

# CVAAA REACHING OUT

A Quarterly Publication of the Central Virginia Area Agency on Aging, Inc.  
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## A (NEW) SIGN OF THE TIMES

Giving official notice that it now occupies a space on 12th Street, CVAAA has erected a new sign to declare it is open for business. And indeed, business is booming. It is anticipated that the poor economic conditions will only exacerbate the needs felt among senior citizens and their caregivers. Needs such as meals (last year we provided over 105,000 and folks were still on the waiting list), transportation to medical appointments (last year we provided 14,642 one-way trips), and in-home services such as cleaning (last year we provided 11,616 hours of homemaker services and the number waiting for services continued to grow). To say that the challenge of meeting the expressed need is daunting is an understatement. The quality of life of the elderly during times of unmet needs is seriously impaired. The Agency is seeking partnerships with other entities and organizations in the community in an effort to reduce that impairment. Please contact us if you're able and willing to help.



## CVAAA STAFF RECOGNIZED BY BOARD OF DIRECTORS

Fred Fralick (right in photo), Chairman of the CVAAA Board of Directors, presents a "Resolution of Appreciation and Commendation to the Staff" to Executive Director, Dan Farris who accepted the award on behalf of Agency Staff. A copy of the Resolution was distributed to all Staff and a framed copy will be on display in the Agency. The Resolution noted the Staff's dedication to the mission of the agency that resulted in a maximization of positive results for clients, especially during times of limited budgets and increasing numbers of clients to serve. The Resolution further noted that the Staff found new and creative ways to maintain the highest quality of service. The Resolution was introduced and passed by the Board of Directors at its joint meeting with the Agency Advisory Council on January 26, 2009.

## A DOOR TO THE FUTURE?

It all began with a vision almost two years ago, primarily fostered by a grant (**Imagine** there's no Hunger) from the **Meals on Wheels Association of America (MOWAA)**. It was an exploratory opportunity to look for successful ways to develop partnerships with a goal of providing nutritious meals to the elderly. After months of discussions with consultants and visiting meals programs operated by other non-profit groups, **CVAAA** and the **Blue Ridge Area Food Bank** are getting closer to the reality of a "Central Kitchen" concept of providing meals to its respective client population. The process will be patterned after a successful operation by **FeedMore** in Richmond with whom consultation has occurred. Look for more coverage in future issues of this newsletter as the door in the photo to the right gets widened literally and figuratively in a venture that should more effectively and efficiently enable us to serve the hungry.



The planned entrance to the "Central Kitchen" that will occupy approximately 3,000 square feet of the building that now houses the CVAAA and the Food Bank.



“Kitchen” equipment will occupy this space in the future.

## **CENTRAL KITCHEN PLANS IN THE WORKS**

The space in the photo to the left is awaiting some serious renovation efforts to make it a reality program for addressing the needs of the hungry, especially the elderly, in the future. **CVAAA** and the **Blue Ridge Area Food Bank** are partnering in this unique project. The kitchen operation process being considered is to immediately “blast chill” the meals as they come off the “hot” line. The “chilled” meals can then be delivered with a wider window of opportunity than the temperature requirement for “hot” meals allows. This method is being used successfully in several other meals programs throughout the country. Clients seem to prefer this approach as well since they have more of a choice as to when to “heat up” their chilled fresh meal.

**CVAAA, Inc.**  
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## **CVAAA’S MISSION**

The mission of the **Central Virginia Area Agency on Aging, Inc.** is to enable senior citizens to remain active in their home by providing quality supportive services.

## **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.



United Way  
of Central Virginia  
Partner Agency

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**Quality services for  
aging in place**

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