



# LUNCH

to benefit Meals on Wheels and Nutrition Services

# FRIDAY, JUNE 6

North Roanoke Baptist Church

6402 Peters Creek Road  
Roanoke, VA 24019



SCAN TO  
ORDER ONLINE

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

## LET'S GIVE LUNCH MENU

- **Gourmet Deli Sandwich:** ham, turkey, lettuce, tomato, and provolone cheese on a Telera roll
- **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, and bottled water



## 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: \$ \_\_\_\_\_
- Please send me information about becoming an LOA Meals on Wheels volunteer!

Please check one: (no refunds on order changes)

**Drive-Thru Pickup - 10:30 a.m. to 12:30 p.m.**

Name of Person picking up order: \_\_\_\_\_

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

**FREE Delivery - 11:00 a.m. to 12:30 p.m.**

(specific time cannot be guaranteed)

Orders due by **Friday, May 23**

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**

**Order Online:** with your credit card by visiting:

[www.loaa.org/events/letsgivelunch](http://www.loaa.org/events/letsgivelunch)  
or by scanning the code above.

## Learn about the amazing RAFFLE PRIZES on our website!

Place your bids by **June 20**. You do not need to be present to win when the drawing is held **June 25**.

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



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



# LOA

LOCAL OFFICE ON AGING

## Let's



# LUNCH

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and Nutrition Services

SPECIAL THANKS  
TO OUR SPONSORS:

GOLD SPONSORS:



(540) 345-0451 ext. 3055  
[www.loaa.org](http://www.loaa.org)

# MEET BOB



**I don't want to live  
out my last days  
in a nursing home.**

**Meals on Wheels  
is always enough.**



99-year-old World War II Veteran, Bob Holland, knows that he's been blessed with a good, long life. His wife was the cook in the family and through her job with Roanoke County Schools helped prepare more than 600 meals a day. 4 years ago, when she passed away, Bob knew he needed help preparing meals and called on LOA's Meals on Wheels for support. Bob has a metal disc in his back so standing for long periods is difficult. He also has trouble getting up and down and moves slowly.

"I used to be able to do anything that needed to be done. I don't like asking for help, but sometimes you have to," Bob says. "I don't want to live out my last days in a nursing home." LOA's mission of helping older persons remain independent for as long as possible is personified in Bob who says he wants to stay in his home until the very end.

Bob grew up in the coal mining region of West Virginia. After high school he said he did what all the boys were doing and joined the Army. "I spent my 19th birthday in France during the second World War," he said. When he came home, he married "the prettiest girl around." He knew he didn't want to raise his family in coal country, so he moved them to Roanoke.

Bob jokes that he worked with General Electric for more than 30 years and has been happily retired for more than 40! The home he built more than 70 years ago holds a place of great memories having seen the maturation of four generations of beloved family. "My days are full," Bob says. Bob is on a first name basis with all the LOA Meals on Wheels volunteers who deliver his meals. He looks forward to their visits and the surprise visits from extended family and good friends. "Meals on Wheels is always enough," he explains since the service brings him the lunch each weekday along with the smiling faces of those who deliver it.

***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 programs like LOA's Meals on Wheels program, visit [www.loaa.org](http://www.loaa.org).***

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