



**LOA News
and Notes**

**September
2025**



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Senior Legal Safety Conference

Sept. 19, 2025



**Generously Sponsored by the
Roanoke Law Foundation**

Registration Closing Soon!

LOA's 3rd annual Senior Legal Safety Conference will take place Friday, September 19, 2025 from 8:00 am - 1:00 pm at Harvest Ministries, 909 Blue Ridge Blvd., Roanoke, VA 24012.

Generously sponsored by the Roanoke Law Foundation, the conference will cover topics such as:

- Avoiding Scams
- Protecting Your Finances
- Legal Issues
- Advances in Wound Care

In addition, vendors will be on site with valuable information for seniors.

Vendors registered to date include:

- Atlantic Union Bank
- Commonwealth Home Health Care
- Deaf & Hard of Hearing Services, Inc.
- Fairview Cemetery
- Gentle Shepherd Hospice
- Legal Aid Society of the Roanoke Valley
- Roanoke City Sheriff's Office
- Senior Medicare Patrol
- Tharp Funeral Home

Lunch and Continental Breakfast are provided.

This is a free event but registration is requested. Registration Closes Friday, September 5, 2025!

To register to attend, click the button below. For questions, call Robbie Boyd (540) 345-0451 Ext. 3045 or email: rboyd@loaa.org.

Last Call for Vendors - Only a few spaces left! Click on the button below to reserve by **Friday, September 5.**

[Register Now](#)



Susan Williams Star Dedication - A Legacy of Love

On Tuesday, August 5, LOA joined Kiwanis Club of Roanoke, City of Roanoke, and Roanoke Gas Company for a special Roanoke Star Adoption ceremony. For the next year, the star will remain dedicated in the memory of former LOA Executive Director, and our friend, Susan Williams. As LOA President & CEO Ron Boyd reminded those attending, Susan was "passionate and persistent" in her service and advocacy for those underserved and less fortunate, especially our senior population. The Roanoke Star will shine bright this year for Susan's legacy of love!



Emergency Food Pantry

LOA's Emergency Food Pantry provides food items for our clients who have an urgent need. Our pantry is provided by generous donations, like the trailer load of non-perishable food we recently received from the **Roanoke, Virginia Stake of The Church of Jesus Christ of Latter Day Saints!**

Most non-profits experience a "summer slow-down" in giving, and we need more donations to restock our supplies!



Items can be dropped off Monday through Friday 8:00 a.m.-3:30 p.m. LOA's main office: 4932 Frontage Road NW, Roanoke, VA 24019. Call (540) 345-0451 when you arrive, and we'll be happy to help you unload your donations. If you have a large food collection or donation, we are always happy to arrange to pick-up! You can also give a monetary donation through our donation link in

this email.

Click [HERE](#) for a list Emergency Food Pantry needs.



LOA Hosts AARP Event: Get the Scoop on Social Security

2025 marks the 90th anniversary of Social Security — a vital lifeline helping generations of older Americans live with dignity. AARP Virginia and Local Office on Aging proudly celebrated Social Security's legacy at a special event on August 14, "Get the Scoop on Social Security". Over 100 attendees celebrated the 90 year legacy with cake and ice cream, games and socializing.

Right now, there are close to 70 million Americans receiving Social Security payments. Speakers at the event emphasized that AARP is working to ensure that Social

Security remains fully funded for those who have worked and contributed to it for decades. AARP Virginia urged everyone at this celebration — and all Americans — to contact their elected representatives and [tell them to protect and strengthen Social Security](#).

Read more about this exciting event here: <http://bit.ly/45SCGeK>

Ride Safely with **CARFiT**



CARFiT for Older Adults is Headed Your Way September 16!

There's a lot more to safe driving than how you drive. Having the proper fit inside your vehicle can make a big difference and help protect you and those around you.

CARFiT is a free, interactive and educational program designed to improve safety and comfort for older

drivers. Trained volunteers will show you how you can enhance your comfort, safety, and fit within your vehicle.

CARFiT will be held on Tuesday, September 16 from 10am-1pm at North Roanoke Baptist Church, 6402 Peters Creek Road, Roanoke, VA 24019

Pre-registration is requested: please contact Delaine Caldwell at dcaldwell@loaa.org or (540) 345-0451 ext. 3041.

This event is presented by LOA and LewisGale Medical Center – Level II Trauma Center.



Giving Update

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

**Church of Jesus Christ of Latter Day Saints, Roanoke, Virginia Stake
David C. Duggins
JMAX Property Management**



Farm Market Fresh

Senior & WIC Farmers' Market Nutrition Program (S/FMNP)



It's a Great Time to Apply for Farm Market Fresh

It's harvest season in our area, a great time to get fresh fruit and vegetables! The Farm Market Fresh program helps qualifying seniors age 60 and older gain access to fresh produce at local farmers markets. Eligible seniors receive \$50 on a digital app or card to buy fresh produce at local farmers. Due to the popularity of the program, LOA has received additional funding for seniors in our area! Seniors who qualify can receive the benefit through September 30, and they have until November 30 to use the funds. There are participating farmers at the Grandin Village and West End Farmers Markets in Roanoke, and at the Salem Farmers Market. Seniors 60 and over can apply using the link below. Call LOA for more information.

[Apply for Farm Market Fresh](#)

Volunteer Opportunities

We have urgent need for the positions below. Call LOA to learn about even more ways to help!



VICAP Insurance Counseling Volunteer:

Questions about Medicare benefits, supplemental (Medigap) insurance, and medical bills can be frustrating and confusing. LOA helps with Free Health Insurance Counseling through the Virginia Insurance Counseling and Assistance Program (VICAP). We need volunteers for this important program!

We provide thorough training, and **prior experience with Health Insurance, Medicare, or Medical Billing is not required.**

Call Delaine Caldwell at (540) 345-0451 ext. 3041 or email dcaldwell@loaa.org to learn more!



Ring Doorbell Installation

We're excited to offer our Meals on Wheels clients a convenient wireless doorbell to ensure they never miss a meal delivery due to hearing loss. We need help installing these units! No tools are needed, and it can be done in under 30 minutes. We provide training, and while one person can do this, a two-person team is ideal.

Reach out to Michele Daley at LOA now! Call (540) 345-0451 ext. 3027 or email mdaley@loaa.org.



Vital Transportation Now Available in New Castle

Without this service I would not be able to go to my doctor's appointments or get my medicine, I am so grateful for the services. Thank you LOA. Doing a good job."
- LOA Vital Transportation Client

We are excited to announce expansion of Vital Transportation

services to New Castle, Virginia! Qualified seniors can receive rides to their doctor, pharmacy, grocery, or other vital needs.

Seniors 60+ who are interested in the service can simply call the LOA office. Our staff will complete a brief assessment to ensure eligibility. Once qualification has been established, we ask for at least three days notice for rides.

Call LOA at (540) 345-0451 for more information!

Your donations help us continue our mission:

"Helping older persons remain independent for as long as possible".

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[Local Office on Aging Inc.](#)

4932 Frontage Rd NW, Roanoke, Virginia 24019