

Volunteers Needed

Make a Meaningful Difference



Join our team of dedicated volunteers who bring nourishment, connection, and care to older adults across our region. Delivering meals takes only a few hours and provides smiles and companionship to neighbors who rely on these visits.

Bay Aging volunteers are a lifeline offering friendship and safety checks while helping older adults remain independent in their homes.

To volunteer, contact:
Steve McClure at 1-804-758-2386

Get Started with Meals on Wheels

Bay Aging delivers more than a meal. Our caring volunteers provide nutritious food, friendly visits, and brief safety checks to help older adults live independently in the comfort of their own homes. Through this regular connection, we support healthy aging and reduce isolation.

This brochure provides general information; eligibility guidelines apply. To apply or learn more about Bay Aging programs and services:

📞 1-800-493-0238

🌐 www.bayaging.org

📍 PO Box 610, Urbanna, VA 23175



Delivering nourishment, safety, and connection to older adults across the Middle Peninsula and Northern Neck so no one is left hungry or isolated.

Serving: Essex • Gloucester
King and Queen • King William
Lancaster • Mathews • Middlesex
Northumberland • Richmond County
Westmoreland

About Meals on Wheels America

Meals on Wheels America supports a nationwide network of more than 5,000 programs dedicated to helping older adults remain healthy, independent, and connected through nutritious meals, friendly visits, and safety checks.

Mission

To empower local community programs to improve the health, independence, and quality of life of the older adults they serve so no one is left hungry or isolated.



ELIGIBILITY

Older adults aged 60 and over who live in the service counties and are homebound, can't drive, or experience mobility challenges that make it difficult to shop for groceries, prepare meals, or cook safely may qualify for home-delivered meals. Services may be short-term (recovery from illness or surgery) or ongoing based on need.

MEAL DELIVERY

A dedicated team of background-checked Bay Aging volunteers use their personal vehicles to take meals directly to each client. Volunteers offer a warm greeting and a brief safety check—often serving as a vital lifeline for older adults who may live alone. Delivery times vary by county. Someone must be home to receive meals.

MEALS

Our meals are safely prepared and nutritionally balanced to support healthy aging. Each delivery helps older adults stay nourished and maintain independence.

HOW TO APPLY

To enroll in Meals on Wheels or get more information, call Bay Aging at 1-800-493-0238.

A brief intake assessment helps determine eligibility. After an in-home visit to complete the eligibility process, most clients begin receiving meals within a week. Caregivers may call on behalf of a loved one.

