



# MEET RAY:

**When Ray enrolled in LOA's Meals on Wheels program, he was disabled, overweight, and in desperate need of surgical procedures. Through kindness and encouragement from the volunteers and staff who helped him, Ray became healthier and gained a new outlook on life!**



**“LOA has been a real blessing to me and has changed my outlook on life.”**

## SPECIAL THANKS TO OUR EVENT SPONSORS

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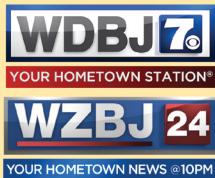


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**(540) 345-0451**  
**www.loaa.org**

When Ray enrolled in LOA's Meals on Wheels program two years ago, he was 62, disabled, overweight, and in desperate need of hip and knee replacements. He was unable to drive, shop, or prepare nutritious meals for himself and needed assistance with bathing, toileting, and transferring. He used a walker and cane and could not walk upright because it was too painful. He had been a truck driver, but had to give up his job because he could no longer get in and out of the truck. The people he paid to assist him were taking advantage of him because he couldn't move. He was angry and depressed.

When LOA's Meals on Wheels volunteers started delivering meals to Ray, he could barely get to the door to retrieve the food. He never imagined he would get to know the volunteers or come to love them the way he does now.

Ray was told by his doctors he needed to lose 70 lbs. to get his much-needed hip replacement. He felt it was an insurmountable task, but was encouraged by volunteers who were rooting for him. He said a bell went off in his head and he thought, "If the LOA volunteers and staff believe in me then I need to believe in myself!" And that's what he proceeded to do.

As a truck driver, Ray lived on fast food. Meals on Wheels taught him about portion control and eating a healthy diet. With the help of meal delivery and encouragement from volunteers, Ray was able to lose the weight and get his surgery in December. The surgery greatly improved his mobility; he still uses a walker but can stand on his own now. Ray is now on a journey to lose another 60 lbs., so he can get his two knee replacements. He hopes one day to be able to carry his own groceries, exercise, and maybe even go back to work!

*If you or a loved one is 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.



# FRIDAY, JUNE 16 North Roanoke Baptist Church

6402 Peters Creek Road  
Roanoke, VA 24019

Tickets: \$20  
(Drive-thru or FREE Delivery)



SCAN TO  
ORDER ONLINE

## LET'S GIVE LUNCH MENU

- **Gourmet deli sandwich:** ham, turkey, lettuce, tomato, and provolone cheese on a Kaiser roll
- **Vegetarian option:** portobello mushrooms, spinach, tomato, red onion, peppers, and provolone and cheddar cheese on a Kaiser roll
- Includes country potato salad, fresh fruit in season, chocolate iced brownie, bottled water, and a souvenir cup.



## LET'S GIVE LUNCH ORDER FORM

I WOULD LIKE TO ORDER: \_\_\_\_\_ REGULAR and/or \_\_\_\_\_ VEGETARIAN LUNCHES

TOTAL # OF LUNCHES: \_\_\_\_\_ (X \$20 EACH) = \$ \_\_\_\_\_ ENCLOSED

Name \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Daytime Phone \_\_\_\_\_

Company/Org \_\_\_\_\_

- Email me an order confirmation.
- Mail me an order confirmation.
- I would also like to make a gift to Let's Give Lunch.  
Enclosed is my check for \$ \_\_\_\_\_.
- Please send me information about becoming an  
LOA Meals on Wheels volunteer!

Please check one: (no refunds on order changes)

**Drive-Thru Pickup — 10:30AM to 12:00PM**

Name of person picking up order:

\_\_\_\_\_

# of Regular \_\_\_\_\_ # of Vegetarian \_\_\_\_\_

**FREE Delivery — 11:00AM to 12:30PM**  
(specific time cannot be guaranteed)

Deliver to: (Name and Address)

\_\_\_\_\_

\_\_\_\_\_

# of Regular \_\_\_\_\_ # of Vegetarian \_\_\_\_\_

**Order by Mail** Please send this form with your enclosed  
check payable to:  
**Let's Give Lunch**  
**PO Box 14205, Roanoke, VA 24038-4205**

**Order Online** with your credit card by visiting:  
**www.ioaa.org/events/letsgivelunch**  
or by scanning the code above

Orders due by **June 9**

Learn about our amazing **RAFFLE** prizes on our website! Drawing will be held July 7; you do not need to be present to win!

**For more information about the raffle or the event, call (540) 345-0451.**

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