



Happy New Year! In 2023, we challenge you to include volunteering in your list of resolutions. Volunteering at Meals on Wheels of Central MD is a great way to give back, connect with your community, and provide an essential service during this difficult time. Thank you for all that you do for our clients! We hope that 2023 brings you good health and happiness!

Priority Volunteer Needs

Both recurring and flexible opportunities are available. Opportunities for high school students are available!

Greatest meal delivery needs exist in the following areas:

- Aberdeen
- Annapolis
- Baltimore City/County- delivery near Nottingham, Frankford, Mt. Washington, Bolton Hill & Downtown
- Dundalk
- Essex
- Glen Burnie
- Severna Park

NEW - Office Volunteers Needed!

Administrative support opportunity at the Meals on Wheels main office in Baltimore City (515 S. Haven St. Baltimore)! Volunteer activities include answering the front door, folding and organizing papers, stuffing envelopes, phone surveys, and scanning documents. Contact volunteer@mowcm.org for more information.

Additional volunteer needs include:

- Packing meals at our Haven Street (515 South Haven Street, Baltimore) location.
- Grocery shopping for a client. This opportunity allows for a flexible schedule. Areas of greatest need are Baltimore City, Essex, and Dundalk.

Please check our [website](#) for additional volunteer opportunities. Virtual opportunities also available!



Meals on Wheels of Central Maryland will be closed on Monday, January 16th in observance of Martin Luther King Jr. Day

"Full Meal" Volunteer Learning Sessions

Next Course: Volunteer Boundaries

Learn skills and tactics for best supporting your clients!

Thursday, January 26th @ 12pm (Virtual)

Email volunteer@mowcm.org if you would like to attend or to receive the recorded training session.

Middle School Volunteer Days

Monday January 23, 6-8pm

Saturday February 4, 9:30-11:30am



We're inviting middle schoolers and their families to volunteer and learn more about Meals on Wheels! Bake cookies and write valentine's cards for our clients, and have fun giving back!

Limited spots available - first come, first served!
Email volunteer@mowcm.org for more information or to RSVP!

MOWCM Community Spotlight: Victor Walker, Director of Quality Assurance

Victor joined the Nutrition Services team in November. His work spans our Home Delivered Meals, Congregate Programs (senior centers and adult day cares), and My Groceries to Go. He works closely with our kitchen team to ensure that our clients are served food that is healthy, nutritious, and delicious. Victor shared his food service philosophy - "Not a day should go by without improvement being made somewhere, instilling small continuous positive changes can reap substantial improvements over time. Quality is never an accident; it is the result of intelligent effort." Welcome to the team, Victor!



Thank You Group Volunteers!

A special thank you to our corporate, school, and social groups who volunteered to pack meals this holiday season! We appreciate your time, talent, and dedication to our mission.



New Year, New Look!

Visit the updated "Delivery Central" webpage!

- Menus
- Newsletters
- Training Materials
- New Initiatives
- Spotlights
- Help us Recruit!

www.mealsonwheelsmd.org/deliverycentral

**It's still a work in progress but we're so excited to share it with you!*



Weather Related Closures



Lookout For Inclement Weather Cancellations

Weather-related cancellations will be listed on our website and social media accounts.

www.mealsonwheelsmd.org

Cancellations will also be announced on all major Baltimore news stations the morning of a cancellation.



Sincerely,

Your Volunteer Support Services Team

Julie (Hollander) Hershman, Amy Dell, and Ashley Quickley

volunteer@mowcm.org