

# CVAAA REACHING OUT

A Quarterly Publication of the Central Virginia Area Agency on Aging, Inc.  
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## **CONGREGATE DINING: A PROGRAM FOR ALL SEASONS AND SIGNIFICANT REASONS**

According to the "Service Standards" established by the Virginia Department for the Aging (VDA) that provides oversight to the 25 local Area Agencies on Aging in Virginia, the purpose of congregate nutrition services is provision to persons 60 years of age and older, a hot meal that provides a minimum of one-third Recommended Dietary Allowance (RDA). Further, in the language of VDA, "The congregate nutrition site provides opportunities for socialization and recreation that may alleviate isolation and loneliness".

CVAAA currently has 9 congregate sites located throughout Region 2000 (PSA 11), the geographical area covered by the Agency. The latest one was just opened in Campbell County in July using Federal "Stimulus" funding. The 8 sites that were in operation during Fiscal Year 2007-08 provided **14,757 meals to 273 senior citizens** that attended the congregate sites. The comments received recently from congregate site participants give a clear indication of how significant the program is to them:

"The congregate site gives me the opportunity to fellowship with other people, mostly my age with some of the same circumstances that I have in my life."

"I do not know how to drive and I live alone, so I am grateful to have this opportunity to share time with the other people who attend the Site."

"After the death of my husband - all my children live in other States and Cities - the Site has been like a life saver to me. I do not feel that I am all alone."

"Coming to the Site means congregating with other elderly friends. I live in the country and some days I would not even talk to another person were it not for going to the Site."

"At my age, 98, it is a joy to be with people."

"I am a widow and live alone. I enjoy the Site and the people who come. The companionship is wonderful."

"I get out of the house 3 times a week and get a hot meal. Without it I would go hungry."



*Clients are transported to and from the Sites via Agency wheel chair accessible vans.*



*Individuals age 60 and over enjoy a hot nutritious meal as well as having an opportunity to socialize with their peers.*



*Mrs. Irene Lewis*

### **NEW CONGREGATE DINING SITE OPENED**

Using the support of new federal "Stimulus" funding along with the interest and support from the New Vine Baptist Church in Campbell County, the ninth congregate meals site offered by **CVAAA**, was opened in July: the "Irene Lewis, Campbell County Café". Currently the Site operates on Tuesdays and Thursdays with 15 individuals now participating in the program. The Site is named for Mrs. Irene Lewis, a centenarian and a long-time member of the Church. A **CVAAA** care manager also helps maintain an Agency presence in the Campbell community by having office hours at the New Vine Baptist Church location on Thursdays from 10 am to 1 pm.

**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.



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**Quality services for  
aging in place**

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