

VOLUNTEER GROUPS



Ameriprise Financial Services, Inc
Bailey's Fine Jewelry
Bethlehem Presbyterian Church
Boddie-Noell Enterprises
Calvary Baptist Church
CC Industrial
Chick-Fil-A
Christ Covenant Church
Church of the Good Shepherd
CresCom Bank
Cummins Rocky Mount Engine Plant
Emerald Asset Management
Englewood Baptist Church
Englewood United Methodist Church
First Baptist Church
First Carolina Bank
First Presbyterian Church
First United Methodist Church
Helping Hands
Lakeside Baptist Church
Lilley International, Inc.
Mt. Pisgah Presbyterian Church
Mt. Zion First Baptist Church
My Sister's House
NAIFA North Carolina
Nash County Sheriff's Department
NC Wesleyan College

VOLUNTEER GROUPS

Nottingham
Our Lady of Perpetual Help Church
Pfizer
Philip Thomas State Farm Insurance
Poyner Spruill, LLP
Providence Bank
Rocky Mount Academy
Rocky Mount Area Assoc. of Realtors
Rocky Mount Chamber of Commerce
Rocky Mount Fire Department
Rocky Mount Police Department
Rocky Mount Senior Center
Spring Arbor Senior Living
St. Andrew's Episcopal Church
St. James Missionary Baptist Church
Sunset Baptist Church
The Lodge at Rocky Mount
Trinity Lutheran Church
United Way Tar River Region
West Edgecombe Baptist Church
Word Tabernacle Church



*Thank you for
your support!*



153 N. Church Street
PO Box 7611
Rocky Mount, NC 27804

252-446-4336
www.mowrmt.org

Meals on Wheels of Rocky Mount

Meals on Wheels of Rocky Mount is a 501 (c) (3) non-profit group committed to serving the homebound senior citizens of Rocky Mount a hot nutritious lunch Monday through Friday of each week. We were founded in Rocky Mount in 1978 and have served our area for more than 40 years. Our office is located at Frist Presbyterian Church, 153 N. Church St. in downtown Rocky Mount. Our meals are prepared daily at Nash UNC Health Care Systems Hospital and delivered to our meal distribution site in the kitchen of First Presbyterian Church. From there, MOW volunteers deliver the meals to over 130 senior citizens in Rocky Mount each day.

MOW receives funding from the United Way Tar River Region, local churches, individual supporters, local foundations and businesses, and the UCP Council of Governments Region L.



Program Eligibility

To be eligible to receive Meals on Wheels services, an individual must be:

- 60 years of age or older
- Unable to prepare a hot meal on their own due to physical or cognitive impairments, and not have anyone available to help them with this task
- Homebound
- Live within the city limits of Rocky Mount

MOW receives referrals from doctors, hospitals, social services, health care agencies, family members or friends who have information about a senior citizen in need of our program.

How Can You Help?

Volunteers are the life-line of the MOW program. Our volunteers provide the caring human touch to our recipients each day which means so much to a homebound person. New volunteers are always needed. It usually takes about one hour to deliver a MOW route. If you have an hour between 10:00am and 12:00 noon one day a month, you can be a volunteer. Usually two people go together to deliver each route.

If you, your church, or group would like to become involved with MOW, please call us at 252-446-4336.

Also, financial contributions are always needed and appreciated.

Meals on Wheels is open Monday through Thursday from 9:00am till 1:00pm and Friday from 9:00am to 12:00 noon.

Thank you for your support!

Donate to Help End Senior Hunger

- \$1000.00 Helps provide meals for 200 seniors
- \$500.00 Helps provide meals for 100 seniors
- \$250.00 Helps provide meals for 50 seniors
- \$150.00 Helps provide meals for 30 seniors
- \$50.00 Helps provide meals for 10 seniors
- \$25.00 Helps provide meals for 5 seniors
- Other _____

Name _____

Address _____

Phone _____

Email _____

Please mail Your Donation To:

Meals on Wheels
PO Box 7611
Rocky Mount, NC 27804

- Check here if you would like us to contact you about becoming a MOW volunteer.

Meals on Wheels of Rocky Mount
www.mowrmt.org



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