



WINTER 2018

# Highlight NEWS

MONTGOMERY AREA COUNCIL ON AGING



## DELIVERING MEALS AND SMILES TO SENIORS THROUGHOUT MONTGOMERY COUNTY

Together, we've provided 120,000 meals in 2017 throughout Montgomery County!



## Letter from the Executive Director

By Donna Marietta  
Executive Director

The joyous holiday season has now ended, yet we're still reflecting on the meaningful moments of last year. I am proud to be a part of an organization that is starting its 46th year of serving seniors in our community, and I am honored to share this service with so many of you.

As we look ahead to the promise of 2018, we do so with gratitude for our many donors, volunteers and partnerships. We are especially grateful to those who have made our progress possible, enabling us to improve how we serve our local seniors.

That progress includes remodeling and enlarging MACOA's kitchen to expand our Meals On Wheels program. We began this effort in November, and our plan is to complete the remodel by mid-January.

As those renovations got underway, our dedicated Meals On Wheels volunteers began picking up the daily meals for their routes from the kitchen of our across-the-street neighbor, St. John's Episcopal Church. With a grateful heart, I want to thank Rev. Robert Wisniewski, the church staff and members of St. John's for their tremendous generosity in opening their kitchen to our staff and volunteers.

This project would not be possible without the cooperation and partnership of St. John's. Their kindness reminds me of a quote from Albert Schweitzer: "At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us."

Because of St. John's help – as well as the help of countless donors, volunteers and partners – MACOA will be able to better serve our homebound seniors and expand our program to others in need. We appreciate St. John's and all who share and support our commitment to seniors.



## Notes from the Chair

By Cathy Caddell  
Chair, Board of Directors

The Board of Directors is excited about the wonderful changes in the works for MACOA in 2018, and we're looking forward to the important steps we're taking in this new year.

The renovation and expansion of our kitchen is certainly a highlight. These updates will allow us to improve and hopefully expand the quality meals we provide for our Meals On Wheels clients.

We have many seniors on the waiting list for this special service, and we know that need continues to grow. We hope that by securing additional volunteers and donations we'll be able to expand our services to reach even more seniors in the future. Not only do we provide meals, safety checks and personal connection, we also remember clients with birthday cakes, pet treats and other specialty items.

Along those lines, the Board will be reviewing our strategic plan for any needed updates and refinements, and we are definitely looking toward growth. We will be setting our goals high because we care about our seniors and want to do as much as we can to expand our scope and services for this special group.

We hope you'll plan to join us at the Culinary Caper. This event is our first fundraiser for 2018, and it is always a great way to spend an afternoon. The Caper will be held at the RSA Activity Center on Sunday, March 4. This event is a real treat, and we invite you to join us and experience special dishes from some of the best chefs in the community! You can read more on the next page about how to get tickets.

### Montgomery Area Council On Aging

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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

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

To join our mailing list please contact us at 263-0532.



#### 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

Daryl Bailey	Lloria James	Esther Miller
Dottie Blair	Melissa Johnson	Bill Morgan
Jim Broyles	Pete Knight	Marie Thurman
John Craft	Jake Kyser	Mike Vinson
Angela Crosby	Anthony Leigh	Dr. Tom Vocino
Neil Epler	Felicia Long	Jim Weinstock
Robert Froese	Roy McAuley	Rebecca Williams
Jason Gardner	Andrea McCain	
Vera Hawthorne	Bob McGaughey	

#### EX-OFFICIO MEMBERS

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

# Join Us for the 24th Annual CULINARY CAPER

Chefs from Montgomery's finest restaurants will host the 24th Annual Culinary Caper to benefit MACOA and our Meals On Wheels program. This highly anticipated event will be held on **Sunday, March 4 at the Alabama Activity Center. The silent auction will open at 11:30 am with a reception to follow at 12:00 pm and lunch will be served at 12:30 pm.** We are pleased to honor **St. John's Episcopal Church** as the fourth recipient of the Rick Heinzman Memorial Meals On Wheels Award at this year's event.

Each chef will prepare a signature item and serve their dish as part of a carefully planned menu for guests to enjoy during this seated luncheon affair. You may experience this exciting afternoon by purchasing a ticket at **\$75 per person**. Tables of eight may be purchased for **\$750** to ensure preferred seating requests with your party. **Sponsorship packages are also available from \$1,200 to \$5,000.** In addition to gourmet dishes of the day, a silent auction with a variety of alluring items and, back by popular demand, the **"Dine Out On Us" raffle featuring \$1,000 worth of popular restaurant gift cards** will serve as another special highlight of this charity benefit. Even those who can't attend the Caper have an exciting opportunity to participate in the raffle by purchasing a mere **\$5 raffle ticket** to support MACOA and our mission to serve seniors.


The goal of the Culinary Caper is to raise **\$80,000** to support MACOA and our Meals On Wheels program that serves 404 homebound seniors hot nutritious noon meals each weekday. Currently, we have over 250 clients on our waiting list to be added to a delivery route. With activities such as the Culinary Caper, we are working to expand this program and eliminate the number on the waiting list for this much-needed service.

Join us for food, fellowship, and FUNdraising at this charity special benefit. To reserve your ticket or table by **Friday, February 23**, purchase raffle tickets, or learn more about sponsorship opportunities, please contact Chacolby Burns-Johnson, Director of Development, at (334) 263-0532 or [cjohnson@macoa.org](mailto:cjohnson@macoa.org).



## ON THE COVER DELIVERING MEALS AND DRIVING MILES IN SUPPORT OF HOMEBOUND SENIORS

**1,400**  
LOYAL AND DEDICATED  
VOLUNTEERS DRIVE

**34**   
ROUTES  
MONDAY-FRIDAY

**233**   
MILES PER DAY

**404**   
CLIENTS DAILY

**1,165**  
MILES PER WEEK

**547**  
TOTAL CLIENTS

**4,666**  
MILES PER MONTH

**57,085**  
MILES ANNUALLY

**8,333**  
ROUTES ANNUALLY

(Data reflects FY17)

## MEANINGFUL MEMORIALS AND TRIBUTES

For a truly meaningful gift, memorials and tributes allow you to honor someone special while helping MACOA fight senior hunger and isolation. To view the gifts given, including the latest additions from October - December 2017, visit [www.macoa.org](http://www.macoa.org)!

## PLANNED GIVING AND MAJOR GIFTS

Leave a legacy of service to seniors with property, insurance, vehicles, cash, equity, art, etc. Please include MACOA in your Estate Plans and tell us when you do. Call the Development Department at 263-0532 to discuss and learn more!

# MACOA's International Tasting features Culture, Customs and Cuisines

The Montgomery Area Council On Aging (MACOA) hosted its highly-anticipated event, **the 13th Annual International Tasting** on November 12. A showcase of global art, dance, music, cultural attire, and delicious dishes, the International Tasting was held in the lovely setting of Southern Homes & Gardens. **Tang's Alterations** served as the Presenting Sponsor with **Sieu Tang Wood** and **Sue Groce** serving as co-chairs of the fundraiser that raised over \$30,000 for MACOA and Meals On Wheels.

Complimentary shuttle service brought guests from the parking area to the **Southern Homes & Gardens** entrance where they were greeted by **Cathy Caddell**, MACOA Board Chairman, and **Sarah Spear**, MACOA Ex-Officio Board Member. All had the opportunity to shop with an exclusive 20% discount as an added benefit for donors of this party with a purpose.

The multicultural experience was an exploration as guests took a journey with tastes of flavorful food from around the world with cuisine that included **Singapore Fried Rice Noodles, Vietnamese Pork & Potatoes, Vietnamese Shrimp Rolls, German Sausage & Kraut, Roast Duck, Lebanese Hummus & Pita, Mediterranean Stuffed Grape Leaves, Sushi, Pork Bean and Black Sauce & Basil Chicken, Mini Chimichangas & Cheese Quesadillas, Hawaiian Chicken, and traditional favorites Chicken Salad Croissants, Poppy Seed Chicken, Sweet Potato Soufflé, Squash Casserole, and an assortment of desserts**, to name a few.

Along with the dynamic dishes, the **Auburn University Montgomery Confucius Institute**, a sponsor of the event, and Troy University Confucius Institute both offered Chinese art, calligraphy, a chance to don meticulously embroidered Chinese native cultural garments and headdress, and time to partake in a traditional tea ceremony. Guests were amazed by the stellar entertainment of **Mongolian Dance, Ramba, Bharatanatyam Dance, Thai Chi Fence Dance, Cha Cha, and a moving performance by students in the Booker T. Washington Dance program.**

Nearly 350 guests attended this charity benefit of flavor, festive entertainment, fellowship and fundraising, and many captured special moments and memories in the lively photo booth with props to set the scene for a passport worthy stamp! This culinary experience is one of a kind and was carefully planned and executed by the Committee Chairs and Committee, which included MACOA Board members **Barbara Duke** and **Esther Miller** and MACOA staff members **Donna Marietta**, Executive Director, and **Chacolby Burns-Johnson**, Director of Development. This global extravaganza was made possible through the generous support of dedicated partners and friends of MACOA, restaurants, caterers, volunteers, and performers!



# MACOA Honors 12 at 30th Annual Seniors of Achievement

MACOA's Seniors of Achievement recognized the class of 2017. In its thirtieth year, this event has brought to the forefront seniors that have made significant contributions to their communities. From church volunteers to Air Force generals to school teachers to prison wardens, Seniors of Achievement has recognized **over 300 special individuals** from varied walks of life.

The classic grand ball room of the Montgomery Country Club was the venue for the event. **Jeff Shearer**, formerly of WSFA News and now senior writer and communications assistant with Auburn University, served for his sixth year as Master of Ceremonies. Tables were decorated with fall colors and flowers by **Sonshine Floral** and **Preston Frazier** entertained the guests with festive music and singing. We were pleased to have **Montgomery County Commissioners Isaiah Sankey and Ronda Walker** join us for this special afternoon honoring seniors. Photographs of the Class of 2017 were taken by **Paul Robertson** and candid shots of the celebration were done by **David Rose**, MACOA's event photographer.

The Seniors of Achievement of 2017 are **Willis J. Bradford, Stephen M. Brickley, Linda V. Goswick, Patricia Harden, Jacqueline Winborn Lacey, Walter Greer Nanney, Wayne Nicholson, Dr. Charles McGavock Porter, Wayne Scott, Joyce Sweatt, and Matilda Woodyard-Hamilton**. The Special Friend of MACOA is **David Rose**. Bios for each honoree are found on the MACOA website under Seniors of Achievement.

## THIS EVENT WOULD NOT BE POSSIBLE WITHOUT THE GENEROSITY OF OUR SPONSORS:

**Presenting Sponsors:** Blue Cross and Blue Shield of Alabama and Caddell Construction

**Signature Sponsor:** Wells Printing Company

**Premier Sponsors:** Adams Drugs, Charlie's Trophies and Trustmark Bank

**Seniors of Achievement are nominated by individuals and organizations in the community. Nomination applications for the upcoming class of Seniors of Achievement will be available at [www.macoa.org](http://www.macoa.org) in June 2018.**



Photo 1) 2017 Seniors of Achievement Honorees

Photo 2) Caddell Construction served as Signature Sponsor

Photo 3) Cathy Caddell, MACOA Board Chair, presents Special Friend of MACOA Award to David Rose

Photo 4) County Commissioner Isaiah Sankey shares a moment with a guest

Photo 5) It's a full house to honor seniors

Photo 6) Montgomery County Commissioner Ronda Walker and MACOA board member Anthony Leigh enjoy fellowship at the luncheon

# Donna Joy Goff

## Gone, but Not Forgotten

The Retired and Senior Volunteer Program (RSVP) of MACOA regrets the recent passing of Volunteer Coordinator, **Donna Goff**. Donna started with MACOA in August of 2012. With five years of service, it's no doubt she became an integral part of the RSVP team.

Donna was a long-time resident of Coosa County and grew up in the Hanover community. She was previously a volunteer for many years with the Boy Scouts program. Three long-time friends and RSVP volunteers – Pinky Reichert, Sandra Wilson, and Shirley Ogle – spoke fondly of their friend during a recent interview.

"I have known Donna all her life," said Shirley Ogle. "She and I knew almost all of the same people and Donna has always been a part of this community. What I miss most about her is our long talks. When someone is always a part of your life and then they are gone, it's like you are losing part of yourself."

Pinky Reichert, a friend of Donna's for the last 10 years, went on to say that as Donna's RSVP Advisory Council chairman for three years, she and Donna spent hours brainstorming about RSVP and how they could make it even more integral to the fabric of Coosa County. They developed "job" descriptions for each volunteer position and made sure the hours for the volunteers were captured in the most efficient way.

Sandra Wilson knew Donna since the tenth grade. "She was always so sweet, smart, and focused. She will be missed in many areas besides RSVP. She always headed up the high school class reunions. I miss the fact that she is not a phone call away anymore. She was always 'here' and busy and kind."

All three ladies shared that Donna had a way of getting people to volunteer by being interested in the person and in what he or she was doing. If Donna knew you had volunteer hours to turn in, she kept after you until you did! She knew what motivated someone to volunteer and why it was important to capture that motivation and use it to energize others and encourage them into volunteering.

We are pleased to share The Weogufka Arts Center has a room named in honor of Donna Goff. A devoted mother, grandmother, friend, and employee, Donna will truly be missed.



Donna Goff (center) with RSVP team at conference



Donna Goff  
childhood photo



## Host Your Next Activity at the Archibald Center

Please consider hosting your next special occasion – such as a **wedding reception, reunion, birthday, graduation, baby shower, meeting, bridal shower or anniversary celebration** – at the Archibald Center. It's available for private parties at an affordable price for a prime downtown location. Cost is **\$900 for a minimum of six hours and \$1,500 for a minimum of 12 hours (events must end by midnight)**. A **\$200 refundable deposit** books your event. **Security is included** in the cost for rental.

Venue size is **4,622 sq. ft.** and **seats 150** comfortably for a sit down dinner or accommodates **200 for a reception**. We offer chairs and tables of various sizes. Tablecloths and chair covers are not provided, though renters can arrange for rentals to be delivered to the center. The renter is responsible for set up of the space. Amenities include use of a **refrigerator, ice maker, prep station, and deep sinks**. To reserve the space for your next rental contact (334) 240-6767 or email [therndon@macoa.org](mailto:therndon@macoa.org).

# Join the Archibald Center and MACOA East for Activities

Are you 55 years old or older? Looking for fun ways to spend your time? Become a member of MACOA's Archibald Center! **Single membership is only \$36 a year; \$54 for couples.**

With an Archibald Center Membership, **you receive discounted rates on monthly luncheons and day trips, free entrance into exercise classes, line dancing, crafts, game day, movie day, quilting and access to the monthly computer groups. We even celebrate birthdays and vote on MEMBER OF THE MONTH.** The Archibald Center offers computer classes throughout the year – and those who enjoy traveling will enjoy the Archibald Center's travel deals to places near and far.

In addition to our East Jefferson Street location, the Archibald Center has a second campus in East Montgomery. Located on the corner of Bell Road and Atlanta Highway inside Grace Presbyterian Church, **MACOA East is open every Tuesday and Thursday 9 am until 3 pm.** Members play cards and dominos and enjoy lunch and fellowship both days.

Stop by MACOA any day of the week to tour the center and meet the staff or visit [www.macoa.org](http://www.macoa.org) to learn more. For more information, call (334) 240-6767 or email [therndon@macoa.org](mailto:therndon@macoa.org).



Archibald members visit Washington, D.C.



Our Tea Party Gathering was a big hit!



Game day at the Archibald Center



Members of the quilting group with their lovely pieces

## Montgomery County District Attorney Daryl Bailey Shares Safety Tips for Seniors

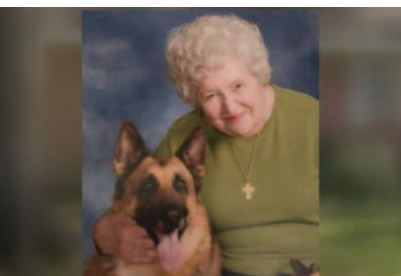
Mary Lou Gedel was a kind and loving spirit, and those who knew her in this community were profoundly saddened by her tragic murder this past October. The 92-year-old had been a member of the Archibald Center for over 20 years and was a familiar and friendly face at the downtown MACOA location. She was a frequent participant in our activities, including luncheons, game days and dance classes. She was also known for her love of German shepherds.

The news of Ms. Gedel's death in her home (she lived alone) shook the MACOA staff and her fellow Archibald Center members on a personal level. While we knew her and cared about her, we also have a mission to help keep seniors happy, healthy, and independent in their own homes.

Shortly after this senseless tragedy, the Archibald Center monthly luncheon turned its focus to senior safety tips. We are grateful that **District Attorney Daryl Bailey**, who is a MACOA Board member, was able to speak to Archibald Center members about best practices to maintain security at home. Bailey stressed the importance of getting to know your neighbors and the value of a "nosey" neighbor. **Bailey also outlined a list of tips for the group ranging from new technology that needs installation to simple rules for crime-proofing a home:**

- Install a **home security system** and keep it armed at all times – even when in the home
- Invest in the **Ring Doorbell**, which uses a camera to monitor the front door. The feed from the camera can be monitored on a smartphone by the homeowner, and even children or grandchildren. Bailey says those who monitor the feed can speak to the person at the front door.
- **Purchase necklaces or watches that alert police** directly by the touch of a button
- Keep **wasp spray** by the door
- Get **motion-activated outdoor lighting**
- Get **motion-activated cameras** that can be monitored electronically
- **Don't open the door** for anyone you don't know

While a suspect has been detained and charged with the crime, Ms. Gedel's tragedy reminds us that all of us, especially seniors, should remain vigilant and keep safety and security a priority at all times. If you live alone, be sure to have a buddy system to check in on a regular basis!



Mary Lou Gedel



Mary Lou Gedel in far left at MACOA dance class



Archibald members learn safety tips



District Attorney Daryl Bailey shares safety tips

# SIGN UP NOW FOR ARCHIBALD SENIORS' TRAVEL EXCURSIONS

Make plans to join us for these upcoming trips! Trips are open to anyone, regardless of membership.

Contact the Archibald Center at (334) 240-6767 or visit [www.macoa.org](http://www.macoa.org) for more information.

## Miami & Key West, Florida

May 27 - June 2, 2018

Your 7 Days/6 Nights Package Includes: Motorcoach transportation, 6 Nights lodging including 4 consecutive nights in the Miami area, 9 meals (6 breakfasts and 3 dinners), admission to a Cruise by celebrity homes on Biscayne Bay, admission to Fairchild Tropical Botanic Gardens, admission to Coral Castle, a visit to the exciting Island City of Key West, a Trolley Tour of Key West followed by Hop-On/Hop-Off privileges and much more.



Price: \$720.00 Per Person, Double Occupancy • \$1,005.00 Per Person, Single Occupancy  
Deposit: \$75.00 Due: January 31, 2018 • Final Payment Due: March 12, 2018

## Las Vegas / The Grand Canyon / Sedona

September 7-14, 2018

Your Fabulous 7 Days/6 Nights Vacation Includes: Round trip airfare, meet-and-greet service in Las Vegas, transfers to and from your hotels, 3 nights managers reception at your hotel in Phoenix and Flagstaff, 3 nights hotel accommodations at a hotel and casino in Las Vegas, 2 nights hotel accommodations in Flagstaff, AZ, near the Grand Canyon, 1 night hotel accommodation in Phoenix, AZ, Las Vegas Lights Nights Tour, enjoy scenic train ride and visit to Grand Canyon, visit to Hoover Dam, enjoy a guided tour of Sedona, AZ - Red Rock country, and free time to explore the quaint town of Scottsdale, AZ.



Price: \$1,950.00 Per Person/Double Occupancy \$2,450.00 Price Per Person/Single Occupancy  
Deposit: \$150.00 Due: May 28, 2018 • Final Payment Due: July 28, 2018

**Irish Splendor!** November 13-20, 2018 • Save The Date!

## MACOA TO HOST Chamber 60 Minute Coffee



Wednesday, May 9, 2018

8:00 am - 9:00 am



We are excited to host the Chamber 60 Minute Coffee on May 9, open to all members of the Chamber of Commerce. We look forward to welcoming you for coffee, light refreshments, and this great networking opportunity. You don't want to miss this one – we have exciting news to share!



# Civic Groups Serve Seniors through Regular Route Delivery

Corporate Route Partners are a vital volunteer resource for the seniors who receive weekday deliveries of hot meals and warm smiles, and two local sorority chapters are among the businesses and organizations that have joined MACOA and Meals On Wheels in this important mission.

Members of Alpha Kappa Alpha Sorority, Inc.-Beta Nu Omega Chapter deliver a route every weekday. Zenobia Blackmon, the MOW coordinator for the sorority chapter, secures drivers by sending out a monthly email to the membership.

“When I send out a message, I get a slew of volunteers,” she said. Some offer to deliver for a week at a time, others take a day. Though some of those who volunteer are retired, other members take their lunch hour to volunteer. In addition, some of their workplaces allow volunteer service. Delivery newbies get support when it’s their first time on a delivery; they’re paired up with an experienced deliverer.

Zenobia said of the seniors they serve, “Some just need somebody to have a little conversation with. You can sense that we’re the only ones they see that day.”

The Montgomery (AL) Alumnae Chapter-Delta Sigma Theta Sorority, Inc. also serves as a Corporate Route Partner. They run a Meals On Wheels route every Friday.

Cassandra Brown, chapter president, said that this service fits the sorority’s mission. “We are a public service organization. It is our philosophy as a public service organization to serve the community,” Cassandra said. The major programs of the sorority are based upon the organization’s Five Point Programmatic Thrust, one of which is “physical and mental health.” Meals On Wheels aligns with that point.

The Meals On Wheels program is an opportunity for the sorority to make sure that some of our community’s elderly people get meal and personal contact. “We see value in that,” Cassandra said. “We advocate for nutrition. We advocate overcoming that disparity.”

The other benefit, she said, is “just the joy to see them light up when someone knocks on their door, just to see that smile, to see that we are filling a void.”



Alpha Kappa Alpha sorority members deliver a route for Meals On Wheels.



Members of Delta Sigma Theta sorority take their turn delivering meals.

# Church Team Returns to Help MOW Clients

Last summer, several members of the Church of the Highlands spent a morning at the home of Meals On Wheels clients Jerry and Doris Downing, providing free labor for projects around the house. They returned again this fall to complete additional projects, including building a new four-foot ramp at the front door.

The Downings’ daughter, Shirley Sanford, said, “My dad gets around with a walking cane, and my mom uses a walker on wheels to assist her with walking. Both of my parents are 79 years old, and they also have pacemakers, so there are many things that they aren’t able to do any more. Having a ramp ensures their safety getting in and out of their home.”

In addition, a volunteer came on another occasion to install a 220 electrical line to operate a dryer. The couple has never had a dryer in the home and didn’t have a line to accommodate the electrical demand. Church member and Meals On Wheels volunteer Jim Bradford brought and installed a donated dryer a few days later. Shirley said that she had been carrying the laundry to and from her house and that the dryer has been a tremendous help to both her and her parents.

Shirley added, “These acts of kindness have empowered my parents to continue to be able to live independently. It has given me peace of mind and heart to know that my parents can stay in their home, and that they have a safe way to get in and out of their house now.”



A crew from the Church of the Highlands installs a new ramp at the Downings’ home.

Meals On Wheels clients Jerry and Doris Downing appreciate the handiwork of the volunteers from Church of the Highlands.



# Meals On Wheels Is **MORE THAN A MEAL**

MACOA serves 404 hot nutritious meals on each week day, and all of our clients receive a hot meal, socialization and a safety check from our volunteers that deliver.

We partner with the Central Alabama Aging Consortium (CAAC) to provide 200 of the meals, and the other 204 that we purchase from seven different providers are spread out across the city. Our Strategic Plan includes an expansion of Meals On Wheels (MOW) which will also enable us to establish a consistency in services for each of our clients.

Because we organize their deliveries through the MACOA kitchen, the 200 clients served through the CAAC partnership are also able to receive **supplemental pet food** twice a month, which helps ensure that the clients eat their food and don't feed it to their **beloved pets**. In addition, they receive a **birthday cake and card on their special day**, and a **daily newspaper thanks to our partnership with the *Montgomery Advertiser***. The pet food is donated by generous partners and friends of MACOA and separated into individual packages for our clients. In addition, the birthday cakes are truly appreciated because our clients know that they are remembered on their special day. We are grateful to provide these extras, and now we are excited that we will be able to expand these services to our 204 other clients!

Last year the MACOA Board and Leadership team began to plan for a future that would allow us to expand these "extras" to all of our senior clients as well as be consistent with all of our meals. As a result, we started planning a re-model of our kitchen. With this re-model, we will be able to bring all the meals into the MACOA MOW kitchen, which will also enable us to include all clients in the extra services. Our anticipated date for consolidating our services is February 5, 2018.



## Partnering with St. John's Episcopal Church

MACOA's kitchen remodel process was initiated as we asked PH&J Architects to help us create a design that would maximize our kitchen space so that we could bring all 404 meals here on site. Marshall & Associates was selected to complete the construction, and our start date was selected as November 20, 2017. Once we had our dates, we needed to find a kitchen that could be used during the construction.

MACOA representatives met with Reverend Robert Wisniewski from St. John's Episcopal Church to ask them to partner with us by allowing us to use their kitchen from November 20-January 19. St. John's has long been a great supporter of MACOA and our mission to feed seniors, and the church quickly agreed to help us.

Words can never express the gratitude we have for their continuous support and friendship. St. John's is right across the street from our location so it is convenient for our staff and volunteers, and it was the perfect location for us to use during the re-model.

We're excited about the possibilities our kitchen remodel brings, and we also recognize that none of this would be possible without our volunteers and community partners. The impact of these services is great. Our clients know that someone will bring them a meal, a smile, a safety check, a way to stay connected to their community and a surprise on their special day. MACOA's staff and volunteers will tell you that it is one of the most rewarding experiences you can ever have.

*We are thankful to St. John's Episcopal Church for allowing us to use their kitchen during our renovation.*



# \$25,000 Worth of Holiday Items Donated for Meals On Wheels Clients

The 2017 Christmas Holiday Bags Project was a success! Generous donors gave nearly \$25,000 worth of items to spread hope, help, and cheer during the holiday season to 280 **Meals On Wheels** clients. The clients received an overflowing bag of love decorated by school-age children filled with canned food items, Ensure Drinks, snacks, socks, handmade hats, toiletries, fresh fruit, nuts, an ornament, and much more! Several of our oldest clients also received lovely quilts handmade by members of the Archibald Center.

Volunteers from the MACOA Board of Directors, elected officials, community, students and staff all pitched in to fill the bags and prepare them for delivery. We offer a big thank you to **Beverly Perkins**, MACOA volunteer, who spearheads this project each year and generously gives her time, devotion and energy to making sure seniors are not forgotten during the holiday



- Photo 1) Trinity Wildcats deliver socks, toothpaste and toothbrushes  
 Photo 2) Members of Sunrise Rotary Club volunteer to pack and deliver holiday bags  
 Photo 3) Councilman Richard Bollinger joins in service to seniors  
 Photo 4) Items are ready to be assembled into holiday bags  
 Photo 5) Beverly Perkins, MACOA Volunteer, coordinates the bag project each year. Thank you, Beverly!  
 Photo 6) Board members Dottie Blair, Mike Vinson, and Jim Weinstock deliver for seniors  
 Photo 7) Commissioner Ronda Walker delivers holiday bags to serve seniors  
 Photo 8) Councilman Charlie Jinright with Donna Marietta, MACOA Executive Director, and Barbara Duke, MACOA Board Member  
 Photo 9) County Commissioner Isaiah Sankey visits with Chacolby Burns-Johnson and Donna Marietta during pick up

## New Wheels to Deliver Meals

MACOA is the recipient of a \$15,000 grant from the Daniel Foundation to support the purchase of a new transit van for Meals On Wheels. As we begin to provide all meals from MACOA and continue to expand into underserved areas, we'll have to address logistics in transporting food from our downtown location to both the eastern and southern sections of town. To have a transit van operating daily from our kitchen to a convenient, central pick up location for volunteers would make a dramatic difference to the efficiency of our program. The Daniel Foundation funds provide part of the funds for this ideal vehicle to meet our needs.

The van would also be used to pick up food from local restaurants, churches, caterers, and community groups that

partner with us to share their leftover food to help serve and nourish seniors on our waiting list through our Frozen Meals Program. The food is picked up from restaurants throughout the city of Montgomery on a continuous basis and packaged in our kitchen for distribution to over 250 clients on the waiting list to receive Meals On Wheels when a spot opens up on a route.

Thank you, Daniel Foundation, for your investment in our program that will help us keep "Wheels In Motion" as we continue to roll out meals and more to fight senior hunger and isolation. Currently, **we are seeking additional funding** to help secure new wheels to deliver meals. Please call Development at 263-0532 if you would like to support this effort for our program!



# MACOA

Montgomery Area Council On Aging

115 East Jefferson Street  
Montgomery, Alabama 36104-3654

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Montgomery, AL

## Deliver a Hot Meal and a Happy Hello During March for Meals



Join us in March as a guest driver to deliver hope, help, and hot meals to homebound seniors in our community! March for Meals is a month-long celebration of Meals On Wheels designed to rally the River Region around the vulnerable seniors who rely on this much-needed service. We look forward to joining forces with community and civic organizations, businesses, government officials, and all concerned citizens to address the need of food insecurity in the fastest growing segment of the population in America. Activities will feature a series of unique opportunities for you **to get involved as a guest Meals On Wheels (MOW) delivery driver, participate in the #MACOAM4Meals** social media campaign, promote awareness of MOW, and many other exciting opportunities to garner support to help deliver nutritious meals, friendly visits, and safety checks to seniors.

## Make Your Reservation Today! 24th Annual Culinary Caper Sunday, March 4, 2018



**11:30 am Silent Auction/Doors Open**  
**12:00 pm Reception • 12:30 pm Lunch Served**  
**Alabama Activity Center, 201 Dexter Avenue**

Seated luncheon with the River Region's finest chefs, silent auction, dining raffle and other exciting surprises!

Reserve your ticket or table by **Friday, February 23, 2018.**  
**SEE INSIDE FOR MORE DETAILS!**



For more information about #MACOAM4Meals, the Culinary Caper or the upcoming Golf Classic, contact Chacolby Burns-Johnson, Director of Development, at [cjohnson@macoa.org](mailto:cjohnson@macoa.org), [www.macoa.org](http://www.macoa.org) or (334) 263-0532.