**Richmond Area Volunteer Opportunities:**

**Commonwealth Catholic Charities Call Reassurance:** Caring volunteers call seniors and persons with disabilities to chat with them and check on their well-being. Participants are called twice per week. This program serves the greater Richmond area. Contact: Diane Hargraves - diane.hargraves@cccofva.org. 804-545-5916

**Chesterfield County Telephone Reassurance Program:** Participants will receive a phone call daily or weekly from a trained volunteer. The call is placed between 10 a.m.- 12 p.m. Monday, Wednesday and Thursday, and between 12-2 p.m. on Tuesdays. This program serves residents in Chesterfield County. Contact: Debbie Preston - prestond@chesterfield.gov. 804-768-7878.

**Jewish Family Services Richmond:** Telephone Reassurance volunteers call every weekday morning to check in, chat and make sure everything is okay. Contact: Teresa Baldwin, vol1@jfsrichmond.org. 804-282-5644, ext 244

**Senior Connections' TeleBridges:** The TeleBridges program provides friendly, concerned, volunteers who will stay in touch with seniors two to five times per week. Each phone call provides reassurance- offering a listening ear and an encouraging word. This program serves the greater Richmond area. Contact: Shana Beverly - sbeverly@youraaa.org. 804-343-3024

**Senior Connections** **Food Packaging**: Senior Connections is packing bags of shelf stable food for Friendship Cafe participants which are their congregate meal sites. Volunteers will pack bags at FeedMore every Tuesday morning starting between 8am and 10am depending on when FeedMore needs their space. Participants will be packing about 400 bags each week. Volunteers must be over age 16. To volunteer, please can contact Missi Boyer at mboyer@youraaa.org

**Additional Resources:**

**Hands On Greater Richmond:** <https://www.handsonrva.org/>

**FeedMore:** <https://feedmore.org/>