



LOA
LOCAL OFFICE ON AGING

Let's
Give
LUNCH

to benefit
Meals on Wheels and
Nutrition Services

MEET HAYWARD:

A number of medical issues rendered her homebound and unable to cook for herself. Without Meals on Wheels she wouldn't be able to remain in her home.



“
The volunteers are the kindest people and very uplifting. They are like family to me, and I love them all.
”

SPECIAL THANKS TO OUR EVENT SPONSORS

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(540) 345-0451
ext. 3055
www.loaa.org

Eighty-four-year-old Hayward Mitchell spent years in love with travel, family, and her dogs. However, the last few years brought Macular Degeneration, High Blood Pressure, Arthritis and Scoliosis of the spine, which have rendered her homebound and unable to cook for herself. She is unable to stand for long periods of time and unable to read the knobs on her stove, so she's limited in what she's able to eat.

Meals on Wheels delivers more than a healthy option for lunch, but also volunteers, which she refers to as her “angels”, who enrich her life with their smiles and their stories. “The volunteers are the kindest people and very uplifting. They are like family to me, and I love them all,” she says. Hayward's daughter still lives locally and visits often but is still working so she made the call to LOA to get her mother the care she needs.

In addition to Meals on Wheels, Hayward has received gifts through the Be a Santa to a Senior Program, a large food bag from LOA's Soup for Seniors, and other emergency services. She continues to be on the waiting list for LOA's Homemaker program. She feels grateful and blessed for all that she has received.

“I wouldn't be able to be in my home without Meals on Wheels,” she says. “I would never be able to cook what you bring me. I appreciate everything Meals on Wheels and LOA do for me.”

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 21 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

- **Deli sandwich:** Gourmet chicken salad on a flaky croissant with lettuce and tomato
- **Vegetarian option:** Seasoned onions, peppers, mushrooms, and artichokes, with fresh spinach and cheese on a Telera roll
- Includes red potato salad, fresh fruit, slice of pound cake, 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.

Enclosed is my gift of \$ _____ to

Let's Give Lunch

LOA's other senior services

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 12:30PM

Name of person picking up order:

of Regular _____ # of Vegetarian _____

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

Orders due by **June 6**

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.loaa.org/events/letsgivelunch
or by scanning the code above



Learn about the amazing RAFFLE PRIZES on our website!

Place your bids by **July 8**; you do not need to be present to win when the drawing is held **July 12**.

For more information about the raffle or the event, call (540) 345-0451 ext 3055.

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