

CVAAA REACHING OUT

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Lynchburg, Virginia

2006 SENIOR AWARENESS DAY DANCE

Nearly 200 senior citizens who are clients of **CVAAA** or residents of local assisted living facilities enjoyed themselves at the **CVAAA** annual senior dance. The theme this year was "Mexican Fiesta" and in addition to Karaoke music provided by Melissa Commins, mini dance lessons were given by Ken Young. Both Melissa and Ken are program directors with the agency. The annual dance for senior citizens has been a long-time special event sponsored by the agency and supported by various local organizations and businesses. Seniors look forward to the occasion as an opportunity to have some fun and food added to the too often boring times in their lives. It is a healthy opportunity to socialize with others and participate in the life of the community.



CVAAA staff Ken Young and Melissa Commins demonstrate the fine art of dancing the Macarena.



Decorations for the dance focused on the theme "Mexican Fiesta" and included the traditional piñata.

A NEW LOOK ON THE WEB

Check out the improved web pages at www.cvaaa.com. Thanks to the professional assistance of Jack Wood of JRW & Associates, **CVAAA** is looking better on the web. This newsletter will now be available there along with special events, descriptive information on the agency's programs and services, and links to other relevant web-sites. Visit today.

SPECIAL EDITION

May is Older Americans Month. To capture the events that occurred during that busy month, this special edition of **CVAAA Reaching Out** is being published.

AN AWESOME "DAY OF CARING"

CVAAA and its clients benefited greatly from the 13th Annual United Way Day of Caring. It is a day during which volunteers from local companies and organizations donate their time in completing projects referred by non-profit agencies that are funded by United Way. **CVAAA** submitted several projects for volunteers to complete at its facilities and at clients' homes. Among projects selected were house cleaning and other chores for clients, landscaping at CVAAA's main office, waxing floors at the Lynchburg Congregate Dining Center, and providing technical assistance for Web page improvement. Volunteers donating their time and services to **CVAAA** included Delegate Shannon Valentine, Jack Wood, and enthusiastic employees from Genworth Financial, AREVA, C.B. Fleet, Sweet Briar College, Nationwide, Columbia Gas, Central Virginia Community Services and Lynchburg City Schools.

The value of the volunteers is well articulated by an agency client: "I am so grateful for all the hard work that these caring people did for me. It is so frustrating to be unable to do some things anymore! I really appreciate all their efforts, and they were so friendly and kind to me. God bless you all."

A DAY OF CARING



Delegate Shannon Valentine puts a little muscle in the cleaning chores she volunteered to do on "Day of Caring".



Most of the Genworth crew pose before they begin a hard day of work helping improve the landscaping at CVAAA on "Day of Caring".

CVAAA, Inc.
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CVAAA'S MISSION

The mission of the **CVAAA** as the designated Area Agency on Aging for the Planning and Service Area (PSA #11: Bedford and Lynchburg Cities; Amherst, Appomattox, Bedford, and Campbell Counties) is to carry out the legislative intent of the Older Americans Act by providing supportive services such as meals, transportation, care management, personal care, homemaker assistance, elder rights advocacy and legal assistance for older citizens to enable them to remain independent in their homes, to be active in the life of the community, and to live life to the fullest degree that each is able.

DONATIONS WELCOMED

If you would like to help support the work of **CVAAA** to bring needed services to older adults in our local communities, your contribution will be greatly appreciated. For a donation of \$125 or more, you may designate someone to memorialize or honor with a plaque that will be placed on the Honor and Memorial Wall at **CVAAA** as a lasting reminder of your generous support. Please call for more information.

www.cvaaa.com

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CVAAA is a member agency of the United Way of Central Virginia.



**What we do.....
makes a difference**

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