



March for Meals Champion Week

NCRGEA & Meals on Wheels Instructions for NCRGEA Districts—

March 20-24, 2023

DISTRICT 1

Contact: Debbie Sprouse | email: Debbie.Sprouse@mowabc.org

Location: Asheville and Buncombe County

How to Sign Up:

Please use our March for Meals Page on our website; it includes a link for group volunteering.

<https://www.mowabc.org/mfm2023>

DISTRICT 2

Location: Alleghany County

Contact: Kate Edwards, Director | email: acoa7986@skybest.com

How to Sign Up:

Please call the Alleghany Senior Services at 336.372.4640. Our routes take about 30 - 40 minutes each. We have 7 different routes for each day of the week. We would welcome volunteers Monday thru Thursday. Volunteers start at 11:00 a.m.

Location: Rowan County

Contact: Alexandra Fisher afisher@mowrowan.org

How to Sign Up:

Please send an email to afisher@mowrowan.org or Program Director Sandy Combs at scombs@mowrowan.org OR phone at 704.633.0352.

Volunteers are asked to please provide name, number and/or email, and preferred method of communication.



Location: Surry and Yadkin Counties

Contact: Lisa Money | phone: 336.367.7251

How to Sign Up:

Cannot take volunteers for March for Meals, but for other times

Members who are interested in volunteering in Yadkin or Surry Counties can go to www.mealsonwheelsamerica.org and there is a sign-up system; choose their area of interest by zip code. We would then receive the referral and reach out to get them started.

We have five nutrition sites and have 23 routes. Anyone interested in delivering meals, they may reach us through MOWA or call Lisa Money at 336.367.7251 to begin the paperwork and background check process.

For clients interested in receiving home-delivered nutrition, there is a waiting list in both counties at this time.

DISTRICT 3

Location: Davidson County

Contact: Chris Bitterman | email: chris.bitterman@davidsoncountync.gov

How to Sign Up:

Please email: chris.bitterman@davidsoncountync.gov and include:

- Name
- Address
- Phone number
- Age
- Emergency contact name and phone number

Volunteers are paired with an experienced driver close to their own age with whom they could ride on a Meals on Wheels route. Please contact us *any* time and we will schedule a ride-along.

Location: Davie County

Contact: Kim Shuskey | email: kshuskey@davielcountync.gov

How to Sign Up: Prospective volunteers can contact Stacey Southern at 336.753.6230.

Before volunteering, all new volunteers have to go through a training/orientation program, which lasts about 30 minutes, or you can ride with another volunteer.

To inquire about receiving services, contact Tara Harper at 336.753.6230.



Location: Forsyth County / Winston-Salem

Contact: Paige Reilly, Volunteer and Meal Delivery | email: preilly@seniorservicesinc.org

How to Sign Up:

Call Paige Reilly | Meals on Wheels Volunteer Coordinator | 336.721.6910

preilly@seniorservicesinc.org

To *receive meals* – contact the Helpline at 336.724.2040 to complete an intake qualifying screening as a first step.

Location: Guilford County

Contact: Ellen Whitlock | email: director@senior-resources-guilford.org

How to Sign Up:

Individuals will need to go through an hour-long training prior to signing up. Please email Ellen for details.

Location: Rockingham County: Madison/Mayodan, Reidsville

Contact: Angela Wright | email: awright@adtsrc.org

How to Sign Up:

Please email Angela Wright to sign up as a volunteer.

To receive services, please contact: Charlotte Garrison | email: cgarrison@adtsrc.org

DISTRICT 4

Location: Durham County

Contact: Annette Reed | email: annette@mowdurham.org

How to sign up:

Our online application is required to get set up and be ready to pick your assignment [Meal Delivery Driver or Remote Wellness Caller] in March or before. Use this website to contact us: durham.mowscheduler.com/volunteerapplication



Please apply before March 1st, which will allow you access to our scheduling system. You will then be able to select your assignment and the day you want to volunteer. Be sure to write in NCRGEA as your organization.

Location: Orange County / Chapel Hill

Contact: Heather Harris | email: volunteers@mowocnc.org | 919.942.2948, ext. #3

Address is 632 Laurel Hill Road, Chapel Hill, NC 27514.

* Masks **are required** for volunteers, due to the higher number of COVID cases in our county.

How to sign up:

Here's how it works in 3 easy steps:

1) Click this link to see our SignUp on SignUp:

<https://signup.com/go/sHWrKVK>

2) Review the options listed and choose the spot(s) you like.

3) Sign up! It's Easy - you will NOT need to register an account or keep a password on SignUp.

(Note: SignUp does not share your email address with anyone. If you prefer not to use your email address, please contact Heather Harris for manual sign up.)

DISTRICT 5

Location: Camden, Chowan, Currituck, Dare, Gates, Hyde, Pasquotank, Perquimans, Tyrell and Washington counties

Contact: Laura Rollinson | email: lrollinson@accog.org

Phone: 252.404.7091

How to Sign Up:

Contact Laura to sign up and deliver with an approved volunteer that is already on the schedule or a staff member. *There are 56 routes in 10 counties.* Volunteers will specify which county and which day they would like to participate.



AC-Application-202
2-PDF (1).pdf



Application Link for March: [Meals On Wheels \(albemarlecommission.org\)](https://albemarlecommission.org)

Application Link Long Term: <https://albemarlecommission.org/area-agency-on-aging/senior-nutrition/volunteer-with-senior-nutrition/>

Location: Halifax County / Scotland Neck

Contact: Hattie Staton | email: hattiestaton@embarqmail.com

How to Sign Up:

In person signup is requested at our location at 1403 Church Street, Scotland Neck, NC 27874.
Phone # 252.826.3891

Location: Nash County

Contact: Tamika Hill | email: Tamika.Hill@nashcountync.gov

How to Sign up:

Tamika Hill is the contact person by phone 252.459.1367
or email: Tamika.Hill@nashcountync.gov or

There is a volunteer packet that would need to be completed:



Volunteer
orientation and traini

Location: Pitt County

Contact: Rich Zeck | email: rzeck@pittcoa.com

How to sign up:

Potential volunteers can call our volunteer coordinator, Susan Haas at 252.752.1717 x204 or via the website and apply: <https://www.pittcoa.com/volunteer/>

DISTRICT 6

Location: Cabarrus County

Contact: Taylor Brock | email: volunteer@cabarrusmow.org | phone: 704.932.3412

How to Sign up:

Attached are forms new volunteers will need to get started in the process to deliver meals with Cabarrus MOW. **NCRGEA Members are not obligated for 6 month volunteer signup**

Please review the live link that allows volunteers to see the open and available routes for the week of March 20-24 ([MOW Scheduler - Help Wanted](#)).



Mobile Meals App
Instructions.pdf



volunteer profile
sheet 2022 (002).doc



Volunteer Delivery
Guidelines Updated

Location: Gaston County


Contact: Selina Pate: email at Selina.Pate@gastongov.com

Phone: 704.862.7833

How to Sign up:

Please complete the online volunteer training and application through the link below:

<https://www.cognitoforms.com/GastonCounty1/DSSMealsOnWheels>

Click on the YouTube symbol  to access the 10-minute training video, then fill out the application; their website is secure. A background check is done on all volunteers. After you have submitted the application, you will be notified and placed on the volunteer schedule.

Location: Mecklenburg County

Contact: Martha Cochrane | email: mcochrane@friendshiptrays.org

Kelly Vass: kvass@friendshiptrays.org

How to Sign up:

Email the completed volunteer application to Martha Cochrane at mcochrane@friendshiptrays.org and provide your Monday through Friday availability. Please list NCRGEA as the Organization you are volunteering on behalf.



Volunteer
Application .docx



DISTRICT 7

Location: Cumberland County

Contact: Amber Gulch | email: agulch@ccccooa.org

How to Sign Up:

Please meet Amber Gulch at the Cumberland County Council on Older Adults office:
339 Devers Street, Fayetteville NC 28303

SIGN UP prior to March 20, 2023 to sign the CCCCOOA confidentiality form

Location: Hoke County

Contact: Mary Hollingsworth | email: mhollingsworth@hokecounty.org

Phone: 910.875.8588

How to Sign up:

To volunteer, you must contact Senior Services via email or phone to indicate request a volunteer application. Once the application has been reviewed, we will reach out to the volunteer to complete an orientation for the Meals on Wheels program.

To be a recipient of the Meals on Wheels program, please call 910.875.8588. You must meet the qualifications of: age 60 or older, not be able to prepare meals or have someone who can prepare meals. Eligible applicants will be placed on the waiting list based on priority. The client will receive a notification once a vacancy becomes available for the program. The nutrition coordinator will then make an appointment to complete the intake process.

Location: Montgomery County

Contact: Mistie Williams | email: mistie.williams@montgomerycountync.com

Phone: 910.572.0050

How to Sign up:

Training is required for those who want to volunteer. Please email Mistie Williams, or leave a message at 910.572.0050; this is a voicemail line, but Mistie will return the call.

There are six routes that would need volunteers. Right now, in Montgomery County, we are only doing frozen meals due to the lack of volunteers.

Signup to receive Meals on Wheels: call Mistie Williams and set up an assessment.

Location: Robeson County / Laurinburg

Contact: Ursula Selles | email: Ursula.Selles@lrcog.org

How to Sign up:

Complete the volunteer sign-up sheet and include where you can deliver [see towns listed below], and on what date. Email the completed volunteer form to Ursula Selles. You will be contacted in February with the March calendar.



Volunteer form.pdf

Robeson County: Fairmont, Lumberton, Rowland, St. Pauls, Pembroke, Maxton
Scotland County: Laurel Hill, Laurinburg

Application for home delivered meal service:

Please call the referral line 910.775.9788. There is an application process; individuals must be 60 years or older, do not drive and have no one in the home during lunch time to prepare meals (care giver or home health aide).

Location: Sampson County

Contact: Rachael Lee Wilson | email: rlee@sampsonnc.com / Sampson County Department of Aging
Phone: 910.592.4653

How to Sign up:

Please call Rachael Lee Wilson and request to volunteer at the listed Nutrition Site of your choice:



Sampson County
Nutrition Sites.pdf

DISTRICT 8

Location: Wake County

Contact: Brandee Oliveira | email: brandee@wakemow.org

How to Sign up:

People interested can contact Brandee Oliveira, at brandee@wakemow.org or phone: 984.683.9769 on or before March 6, 2023.



DISTRICT 9

Location: New Hanover County

Contact: Kelly Morgan | email: kmorgan@nhcgov.com

Senior Resource Center | 2222 S. College Rd., Wilmington NC 28403

How to Sign up:

Please use the volunteer application link: <https://src.nhcgov.com/FormCenter/Senior-Resource-Center-15/Retired-Senior-Volunteer-Program-RSVP-Ap-66>

Once received, the volunteer coordinator will contact volunteer applicant to get the background check form completed. *PLEASE SIGN UP EARLY TO COMPLETE THIS PROCESS*