



LOA News and Notes

May 2025



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### Let's Give Lunch Friday, June 6

North Roanoke Baptist Church, 6402 Peters Creek Rd, Roanoke, VA 24019  
Rain or Shine

LOA's annual fundraiser for Meals on Wheels and nutrition programs, [Let's Give Lunch](#), is coming up on Friday, June 6! Your support is more important than ever as the number of seniors who need our services continues to grow. **For each boxed lunch ticket you purchase, you are also providing two Meals on Wheels delivered.**



**Tickets are \$20.** Click the "Buy tickets" button to:

Buy lunch tickets

Buy raffle chances at \$1 each

Make an additional gift

[Buy tickets](#)



### VOLUNTEERS NEEDED Thursday, June 5

For food assembly: Volunteers are tasked with assembling the already prepared food to plates in an assembly line format. A few volunteers may be utilized to slice tomatoes or perform other minor food prep tasks. NO cooking is involved. Click on the link below to sign up!

## Volunteer

**Thanks to our Sponsors: Gold Sponsors**



**Bronze Sponsors**

**Carilion Clinic | Southern Team Automall | WestRock**

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### **Help LOA: Preserve & Protect the Older Americans Act!**

President Trump's draft budget proposal would split critical Older Americans Act (OAA) programs between federal agencies, a move that will fragment aging services, disrupt coordination, and weaken the community-based supports that help older adults age safely at home. Programs like Meals on Wheels, transportation, and in-home care work because they're coordinated, not siloed. Splitting them puts our seniors at risk. Take action now: Urge your members of Congress to keep OAA services unified and fully funded. Our seniors deserve dignity, safety, and independence.

**Contact Congress**

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## **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**

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](#)**

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## Give Local Alleghany Highlands

Join us **Tuesday, May 20** for a day of giving to our neighbors in Alleghany! The Alleghany Foundation and The Alleghany Highlands Chamber of Commerce and Tourism are hosting this online day of giving to support nonprofits in the Alleghany Highlands. Starting on May 6th, you can make an early donation, but donate on the day, May 20, to qualify your donation for prizes for LOA!



[Donate starting May 6th](#)

## 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.

**Wednesdays, May 28 - September 10, 2025 | 11 AM – 12 PM**

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

4902 Frontage Rd NW, Roanoke, VA 24019

Class meets once a week for 16 weeks

Our instructor, Katie Wilson, is originally from Texas, and travel nursing brought her to Virginia where she decided to relocate. She is the Trauma Injury Prevention and Community Outreach Coordinator for LewisGale Medical Center in Salem. She works to bring education into the community to help prevent injury and wants everyone of all ages to know and move their bodies. Katie 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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**OLDER  
AMERICANS  
MONTH**



**FLIP THE SCRIPT ON AGING: MAY 2025**

### **Happy Older Americans Month!**

Did you know that it was President John F. Kennedy who first designated May as "Senior Citizens Month" in 1963? Now known as Older Americans Month, LOA is proud to celebrate and honor the older adults in our area for their contributions to our community and nation. The 2025 theme, Flip the Script on Aging, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions. This year, join us in honoring older adults' contributions, exploring the many opportunities for staying active and engaged as we age, and highlighting the opportunities for purpose, exploration, and connection that come with aging.

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## Thank you: Give Roanoke

LOA joined many other nonprofits in the Roanoke area on April 23 for a 24-hour day of online giving: [GIVE Roanoke](#). We are so grateful to the 60 friends who donated a total of \$11,587 for older adults in one day! **Thank you for giving back so generously to help our older neighbors!**

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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:

Louise R. Lester Foundation  
P1 Technologies, Inc.  
TMEIC Corporation Americas  
WestRock

Gavin Aaron

David C. Duggins

G. Orban and Marie Denise Gregory

Stewart Floyd

Douglas Powell

Jacqueline Shuck

Pamela Wiegandt

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**OFFICE CLOSURE: Please note that LOA's offices will be closed on Monday, May 26th.**

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4932 Frontage Rd NW, Roanoke, Virginia 24019