LOA News and Notes

October 2026

Visit our website

Donate Now

Now more than ever, we need you to Help Us Fill the Plate.

No one wants a senior they know to go without meals, care or connection. The older adults we serve are waiting for their communities to step up. Due to skyrocketing prices and cuts to safety net programs, the need for services, especially nutrition services, is increasing. Meanwhile, federal funding has not kept pace. Programs like the ones LOA provides are waiting for federal funding to catch up with the needs of seniors across the country and in our community. This growing crisis is negatively impacting seniors' health and wellbeing.

Multiple studies have shown that services like Meals on Wheels:

- Reduces use of costly health care services.
- Improves diet quality.
- Reduces nursing home use and increases ability to age in place.
- Reduces social isolation and loneliness.
- Increases food security.
- Reduces falls and increases home safety.

This Fall we have an opportunity to show seniors they have not been forgotten. Won't you Help Us Fill the Plate?

Watch your mailbox for more information, and news about a special opportunity we have to increase the impact of every gift, including yours!

Give Now to Help Us Fill the Plate

The "Rural Gap" in Services for Seniors

Rural communities are home to a higher proportion of older residents, but have fewer services including healthcare, housing, transportation, nutrition and social services. LOA's goal is to fill that gap to ensure rural seniors receive the services they need to live independently for as long as possible.

Steve Walker, who resides in Fincastle, VA, receives Meals on Wheels from LOA bi-weekly in the form of pre-cooked frozen meals. Frozen meals are provided in remote areas where daily delivery is difficult. Two volunteers deliver

every other Wednesday. They help him organize his freezer to make sure all the meals will fit. He says they are wonderful and make sure he has the food he needs for two weeks.

Steve also counts on LOA's Vital Transportation Services for his appointments at the V.A. Hospital in Salem and occasionally for grocery shopping, and to the pharmacy. Without transportation, he would miss appointments and might not get his medicine refilled on time.

For rural seniors like Steve, home-delivered meals and transportation are two critical services that enable them to continue to live on their own.

LOA's service area includes communities in Alleghany, Botetourt, Craig and Roanoke Counties, as well as the cities of Roanoke, Salem, and Covington. Supporting seniors through Help Us Fill the Plate this Fall will ensure the availability of the important services rural seniors need.

Medicare Open Enrollment Counseling Oct. 15 - Dec. 7, 2026

Medicare Open Enrollment begins October 15 and LOA will be offering FREE Medicare Counseling at Valley View Mall on Mondays-Thursdays from 11am-3pm through December 7!

This is a great chance to get questions answered, compare plans, find out about changes to coverage, and more! Appointments are suggested. Walk-ins are accepted on the basis of counselor availability.

To find out more or to make an appointment, call Delaine Caldwell at (540) 345-0451, option 4.

What: Medicare Open Enrollment Insurance Counseling

Where: Valley View Mall, Roanoke (Upper level, near former Sears space)

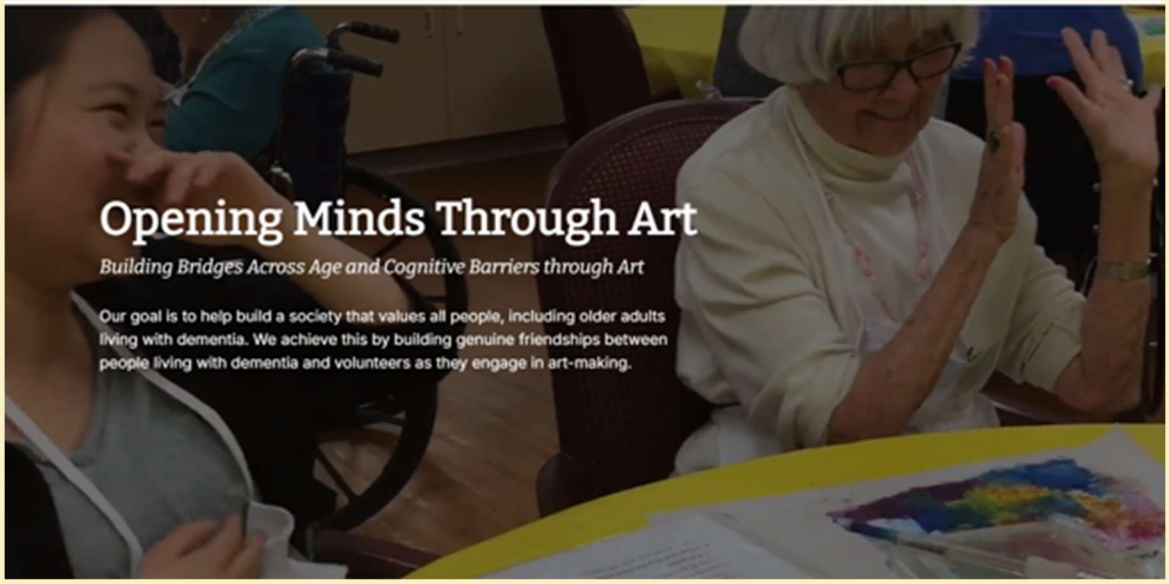
When: Mondays - Thursdays 11am-3pm (Counseling center will not open on Fridays, major holidays, or the week of Thanksgiving)

Support Area Seniors this Christmas!

It has just turned Autumn but we are already gearing up for the senior "Angel Tree" program! Partnering with Karis Cares Services who coordinates senior trees throughout the Roanoke Valley, LOA will have 2 Christmas trees available for you or your group to select tags representing seniors in need: One in our main office at 4932 Frontage Rd. NW, Roanoke, and the other next door at our Center for Health & Wellness at 4902 Frontage Rd. Wish list items are purchased and returned unwrapped or in gift bags with the tag attached and placed under our trees. For some seniors, your gift and the volunteer delivery may be the only evidence of Christmas they see!

Trees will be up and loaded with tags before Thanksgiving. Tags must be picked up in person during our business hours: Monday - Thursday 8am-4:30pm, Friday 8am-3:30pm. Gifts will be due back to LOA by Friday, Dec. 4th. Watch for the announcement that tags are available.

Make Christmas special for a senior this year!



Calling Potential Volunteers: We Want Your Input

In the Opening Minds Through Art (OMA) program, people with dementia (artists) are paired with volunteers who are trained to rely on imagination instead of memory and focus on remaining strengths instead of lost skills. OMA enables people living with dementia to assume new roles as artists and teachers and leave a legacy of beautiful artwork.

Along with other local agencies, LOA is exploring local interest in this program.

Volunteering requirements:

1. Complete volunteer training.
2. Be able to commit at least 3-5 hours weekly while sessions are actively running at their assigned site; this includes 2 hours for the OMA session.
3. Attend site tour(s) and artists introductions.
4. Attend the final art show.

Benefits of volunteering include:

- **Build meaningful connections** with older adults and create positive social experiences through art and conversation.
- **Develop empathy and communication skills** by practicing patience, active listening, and understanding different perspectives.

- **Gain valuable experience** working with older adults, particularly for those interested in healthcare, psychology, social work, education, or related fields.
- **Make a positive impact** while encouraging creativity, self-expression, and a sense of accomplishment

Would you be interested in volunteering? Do you have questions or need more information? Contact Delaine Caldwell at (540) 345-0451 Option 4 or dcaldwell@loaa.org.

Save the Date

Let's Do the Holidays

Tuesday, December 8, 2026

Let's Do the Holidays is a community-wide event bringing LOA clients, supporters and friends together for a holiday lunch and some festive fun!

Watch for more details and registration information coming soon!

Giving Update

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

Louise Chagnon

Sandra Henson

Salem After Five

Star Quilters Guild

Vinton Breakfast Lions Club

October Office Closure

LOA offices will be closed on **Monday, October 12, 2026**.

Please note: Meals on Wheels delivery will not take place that day.

Your donations help us continue our mission:

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

Donate Now

.

Privacy Policy | Unsubscribe

Local Office on Aging Inc.

4932 Frontage Rd NW, Roanoke, Virginia 24019