation. Also available is Volunteer Group Rate \$10/tickets with minimum of **25** attending. Group rate tickets are available **only** in the Meals on Wheels office with one payment on or before **May 4th**. Group tickets will **not** be available at ticket site locations.
- **Meals on Wheels Golf Charity Event** – will be at Suffolk Golf Course on **Friday, September 21, 2018**. Shotgun Start at 1 pm. Enjoy Lunch from Chick-Fil-A and Dinner is Buffet BBQ/Fried Chicken. If you play golf or have team, we encourage you to bring friends and sponsors and join us! It's for a good cause...