

## 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



## HEALTH EDUCATIONAL SERVICES



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

# HEALTH EDUCATION

Crater District Area Agency on Aging sponsors many health and safety educational groups that will educate, inform and enhance the quality of life for the senior citizens who reside in the Crater District service area.

## Disease Prevention Health/Promotion

This program is primarily administered at the Senior Centers with the congregate and socialization participants. Several of the sites meet in recreation departments and the participants have access to arthritis foundation exercise sessions as well as tai-chi, yoga and other forms of low impact exercises designed for senior citizens. Special health and nutrition programs are also scheduled throughout the year.



## Medication Management

The participants receive information on look-a-like drugs, medication side effects, and the importance to comply with the prescription requirements.



## Support Groups

Information about community resources relating to caregiver roles, problem solving techniques and opportunities for sharing is provided in a support group atmosphere.



FOR MORE INFORMATION CALL  
(804) 732-7020

## Diabetic Prevention Program Prevent T-2

Crater District Area Agency on Aging offers a Diabetic Prevention Program which can help you to reduce your risk of developing Type 2 Diabetes. This program is in conjunction with the National Diabetes Prevention Program which is led by the Centers for Disease Control and Prevention.



Trained lifestyle coaches lead classes to help participants improve their food choices, increase physical activity, and learn coping skills to maintain weight loss and healthy lifestyle changes. This program is designed to allow participants to live a better quality of life and a healthier lifestyle.



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