

# Suffolk Meals on Wheels

Spring 2018 Newsletter

757.934.4911

Located on the Garden Level at Sentara Obici



## Giving Thanks to Volunteers during National Volunteer Month

In honor of National Volunteer Month, I would like to thank our amazing volunteers that create change in our community with the delivery of meals. Suffolk Meals on Wheels could not provide these services without your help. The heart of our home delivered meal service is a daily delivery of meals to those in our community who are unable to venture out for food or to cook meals for themselves. But, we deliver so much more than a meal--we also offer our homebound neighbors in Suffolk and the Isle of Wight County Region a chance for friendly social interaction, a reminder to eat or even to get out of bed, a safety check to make sure nothing is wrong, and perhaps most important of all, a message that we care. For many of our clients, the service we provide makes the difference between being moved to a nursing facility and being able to live independently in their home, where they want to be.

Hope to see you at our fundraiser, “**The Rocky Hock Opry**”, on **Friday, Jun 1, 2018**. Details are on the next page. Proceeds from this annual charity event help us deliver more meals with smiles.

With deep appreciation,

Roseland Lowe Worrell  
Executive Director

### **FROM THE OFFICE STAFF**

First of all, we'd like to introduce our new Program Manager, Shirley Robinson. Shirley joined us as a volunteer a couple of years ago, and in January, joined us as a Program Manager. Welcome, Shirley!

**IMPORTANT INFORMATION:** We have new direction in Food Services, and meals are coming out earlier! **Our goal is to have coolers available for pick-up on or before 11:30 am.** We thank the volunteers for delivering meals and arriving when scheduled. Thank you for covering for each other on a Team to make this happen. If you are on a Team, please contact them if you cannot deliver, instead of the office. If unable to connect with your Team Leader or another volunteer, then call the office and we'll make delivery happen.

Don't forget, if meals are undeliverable, **please call us** so we can call the recipient's emergency contact immediately.

Earl Smith, Program Manager  
Shirley B. Robinson, Program Manager

Our annual fundraiser, the “**Rocky Hock Opry**” is Friday, June 1, at 7 pm at Kings Fork Middle School in Suffolk. For our volunteers, we are offering a group rate of **\$10 tickets** with a minimum of **25** attending and are **only** available in the Meals on Wheels office along with one payment on or before May 18th. Group tickets **are not** available at ticket site locations.



**Friday, June 1, 2018**

**7 pm**

**Kings Fork Middle School  
350 Kings Fork Road  
Suffolk, Virginia**

**Tickets: \$15 donation**

**Tickets: \$20 at the Door**

**Great Music & Entertainment featuring: Golden Oldies,  
Classic Country, Gospel and “Flat-Billy” Comedy**

**Ticket Locations:**

**Farmers Bank**

50 E Windsor Blvd, Windsor  
1119 S Church St, Smithfield  
3100 Godwin Blvd, Suffolk  
1008 W Washington, Suffolk  
28319 Southampton Pkwy, Courtland

**Virginia Commonwealth Bank**

1703 N Main St, Suffolk  
**Windsor Hardware**  
5 Joyner Ave, Windsor  
**Bradshaw & Briesemeister, DDS**  
5501 Bennetts Pasture Rd, Suffolk

Suffolk Meals on Wheels Office (934-4911)