

MISSION

The Mission of Crater District Area Agency on Aging is to provide regional leadership and supportive services to enhance the lives of older adults, adults with disabilities, and caregivers in the community we serve.

VISION

The Crater District Area Agency on Aging will lead the regional efforts to ensure that older adults, adults with disabilities, and caregivers achieve their highest quality of life. The key components of the agency's Vision of future success are:

- *Leader in Aging Services – CDAAA will become well-known throughout the service area and Commonwealth.*
- *Increase Funding – CDAAA will undertake significant fundraising efforts to provide the agency with unrestricted funds, and to become less dependent on government funds.*
- *New Facility – CDAAA can be more productive and better serve the community by operating in a new or significantly upgraded facility.*
- *Board & Staff Development – CDAAA will increase the size of the Board and to operational capacity over the long-term.*
- *Community Engagement – CDAAA's Board and leadership will work with local leaders to ensure that individual programs and services meet the specific needs of each locality.*

CDAAA BOARD OF DIRECTORS

OFFICERS

President – Ms. Brenda Mitchell

Vice President – Ms. Brenda Burgess

Secretary – Ms. Nancy Ross

Treasurer – Ms. Faithea Flowers-Foster

Executive Director

Dr. Harold Sayles



NUTRITION SERVICES



**23 Seyler Drive
Petersburg, VA 23805
(804) 732-7020
Website: www.cdaaa.org**

***Serving District 19
The cities of Colonial Heights, Emporia,
Hopewell and Petersburg,
and the counties of Dinwiddie,
Greensville, Prince George, Surry, Sussex***

Mission of the Nutrition Services

The mission of Crater's nutrition programs are to help alleviate food insecurity among seniors in the District 19 Service Area, by providing nutritious meals, as well as health and nutrition education to homebound seniors and individuals who attend senior centers.

Senior Centers

Opportunities are provided for seniors to socialize and share a meal with other seniors in a safe environment.

Recreational activities to include trips and outings are also available for senior center participants. Transportation is provided for those who need it to and from the facility.



Meals on Wheels Southside



Our home delivered meals are pre-packaged and have been designed by registered and licensed dietitians to meet or exceed the requirements associated with the Required Daily Allowance and the Dietary Reference Intakes for older adults.

The five complete meals consist of a variety of entrees, fruits, juices, bread and milk that is conveniently delivered to homebound seniors once a week.



In addition to the five pack meals, emergency shelf stable meals are delivered twice a year. Alternative meal options are available in some areas.

OTHER SERVICES PROVIDED



- **Senior Exercise Classes**
- **Medication Management**
- **Health & Wellness Classes**

**For more information call
(804) 732-7020**