



**ALLEGHANY HIGHLANDS**  
(540) 962-0465

**BOTETOURT COUNTY**  
(540) 309-9481

**CRAIG COUNTY**  
(540) 864-6031

**ROANOKE VALLEY**  
(540) 345-0451

PO Box 14205  
Roanoke, VA 24038

**www.loaa.org**

**SUPPORT LOA  
MEALS ON  
WHEELS WITH  
LET'S GIVE  
LUNCH 2022!**

# MEET JEANNINE:

**Jeannine was a Registered Nurse for 45 years in the same doctor's office, she raised two daughters and was a caregiver to her husband. She did not ask for help from LOA until she was 90!**



**“I'm so grateful for all the people who take time out of their day to volunteer and bring me meals.”**

Jeannine turned to the LOA Meals on Wheels program when she became an overwhelmed caregiver, taking care of her bedbound husband who was suffering from Parkinson's disease and dementia. On top of that, Jeannine suffers from lymphedema (among other health issues) which makes it difficult to stand and cook. Jeannine's legs must be wrapped twice per week.

When Jeannine first started receiving LOA Meals on Wheels, both she and her husband were on the program, but her husband was receiving hospice care and passed away a few months later. She said the meals were a great help, and enabled her to spend as much time as possible with him in his last few months. Initially, the meal service was a caregiver respite for Jeannine and now it is a respite for her daughter who lives locally and still works. Jeannine said she doesn't want to have to rely on her daughter to bring all her meals because she takes care of so many other tasks like bringing her groceries and wrapping her legs.

Today, Jeannine lives alone and says she eats most of the meal for lunch, but sometimes she saves part of it for dinner. She says, "There is one thing for sure, I never let it go to waste." She loves the pinto beans and cornbread that are on the menu. Each meal meets one-third of the daily recommended intake. She also loves the volunteers who are nice and friendly. Jeannine enjoys having them stop by and says, "I'm so grateful for all the people who take time out of their day to volunteer and bring me meals."

Jeannine is also a client in our LOA Emergency Services program and our LOA Nutrition Counseling program. All our services aim to help seniors stay in their own homes. "It means so terribly much that I can stay so close to family, in my own home and on the land that my father owned," says Jeannine.

***If you or a loved one are in need of healthy meal deliveries and well-being checks, please call (540) 345-0451. For more information about volunteering or donating to support the LOA Meals on Wheels program, visit loaa.org.***

We are dedicated to our mission of helping older persons remain independent for as long as possible.



# Let's Give Lunch

**FRIDAY, JUNE 17**  
**NORTH ROANOKE BAPTIST CHURCH**

6402 Peters Creek Road, Roanoke, VA 24019  
 Tickets: \$20 (Drive-thru or FREE Delivery\*)

## LET'S GIVE LUNCH MENU

- Gourmet deli sandwich on a Kaiser roll with ham, turkey, provolone and cheddar cheese
- Vegetarian option: deli sandwich with spinach, tomato, red onion, cucumbers, portobello mushrooms, red, yellow and green peppers, cheddar and provolone cheese
- Country potato salad
- Fresh strawberries
- A decadent brownie
- Bottled water
- Souvenir cup



## LET'S GIVE LUNCH TICKET ORDER FORM

PLEASE SEND ME \_\_\_\_\_ REGULAR AND/OR \_\_\_\_\_ VEGETARIAN LUNCH TICKETS.  
 TOTAL AMOUNT ENCLOSED \$ \_\_\_\_\_ OR TO BE CHARGED TO MY CREDIT CARD (FILL IN INFO BELOW).

Name \_\_\_\_\_ Company \_\_\_\_\_  
 Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_  
 Daytime Phone \_\_\_\_\_ Email \_\_\_\_\_

**Please check one: (no refunds on order changes)**

- Drive-Thru Pickup — 10:30AM to 12:30PM**  
 Orders can be picked up in the church parking lot.
- FREE Delivery**  
 Orders must be received by June 3.  
 Lunch will be delivered between **11:00AM and 1:00PM**  
 Specific times can not be guaranteed.
- Deliver to:  
 \_\_\_\_\_  
 \_\_\_\_\_

Charge to my credit card (information is not stored):  
 Visa  MC  Amex  Discover  
 Account# \_\_\_\_\_  
 Name on Card \_\_\_\_\_ CVV \_\_\_\_\_  
 Phone Number \_\_\_\_\_  
 Billing Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Expiration date \_\_\_\_\_  
 Signature \_\_\_\_\_

- Enclosed is my check for \$ \_\_\_\_\_.
- In lieu of a ticket, I would like to make a donation.  
 Enclosed is my check for \$ \_\_\_\_\_.
- I would like more information about becoming an LOA Meals on Wheels volunteer!

**ORDER ONLINE**  
[www.loaa.org/events/letsgivelunch](http://www.loaa.org/events/letsgivelunch)  
 or by scanning the QR Code.

Also, learn more about our raffle tickets and amazing prizes!



Make checks payable to "Let's Give Lunch" and send to LOA — Let's Give Lunch, PO Box 14205, Roanoke, VA 24038-4205.  
 Fax credit card orders to 540-981-1487. For more information, call 540-345-0451.

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