



MEALS on WHEELS
MONTGOMERY AL METRO AREA

THE POWER OF A KNOCK

Volume II 2023



A WORD FROM OUR BOARD CHAIR

As Board Chair, I am continuously amazed at all the activities taking place to benefit local seniors in need. Meals On Wheels recently completed two successful fundraisers; the 29th Annual Culinary Caper and the 22nd Annual "Drive For Meals on Wheels" Golf Classic. Both events combined raised over \$160,000 for homebound seniors. Now, the 2023 Senior Pledge Campaign is in full swing, and planning for the second annual "The Breakfast" event has begun.

The outstanding staff continues to serve our current Meals on Wheels recipients, recruit volunteers, and remain a positive presence in and around the Montgomery metro area - all while continuing the incredible task of providing 428 hot meals to homebound seniors each weekday.

I am thankful to our incredible Board of Directors for their dedication during this year. I am also eternally grateful to you for your continued partnership and support of Meals on Wheels.



Roy McAuley
Chair of Board of Directors

2022-23 MEALS ON WHEELS BOARD OF DIRECTORS

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Cathy Caddell

Barbara Duke
Sue Groce

Pete Knight
Sarah Spear

Sieu Tang Wood

A WORD FROM OUR CEO

With this issue, the Board of Directors, staff, and I are proud to introduce a new logo for the Montgomery Area Council On Aging. That is still our legal name but under that umbrella, we are introducing the new name of **Meals On Wheels Montgomery AL Metro Area**. The Meals On Wheels program has been our flagship program for over 50 years. We have always mentioned that it is 'More Than A Meal' because we deliver hope, health, friendly visits, and other resources to our vulnerable, homebound senior neighbors.

Meals On Wheels is looking ahead to the future, we have made this rebranding decision because we believe that a stronger identification with this lifeline service will help seniors find us. We know there will be a cost in rebranding so the process will be slow. When we need to purchase a new item like nametags or publish printed materials such as newsletters, we will use the new logo.

There are several other reasons that we decided to put our efforts into this change. We believe we will build our volunteer base and introduce our mission to potential new supporters, especially new residents of the metro area. There is research from Meals On Wheels programs across the United States which indicates this identification will increase the visibility of our program. As we increase the number of clients we serve, we know that we will require more volunteers and donors to sustain the program.

There is so much more to do for the seniors who need our help. We plan to expand into areas where there are seniors who have no daily meal services. We can only accomplish this goal with your help and support.

Please spread this message to your circle of friends and contacts. Together, we can make a difference in the lives of local seniors.

Donna Marietta
Chief Executive Officer



MEALS ON WHEELS
MONTGOMERY AL METRO AREA

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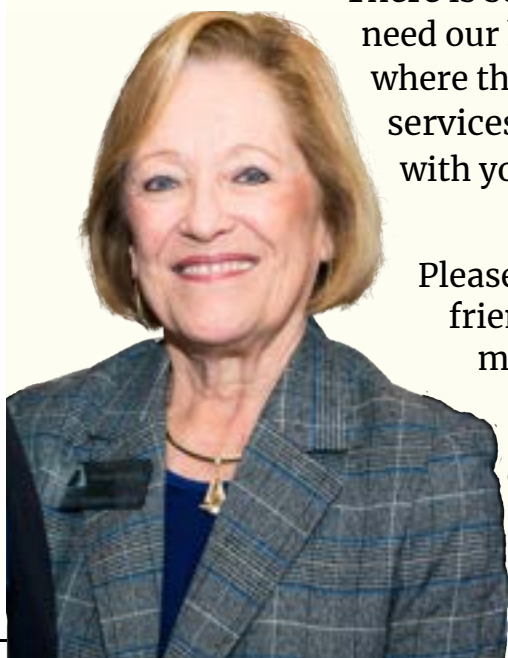
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NEW NAME, SAME MISSION

The Montgomery Area Council on Aging has a new name and will now be known as:

**MEALS ON WHEELS
MONTGOMERY AL METRO AREA**



March For Meals



Photo: Meals on Wheels volunteer Alonzetta Landrum Sims (L) and City Councilor Audrey Graham (R) on the way to deliver hot meals to local seniors

Every year, Meals on Wheels programs nationwide participate by hosting fundraisers, special awareness events, and reaching out to local officials to deliver meals to seniors in their districts. This year, Montgomery City Councilor Audrey Graham (pictured above) packed and delivered hot meals to homebound seniors in her district.

Every March, Meals on Wheels celebrates the historic day in 1972 when a national nutrition program for seniors was added to the **Older Americans Act**.

This legislation supported the rapid growth of the Meals on Wheels network that now collectively serves **2.8 million seniors each year**.



VOLUNTEER APPRECIATION MONTH



Every April, Meals on Wheels celebrates volunteers! Volunteering can help you make friends, learn new skills, advance your career, and even feel happier and healthier. The Meals On Wheels volunteer program dates back as early as 1972. Commitment, dedication, and partnership is what volunteers give back to local seniors in the Montgomery Metro Area.



During the third week of April, Board members and staff presented small expressions of gratitude to Meals on Wheels Drivers. Volunteers were invited to enjoy a luncheon in their honor. A delicious boxed lunch, catered by The Kings Table Catering was served, numerous volunteers were awarded Milestone certificates, Keynote speakers gave inspiring speeches about volunteering with Meals On Wheels, and volunteers enjoyed fellowship with their fellow volunteers and staff.



Being a volunteer does not have to take over your life to be beneficial. For approximately one hour a week, Meals On Wheels volunteers combat senior food insecurity and isolation.

Volunteering is important to our community.



Meals On Wheels could not survive without the **VALUABLE TIME** given by volunteers.

The 29th Annual
Culinary Caper

On March 5, the 29th Annual Culinary Caper was held at the Alabama Activity Center. Over 300 diners, friends, and volunteers gathered for an afternoon of "Dining with a Purpose" for Meals on Wheels. Al Steineker, owner of The King's Table Catering, coordinated a delicious lunch of unique gourmet dishes prepared by some of the best chefs in the River Region for the event. Brian Brantley provided amazing entertainment for the afternoon and Mark Bullock of WSFA served as event host.

In addition to the luncheon, guests participated in a raffle for \$1,000 worth of gift cards to local restaurants, a wine pull, and an online auction featuring over 100 auction items ranging from culinary experiences, art, travel experiences and more.

Cathy Caddell was honored as the 2023 Rick Heinzman Memorial Meals on Wheels Award winner for her dedication and service to seniors in our community. This year's event was made possible by the Culinary Caper Committee, chaired by Sherry Weeks, along with committee members Zenobia Blackmon, Dottie Blair, Sherice Brown, Sue Groce, Allison Guice, Cheryl Johnson, Deborah Manasco, Jason Manasco, Donna Marietta, Roy McAuley, Kris Stallworth, Aimee Steineker, Hazel Waites, and Sieu Tang Wood.

This year's Caper raised over **\$103,000** for the Meals on Wheels program! We sincerely thank all of the amazing chefs, volunteers, auction item donors, raffle donors, wine pull donors, Board members, and staff who helped to make this event a great success.

THANK YOU TO OUR SPONSORS

PRESENTING SPONSOR

Cathy Caddell and Charlie Warnke

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Paul Scott
Sherry Weeks
Sieu Tang Wood
Wind Creek Casino and Hotel
WSFA



DRIVE FOR MEALS ON WHEELS GOLF CLASSIC



The 22nd Annual Drive For Meals On Wheels Golf Classic was held on Wednesday, May 3, 2023 at the Robert Trent Jones Golf Trail in Prattville, AL. Over 150 golfers were present to golf on the Senator and Legislature golf courses! Raymond James served as the tournament's **Title Sponsor** with a gift of \$10,000!

In addition to our amazing Title Sponsor, this year's **Presenting Sponsors** were The Eleanor and J. Hunter Flack Foundation and Gray Television. The **Hole in One Sponsor** was Vision Insurance Group, LLC. The **Prize Sponsor** was Retirement Systems of Alabama (RSA). The **Lunch Sponsor** was Auburn University at Montgomery and the **Golf Cart Sponsor** was Guardian Credit Union. Alfa Insurance and Caddell Construction served as the **Beverage Sponsors** and all golfers received golf gloves compliments of the **Glove Sponsor** Adams Drugs!

This year, thirty-nine teams participated in the tournament, including **Team Sponsors**: Aldridge Borden, Ball, Ball, Matthews, & Novak, Carr, Riggs, Ingram, Crosby Electric, Frazer Church, Goodwyn, Mills, Cawood, J.P. Millwork, Maynard Nexsen, Montgomery Subaru, Morgan Stanley, Renasant Bank, Spire Energy, Strategas Securities, and Turner Insurance. With the support of our generous event sponsors, team and tee sponsors, and gracious donors, this year's tournament raised over **\$67,000** for Meals On Wheels!

Thank you to Robert Trent Jones Golf Trail at Capitol Hill, Dr. Bronner of RSA, Title Sponsor Raymond James, and all of our amazing sponsors, players, door prize donors, volunteers, Board Members and staff for making the tournament a great success!



Volunteer and Client Spotlight

The Power of a Knock!

Lanier Roton, Jr. has been delivering a Meals on Wheels route for over 6 years. The value of volunteering was instilled by his father. Mr. Robert Bush has recently become a Meals on Wheels client because his sister applied to the program. She knew he needed "more than a meal".

Meals On Wheels: Tell us about yourself.

Lanier: I am from Montgomery. I am a CPA and I invest in real estate.

Robert: I am from Montgomery. I am a retired Electronics Technician. I have family who live in the surrounding area.

Meals On Wheels: 1 in 6 seniors face food insecurity and isolation. Lanier, what does it mean to you to volunteer as a Meals on Wheels driver?

Lanier: My father taught me the value of volunteering. Growing up, I watched him give back. I am a safety check to the clients on my route. If a client is not home, I report that to Meals On Wheels. It is a full-circle commitment.

Meals On Wheels: Robert, what does it mean to you to receive Meals on Wheels?

Robert: I want to live independently. I knew I needed more nutritious and healthy meals; more protein in my daily diet. I am humbled by the volunteers taking time out of their day to bring me a noontime meal.

Meals On Wheels: Describe a typical Meals on Wheels Day.

Lanier: I drive the same route every Monday. Over the past 6+ years, I have seen clients come and go. This type of weekly driving creates a close relationship with the clients. We talk about life, what is happening in the world, how our families are doing, etc. After that knock on the door, the connection begins.

Robert: I cannot wait to see "my" Meals on Wheels driver. It is something I look forward to each weekday. I am retired and live alone. Waiting on the volunteer driver gives me a reason to get up each day.

"Waiting on the volunteer driver gives me a reason to get up each day."



Meals On Wheels would like to thank Mr. Lanier Roton, Jr. and Mr. Robert Bush for sharing their story and what Meals on Wheels means to them. If you are interested in volunteering with Meals on Wheels, please contact macoa@macoa.org

RSVP SPOTLIGHT: NEW SITE ENRICHMENT SOCIETY

When James Wesley Jones from the **New Site Enrichment Society** reached out to Tommy Bramlett about taking over the management of the program, Tommy said Mr. Jones prefaced the question with, “God told me you will want to take over this duty for me.” Naturally, Tommy said yes!

Tommy is quick to say that he met the challenge with a full heart ready to serve. Knowing the people that are helped are truly people in need makes his desire to volunteer even greater. “These people not only need to eat but they need someone to check on them. They might not have family, or their family members are not close enough to see them every day. We are there to provide—as New Site volunteers are fond of saying—more than a meal.”

In 2008, Mr. Jones’ dream of feeding people began with the landscape of the senior community in New Site, Alabama.

He was keenly aware of the needs of the seniors in the area; some had inadequate nutrition, were lonely and frail, and others had no one to check on them. The idea of a mobile meals program began to form. The usual questions flooded through his mind—which clients will receive the meals, where will we get the food, how will we determine the routes to get the meals to the people in need, how do I convince people to volunteer to help? Well, the last two questions were easy to answer! A team of volunteers of all ages stepped up and said “I am willing to help!”



L-R Ann Bruce, Helen ("Bug") Bramlett, Tommy Bramlett on the front porch of The General Restaurant

- **The Clients:** Since there is no state or federal funding to support the program, Mr. Jones could use whatever criteria he wanted, but still used the standard homebound and inability to cook. He also included those with disabilities of any age, and those recovering from a surgery or out of a rehabilitation center. There were many people that fit into these guidelines in their community.
- **The Food:** With no facility to make the food by the volunteers, Mr. Jones reached out to The General Restaurant. George Patterson, owner and manager of the restaurant, agreed to provide healthy meals (stew, sandwich plates, and meat and vegetables), at a discount of only \$4 per meal!
- **The Routes:** A boundary was established: Clay County Line to Hammont’s Mill Bridge, to the “Park”, to Hillabee Creek, to Sanford Creek, and to Old Ziana School. Volunteers then charted out the routes from the restaurant to the homes within these parameters.
- **The Volunteers:** Many people were on board with the program from the beginning: 24 volunteers signed up (18 of which were RSVP) to help!

In 2009, the New Site Enrichment Society began. Volunteers set the routes, scheduled deliveries, presented menu options to the clients, and mailed a monthly statement to clients for the cost of the meals. By 2023, only two of the original volunteers eligible for RSVP have stopped due to health issues.

Tommy and his wife Helen (AKA "Bug"), along with Ann Bruce share fond memories of their service and how they recruit volunteers. “Pray about it and you will get the right answer,” says Bramlett. “It is so rewarding to know you are helping someone who may not see anyone else all week!”

We are so thankful for these wonderful volunteers and all they do because they know that **MORE THAN A MEAL** is not just a tag line but a motto to live by!

To get involved with RSVP, contact Jennifer Dvorak at jfdvorak@macoa.org or (334) 263-0532

A HAT A DAY

Gracie Brown is a member of the Mad Hatters and RSVP. She looms handmade hats for Meals on Wheels clients.

Gracie was born in McKenzie, AL. She married JC Byron Brown, a farmer, in 1942. Their marriage lasted 57 years until his death in 1999. Gracie worked at Alatex in Andalusia, AL for 55 years.

GRACIE BROWN

She has been a lifelong member of Jones Chapel Baptist Church.

One of Gracie's hobbies is making hats. After a representative from Meals on Wheels spoke to the residents at John Knox Manor about volunteering - specifically about looming hats for the Meals on Wheels clients - Gracie was encouraged to participate.

Gracie looms everyday - sometimes until midnight. At the age of 98, Gracie has loomed over 200 hats for homebound seniors. By the end of this year, she will have handmade twice as many hats for Meals on Wheels clients!



"It makes me feel good - gives me a purpose - I am giving back. I think about the clients while I am looming."

PET FOOD PROGRAM

Pet Food Drive

Doorstep Delivery to Meals on Wheels Clients

131 Dogs

79 Cats

700 lbs of Pet Food distributed each month

*numbers are subject to change

After realizing seniors in the Meals on Wheels program were sharing their hot lunch with their pets, a "Pet Food Program" was launched to help seniors provide pet food for their pets.

For some seniors, a pet is their closest companion and a source of consistent comfort. Pets provide social connection and enhance the clients physical and mental health.

Clients who receive pet food assistance say that Meals on Wheels made it possible for them to keep their loving companion.

Please join Meals on Wheels in providing Pet Food assistance by donating dry kibble, having a PET FOOD DRIVE, or providing a monetary donation.

Honorariums and Memorials: January – May 31, 2023

All efforts were made to ensure the accuracy of this list

In Honor Of

In Honor Of All Volunteers

Given by: Ms. Dorothy M. Di Orio

In Honor Of Dan and Bobbie Cooper

Given by: Mrs. Betty West

In Honor Of Joan DiLaura

Given by: Mr. and Mrs. Rodney and Anne Ceasar

In Honor Of Anita Giordano

Given by: Col (Ret) and Mrs. Richard and Anita Giordano

In Honor Of Phil Saunders

Given by: Mr. and Mrs. William and Ruth Maxey

In Memory Of

In Memory Of Anita Benson Anderson

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Given by: Mr. Thomas Anderson

In Memory Of Lida Bowman

Given by: Ms. Ann C. Lewis

In Memory of Mr. John A. Caddell

Given by: Answered Prayer Home Care Services, LLC

Mr. and Mrs. Francis M. and Linda J. Bendas

Mr. and Mrs. Fred and Elizabeth W. Blackmon

Ms. Dottie Kenady Blair

Mr. and Mrs. Rodney and Anne Ceasar

Mr. Robert Chastain

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Mr. and Mrs. Bruce and Amy Crawford

Mr. and Mrs. Larry and Sue Groce

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Dr. and Mrs. William and Martha Hughes

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In Memory Of Mrs. Bobbie Carter

Given by: Mr. and Mrs. Joseph and Mimi Dorrill

In Memory Of Lucile S. Coachman

Given by: Mr. Willie Joe Coachman, Sr.

In Memory of Darren Dillon

Given by: Mr. and Mrs. Alfred and Aimee Steineker

In Memory Of Mr. James Franklin

Given by: Cohens Electronics and Appliances

Mr. Paul E. Lincoln

Mr. and Mrs. John and Marcia Rucker

In Memory Of Ed Grouby

Given by: Mrs. Frances B. Grouby

In Memory Of Emma Lu Guy

Given by: Ms. Evelyn R. Thomas

In Memory Of James Sydney Harrison

Given by: Mr. Robert N. Harrison

In Memory Of Dr. Paul Hubbert

Given by: Ms. Ann Hubbert

In Memory of Doug Lindley

Given by: Mr. and Mrs. Robert Hammond

In Memory Of Dwight Madison, Sr.

Given by: Cohens Electronics and Appliances

In Memory Of Sue Ellen McBride

Given by: Cohens Electronics and Appliances

In Memory Of Mr. James Mitchell

Given by: Mr. Frank Stakely

In Memory Of Chad Morriss

Given by: Mr. Frank Stakely

In Memory Of Rocky Porter

Given by: Ms. Dottie Kenady Blair

In Memory Of Marjorie Ray

Given by: Cohens Electronics and Appliances

In Memory Of Leah Marie Stephens

Given by: Cohens Electronics and Appliances

In Memory Of Robert Louis Vogel, Sr.

Given by: Cohens Electronics and Appliances

In Memory Of Mr. Dave B. Wingard

Given by: Miss Jo Driggers

In Memory Of Richard Williamson

Given by: Mr. Frank Stakely



MEALS ON WHEELS

MONTGOMERY AL METRO AREA

The Montgomery Area Council on Aging

Meals On Wheels Montgomery AL Metro Area

115 East Jefferson Street

Montgomery, AL 36104

(334) 263-0532

macoa@macoa.org

BECOME A VALUED VOLUNTEER

Alabama's River Region benefited from over 1,600 Meals on Wheels volunteers who contributed over 20,000 hours of service to our senior neighbors in 2022.

Even with this great support, critical opportunities to serve remain unfilled on a daily basis. We would love to connect you with our community by finding a role that aligns with your availability, interests, and skills.

EXAMPLES OF YEAR-ROUND OPPORTUNITIES INCLUDE:

- Knit or Crochet hats or sew lap quilts for a senior
- Portion meals for Meals on Wheels
- Help with home repair for our clients
- Serve as a Meals on Wheels delivery driver (or substitute driver)
- Prepare frozen meals for our clients
- Bake a cake for a client's birthday
- Help with administrative work in the Meals on Wheels office

**TO LEARN MORE, CONTACT TRACI HERNDON,
MEALS ON WHEELS VOLUNTEER COORDINATOR,
AT (334) 263-0532 OR THERNDON@MACOA.ORG**

