

# Frequently asked questions about our Nutrition programs

## How does the Program Work?

All nutrition programs begin with an assessment. After contacting our intake specialist at 434-385-9070, you will be assigned to a case manager. The case manager will contact you within 15 business days to schedule a time to assess your needs, ensure you are eligible for the service and enroll you in the program. Once enrolled, you will receive a letter in the mail listing the services for which you were approved. You will then receive a call from our Nutrition Department to notify you when your meals will start being delivered or when you will begin to attend the congregate site.

## Is there a fee?

There is not a fee for these programs. Although donations are humbly accepted.

## Who is Eligible?

People who are 60 or older and reside in the City of Lynchburg, and the counties of Amherst, Appomattox, Campbell and Bedford.

There is no income requirement but you may be asked about your income as part of our comprehensive assessment. Income does not determined eligibility.

## How do I begin?

Please call **(434)385-9070** between the hours of 8:30 am and 4:30 pm and ask to speak to the Intake Specialist. Your family or friends may call on your behalf.

CVACL also welcomes referrals from other service providers and professionals.