



SUMMER 2018

Highlight NEWS

MONTGOMERY AREA COUNCIL ON AGING



**TOGETHER, WE'VE PROVIDED
4,000,000 MEALS**



Letter from the Executive Director

By Donna Marietta
Executive Director

Many seniors in our community experience hunger, loneliness and social isolation, and these factors have health implications. As Dhruv Khullar, M.D., M.P.P., wrote for a piece in *The New York Times*, "A wave of new research suggests social separation is bad for us. Individuals with less social connection have disrupted sleep patterns, altered immune systems, more inflammation and higher levels of stress hormones. One recent study found that isolation increases the risk of heart disease by 29 percent and stroke by 32 percent. (How Social Isolation is Killing Us, Dhruv Khullar, *The New York Times*, December 22, 2016)

An article in BOOM magazine's June issue – "The Impact Loneliness and Isolation Has on Our Brains" – cites findings from a United Kingdom study to demonstrate its premise. These include increased risk of cardiovascular disease, increased risk of premature death from all causes, decrease in the quality of sleep, decreased immune function leading to vulnerability to many types of disease, increased depressive symptoms, increased fearfulness of social situations, increased severity of strokes, and an overall decrease in the subjective sense of well-being.

That is why we say Meals On Wheels is more than a meal. MACOA provides daily social well-being checks for our Meals On Wheels clients and promotes the feeling of being a part of the community and not forgotten and not isolated. In addition, our senior centers such as Archibald Center and MACOA East offers socialization and fellowship opportunities.

MACOA's other programs such as RSVP (Retired Senior Volunteer Program) promote community involvement by placing seniors as volunteers in areas of service. Over 1200 seniors volunteer through MACOA's RSVP offices in five counties at a variety of stations. Seniors who volunteer live longer, happier lives than those that don't, so consider getting involved in your community today and help MACOA transform lives for seniors!



Notes from the Chair

By Cathy Caddell
Chair, Board of Directors

In 2015, the Montgomery Area Council On Aging identified six strategic goals that the organization would focus on to achieve the mission of MACOA. A lot has been accomplished during the last three years, but it was now time to revisit where MACOA is today and where we want to go in the future.

To help us in this effort, we were extremely fortunate to obtain the services of organizational consultant Sharleen Smith, who serves as Director of Professional Development at Troy University. Sharleen began her work with us by submitting a Strategic Goal Planning Survey to the MACOA Board members and full-time staff. Based on the feedback from this survey, Sharleen, with the assistance of Dr. Jane Goodson, led the Board members and staff through a brainstorming session at the April board meeting.

These interactive sessions, which were conducted in small groups, were very beneficial for our Board and brought to light areas the organization needs to focus on, as well as the obstacles and challenges we face.

More recently, at the June Board meeting, we discussed the fourteen strategic goals that were identified as a result of these sessions. To help us maintain our commitment, a Board member (along with a staff employee) was selected as a "Champion" for each goal.

We are excited about the future of MACOA and are eager to work on each of these goals to bring the organization up to the next level on behalf of the seniors we serve. Our many thanks and appreciation to Sharleen Smith and Dr. Jane Goodson for their assistance in bringing new energy to our Strategic Plan!

Please join us in our service to seniors. Call MACOA today and volunteer to make a difference in the life of a senior; and please include MACOA when considering your estate planning!

Montgomery Area Council On Aging

115 East Jefferson Street • Montgomery, Alabama 36104-3616
Office (334) 263-0532 • FAX (334) 240-6769
Monday - Thursday 8:00 am-4:30 pm • Friday 8:00 am-12:00 pm
macoa@macoa.org • www.macoa.org

MACOA DIRECTORY

Donna Marietta, Executive Director, dmarietta@macoa.org

Geraldine Lusane, Office Manager, ghlusane@macoa.org

Martha Furr, Director of Finance, mfurr@macoa.org

Chacolby Burns-Johnson, Director of Development, cjohanson@macoa.org

Dawn Marie Williams, Director of Donor Relations and Major Gifts, dmwilliams@macoa.org

Jennifer Frazer Dvorak, Director of Retired and Senior Volunteer Program, (RSVP), jfdvorak@macoa.org

Pam Goodwin, Director of Senior Services, pjgoodwin@macoa.org

Gwendolyn E. Hayes, Assistant Director of Senior Services, gehayes@macoa.org

Traci Herndon, Archibald Center Coordinator, therndon@macoa.org

Contact Traci Herndon at (334) 240-6767 for information on the Archibald Center. For volunteer opportunities with Meals On Wheels and the Welcome Center, contact Melissa Bowman at (334) 240-6765.



MISSION STATEMENT

The Montgomery Area Council On Aging (MACOA) exists to assist senior citizens by providing services to promote independent living, by offering opportunities to enhance quality of life, and by increasing awareness of senior issues.

BOARD OF DIRECTORS

Cathy Caddell, Chairman

Larry Carter, Vice Chairman

Paul Scott, Secretary-Treasurer

Dick Amberg, Immediate Past-Chairman

Donna Marietta, Executive Director

Dottie Blair
John Craft
Angela Crosby
Neil Epler
Robert Froese
Jason Gardner
Vera Hawthorne
Lloria James

Melissa Johnson
Pete Knight
Jake Kyser
Anthony Leigh
Felicia Long
Roy McAuley
Andrea McCain
Bob McGaughey

Esther Miller
Bill Morgan
Marie Thurman
Mike Vinson
Dr. Tom Vocino
Jim Weinstock
Rebecca Williams

EX-OFFICIO MEMBERS

Barbara Duke • Helen Geesey • Sue Groce • Sam Johnson • Sarah Spear • Sieu Tang Wood

MACOA Reaches the Milestone of 4,000,000 MEALS DELIVERED

We're proud to announce that, as of July 2018, MACOA's flagship Meals On Wheels program has reached the milestone of four million meals served since that first route in 1972! Currently, our valuable volunteers run 34 routes serving 404 clients a day, and at each home, we encounter seniors who welcome the hot meal and warm smile.

These clients include Parron Lowe, who turns 95 this summer. Mr. Lowe has been receiving delicious lunchtime deliveries from Meals On Wheels volunteers for the last year. "We are so happy he gets a nutritious meal every day," his daughter Judy Garvin said. "He loves the meal."

Though Mr. Lowe lives alone, his daughter stops by as often as she can. As another benefit of the meal delivery, she said, "He sees somebody other than me." Mr. Lowe is a World War II veteran and will often wear a WWII cap to the door. He enjoys talking with the MOW route volunteers about his military service.

Mr. Lowe was a truck driver for a commercial trucking company for much of his career. In fact, his daughter said, Mr. Lowe was awarded Truck Driver of the Year for the United States during the early 1970s, and this national award got him featured on a national magazine cover.



Parron Lowe, a World War II veteran and MOW client, shares a smile with his daughter Judy Garvin.

Ella Oliver, another of our clients, has been receiving Meals On Wheels deliveries for several years. She explained that she has a disability and only has one hip. "It's hard for me to get around and make meals," Ms. Oliver said. Yet her MOW lunch breaks make a huge difference in her life.



Meals On Wheels client Ella Oliver visits with volunteer Tara Carter during her MOW delivery.

"I guess I would go hungry if I didn't get the meals. They mean so much to me. Sometimes when I get them, I eat some for lunch and some for dinner."

Earnestine Whitfield is a second-generation Meals On Wheels client. Her mother had been receiving meals some years ago when Ms. Whitfield was her caregiver. After her mother passed away, she learned that she was also eligible to receive the meals.



Earnestine Whitfield is glad to receive a meal from her MOW route driver Curtis Smith.

At 80 years old, Ms. Whitfield has health and mobility issues. She said that she enjoys the food and that the servings are plentiful. Just as Ms. Oliver does, if she doesn't finish her lunch, Ms. Whitfield said, "I would just save it for supper."

Volunteers and Donors

MAKE IT POSSIBLE

Our service to seniors would not be possible without the help of a lot of volunteers and donors. Each weekday, dozens of volunteers deliver a nutritious lunch and a warm smile to our clients. In addition, many groups are also participating in our newest volunteer program, Meal Makers, where they gather at the MACOA kitchen on a weekday morning and spend a couple of hours packaging the meals for drivers to pick up for their routes.

Volunteer groups also prepare frozen meals that caregivers or family of those on the MOW waiting list can pick up from our office. Not only that, our all-volunteer board of directors works hard to lead this organization's service to seniors. We appreciate as well all the volunteers who work in our office or help us with our events or prepare cards and gifts for our seniors.

We also appreciate the generous donors who support our Senior Pledge Campaign and make other contributions to MACOA during the year. Thank you to all who help!

Swinging Fore Seniors...

A SUCCESS ON THE GREEN!

Nearly 100 supporters gathered on the Green at the Robert Trent Jones Capitol Hill Golf Trail in Prattville, AL to raise funds for MACOA and Meals On Wheels for the 17th Annual Swinging Fore Seniors Golf Classic on June 8. **UBS Financial Services**

(Longleaf Wealth Management) once again graciously served as the Title Sponsor of the tournament with a generous contribution of \$10,000. With the support of UBS, team and hole sponsors, and other charitable donors, the Committee is pleased to share that **\$39,555 was raised through this special event fundraiser.**

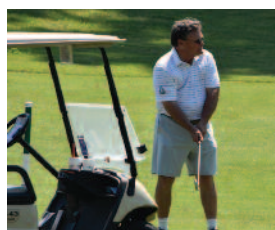


The **Retirement Systems of Alabama (RSA), Dr. David G. Bronner, Vision Insurance Group, LLC, and Jack Ingram Motors, Inc.-Audi** each played an essential role as sponsors for this charity benefit by offering dynamic prizes for the players. Tournament registrations included **24 teams**, and there were nearly 30 **generous hole sponsors** from throughout the River Region.

After a competitive day on the Green, golfers and volunteers gathered on the veranda for a hearty lunch featuring BBQ pulled pork, baked beans, cole slaw, potato chips, cookies/brownies, and sweet tea to enjoy the gorgeous sunny afternoon and fellowship. The highlight of the tournament was awarding \$2,000 in prizes and four highly desired packages of three days and two nights stays at resorts throughout the state of Alabama. The tournament concluded with an awards ceremony spotlighting the following winners: **First Place Team (Gross) – Strategas Research Partners and Second Place Team – UBS Financial Services Team 1; and First Place Team (Net) – UBS Financial Services Team # 2 and Second Place Team – Jackson Thornton. The Closest to the Pin award on Hole # 6 went to Jason Baker and Closest to the Pin on Hole # 11 went to Lee Davis. The putting contest winner was awarded to Greg Newlon and the Longest Putt on Hole # 18 went to John Harford.**

The Golf Tournament Committee included **Gerald Boone (Committee Chair), Bob Froese, Pete Knight, Paul Scott, Jim Smith, Mike Vinson and MACOA Leadership Team members Donna Marietta, Chacolby Burns-Johnson, and Dawn Marie Williams.**

To complete the golf outing, all players received a signature thermo lunch bag with a golf towel, golf tees and ball markers, notepads with pens, koozies, hand sanitizer, bottled water, pain reliever, assorted snacks, hand sanitizer wipes, and RTJ retail and greens fee special promotions and were entered in a drawing to receive an array of door prizes. Thank you to each of the sponsors, players, door prize and souvenir bag contributors, volunteers, Board and staff members, RTJ staff, and supporters for making the tournament a success to fight senior hunger and isolation through our Meals On Wheels program!





- 1) Matthew Murphy of UBS Financial Services Longleaf Wealth Management welcomes players
- 2) Team Humana enjoying the day on the green
- 3) Irvin Wells of Wells Printing with Renasant Bank President and MACOA Board Member Pete Knight
- 4) Lunch following the Golf Classic
- 5) Rebecca Baker of UBS Financial Services presents Greg Newlon of Russell Construction Team with award as Putting Contest Winner
- 6) Rebecca Baker of UBS Financial presents Closet to Pin #6 to Jason Baker
- 7) Rebecca Baker presents Closet to Pin # 11 to Lee Davis of Subway
- 8) Chacolby Burns-Johnson presents award for Longest Putt # 18 to John Harford of Team Humana, with Rebecca Baker of UBS Financial Services
- 9) RSVP Program volunteers Bennie Edwards, Jennifer Graves, Sara Kendrick, and Sherry Scott serve as Hole in One Hole Watchers

MACOA's 2018 Senior Pledge Campaign - Volunteers are Committed to Reaching the Fundraising Goal of \$200,000

MACOA's Senior Pledge Campaign is currently taking place with a goal of \$200,000, in order to support the many programs and services of MACOA.

Yes, MACOA is Meals On Wheels, but so much more. Our Meals On Wheels program, which provides over 122,000 meals per year to homebound senior citizens, also supplements food for their pets and provides a birthday cake on the senior's special day. Our Archibald Senior Activity Center and the MACOA East Senior Activity Center offer a place for active seniors to meet friends, exercise, learn new skills, and explore Alabama via our Archibald Adventures day trips. The Retired and Senior Volunteer Program (RSVP) matches active seniors with meaningful and rewarding volunteer opportunities in Autauga, Coosa, Elmore, Montgomery, and Tallapoosa counties.

See, there is a lot going on at MACOA.

Sarah Spear is serving as the 2018 Campaign Chair for the Senior Pledge Campaign. In fact, this is Sarah's fifth year of commitment to this campaign. Sarah led the group of committed volunteers at the Senior Pledge Campaign Kick-Off on May 9 because she knows that the Senior Pledge Campaign provides sustainability for the great programs offered by MACOA. MACOA Board Member Bill Morgan also motivated the Senior Pledge Campaign Team Leaders and Team Members by sharing his expertise on fundraising. Bill's message emphasized the importance of MACOA's mission and how the volunteers who are committed to the success of the Senior Pledge Campaign have a personal story to share about MACOA's impact in serving seniors.



Sarah Spear, 2018 Senior Pledge Campaign Chair, and Bill Morgan, MACOA Board Member, motivate the volunteer team members as they seek support for senior services.

The success of the Senior Pledge Campaign takes many committed volunteers and donors in order for MACOA to continue to assist seniors throughout the area maintain their independence and improve their quality of life. It is not too late to give!

WALMART GIVES HOPE AND HELP IN OUR COMMUNITY

Nearly two dozen Walmart associates gathered at MACOA to seal and pack meals in our recently expanded kitchen as a part of our newly launched Meal Makers program! This new way to contribute to Meals On Wheels offered an opportunity for Walmart to partner, give back, and make a meaningful difference in our community.

In addition to packing meals, several team members made house calls delivering hot nutritious and delicious meals directly to the doorsteps of our senior neighbors. It was a joyful moment when Walmart associates delivered meals to a former associate of a local store.

Their commitment didn't stop there! We are proud to share that Walmart has donated \$5,000 to assist in our mission to serve seniors. We are grateful for this partnership with Walmart and their associates giving their time, talent, and treasure to make it happen for seniors!



Leave a Legacy Gift with Planned Giving

Would you like to make a charitable gift to MACOA part of your estate plan? Call the Development Department at 263-0532 to discuss many options for planned giving!

Memorials and Tributes

Honor or remember loved ones by giving gifts in their name to MACOA. The latest quarterly gifts may be viewed at www.macoa.org under Memorials & Tributes.

Did You Know?

Senior hunger is a serious issue. According to Meals On Wheels America, more than 10 million older Americans (16% of older adults) face hunger each year, and there are estimates that up to 50% of older adults may be malnourished.

PARKING LOT IMPROVEMENTS AT MACOA

MACOA's parking lot recently underwent upgrades, thanks to an asphalt paving project spearheaded by Board Member Paul Scott. Paul sought the assistance of Wiregrass Construction and Montgomery Asphalt, and the companies responded by generously providing in-kind services of nearly \$15,000.

Over the spring, the parking lot was resurfaced and restriped, and the concrete bumpers were moved. Now it's a flat surface, which is a safety enhancement, and lined for more spaces. Importantly, we've added two more reserved parking spaces for Meals On Wheels pickup times. Following the consolidation of meal preparation earlier this year to the MACOA location, we have twice as many route pickups.



Come help us put the Meals in MEALS ON WHEELS

We are pleased to announce our partnership with the Montgomery Lions Club to launch the MACOA Meal Makers program! This is an exciting new volunteer opportunity that allows groups and individuals to contribute their time to Meals On Wheels even if they're unable to drive a noontime route.

MACOA Meal Makers volunteers assist MACOA kitchen staff with packaging meals that Meals On Wheels drivers deliver to homebound seniors weekdays. (Cooking skills are not necessary!) Shifts are 7:30 - 9:30 a.m. Monday through Friday, and volunteers may choose to participate weekly, monthly, quarterly or annually based on their schedule.

This opportunity is perfect for businesses, civic organizations, church groups, students and anyone looking for a service project or team-building experience. Several groups have already joined in the MACOA Meals Makers fun, including the Sidney Lanier High School JROTC Cadets, Aldridge Borden and Company, Astra Zeneca Pharmaceutical, Alabama Power Company, Montgomery Academy, Council on Substance Abuse, and students from Alabama State University to name a few.

"It's been fun watching our first groups work together. They're clearly having a great time with each other, but you can also tell they love knowing they're putting the 'meals' in Meals On Wheels," said MACOA Executive Director Donna Marietta. "The service these volunteers provide is an important first step in the work we do to ensure no senior goes hungry."

The launch of the MACOA Meal Makers program is possible through a generous grant provided by the **Montgomery Lions Club Community Foundation**, which helped purchase the aprons and supplies volunteers use in the kitchen.

To learn more about the MACOA Meal Makers program and to schedule your group today visit macoa.org/macoa-meal-makers or call (334) 263-0532!



Jason Walker (center), president of Montgomery Lions Club, presents check in support of MACOA Meal Makers to MACOA Senior Services team Melissa Bowman (left) and Gwen Hayes (right).



We're thankful to the students from Lanier JROTC who packed meals for delivery to our senior clients.



A team from Aldridge Borden & Company, P.C. spent a June morning packing meals for Meals On Wheels deliveries.

PET FOOD DONATIONS WELCOME

Many of our seniors have furry friends that provide meaningful companionship. With the expansion of the kitchen this year, we've been able to expand our Furry Friends Pet Food Program so that any of our clients with pets can receive supplemental pet food twice a month. This service is important because it helps ensure that our clients eat their food and don't feed it to their beloved pets. Just like any other MACOA service, we depend both on donations and volunteer efforts to provide this added extra. We welcome donated bags of dry dog or cat food, and we also welcome volunteer groups to help transfer the food from the large bags to the individual sizes for delivery to clients.



MACOA Partners with Community Organizations

MACOA and Meals On Wheels share a mission of service to seniors with many organizations in our community, including non-profits, civic groups, businesses, churches and other ministries. Through a variety of partnerships and common efforts, we're able to link arms with others to serve elderly citizens who need a helping hand.

For example, MACOA and Meals On Wheels was chosen as one of the non-profit organizations that received grant money from the **Junior League of Montgomery** during their 2017-18 year. An amount of \$4,000 was designated for the Frozen Meals Program through which meals can be picked up by family or caregivers for clients on the MOW waiting list.

The grant money covered the cost of the food and materials, yet Junior League members did much more than donate money. They also prepared the frozen meals. "We had 15 members that selected to serve on the Frozen Meals committee," said Sherry White, Junior League of Montgomery 2017-18 Placement Chair.

Each member prepared 25 frozen meals for two different months during the September to May placement period and were able to give back right from home. "This gives them the opportunity to serve their community from their own kitchen and on their own time," White said. In addition, the organization participated in two member cooking events. "We met at the MACOA kitchen in January of this year and prepared 125 frozen meals and again in April and prepared 150 frozen meals," White said.

We are grateful to be selected as a community partner again for funding in the amount of \$9,523 and volunteers from the League for 2018-19!

MACOA also shares a common mission with **Easterseals of Central Alabama** and serves as a host agency for seniors who want to improve their work skills. The Senior Employment and Community Service program is funded through a Department of Labor grant and provides job training for seniors who meet poverty guidelines. "It's an attempt to get older Americans who are on a fixed income back in the workforce," said Debbie Lynn, executive director of the non-profit organization.

Through host agency agreements, seniors can work 20 hours a week for up to two years while Easterseals covers the cost of minimum wage or workman's comp. Since 2002, MACOA has trained more than 10 senior participants who have provided over 10,000 hours of community service. Four of those participants were hired by MACOA, and two are currently employed with MACOA - Laura Jarrett and Brenda Lassic. "We are certainly very grateful for our partnership with MACOA," Lynn said.

Job skills training was also in the works through a partnership with **Mary Ellen's Hearth**. "We're a transitional housing program for homeless women," said its executive director, Dr. LaTeasa Hicks. "We take homeless women and teach them life skills and help them return to the community.

For several years, the mission served as a pickup station for Meals On Wheels deliveries, and this partnership in meal preparation provided hands-on work training for residents. "Some of our moms don't have work history," Dr. Hicks said. "It was kind of a job training program while we prepared meals." In fact, one of the residents was hired to oversee the meal preparation and later became "Serve Safe" certified to be able to work in a restaurant. The organization prepared 76 meals a day for four years until MACOA was able to expand its kitchen.



Laura Jarrett began with MACOA in February 2016 as an Easterseals worker and is now an official MACOA staff member as of February 2018.



Brenda Lassic became involved with MACOA as an Easterseals worker in 2013 and has been on staff for more than three years.

We are thankful to organizations like the Junior League of Montgomery that partner with MACOA to serve seniors. Junior League members spent two days in February and April preparing frozen meals for clients on the Meals On Wheels waiting list.



Alabama Bankers Association Becomes Corporate Route Partner



One of the key ways MACOA and Meals On Wheels establish partnerships with community organizations is through our Corporate Route Partners program. We are thankful to the many businesses and organizations who sign up to deliver a regular noontime route.

This year, the Alabama Bankers Association joined with us and began serving as a Corporate Route Partner in March. Nine members of the staff take turns delivering meals on the first Wednesday and third Friday of each month.

Tabitha Abele, ABA Executive Assistant/Banking School Coordinator, said that the association was looking for an opportunity to serve within the community. "We knew we wanted to serve. We just weren't sure where," she said. Abele was familiar with Meals On Wheels and thought the program might be a good option. "Growing up I did Meals On Wheels with my grandmother in the Prattville area. I thoroughly enjoyed it," she said. Not only that, she added, "A lot of people on the staff have a heart for older individuals."

After Pam Goodwin, MACOA Director of Senior Services, visited the ABA office and told them about the program, the staff voted and chose Meals On Wheels as their volunteer activity. "That worked out for us to serve the people we feel led to serve," Abele said. To organize the delivery schedule, the names of participating staff members were drawn from a hat for a particular delivery date and added to a staff calendar. If they can't go on that day, they work out their own substitute.

MACOA Hosts Chamber Coffee



In May, over 200 members of the Montgomery Area Chamber of Commerce visited MACOA to learn more about our service to seniors – and about the opportunity to become a Corporate Route Partner or volunteer with MACOA Meal Makers. We're thankful for the dozens of Montgomery businesses who join with us in serving seniors.



Nominate a Deserving Senior for the 2018 Seniors of Achievement Awards

The Seniors of Achievement Awards Program has been recognizing special seniors since 1988. Over these past 31 years, the awards ceremonies have singled out nearly 300 individuals who have made great strides while serving as educators, in the military or in the corporate world, as well as volunteers who help raise thousands of dollars for wonderful causes, or individuals who spend time making the lives of shut-ins a little brighter.

Do you know a senior deserving of this honor? Nominations are now being accepted for the 2018 awards program. The deadline for nominations is August 17, 2018. A senior is eligible to become a Senior of Achievement if he or she:

- Is age 65 years or older
- Lives in Montgomery, Autauga, Coosa, Elmore or Tallapoosa Counties
- Has made significant lifetime contributions to their community, achieved a level of personal achievement marked by success in business, education, government or military endeavors, or, through pursuit of one's daily life, the person is the epitome of devotion to family, friends, and faith.

The Special Friend of MACOA Award will also be presented during the ceremony. MACOA Special Friends are those individuals who have made significant contributions of time, money or both, to enhance the MACOA mission. These individuals are selected by the Seniors of Achievement Committee.

A complete list of the rules of eligibility and criteria are available on the nomination form and on our website at www.macoa.org. A list of previous honorees are also at the website. If you would like an application mailed to you, contact Jennifer Dvorak, Seniors of Achievement Coordinator, at 334-265-9204 or jfdvorak@macoa.org. Sponsorship opportunities are available. Contact Dawn Marie Williams at 334-263-0532 or dmwilliams@macoa.org.



2017 Seniors of Achievement Honorees

The 2018 Seniors of Achievement Ceremony will be held Thursday, October 11 at 11:30 am at the Montgomery Country Club. Tickets are \$50 for individuals and \$400 for a table of eight. For more information, visit www.macoa.org or contact Jennifer Dvorak, Seniors of Achievement Coordinator, at 334-265-9204 or jfdvorak@macoa.org.

Booth Community Churches Partner to Serve Seniors

The new Frozen Meals Program in the Booth Community of Autauga County is an answer to prayer – in more ways than one.

Pastor Reggie Evans of Booth United Methodist Church says that God lay on his heart to pray for a way his giving congregation could meet some of the needs in their community. Evans leads a very spirit-filled church, and its members truly have servant spirits, but these members are getting less mobile with age.

One Sunday morning, Evans and his flock prayed for a way to serve. Then one day a short time later he walked the grounds of his church and sat in the sanctuary – praying all the while. The next week he got a call from Shirley Stewart, RSVP Coordinator from Autauga County, who asked him if he would be interested in sponsoring a Frozen Meals Program at his church as a way to reach out to hungry seniors in his area. Church member Shirley Davenport and her sister-in-law were in the congregation on the Sunday Pastor Evans talked about the Frozen Meals Program, and they knew right away they would volunteer.

A few years back, another Booth congregation and its pastor, Richard Lucas of Mt. Zion United Methodist, felt as if they'd also gotten a spirit-led ministry opportunity when Shirley Stewart contacted them about preparing frozen meals. His congregation now packs meals for the seniors on the waiting list of the Gillespie MOW. He and Pastor Evans met with Shirley and made some vital decisions about the future of the people in need in Booth, and now the two congregations are planning a wonderful partnership.

Pastor Evans sees his church as a Distribution Center – the place where the meals will be handed out to the family members and friends of the frozen meals clients. Pastor Lucas sees his congregation as the chefs that will prepare the meals. “We approach the meal preparation as a fellowship with all of us working to cook and pack these meals,” he said.

The funds to make all this possible were awarded to MACOA from the River Region United Way through a Community Investment Grant in December of 2017 in an effort to alleviate some of the food insecurity in Autauga County. Pastors Evans and Lucas and their congregations and volunteers are certainly taking this to heart and are making a difference.

A special couple that receives frozen meals in Autauga County is Ralph (age 88) and Bernice Faulk (age 95). Both worked hard all their lives – Bernice was a bookkeeper and successful Avon salesperson, and Ralph worked for AT&T. When Ralph retired in 1986, he fulfilled a lifelong dream and joined the Circus in Canada as a member of the professional band that played during the performances. He would have fulfilled this dream much sooner because he had been hired as a young man by Ringling Brothers. But a little episode of history known as the draft and WWII got in the way.

Now in their golden years, their children all live away. Both suffer from severe leg and feet problems and are not able to stand in the kitchen to cook. Bernice also has macular degeneration and cannot read food packaging or recipes. This lovely couple is what the Autauga Frozen Meals Program seeks to assist. “It makes it so easy for us,” says Mr. Faulk when he talks about the wonderful meals they receive from Shirley’s volunteers.

Thank you to all the volunteers and partners that make this special project a reality!



(L-R) Pastor Reggie Evans of Booth Methodist Church, Shirley Davenport, a Booth member and volunteer, Pastor Richard Lucas of Mt. Zion Methodist, and Shirley Stewart, RSVP Autauga County coordinator



Ralph and Bernice Faulk appreciate their frozen meals

Join us for Entertaining and Educational Trips with the Archibald Center!

Make your reservations for both trips by calling the Archibald Center at (334) 240-6767

Adventures Aweigh!

The Archibald Center will discover the Gulf of Mexico like never before! Join us on September 27, 2018 when we travel to Mobile to explore the GulfQuest Interactive Maritime Museum. This venue explores the Gulf Coast's rich history, culture and beauty through 90 interactive exhibits, simulators, theaters and displays. Before our arrival, we will stop for a guided tour at the Mobile Carnival Museum, which highlights the history of Mardi Gras and its birthplace, Mobile. Cost for the trip is \$80 per person for members; \$85 per person for non-members (this includes entrance into the maritime museum and transportation; lunch is on your own in The Galley Restaurant located inside the museum). Cost for the Carnival Museum is separate; \$5 per person; payable at the door. We will depart from the Fresh Market on Perry Hill Road at 7:30 am returning to Montgomery around 8 pm.



The Ark Encounter and Creation Museum

In June 2019, we're taking a very special trip to Kentucky! The Ark Encounter features a full-size Noah's Ark, built according to the dimensions given in the Bible. Spanning 510 feet long, 85 feet wide, and 51 feet high, this modern engineering marvel amazes visitors young and old. The Ark Encounter is situated in beautiful Grant County in Williamstown, Kentucky. June 3 - 6, 2019; \$689 Single Occupancy; \$549 Double or Triple Occupancy (\$79 single occupancy travel protection; \$51 double or triple occupancy travel protection; must write a separate check).



The 4 day/3 night package includes 3 nights hotel accommodations, 3 breakfasts at your hotel, 2 wonderful dinners including 1 dinner at Emzara's Kitchen at the Ark Encounter, The Ark Encounter experience, admission to the Creation Museum, a guided tour of Lexington, KY, a visit to the Kentucky Horse Park and International Museum, a visit to the original KFC (Harland Sanders Cafe and Museum), standard taxes, baggage handling, meal gratuities, and transportation. A \$50 deposit per person is due February 21, 2019 to hold your reservation. Final payment is due April 23, 2019.

Join the Archibald Center and Enjoy the Fun!

The Archibald Senior Center provides a focal point in downtown Montgomery for senior citizens who are active and mobile to meet, relax and have fun in pleasant, comfortable surroundings. The seniors often travel (short and long distance), gather for monthly luncheons with engaging speakers, stay fit through exercise and line dancing, keep their minds sharp through educational activities such as computer classes, quilting and crafts. Visit www.macoa.org for a detailed calendar of activities!



Reserve the Archibald Center for your Special Occasion

The Archibald Center is the perfect downtown venue for **weddings, rehearsal dinners, receptions, adult birthdays and anniversary parties, showers, family reunions, as well as class reunions.** We offer four-hour and eight-hour rentals with additional hours available for decorating. Pricing includes tables and chairs for 150 seated guests, as well as on-site security and custodial services before and after the event. For pricing and availability, call us at (334) 240-6767 or visit the Archibald Center located at 115 East Jefferson Street!





MACOA

Montgomery Area Council On Aging

115 East Jefferson Street
Montgomery, Alabama 36104-3654

Non-Profit Org.
U.S. Postage
PAID
Permit #115
Montgomery, AL

BECOME A MACOA MEAL MAKER AND HELP PUT THE MEALS IN MEALS ON WHEELS!



Thanks to a partnership with the Montgomery Lions Club, we've launched the MACOA Meal Makers program! Through this program, volunteers help package meals that Meals On Wheels drivers deliver to homebound seniors. Shifts are 7:30 - 9:30 a.m. Monday through Friday, and volunteers may choose to participate weekly, monthly, quarterly or annually. Read more on page 7.

Visit macoa.org/macoa-meal-makers or call (334) 263-0532 to sign up.

IT STARTS WITH YOU!

BEFORE MEALS ON WHEELS DRIVERS MAKE DELIVERIES SOMEONE HAS TO PREPARE THE MEALS. YOU CAN BE PART OF THAT IMPORTANT FIRST STEP!



1 IN 5 AMERICANS
is 60 or older

MEALS@WHEELS AMERICA

Source: Health Consequences of Senior Isolation in the United States, 2017

SENIORS EXPERIENCING HUNGER ARE 65% MORE LIKELY TO HAVE DIABETES.

MEALS@WHEELS AMERICA

Source: Health Consequences of Senior Isolation in the United States, 2017

1 IN 6 SENIORS
FACES THE THREAT OF HUNGER

MEALS@WHEELS AMERICA

Source: Health Consequences of Senior Isolation in the United States, 2017

SENIORS FACING HUNGER ARE 66% MORE LIKELY TO HAVE HAD A HEART ATTACK.

MEALS@WHEELS AMERICA

Source: Health Consequences of Senior Isolation in the United States, 2017