



LOA News and Notes

April 2025



[Visit our website](#)



**Your generosity helps us  
provide for local seniors**  
**April 23, 2025 | [giveroanoke.org](http://giveroanoke.org)**

### Give Roanoke April 23

Coming soon! On April 23, LOA will join many other non-profits in the Roanoke area to participate in a 24-hour day of giving: [GIVE Roanoke](http://GIVE Roanoke). GIVE Roanoke is a

fun, easy, and flexible way to donate to organizations like LOA that make a difference in the Roanoke Valley and is hosted by the Council of Community Services. [Your gift to LOA for GIVE Roanoke](#) makes a difference in seniors' lives!

\$25 gives 3 Meals on Wheels or 2 Diners Club lunches

\$50 provides emergency help to 25 seniors

\$100 gives 12 van rides to doctors' appointments

\$250 provides Health and Wellness programs for 50 people



### **Celebrating Seniors Health Fair - Friday, May 9**

**at Valley View Mall, 4802 Valley View Blvd NW, Roanoke, VA 24012  
Friday, May 9, 2025 | 11 AM – 2 PM**

**Free for Seniors – to register, click the button below!**

Dozens of vendors

**Chair massages** from the Center of Healing Arts Massage Studio

**Falls prevention** mini-sessions from LOA's "[A Matter of Balance](#)" program

**Hearing screenings** by Roanoke Valley Speech and Hearing Center

**Blood pressure** checks by LewisGale

**DJ** playing music from the '50s, '60s and more

**Door prizes** (you do not need to be present to win)

**Blood drive by The Blood Connection** – a \$10 charitable donation will be made for every blood donor!

**[More about Health Fair](#)**

**[Attendee Registration](#)**

## Tai Chi for Arthritis and Falls Prevention



### **Tai Chi for Arthritis & Falls Prevention**

An enjoyable program that helps to improve muscular strength, flexibility, balance, and stamina. This program is for older adults with mild, moderate, and severe joint involvement and back pain, and who have a higher risk of falling.

**Class meets twice a week for 6 weeks**

**Tuesdays and Fridays, May 6 - June 13, 2025**

**2 PM – 3 PM**

**At LOA's Center for Health & Wellness**

4902 Frontage Rd NW, Roanoke, VA 24019

Our instructor, Danielle Dorsett, has over 25 years of personal training experience. More specifically she has spent the past 15 years dedicated to helping seniors maintain their independence. Danielle is also A Matter of Balance Coach for LOA.

To register or for information, please contact: Delaine Caldwell at LOA, (540) 345-0451 ext. 3041 or [dcaldwell@loaa.org](mailto:dcaldwell@loaa.org).

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### **Volunteer for Let's Give Lunch**

Signups are now open for [Let's Give Lunch](#) volunteer opportunities!

Are you or your company looking for a one-shot volunteer opportunity? Let's Give Lunch can fit the bill! Click on the button below to see the options available, all during **June 4 - 6, 2025**:



[Volunteer](#)

### **Boxed Lunches & Raffle Tickets Go on Sale April 3**

Watch our website in early April for your chance to order a delicious boxed lunch and take your chances with our raffle, for [Let's Give Lunch](#)! Our annual fundraiser for Meals on Wheels and Nutrition Services for seniors will take place on **Friday, June 6, 2025**!

[More information](#)

***Thanks to our Sponsors***

***Gold Sponsors***



### **Bronze Sponsor**

**Southern Team Automall**

### **Annual Meeting**

Thank you to everyone who attended LOA's Annual Meeting, "Love Leaves a Legacy," on March 20 at the Jefferson Center. We were delighted to have **WDBJ's Natalie Faunce** as our emcee. We presented the following awards:

Babe and Sidney Lewis Memorial Award: **P1 Technologies**, for their significant philanthropic support of seniors in the greater Roanoke Valley;

Helen I. Phelps Memorial Award: **Delta Dental of Virginia**, for outstanding volunteer service to LOA;

Staff Award: **F.R.E.E. Foundation**, for their significant and tangible contributions to seniors through a close collaboration with the LOA in providing donated medical equipment to needy seniors.

In addition, we also honored the legacy of Susan B. Williams who served as the Executive Director/CEO of LOA for almost three decades by announcing the creation of the **Susan B. Williams Humanitarian Award**. Honoring her dedication and legacy, the award will be given in recognition of exemplary service to those less fortunate, the forgotten, and the under-served in the greater Roanoke Valley.

The floral centerpieces at each table were in honor of Susan. Following the closure of the meeting, to honor Susan's legacy of love, we asked that a person at



each table take and deliver the flower arrangement to a homebound senior.



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## March for Meals

LOA celebrated Community Champions Week as part of our March for Meals campaign for Meals on Wheels. Held in March to honor the anniversary of the Older Americans Act, this year's March for Meals is more important than ever as too many seniors are waiting to receive the vital nutrition they need. We're grateful to the following Community Champions for raising awareness of the importance of Meals on Wheels, by delivering meals with us:

AARP Virginia's Brian Jacks

Atlantic Bay Mortgage Group's Sara Lovern

Council of Community Services' Alison Jorgenson

Delegate Sam Rasoul

F.R.E.E. Foundation

Roanoke City Sheriff's Department

Salem City Councilman Hunter Holliday

WDBJ Anchor Jean Jadhon

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## Help End the Wait

Nearly 13 million older Americans face food insecurity and 1 in 3 feels lonely. It's time to #EndTheWait and ensure that everyone who needs our support gets it. Learn how you can help put an end to senior hunger and isolation:

[End the Wait](#)

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## Gifts and Grants Update

LOA is deeply grateful to the following individuals and organizations for their recent generous gifts and grants:

Vinton Roofing Company  
Valcom  
Carilion Clinic  
Southern Team Automall  
Howard Jones  
Second Presbyterian Church  
Barbara Bockner



Huge thanks to **Next Revolution Volleyball** for a huge donation of food! They collected 2 pickup trucks' worth of canned food and toiletries for LOA's Emergency Food Pantry for our seniors with an urgent need. Wow!

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## Save the Dates

[GIVE Roanoke](#): Wednesday, April 23

[Celebrating Seniors Health Fair](#): Friday, May 9

Give Local Alleghany Highlands: Tue, May 20

[Let's Give Lunch](#): Friday, June 6

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