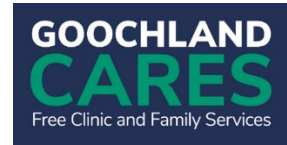


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For Immediate Release

Contact: Emily May, emay@goochlandcares.org



GoochlandCares honors volunteers who serve county's most vulnerable.

April is National Volunteer Appreciation Month! GoochlandCares celebrates and thanks our 883 individual volunteers who support the mission to provide access to health care and basic human services for Goochland residents in need. GoochlandCares relies on volunteers to support our 12 critical programs.

Last year volunteers gave over 18,897 hours to GoochlandCares valued at \$651,702.

GoochlandCares appreciates its volunteers every day. National Volunteer Month is dedicated to honoring all the volunteers as well as encouraging volunteerism throughout the year.

"Our volunteers are the heart of our organization;" said Sally Graham, Executive Director of GoochlandCares. "We value those who dedicate themselves to taking action, making a difference, and helping others in our community. Our incredible volunteer support allowed us to provide food for 2,538 Goochland residents, 3,358 medical, dental, and mental health care visits and provide critical home repairs last year."

A new volunteer said, "I have made a commitment to the community to give back in whatever way I can, which I do by volunteering at GoochlandCares. I admire the dedication of staff and fellow volunteers assisting those in need, which is evident at GoochlandCares."

In a recent survey of GoochlandCares volunteers, all believe that what they do to help at GoochlandCares is very meaningful and impacts the community positively. One volunteer shared, "I am a Goochland resident with two young children and want to set an example for them about the importance of volunteerism and giving."

Groups from universities, schools, churches, organizations, and corporations volunteer their time and resources. Churches provide dinners for staff at Tuesday Evening Clinic which is open until 7:00 p.m. Performance Food Group donates turkeys and hams for Thanksgiving and sends volunteers to help distribute. CarMax teams have helped in the Food Pantry and Clothes Closet. Genworth, Old Dominion, HH Hunt and Capital One are just a few of the corporations who send volunteer teams throughout the year.

Visit GoochlandCares Monday - Saturday, and there are volunteers donating their time and talents. They are stocking shelves in the Food Pantry, sorting donations at the Clothes Closet, taking blood pressure at the Free Clinic, and providing administrative support. We couldn't keep our programs running without volunteers.

The organization always has openings for volunteers in a variety of positions. Those interested in volunteering can go to GoochlandCares.org or call Dominic Alexander at (804) 556-0400 to get involved.

- The Clothes Closet has openings for volunteers to help sort, hang, and price donations.
- The Food Pantry has volunteer openings throughout the week to help pick up food from local grocery stores, stock shelves, and distribute food.
- Dentists and Dental Hygienists are needed in the Dental Clinic.
- There are support roles to do administrative projects.

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GoochlandCares is a private, 501(c)(3), non-profit organization that provides basic human services and health care to our Goochland neighbors in need. GoochlandCares envisions an equitable community in which all persons have their basic needs met, empowering them to lead lives of self-dignity and well-being. Contact Adair Frayser, afrayser@goochlandcares.org. Visit us at www.GoochlandCares.org. Find us on Facebook at facebook.com/goochlandcares.