



# VPAS Impact Report 2024-2025

## Buena Vista, Lexington, Rockbridge Co. Region

### VPAS Mission

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

### Highlights

VPAS celebrated more than three dozen volunteers at an appreciation luncheon. Several community partners and funders engaged in the event, and VPAS Cafe members presented special handmade gifts to all volunteers.

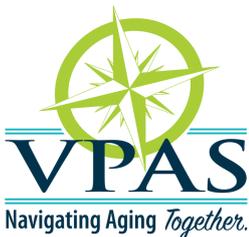
**+25%**

hours of health classes, education, senior recreation



**+76%**

more rides to important destinations



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### IMPACT SNAPSHOT



878

Unduplicated People Served

25,436

Healthy Meals

1,397

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

1,731

Contacts for information and assistance and hours of checking calls

665

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

392

Older adults provided with Medicare counseling

20

Caregivers Supported

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### An Impact Story

A Meals on Wheels volunteer knocked on a neighbor's door to deliver a meal and got no response. The volunteer heard a faint cry for help from inside and called 911. It was later determined that the client had fallen and broken her hip. The family was so thankful the VPAS volunteer went above and beyond so their mother could be helped immediately.

### Turn to VPAS: Programs in Buena Vista, Lexington, and Rockbridge County

- Meals on Wheels
- Senior Transportation
- VPAS Cafes
- Information and Referral
- Home Assessments
- Emergency Services
- Medicare Consultation
- Caregiver Support
- Health and wellness workshops
- Long-term care Ombudsman
- Music, quilting, line dancing and more

