



contribute

Where Your Dollars Go

- \$25 Meals on Wheels for one week for a senior
- \$30 An emergency response system for a senior for one month
- \$40 Transportation to a medical appointment
- \$100 A half day of homemaker services for a Case Management client
- \$360 One hot nourishing meal at one of our senior community meals, every week for a year (52 meals)

How to Donate

By Mail Please use the form (*located on the reverse side*) and mail your donation to:
 CVAA, Development Department
 76 Pearl Street, Suite 201
 Essex Junction, Vermont 05452

Online Visit us at cvaa.org and click on the donate button to make a secure online donation.

Call 802 865 0360 for more information about supporting CVAA.



Why Donate to CVAA

All off CVAA's services are provided at no charge to seniors. CVAA depends on your donations along with limited federal and state funding to fulfill its mission of empowering seniors to live well. Ever-looming federal and state budget cuts make your donations so important to us. We need your help to keep our programs and services going, to improve and expand them so that we can answer to the needs of the growing number of seniors in the Champlain Valley.

CVAA is a nonprofit organization that empowers seniors to live well. We work with seniors and caregivers, offering guidance and providing the support and services they need, when they need them. With the help of our community partners and volunteers, we serve over 10,000 seniors. Established in 1974, we are known as *the* resource for seniors in the Champlain Valley (Addison, Chittenden, Franklin, and Grand Isle counties).



802 865 0360

senior helpline

1 800 642 5119

www.cvaa.org



76 Pearl Street Suite 201 Essex Junction VT 05452

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A Glimpse Into What CVAA Does

For seniors who are unable to prepare their own food, CVAA's Meals on Wheels program offers more than nutrition. In addition to the meal, a delivery brings a volunteer's bright smile, a friendly greeting, and a connection that some seniors may otherwise go days without. It's an opportunity for the volunteer to check in and make sure all is well. CVAA's Meals on Wheels program serves over 220,000 meals each year throughout the Champlain Valley, and is just one of our many services that work to empower seniors to live well.

That's Just the Beginning

Here's more of what CVAA does:

- 10,000 Senior HelpLine calls answered
- 5,000 Seniors helped with SHIP
State Health Insurance Assistance Program
- 4,750 Seniors served at our Community Meals
- 2,600 Seniors received Case Management services

Ways to Help CVAA

Anytime Giving

Donations can be made for any amount, at any time.

Scheduled Giving

Monthly installments make larger gifts possible by dividing them into easy monthly payments.

Memorial Donor

You can make a donation in honor of a friend or relative, or in memory of a loved one or friend who has died.

Program Donor

Gifts may be made to support a specific CVAA service such as Case Management or Meals on Wheels.

Planned Giving

Donors may choose to make CVAA part of their estate planning for charitable as well as tax reduction purposes.

Gifts of Stock

When you donate an appreciated stock, you are eligible for a tax deduction and can avoid paying capital gains on the stock's increased value.

Bequests

Leaving a bequest in your will is a gift that will continue to grow, allowing CVAA to sustain our vital services and support for seniors.

Corporate Sponsorship

Call us to learn how a Corporate Sponsorship helps us, your business, and the well-being of seniors in our community.

Advertising

CVAA's newspaper, CVAA Voice, is published twice annually in the spring and fall and offers advertisers an effective way to reach mature readers in the Champlain Valley.

Special Events

Individuals, businesses, and organizations can support CVAA by participating in or sponsoring CVAA's special events like the Top Chef of the Champlain Valley.

In-kind gifts

In-kind gifts such as advertising space in a publication and offering free services for seniors are also appreciated.

Donate by Check

- \$25
 \$50
 \$75
 \$100
 \$250
 other \$

Donate by Credit Card

- Visa
 Mastercard
 Discover

Account Number

Amount Expiration Date

\$

Signature

Name

Address

City/State

Zip

I would like my gift to be in memory of:

I would like my gift to be in honor of:

I prefer my gift to remain anonymous.

I would like to help CVAA by volunteering.

Please call me at: