

## Suggested Volunteer Opportunities/Financial Contributions

### Reminders for Healthy Volunteerism

We are proud of Hanover's volunteer spirit. One of the best services that each of us can provide to our community is practicing guidelines set by the CDC. Remember even those who are feeling well may unknowingly expose others.

As you or your organization prepares and makes decisions regarding engaging volunteers, or if you are considering taking part in organization-led volunteer projects during this time, we ask that you observe the precautions outlined in the following **Healthy Volunteers Guidelines**.

- ❖ Please do not volunteer if you are sick or feeling unwell.
- ❖ Please do not volunteer if you have been near someone who is sick.
- ❖ Please do not volunteer if you have traveled abroad or to any highly impacted part of the US.
- ❖ Please do not volunteer if you are at higher risk for serious illness from COVID-19.
- ❖ Please be advised that staff may ask you to leave the volunteer project if you show signs of illness.
- ❖ Please do not shake hands or have physical contact with anyone if you are attending a volunteer project.

### Suggested Volunteer Opportunities

#### Chickahominy Health District Medical Reserved Corps

Adults interested in volunteering and helping with COVID-19 efforts, are encouraged to join their local Medical Reserve Corps unit. They DO NOT have to be medical professionals to join.

Volunteers serve in a variety of duties from answering phones to providing support related assistance for various programs. Go to [vamrc.org](http://vamrc.org) for more information and to apply. The orientation, application and background screening is done online and phone and response has been quick.

#### Feedmore's Community Kitchen | <http://Feedmore.org>

Packaging meals for Meals on Wheels clients. Four-hour shifts are available Monday through Friday, 9 am – 1 pm & 1 pm – 4 pm for people 16 years or older. They have seen a drop in volunteer participation in programs due to the Coronavirus outbreak. However, feeding programs are ramping up to keep abreast of the situation so they can continue to provide clients and the community with assistance.

**Meals on Wheels** is experiencing a shortage of delivery volunteers this week. If you can help, please call Sudesha Das Menezes, Director of Volunteer Services. Her number is 804-521-3277 or

Hanover County Department of Community Resources  
12310 Washington Highway  
Ashland, VA 23005  
804-365-4300  
[www.HanoverVolunteers.org](http://www.HanoverVolunteers.org)

Hanover Department of Community Resources  
[sdmenezes@feedmore.org](mailto:sdmenezes@feedmore.org). This is about a 1.5 hour commitment in service to those who are elderly and too frail to venture out.

**Red Cross Urges Blood Donations**, The American Red Cross now faces a severe blood shortage due to an unprecedented number of blood drive cancellations during this coronavirus outbreak. Healthy individuals are needed to donate now to help patients counting on lifesaving blood.

The Red Cross is also taking extra precautions during this time period, such as changing gloves often, wiping down donor areas and taking temperatures prior to donations. To find out where you can donate and schedule an appointment, [www.Redcross.org](http://www.Redcross.org)

## Monetary Donations for Food Pantries & Other Known Organizations

Monetary donations are needed by various human service organizations. Remember to support well known entities in order to avoid scams, do not open links that may be sent to you. Search for official website to donate on-line.

**The Central Virginia COVID-19 Response Fund**, created by the Community Foundation for a greater Richmond and the Emergency Management Alliance of Central Virginia, has raised over \$4.6 million to date with support from 18 lead foundation and corporate partners, as well as generous donors in our region. Philanthropic organizations are coming together to raise money and are calling on local individuals and organizations to make donations. Learn more about the Central Virginia COVID-19 Response Fund and make your contribution at [www.togetheroneregion.org](http://www.togetheroneregion.org).

## Local Food Pantries

Consider donating funds instead of making food purchases to support local food pantries. Your donation will make an immediate and real difference in the lives of so many neighbors across Hanover County. See Hanover's full list of pantries [Here](#)

**Ashland Christian Emergency Services ACES** <https://aceshanover.org/>

**Mechanicsville Churches Emergency Functions (MCEF)** <https://www.4mcef.com/>

**Moments of Hope** <https://momentsofhopeoutreach.org/>

**Pappy's Pantry Ministries** <https://pappyspantry2018.wixsite.com/website>

**Western Hanover Emergency Action Team, WHEAT** <https://wheathelp.org/>

**Feed More/Central VA Food Bank** <https://feedmore.org/give/>

**For additional ways to help, visit HandsOn Greater Richmond**

<https://www.handsonrva.org/coronavirus>

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6/ 24/ 2020