# Navigating Aging Together

## More than 40 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 2019-2020, we served 3,398 people.









#### MIND AND BODY

We provided 24,060 hours of health classes, confident aging education, and senior center recreation, 7,782 safety checks and 142,049 healthy meals.

#### **TRANSPORTATION**

We provided 9,546 safe, one-way van rides.



#### **MEDICARE CONSULTATION**

Our certified counselors served 2,085 older adults and helped them save \$1,247,295 on medication.

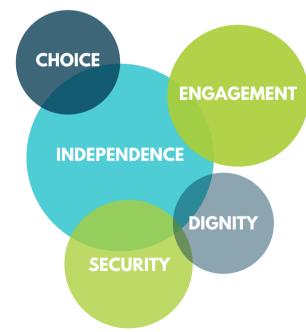






#### **HOME AND CAREGIVER SUPPORT**

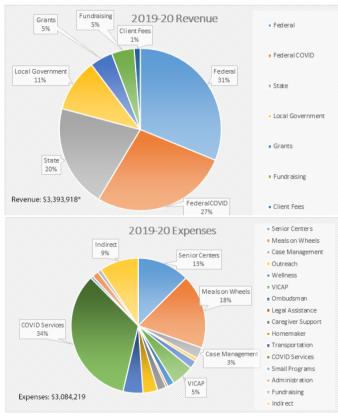
We made 4,077 contacts for information and assistance, delivered 3,721 packages of hygiene items and provided 5,554 hours of in-home and caregiver support.



### How VPAS is Keeping Older Adults Safe and Engaged

#### Meals on Wheels to Shelf-stable food items for good homebound residents for critical nutrition and nutrition safety checks 4 **Activity kits** Rides to medical stimulate the appointments in mind and reduce sanitized vehicles anxiety **(6**) 5 Virtual health, wellness. Check-in phone education and calls for safety caregiver and programs companionship (7 Hygiene items for comfort and security

### 2019-20 REVENUE AND EXPENSES



<sup>\*</sup>Additional funding received due to pandemic.

325 Pine Avenue | PO Box 817 Waynesboro, VA 22980 800.868.VPAS | www.vpas.info







### 2019-2020 IMPACT REPORT



