



COMMONWEALTH of VIRGINIA

Office of the Governor

William A. Hazel, Jr., MD
Secretary of Health and Human Resources

September 15, 2011

The Honorable Charles J. Colgan
10660 Aviation Lane
Manassas, Virginia 20110-2701

The Honorable Lacey E. Putney
P.O. Box 127
Bedford, Virginia 24523

Dear Senator Colgan and Delegate Putney:

In response to Item 273 H. in the 2011 Appropriation Act, I am forwarding a report on the "Use of State and Federal Resources for Home-Delivered Meals to Home-Bound Individuals."

Virginia's 25 Area Agencies on Aging (AAAs) form the principal network for the delivery of publicly-funded home-delivered meals to individuals. In Federal Fiscal Year 2010, AAAs and their contract and volunteer partners delivered approximately 2.4 million meals to approximately 12,500 individuals at a cost of \$12.8 million. A number of other organizations, such as religious and other non-profit organizations, also provide home-delivered meals in Virginia. In some cases, these organizations serve people who are not eligible for services through AAAs, may provide additional nutritional services, or may serve as AAA contractors.

AAAs and their partner nutrition services organizations all share a common reliance on volunteers. These local partnerships have grown over the years and will continue to be an important part of a well-coordinated system of long-term supports and services that extend the ability of individuals to remain in, or return to, their homes and communities of choice.

Sincerely,


William A. Hazel, Jr., MD

WAH:es



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AAAs and their partner nutrition services organizations all share a common reliance on volunteers. These local partnerships have grown over the years and will continue to be an important part of a well-coordinated system of long-term supports and services that extend the ability of individuals to remain in, or return to, their homes and communities of choice.

Sincerely,

A handwritten signature in black ink, appearing to read "William A. Hazel, Jr.", written over a white background.

William A. Hazel, Jr., MD

WAH:es

Secretary of Health and Human Resources

Use of State and Federal Resources for Home-Delivered Meals to Home-Bound Individuals

**Report to the Chairmen of the House Appropriations
and Senate Finance Committees**

September 1, 2011

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Executive Summary

Virginia's 25 Area Agencies on Aging (AAAs) form the principal network for the delivery of publicly-funded, home-delivered meals to individuals living in their homes. Home-delivered meals often increase an individual's capacity to prevent and/or manage chronic and debilitating diseases and conditions. As part of a system of long-term, community-based services and supports, they may also extend the ability of individuals to remain in, or return to, their homes and communities of choice.

How meals are prepared and delivered is a local decision. According to local capacity, AAAs contract or directly provide services in their designated areas of the Commonwealth. In federal fiscal year 2010, AAAs delivered almost 2.6 million meals to approximately 12,500 individuals from a combination of federal funds, state general funds, and other funds, together totaling approximately \$12.8 million. Collectively, AAAs reported unmet demand for approximately 1.6 million meals for 3,700 unserved or underserved older Virginians.

A number of other organizations, such as religious and other non-profit organizations, also provide home-delivered meals in Virginia, based on local need. Most serve one or two communities and some, such as *Meals on Wheels* and *Food and Friends*, serve multiple cities and counties in a region. In some cases, these organizations serve people who are not eligible for services through the AAAs, serve a specific population group, provide additional nutritional services, or serve as contractors to AAAs to prepare and deliver meals to home-bound individuals.

These nutrition services agencies all share a common reliance on hundreds of volunteers, who often are important contacts and sources of referral for other needed services. These organizations, along with the AAAs, are listed in the No Wrong Door database and on the *Virginia Easy Access* and *VirginiaNavigator* websites, which provide vital information to help coordinate referrals and the delivery of home-and-community-based services. Local partnerships have grown over the years and will continue to be an important part of a well-coordinated system of long-term services and supports.

Introduction

This study is in response to the following language in Item 273 H, Chapter 890, 2011 Acts of the Assembly (Appropriation Act):

The Secretary of Health and Human Resources, in cooperation with the Department for the Aging, the Virginia Department of Health, the Department of Medical Assistance Services, and the Department of Social Services, as well as local agencies and meal delivery providers, shall examine the use of state and federal resources for home-delivered meal services for home-bound individuals with debilitating and/or terminal diseases. As part of this review, the Department will examine the number of individuals that are currently served and unserved, potential duplication and overlap of programs, and how programs and resources could be better coordinated to ensure that individuals are able to remain at home and avoid institutional care. The Secretary shall report on this analysis to the Chairmen of the House Appropriations and Senate Finance Committees by September 1, 2011.

For the purpose of this study, "home bound" is defined as being unable to meet basic nutritional needs either temporarily or permanently and having no other reliable means of obtaining daily meals. In addition, the Virginia Uniform Assessment Instrument User's Manual (Appendix C) defines home-delivered meals as: "nutritionally balanced meals that meet one-third of the current Recommended Daily Allowance. The meals must be delivered and received at the homes of individuals."¹

The Department for the Aging, working through the local Area Agencies on Aging (AAAs), is the only agency in the Health and Human Resources Secretariat that currently has a significant role in the administration of home-delivered meals in Virginia. With funds allocated from the federal *Older Americans Act* combined with matching state general funds, all 25 AAAs provide this service directly or contract all or part of the service for eligible persons who are at least age 60. Services may also be available for individuals who are less than age 60 with disabilities if they reside with an eligible home-bound older person.

Until December 2010, home-delivered meal services for people with HIV/AIDS were funded through the federal Ryan White program under the Health Resources and Services Administration (HRSA) for the Washington, DC eligible metropolitan area that also covers parts of Northern and Northwest Virginia. However, funding was shifted from home-delivered meals to address increasing demand for medical care and medications. Currently, the only HIV-related home-delivered meal services are funded through the federal Housing Opportunities for Persons with Aids (HOPWA) program under the federal Department of Housing and Urban Development. Under both Ryan White and HOPWA, the contractor is the Northern Virginia Regional Commission, which subcontracts with *Food and Friends*, a non-profit agency based in Washington, DC.

¹ Source: (http://www.dmas.virginia.gov/downloads/pdfs/ltc-UAI_User_Manual.pdf)

Some individuals served by the local departments of social services are eligible for home-delivered meals under the Virginia Department of Social Services Adult Services Program. Social workers for these clients may coordinate with the AAAs or other non-state agencies to enroll the individual in home-delivered meal services if appropriate.

Virginia's Medicaid program does not cover home-delivered meals; and while the Program of All-Inclusive Care for the Elderly (PACE) provides services determined to be medically necessary to maintain a participant's overall health, providers are paid a capitated rate and there is not a specific reimbursement for meals.

Background

Several national studies and sources of information provide important background for understanding the factors related to nutrition services and the need for home-delivered meals when food access is not otherwise available.

Positive Health Effects and Cost Avoidance. A report by the Association of Nutrition Services Agencies² cites both positive health effects and significant cost avoidance that accrue from adequate food access and proper nutrition. The report, "*Power of Nutrition*," concluded that, improved food access and nutrition, particularly for those individuals living with chronic and life-threatening diseases such as diabetes and HIV/AIDS, significantly reduced health care costs and increased compliance with medical treatments. AAAs and non-profit nutrition services agencies, such as *Meals on Wheels* and *Food and Friends*, address problems associated with poverty and disease by providing access to food and thereby addressing the continuous cycle of poverty, poor nutrition, and bad health.

Food Insecurity. The United States Department of Agriculture³ describes the range of food security and insecurity experienced by individuals in the following categories (Table 1):

² Source: <http://www.ansanutrition.org/nutrition/power.cfm>

³ Source: <http://www.ers.usda.gov/Briefing/FoodSecurity/labels.htm>

Table 1: Food Security and Insecurity Definitions

General Categories	Detailed Categories	Description of Conditions in the Household
Food Security	High Food Security	No reported indications of food-access problems or limitations
	Marginal Food Security	One or two reported indications-- typically anxiety over food sufficiency or shortage of food in the house. Little or no indication of changes in diets or food intake
Food Insecurity	Low Food Security	Reports of reduced quality, variety, or desirability of diet. Little or no indication of reduced food intake
	Very Low Food Security	Reports of multiple indications of disrupted eating patterns and reduced food intake

A 2009 report on hunger among seniors ⁴ examined the characteristics of people age 60 and over who are food insecure and at-risk of hunger. The study was funded by a grant from the Meals on Wheels Association of America, Inc. Among the findings were:

- In an average year, nearly 5.7 percent of seniors nationally, or 2.7 million people, are at risk of hunger.
- An upward trend occurred in the number of seniors facing hunger risk compared to previous studies.
- More than 38 percent of people who are food insecure have incomes below the poverty line. However, while poverty correlates to hunger risk, the problem is not confined to the poor.
- The rate of food insecurity in non-metropolitan areas exceeded that of metropolitan areas.
- Virginia ranked 22nd among states in the rate of food insecurity among seniors (order from highest to lowest).

Food Insecurity in Virginia. A study by Feeding America,⁵ estimated the number and percentage of food insecure individuals by Virginia Congressional District. Food insecurity estimates are based on unemployment rates, median incomes, poverty rates, and other demographic measures (Table 2).

⁴ Ziliakm J., and Gundersen, C. (2009, Sept.) *Senior Hunger in the United States: Differences across states and rural and urban areas.* University of Kentucky Center for Poverty Research Special Reports. Retrieved 07/21/2011 from <http://www.mowaa.org/page.aspx?pid=654>

⁵ Gundersen,C., E.Waxman, E. Engelhard and J.Brown. *Map the Meal Gap: Preliminary Findings.* Feeding America, 2011. <http://feedingamerica.org/hunger-in-america/hunger-studies/map-the-meal-gap/map-congressional-district.aspx>. Note: In 2009, the Federal Poverty Guideline (also known as Federal Poverty Level) for a single individual was \$10,830, as published in the Federal Register/Vol. 74, no.14/Friday, January 23, 2009. The 2009 Guideline remained in effect in 2010, but was increased to \$10,890 in 2011.

The highest estimated food insecurity rate (19.4 percent) and number of food insecure persons (125,810) falls in Congressional District 3, which includes all or parts of the cities of Hampton, Newport News, Norfolk, Portsmouth, and Richmond and the counties of Charles City, Henrico, Isle of Wight, James City, New Kent, Prince George, and Surry. The lowest estimated food insecurity rate (8.1 percent) and estimated number of food insecure persons (65,140) falls in Congressional District 10, which includes all or parts of the cities of Manassas, Manassas Park, and Winchester and the counties of Clarke, Fairfax, Fauquier, Frederick, Loudoun, Prince William, and Warren.

Table 2: Virginia Food Insecurity by Congressional District, 2009

Congressional District	Food Insecurity Rate	Number of Food Insecure Persons	% Food Insecure Persons Below 130% FPL	% Food Insecure Persons Between 130% and 185% FPL	% Food Insecure Persons Above 185% FPL
1	11.1%	82,080	28%	20%	52%
2	11.8%	72,620	34%	23%	43%
3	19.4%	125,810	61%	15%	24%
4	13.2%	91,460	39%	20%	41%
5	14.3%	90,770	51%	25%	24%
6	12.6%	81,450	45%	27%	28%
7	10.2%	73,190	32%	21%	48%
8	10.0%	66,730	31%	17%	52%
9	15.5%	95,250	52%	30%	19%
10	8.1%	65,140	25%	22%	54%

Home-Delivered Meals: Area Agencies on Aging (AAAs)

Under the federal *Older Americans Act* and associated funding, home-delivered meal services are targeted to those in greatest social and economic need with particular attention to low-income individuals, minorities, and those who live in rural communities, have limited English proficiency, and are at risk for institutional care. Services are available to individuals who are age 60 and over, homebound, unable to prepare a meal, and have no one to help prepare a meal. Home-delivered meals may also be available to the spouse of an eligible older individual, regardless of age. In addition, services may be available to individuals who are under age 60 with disabilities if they reside with the eligible home-bound individual.

How meals are prepared and delivered is a local decision. Local AAAs typically contract with private and non-profit providers for the preparation of meals, although paid staff in four AAAs prepare home-delivered meals in agency-owned-and-managed facilities. A number of AAAs partner with other public entities, such as local schools, for the preparation of meals, as a low cost alternative to maintaining their own kitchen facilities. (See Appendix A for meal preparation arrangements for each AAA). Meal distribution is accomplished through agency volunteer networks, contractor organization volunteers, agency staff, contractor organization staff, or some combination.

Statewide, AAAs provided almost 2.6 million meals to 12,565 individuals in federal fiscal year 2010 from a combination of federal funds, state general funds and other funds, such as voluntary contributions, totaling approximately \$12.8 million. Between 2008 and 2010, the number of meals served declined by 10 percent when American Recovery and Reinvestment Act funds are excluded. The decline in the number of meals is due to relatively flat funding and increasing costs of food, labor, and fuel. Approximately, 3,700 older Virginians go unserved or underserved each year due to insufficient funding. The unmet need equates to approximately 1.6 million meals annually.

Appendix B summarizes funding, number of persons and meals served, cost per meal, and unmet demand by AAA for federal fiscal year 2010. Funds are allocated to AAAs according to a population-driven formula that includes factors of age, rural area, poverty, and minority status. The number of home-delivered meals ranges from 22,864 (218 persons) in the Prince William AAA to 318,764 (1,196 persons) in the Fairfax AAA.

Congressional District 3, which has the highest estimated food insecurity rate and the highest estimated number of food insecure persons, is served by Senior Connections, Senior Services of Southeastern Virginia, Peninsula, and Piedmont AAAs. Only Piedmont reports an unmet demand of 306 unserved and underserved persons and 13,252 meals. Congressional District 10, which has the lowest estimated food insecurity rate and the lowest estimated number of food insecure persons, is served by Shenandoah, Fairfax, Rappahannock-Rapidan, Loudoun, and Prince William AAAs, which together report unmet demand of 185 unserved or underserved persons and 3,744 unserved meals. The highest levels of unmet demand are in the District Three and Southern AAAs, serving parts of Southside and Southwest Virginia.

Home-Delivered Meals: Selected Regional Providers

In addition to the AAAs, a number of organizations, such as religious and other non-profit organizations, provide home-delivered meals in Virginia through private contributions. Most serve one or two communities and some serve a broader region. The following three organizations are examples of regional organizations that serve multiple counties and cities and rely on volunteers to support their missions. These organizations, along with AAAs, are listed in the No Wrong Door database and on the *Virginia Easy Access* and *VirginiaNavigator* websites, which provide vital information to help coordinate referrals and the delivery of home-and-community-based services.

Food and Friends, Inc. *Food and Friends* provides customized meals, groceries, and nutrition counseling to people living with life-challenging illnesses, such as HIV/AIDS and cancer. Eligibility is entirely health-based without restrictions as to income, age, or insurance coverage. *Food and Friends* does not charge a fee, but about 75 percent of their clients have incomes below the poverty guideline. To be eligible for services, the individual must have a qualifying illness, compromised nutritional status, and a limited ability to prepare meals due to factors such as disability, illness, or medical treatment. *Food and Friends* is based in Washington, DC and serves Washington, Maryland, and six cities and seven counties in Virginia: Cities of Alexandria, Fairfax, Falls Church, Fredericksburg, Manassas, and Manassas Park and the counties of Arlington, Fairfax, King George, Loudoun, Prince William, Spotsylvania, and Stafford. Overall, their client base has been increasing at a rate of approximately five percent per year. In 2010, *Food and Friends* received about one-third of its revenue from government grants; the remaining revenue came principally from private contributions. In 2010, approximately 14 percent of their clients lived in Virginia; nearly 147,000 meals were served to 379 Virginia residents. Fifty-three percent of Virginia clients live with HIV/AIDS and 47 percent have some other challenging illness.⁶

Meals on Wheels Serving Central Virginia. *Meals on Wheels Serving Central Virginia* (part of the *FeedMore Corporation*, which also includes the *Central Virginia Food Bank*) provides meals and nutrition counseling to home-bound individuals over the age of 18 who have no other reliable means of obtaining daily meals. The service area includes the cities of Richmond, Petersburg, Hopewell and Colonial Heights and the counties of Charles City, Chesterfield, Dinwiddie, Goochland, Hanover, Henrico, Louisa, New Kent, Powhatan, and Prince George. *Meals on Wheels* is a contractor for the Senior Connections AAA. Volunteers for *Meals on Wheels* deliver approximately 265,000 meals to 1,500 clients each year.⁷

Meals on Wheels, Inc. of the Greater Lynchburg Area. Residents of the city of Lynchburg and the surrounding areas of Madison Heights, Amherst County, Campbell County, and Bedford County are eligible to receive meals if they are home-bound due to permanent disability or a temporary disability such as recuperating from a hospital stay. About 20 percent of clients pay for all or part of their meals, based on their ability to pay. On an annual basis, *Meals on Wheels* provides almost 75,000 meals to approximately 400 people.⁸

Conclusion

Home-delivered meals often increase an individual's capacity to prevent and/or manage chronic and debilitating diseases and conditions. As part of a system of long-term services and supports, they also may help extend the ability of individuals to remain in, or return to, their home and community of choice. Moreover, volunteers who deliver meals are an important source of referrals for other services that might be needed by the individuals.

⁶ Food and Friends 2010 Annual Report: <http://www.foodandfriends.org/site/pp.asp?c=ggLMIYOGKrF&b=3747191>; supplementary data provided by Food and Friends

⁷ Meals on Wheels Serving Central Virginia: <http://www.mowdelivers.com/Home/tabid/36/Default.aspx>

⁸ Meals on Wheels Serving, Inc. of the Greater Lynchburg Area: <http://www.mealsonwheelslynchburg.org/>

Statewide, there appears to be little overlap in the provision of publicly-funded home-delivered meals to older Virginians because the distribution of meals is managed through a single agency, the Department for the Aging and their network of 25 AAAs. However, eligibility for services through the AAAs is limited, for the most part, to persons who are age 60 and older. Other home-delivered meal services programs exist in local or regional areas, such as *Food and Friends* and *Meals on Wheels*, which have been very successful in attracting individual and corporate donations but still rely on public funds to help meet the increasing demand for services. In some cases, these organizations serve people who are not eligible for services through the AAAs, may provide additional services, or may serve as contractors to AAAs to prepare and deliver meals to eligible home-bound individuals.

These local partnerships have grown over the years and will continue to be an important part of a well-coordinated system of long-term services and supports.

Appendix A: Home-Delivered Meal Preparation by Area Agencies on Aging

1. **Four Area Agencies on Aging prepare home delivered meals in agency owned/managed facilities by paid agency staff:**
 - Shenandoah (PSA 7)* staff prepares meals in several agency-managed senior centers.
 - Loudoun (PSA 8 D) home-delivered meals are prepared in the county-managed central kitchen located in the juvenile detention center.
 - Prince William (PSA 8 E) meals are prepared in two county-managed senior center kitchens.
 - Lake Country (PSA 13) meals are prepared and frozen in the agency-managed central kitchen.
2. **Nine Area Agencies on Aging purchase prepared frozen meals (brands such as Sun Meadow, Traditions, and Bateman) from food vendors/distributors for the majority of their service areas:**
 - Mountain Empire (PSA 1) and Appalachian (PSA 2)
 - District Three (PSA 3) and Rappahannock-Rapidan (PSA 9)
 - Central Virginia (PSA 11) and Rappahannock (PSA 16)
 - Bay Aging (PSA 17/18) and Crater District (PSA 19)
 - Eastern Shore (PSA 22)
3. **Four Area Agencies on Aging contract for prepared meals from meal preparation vendors (such as Aramark, Canteen, local schools, hospitals, or nursing facilities) for most of their localities:**
 - New River Valley (PSA 4) contracts meal preparation with Aramark, which is located at the corrections facility in Dublin.
 - LOA (PSA 5) contracts meal preparation for the greater Roanoke-Salem area with Canteen. In the Allegheny region, which is rural and mountainous, LOA has contracts with local schools to prepare home-delivered meals.
 - Fairfax (PSA 8 C) has a number of home-delivered meals food preparation contractors, including INOVA Health System, Hermitage of Northern VA, Fairfax County Public Schools, Central Senior Center, Huong Binh Deli (Vietnamese meals), Lil Italian Restaurant (Middle Eastern Meals), and Mom's Meals.
 - Peninsula (PSA 20) contracts with several food preparation vendors, such as Oncore Catering and Aramark. Peninsula also contracts the home-delivered meal programs in York and Williamsburg to the Meals on Wheels organizations in those communities. The Meals on Wheels organizations in turn work with meal preparation vendors such as the local school systems.
4. **Five Area Agencies on Aging provide meals through a contract or agreement with Meals on Wheels or other local organizations:**
 - Alexandria (PSA 8 A) has an agreement with Senior Services of Alexandria and meal preparation is done by the Hermitage of Northern Virginia.
 - Arlington (PSA 8B) home-delivered meals are provided through an agreement with Meals on Wheels of Northern Virginia, Inc. Home delivered meals are prepared by Aramark.
 - Southern (PSA 12) contracts with two local community action agencies. One of the community action agencies operates a central kitchen that prepares home-delivered meals. The other community action agency contracts with several local restaurants for home-delivered meal preparation.
 - Piedmont Senior Resources (PSA 14) contracts with Daily Bread, which purchases frozen prepared meals.
 - Senior Connections (PSA 15) has a contract with Meals on Wheels Serving Central Virginia (part of Feed More, Inc., which also includes the Central Virginia Food Bank and the Community Kitchen). Home- delivered meals are prepared by the Community Kitchen.
5. **Three Area Agencies on Aging provide home delivered meals by a combination of contracted vendors and self-operation:**
 - Valley Programs for Aging Services (PSA 6) has an agency-managed central kitchen to provide home delivered meals for the Staunton/Waynesboro/Augusta region. They also contract with Aramark, a local hospital, and a local university to prepare home-delivered meals for other regions.
 - Jefferson Area Board for Aging (PSA 10) has an agency-managed central kitchen to provide home-delivered meals for part of the service area. They also purchase prepared frozen meals for other regions.
 - Senior Services of Southeastern Virginia (PSA 20) home-delivered meals are prepared by hospitals, nursing homes, and the agency-managed central kitchen in Franklin. Senior Services also contracts with Meals on Wheels organizations in Norfolk, Virginia Beach, Portsmouth, and Chesapeake and coordinates with Sentara Life Care, meal preparation provider for these Meals on Wheels organizations.

*PSA is Planning and Service Area.

Appendix B: Federal Fiscal Year 2010 Statistics (Source: VDA AMR/HD Meals)

Area Agency on Aging	Primary Service Area	Total Expenditures	Total Meals	Cost Per Meal	Persons Served	Unmet Demand (October 2010)		
						Persons Unserved	Persons Underserved	Meals Unserved
Mountain Empire	1	\$387,637	105,901	\$3.84	702	230	499	26,503
Appalachian	2	\$520,987	133,818	\$4.07	543	28	379	12,821
District Three	3	\$719,356	187,034	\$4.22	1,085	186	757	36,881
New River	4	\$289,919	49,371	\$6.79	303	0	185	8,057
LOA	5	\$994,338	229,739	\$4.51	1,083	0	34	132
Valley	6	\$645,072	136,664	\$5.24	872	0	0	0
Shenandoah	7	\$338,905	41,355	\$9.74	238	24	0	864
Alexandria	8A	\$187,951	45,277	\$4.40	131	0	0	0
Arlington	8B	\$215,586	43,660	\$5.73	217	0	0	0
Fairfax	8C	\$1,730,150	318,764	\$5.56	1,196	0	0	0
Loudoun	8D	\$119,264	46,092	\$2.67	335	0	104	2,330
Prince William	8E	\$241,617	22,864	\$10.94	218	0	0	0
Rappahannock-Rapidan	9	\$168,280	28,902	\$7.12	116	0	57	550
JABA	10	\$436,211	41,329	\$10.56	291	0	0	0
Central Virginia	11	\$476,372	95,676	\$5.54	555	16	33	403
Southern	12	\$886,338	146,694	\$6.53	829	0	760	31,160
Lake Country	13	\$390,800	103,343	\$4.17	323	3	15	210
Piedmont	14	\$503,500	78,258	\$8.64	257	66	240	13,252
Senior Connections	15	\$780,516	104,684	\$7.45	649	0	0	0
Rappahannock	16	\$190,546	41,180	\$5.23	184	0	0	0
Bay Aging	17/18	\$569,928	176,813	\$3.44	628	3	77	2,277
Crater	19	\$362,274	63,281	\$6.51	227	0	0	0
Senior Services	20	\$843,592	173,402	\$5.73	737	-	-	-
Peninsula	21	\$616,847	131,841	\$5.36	659	0	0	0
Eastern Shore	22	\$228,529	30,169	\$8.10	187	3	0	25
Total		\$12.8 M	2.6 M	\$5.42 (Average)	12,565	559	3,140	135,465 (1.6 Million Annually)

Appendix C: Virginia Area Agencies on Aging—Planning and Service Areas

Virginia's 25 Agencies on Aging

- | | | | |
|----|--|-------|---|
| 1 | Mountain Empire Older Citizens | 15 | Senior Connections, The Capital AAA |
| 2 | Appalachian Agency for Senior Citizens | 16 | Rappahannock AAA |
| 3 | District Three Senior Services | 17/18 | Bay Aging |
| 4 | New River Valley Agency on Aging | 19 | Crater District AAA |
| 5 | LOA Area Agency on Aging | 20 | Senior Services of Southeastern Virginia |
| 6 | Valley Program for Aging Services | 21 | Peninsula Agency on Aging |
| 7 | Shenandoah AAA | 22 | Eastern Shore AAA - Community Action Agency |
| 8A | Alexandria Office of Aging and Adult Services | | |
| 8B | Arlington Agency on Aging | | |
| 8C | Fairfax AAA | | |
| 8D | Loudoun County AAA | | |
| 8E | Prince William AAA | | |
| 9 | Rappahannock-Rapidan
Community Services Board and AAA | | |
| 10 | Jefferson Area Board for Aging | | |
| 11 | Central Virginia AAA | | |
| 12 | Southern AAA | | |
| 13 | Lake Country AAA | | |
| 14 | Piedmont Senior Resources AAA | | |

