

## **GoochlandCares Celebrates Volunteers During National Volunteer Appreciation Week**

During National Volunteer Appreciation Week, GoochlandCares recognizes and thanks nearly 500 volunteers who support GoochlandCares' mission to provide quality health care and basic human services for Goochland residents in need. GoochlandCares relies on volunteer support to help staff the twelve critical assistance services. In 2018, volunteers worked 26,740 volunteer hours at GoochlandCares – a value of over \$808,561.

Throughout the week of April 7-13, GoochlandCares will celebrate volunteers with special treats, client testimonies, a fun gathering, and more. A client shared, *"I'm just amazed by everyone that gives their precious time to aid this wonderful community! Best volunteers ever!"*

"Over 200 people are committed to volunteering at least once a month at GoochlandCares. They see firsthand the impact that they make as they work directly with clients here through any of our programs," remarked Sally Graham, executive director of GoochlandCares. "Our volunteers are the heart of our organization. We depend greatly on our volunteer corps to meet the increased demand for our services we've seen in the past year. By having regular volunteers work each week aids us in providing an even higher level of consistent and quality services for our clients."

A volunteer added, "I get so much more than I give when helping clients."

GoochlandCares appreciates its volunteers every day, but National Volunteer Week is dedicated to honoring all volunteers as well as encouraging volunteerism throughout the year. If you know someone who volunteers their time with GoochlandCares or at any other local organizations, be sure to thank them for the work that they do for the Goochland community.

Visit GoochlandCares any day of the week, and you will see volunteers donating their time and talents. They are welcoming clients and guests at the front desk, stocking shelves in the Food Pantry, sorting donations at the Clothes Closet, taking blood pressure at the Free Clinic, answering and making phone calls, and much, much more.

Not only do individuals contribute, but also groups from universities, schools, churches, organizations, and corporations volunteer with specific projects. Local churches provide dinners for staff while the building is open late on Tuesday evenings. Performance Food Group donates turkeys and sides to clients for Thanksgiving and sends volunteers to help distribute. Capital One sends volunteer teams throughout the year. CarMax teams help in the Food Pantry and Clothes Closet and have committed to a service day in June.

There are many ways to be involved at GoochlandCares depending on your schedule, interests, and talents. If interested, please fill out the volunteer application at [GoochlandCares.org/volunteer](http://GoochlandCares.org/volunteer) or call 804-556-0712.

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GoochlandCares is a private, 501(c)(3), non-profit corporation that provides health care and basic human services to Goochland residents in need. GoochlandCares envisions a community where everyone's basic human needs are met. For more information visit [www.GoochlandCares.org](http://www.GoochlandCares.org) or contact Adair Roper, [aroper@GoochlandCares.org](mailto:aroper@GoochlandCares.org), 804-556-6260. Find us on Facebook at [www.facebook.com/goochlandcares](http://www.facebook.com/goochlandcares).