

## **We Need Your Help Now! How?**

### **Become a Volunteer With Senior Nutrition**

Volunteers make it possible to deliver much needed meals to our homebound, older age recipients, for five (5) days of each week. State holidays are excluded. Most routes may take an hour or longer for delivery.

When you volunteer, you can:

- 1) Improve a home-bound older adult's health by providing nutrition,
- 2) Bring comfort to clients by assuring them that someone will check on them three (3) days a week during this COVID-19 challenge,
- 3) Encourage a client's day by sharing a kind word and smile, and
- 4) Help an older age adult remain in their home longer.

As a volunteer, you may choose to deliver once a week, once a month, or more all upon consideration of your own personal schedule.

To become a volunteer you must be 18 years of age, submit a completed application to and receive training provided by the Albemarle Area Agency on Aging. Once your completed application is submitted to the Agency on Aging, verification will be performed of all information and references stated. Upon approval, the volunteer will receive a *Welcome Packet* and is ready to begin enhancing and enriching lives in our older age homebound community.

You may click here for the [Senior Nutrition Volunteer Application](#). Please contact Laura Rollinson, Administrative and Volunteer Coordinator so that you may become a part of this service: 252-404-7091.