



LOA News and Notes

June 2025



[Visit our website](#)



Let's Give Lunch is this 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 \$20 boxed lunch ticket you purchase, you are providing two Meals on Wheels Delivered.**

Pick-up Order Tickets are still available!

Click the "Buy tickets" button to:

- Buy Pick-up lunch tickets
- Buy raffle chances at \$1 each (Raffle tickets can be purchased through June 20!)
- Make an additional gift



[Buy tickets](#)

Many fantastic raffle items are available thanks to our generous business partners!

25+ items are being raffled, including a 50/50 drawing which paid out \$2,639 last year! Choose from gift baskets, gift certificates, experiences, and more! [Raffle tickets](#) are just

\$1 each and can be purchased through June 20th! Prizes will be drawn at random on June 25. Winners will be notified in early July.

Check out all the raffle items [HERE](#).



Thanks to our Sponsors

Gold Sponsors



Bronze Sponsors

Carilion Clinic | Pinnacle Financial Partners | Southern Team Automall

WestRock

Virtual Public Hearing June 25

The Local Office on Aging will hold a [Virtual Public Hearing](#) on the Fiscal Year 2026 Area Plan for Aging Services for the 5th Planning District of Virginia (counties of Roanoke, Botetourt, Craig, and Alleghany, and the cities of Roanoke, Salem, and Covington).

This public hearing will outline the Area Plan for the 2025-2026 fiscal year, covering the programs and services provided to older adults who reside in the 5th Planning District.

Public input is encouraged and will be considered.

Register by June 20th. To register to attend the virtual public hearing, please contact Teresa Bennett at tbennett@loaa.org no later than June 20th. A link to the virtual hearing will be emailed to you after registration.



Celebrating Seniors Health Fair a Success!

The Celebrating Seniors Health Fair was held at **Valley View Mall, Friday, May 9, 2025 from 11 AM – 2 PM.**

Free for seniors, the fair included over 20 vendors highlighting services and information on topics ranging from estate planning to physical therapy! Visitors enjoyed live music from the 50's and 60's while learning about many local resources for seniors.

Activities included chair massages, falls prevention mini-sessions, a photo booth, and a blood mobile. Door prizes awarded at the end of the fair (visitors did not need to be present to win).

We hope to see you at next year's fair!



Meals on Wheels Volunteers Nominate Client for Quilt of Valor

Every Wednesday and Friday, LOA Meals on Wheels Volunteers Linda Rhodes & Al Simpson deliver a hot lunch to 99-year-old Bob Holland in Roanoke. After learning Bob served in the Army in France during WWII, Linda endeavored to nominate Bob to receive a "Quilt of Valor."

Founded in 2003, the mission of the [Quilts of Valor® Foundation](#) is to "cover Service Members and Veterans touched by war with comforting and healing Quilts of Valor." Quilts are presented in a ceremony and wrapped around the recipient. On Tuesday, May 13, 2025, Bob was awarded his Quilt of Valor by local QOV leaders in a moving ceremony at his home in Roanoke.

Linda and Al are great examples of the positive impact our volunteers have on Meals on Wheels recipients.

If you would like to make a difference in a senior's life, become a Meals on Wheels Volunteer! Routes are flexible and take only 1-2 hours. Deliver as many or as few days as you'd like!

[Volunteer Today](#)



Farm Market Fresh Program 2025

Low- to moderate-income older adults may be eligible for fresh and nutritious locally grown fruit, vegetables, and cut herbs. Seniors aged 60 and older with income of less than \$2413/month, who live in LOA's service area, are eligible to apply. Qualified seniors will receive \$50 worth of benefits (on a digital app or physical card) to buy fresh produce during June-November at local farmers' markets with authorized farmers participating.

Click the button below for a link to the application and additional information.

Please print and fill out the application, then mail or fax to LOA:

Mail: Michele Daley, Local Office on Aging, PO Box 14205, Roanoke, VA 24038

Fax: (540) 981-1487 Attention: Michele Daley

[Apply for Farm Market Fresh](#)



Thank you: Give Local Alleghany Highlands

LOA joined other nonprofits on May 20 for a 24-hour day of online giving, [Give Local Alleghany Highlands](#). We are so grateful for the donations to LOA which will help ensure seniors continue to receive services in Covington, Clifton Forge and surrounding areas.

Thanks to The Alleghany Foundation and The Alleghany Highlands Chamber of Commerce and Tourism for co-hosting the event!

Gifts and Grants Update

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

Diane Goode

Elliott Bayer

Cloverdale Church of the Brethren Women's Fellowship

Ann Miller

Pinnacle Financial Partners

Blue Ridge Equine Society

Fort Lewis Christian Church

Concrete Pipe & Precast Make Truckload Donation

Wow! Charlie Moore and Kevin Epperly of Salem, Virginia's [Concrete Pipe & Precast](#) delivered a massive trailer full of non-perishable food, toiletries, and water for LOA's emergency food pantry! They also made a generous cash donation! We are grateful to all at Concrete Pipe & Precast for their dedication to helping our seniors.



Programs & Services News



As temperatures begin rise, it's even more important that at-risk seniors stay safe and comfortable. LOA offers small window unit air conditioners to homeowners with no working air conditioner in the home. Box fans are also available for those who do not own their home. **There are some additional eligibility requirements for this program.**

If you or someone you know needs cooling assistance this summer, call Angela Hale at 540-345-0451, Ext. 3046, for more information.

Tai Chi for Arthritis and Falls Prevention



LOA offers [Tai Chi for Arthritis and Falls Prevention](#) class which helps to improve muscular strength, flexibility, balance, and stamina. It is very beneficial for older adults with mild, moderate, and severe joint involvement and back pain, and who have a higher risk of falling.

A new class is forming and a start date will be released soon. You must enroll to take part.

To receive more information on upcoming class, or to get on our waiting list, contact Delaine Caldwell at (540) 345-0451 Ext. 3041, or email dcaldwell@loaa.org.



Take advantage of the warm weather by using our [Outdoor Senior Exercise Area](#) at the LOA Health & Wellness Center! It is free to use and open to the public. The fitness equipment is specially designed for older adults to improve strength, endurance, and balance. Additionally, the area offers a shaded picnic area where seniors can meet and socialize with others.

Located at 4902 Frontage Road, Roanoke, VA 24019. Open to the public Monday-Friday, 8:30am-2:30pm

OFFICE CLOSURE

Please note that LOA's offices will be closed on Thursday, June 19th, for Juneteenth National Independence Day.

[Privacy Policy](#) | [Unsubscribe](#)

[Local Office on Aging Inc.](#)

4932 Frontage Rd NW, Roanoke, Virginia 24019