

VPAS Highlights

- ✓ VPAS Cafes opened in Weyers Cave, Churchville, Hot Springs and Goshen.
- ✓ New Telephone Checking Program implemented.
- ✓ Hosted Confident Caregiver and Dementia Care Conferences.
- ✓ Launched Intergenerational Respite Care Program.
- ✓ Partnered with Bath Community Hospital to provide insurance counseling during open enrollment.
- ✓ Added a third Meals on Wheels delivery in Waynesboro each week.
- ✓ Created and distributed Dementia Care Kits to caregivers.



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I am so impressed by what you accomplish in our community. It is a wonderful feeling to know that people's lives are made better through my gifts to VPAS. Thank you for everything you do!



Contact Info

📞 800-868-VPAS

📍 325 Pine Avenue | PO Box 817
Waynesboro, VA 22980

🌐 www.vpas.info



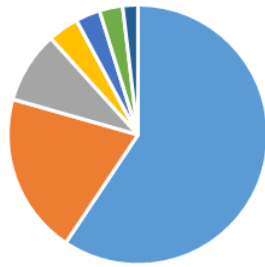
VPAS IMPACT REPORT 2022-2023

Creating communities where everyone can age well



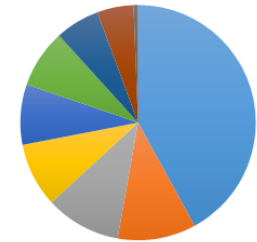
2022-23 Revenue and Expenses

Revenue FY22-23



- FEDERAL - 59%
- STATE - 20%
- LOCAL GOVERNMENTS - 9%
- FUNDRAISING 4%
- GRANTS -3%
- CLIENT DONATIONS - 3%
- MISC. INCOME - 2%

Expenses FY22-23



- MEALS ON WHEELS - 42%
- CAFES - 11%
- TRANSPORTATION - 10%
- OTHER - 9%
- INFORMATION & ASSISTANCE - 8%
- INDIRECT - 8%
- CAREGIVER SUPPORT - 6%
- MEDICARE COUNSELING - 5%
- FUNDRAISING - 1%

Navigating Aging Together

Almost 50 Years of Serving Older Adults

VPAS provides adults 60 years and older with the resources and opportunities they need to lead engaged lives. We serve older adults in five counties and the cities within: Augusta, Bath, Highland, Rockbridge, and Rockingham. In FY 2022-2023, we served 4,578 people.

www.vpas.info

2022-2023 Impact Snapshot

Mind and Body



We provided **3,367** hours of health classes, confident aging education, and senior recreation, and **152,376** healthy meals.

Transportation



We provided **8,442** safe, one-way van rides.



Medicare Consultation



Our certified counselors served **798** Medicare beneficiaries.

Home and Caregiver Support



We made **4,056** contacts for information and assistance. We also provided **328** caregivers with respite, education, peer support, consultation, legal services and more.



VPAS Impact Report 2022-2023

Staunton, Augusta County, Waynesboro Region

VPAS MISSION

To empower those 60 and over with the resources and opportunities they need to lead engaged lives

HIGHLIGHTS

- New cafes opened in Weyers Cave and Churchville, providing socialization, meals and education to more older adults.
- Waynesboro Cafe and Blue Ridge Area Food Bank started a monthly produce pop-up.
- Staunton Cafe partnered with Staunton Public Library for a Digital Literacy Program, building technology skills.
- Margie Ferguson joined the team as the new VICAP Local Program Coordinator.
- A new steering committee is working toward becoming a Dementia Friendly Community.
- A Falls Prevention Open House offered older adults tips and exercises to avoid falls.
- Meals on Wheels in Waynesboro added a third delivery day each week, providing additional contact opportunities.

IMPACT SNAPSHOT

1,857

people served

381

hours of health classes, confident aging education, and senior recreation

55,225

healthy meals

5,106

one-way van rides to medical appointments and other life-necessary destinations

1,562

contacts for information and assistance

755

older adults provided with Medicare counseling



We couldn't have done it without your generous *support.*



VPAS Impact Report 2022-2023

Bath County, Buena Vista, Highland County, Lexington,
Rockbridge County Region

VPAS MISSION

To empower those 60 and over with the resources and opportunities they need to lead engaged lives

HIGHLIGHTS

- New VPAS Cafes opened in Hot Springs and Goshen and new exercise equipment is in use at Maury River Senior Services in Buena Vista.
- Partnered with Bath Community Hospital to provide insurance counseling during open enrollment.
- New Senior Transportation vehicle purchased with funds from Rockbridge Community Health Foundation.
- Welcomed new driver Gary Apanasewicz to the Highland County team.
- Third Tuesday Bingo began January 2023 at The Highland Center and is extremely popular.
- Need in Bath County: volunteers to deliver Meals on Wheels.

IMPACT SNAPSHOT

1,166

people served

1,494

hours of health classes,
confident aging education,
and senior recreation

41,540

healthy meals

621

one-way van rides to
medical appointments
and other life-necessary
destinations

569

contacts for information
and assistance

510

older adults provided
with Medicare counseling



We couldn't have done it without
your generous *support.*



VPAS Impact Report 2022-2023

Harrisonburg and Rockingham County

VPAS MISSION

To empower those 60 and over with the resources and opportunities they need to lead engaged lives

HIGHLIGHTS

- Development of the Intergenerational Respite Care Program, a partnership with Bridgewater College, to serve more families
- Opening Minds Through Art Program and receptions offered for individuals with dementia and their caregivers
- Dementia Care Kits created to enrich lives of those living with dementia and their families
- Launched Telephone Checking Program to assess overall wellness and additional needs of Meals on Wheels recipients
- Donation of a new large freezer enabling us to provide more older adults with meals
- Director of Senior Services Joyce Nussbaum honored with JMU Public Service award

IMPACT SNAPSHOT

1,555

people served

1,218

hours of health classes, confident aging education, and senior recreation

55,611

healthy meals

2,715

one-way van rides to medical appointments and other life-necessary destinations

1,089

contacts for information and assistance

288

older adults provided with Medicare counseling



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