



WINTER 2020

# Highlight NEWS

MONTGOMERY AREA COUNCIL ON AGING



## THE BENEFITS OF AGING IN PLACE



## A Call to Serve

By Paul Scott, Chair, Board of Directors

Why is aging in place so important to you and therefore MACOA:

One aspect of aging in place is to be able to live in our home. Most seniors have lived a majority of their adult life in their home. This is part of the American dream to live in our home where we are comfortable, secure and happy.

A second aspect of aging in place is we as children and caring relatives are blessed to know our seniors are safe living at their home.

A third consideration for aging in place is the neighborhood. Our seniors are secure in their neighborhood. Having our friends through the years around us is comforting and safe.

Fourth reason for aging in place is our churches are served by keeping their valuable seniors in their local congregations. These seniors provide stability and knowledge for their congregations.

Finally, governmental agencies (city, county, state and federal) are relieved of potential large expenditures of seniors aging in their own home.

How does MACOA assist with our seniors achieving their goals of aging in place:

- Staying in their home
- Children and relatives happy with seniors environment
- Neighborhood stability
- Churches united
- Governmental agencies saving expenditures

MACOA provides hot meals at the senior's home. While providing these hot meals, our volunteers are also checking on our seniors' health. This may seem like a simple part of the solution, but it is not without your help. MACOA desires and requests your donation. Think about it. Pray about it. And then donate. Together we can make a difference in the lives of our seniors.

P.S. Remember it is not about us but about those who we serve. May they age in place (their home).



## Our Partnerships Make the Difference

By Donna Marietta, Executive Director

Our theme for this newsletter is Aging in Place and growing older at home. In this issue we are introducing you to two of MACOA's Meals On Wheels clients who have been able to continue to live at home because they are staying healthy with the delivered hot meals each weekday.

You may have heard or said the often-heard wish – "I want to stay in my own home!" I have also heard "I've lived here 40 years and no other place will seem like home." The AARP magazine reports that "almost 90 percent of Americans 65 or older plan to stay in their homes as they age." Yet for many, the design of their homes and communities does not suit older adults who lack the mobility, agility and swiftness of the young.

A recent article in the New York Times listed attributes of a home that are often-needed for those who wish to age in place. Some of the items included absence of stairs, wide doorways to accommodate a walker or wheelchair, slip-resistant floors, lever-style door knobs, remotely controlled lighting, walk-in showers, grab bars and railings, 24 hour help system, mobile phone, surveillance cameras and GPS locaters that enable family members to monitor the well-being of their elders.

MACOA's mission is to assist seniors of the River Region by providing services to promote independent living, offering opportunity to enhance their quality of life, and by increasing community awareness of senior issues. That is why our programs such as Meals On Wheels, Frozen Meals, Retired Senior Volunteer Program (RSVP) and Senior Centers are so important to the seniors in our community. Seniors who are aging in place need nutritious meals to stay healthy and someone to visit them and check on how they are doing. If they are active and mobile, our seniors centers offer a variety of activities and travel opportunities, and the RSVP program assists them in volunteering at a non-profit organization of their choice.

If staying in your home is important to you, you may want to begin to plan and consider making a few changes that would make your home easier and safer to live in. There are other concerns that some seniors have such as safety in your neighborhood, physical abuse, or losing money as a result of a scam. You can call the MACOA's Senior Services department at 334-263-0532 for resources to help you answer any of your questions.

## Montgomery Area Council On Aging

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Contact Traci Herndon at (334) 263-0532 for information on the Archibald Center. For volunteer opportunities with Meals On Wheels and the Welcome Center, contact Pam Goodwin.

# MACOA

## 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

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Barbara Duke • Sue Groce • Sarah Spear • Sieu Tang Wood



## MEET MRS. BRENDA TAUNTON

Mrs. Brenda Taunton has been a Meals on Wheels client for the past two years. Mrs. Taunton is a native of Central, Alabama but has been in Montgomery for the past 50 years. She grew up working alongside her mother and father and four sisters in the cotton fields and is now happily retired. Mrs. Taunton says the meal that she receives is the best meal of the day. Otherwise, she says, she would just eat snack food. In addition to her meals, Mrs. Taunton also receives food for her fur babies through the MACOA Pet Food Program. Something she is especially thankful for because Mrs. Taunton is very attached to her kitties!



## MEET MR. ALLEN TONEY

Mr. Allen Toney is 60 years old and has been a Meals on Wheels client for the past seven months. Mr. Toney was born in Cleveland, Ohio and has been a Montgomery resident for the past 30 years. "Once I found out how warm the Winters are down here, I never wanted to leave!" After spending the majority of his career in construction, Mr. Toney is now disabled and only leaves his house once a month when a friend drops by to take him to pay his bills. Mr. Toney greatly appreciates the meals and especially the volunteers who deliver his meals and check on him to see how he is doing. Mr. Toney says that without the meals he receives he would not be able to survive. His favorite meal so far was the Thanksgiving meal which included the traditional turkey and dressing. Mr. Toney also very much enjoyed receiving his Holiday Bag which consisted of enough food to sustain him over the Holidays when meals are not being delivered. Mr. Toney enjoys watching TV and playing games on his tablet.



## Hyundai team members deliver Meals on Wheels as part of MACOA's Corporate Route Partners program



### 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](http://www.macoa.org) under Memorials & Tributes.





# SAVE THE DATE 19th Annual Swinging Fore Seniors Golf Classic

Friday, May 8th, 2020

7:00 am Registration • 8:00 am Shotgun Start

Robert Trent Jones Capital Hill Golf Trail • Legislator Course • Prattville, Alabama

Join us for a competitive and charitable day on the Greens! Gather your colleagues, family, friends, and clients now and build your team to enjoy fellowship in support of MACOA and Meals On Wheels. All players will receive a souvenir bag, a hearty lunch, entry in the tournament, and a chance to win wonderful prizes. Individual and team prizes will be awarded. Event sponsorships are available. Contact Gregory Smith, Director of Development at [gsmith@macoa.org](mailto:gsmith@macoa.org), (334)263-0532. Be on the lookout for more information coming soon.

# HELPING VULNERABLE SENIORS MACOA PARTNERED WITH SHARE THE LOVE EVENT

MACOA partnered with the Meals on Wheels network for the Subaru Share the Love Event during the timeframe of November 14, 2019, through January 2, 2020. The Share the Love Event for every new Subaru vehicle purchased or leased, Subaru donated \$250 to the customer's choice of participating charities. The Meals on Wheels program continued to be one of the four national participating charities.



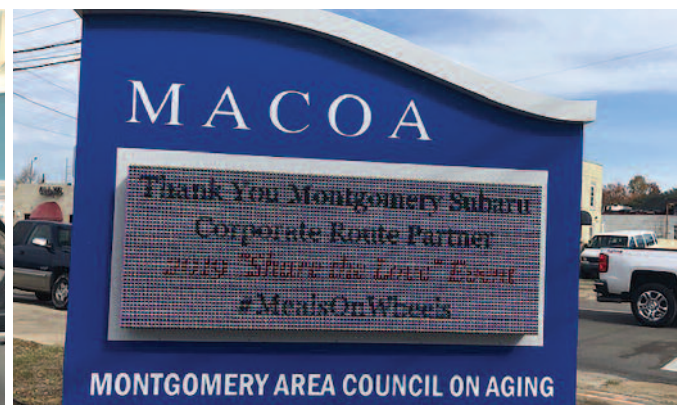
Through this event, as a member of Meals on Wheels America, MACOA is positioned to possibly receive a share of the donations from Subaru vehicles sold in Alabama. MACOA participated in a variety of activities to promote and inform the community about Subaru Share the Love Event and issues of food insecurity among seniors.

Over the past eleven years, Subaru and its retailers have helped Meals on Wheels across the country to deliver nearly 2.2 million meals nationwide to seniors in need - struggling to stay independent and healthy. For example, one in four seniors lives alone in isolation and one in seven seniors might not know where their next meal is coming from. This is simply unacceptable, which is why MACOA provides the 404 hot nutritious meals, friendly visits, and safety checks each weekday to seniors in Montgomery. This vital support keeps seniors in their own homes, where they want to be.

We are also incredibly grateful that Montgomery Subaru supports MACOA and served as a Corporate Route Partner delivering hot nutritious meals to homebound seniors in Montgomery via our Meals on Wheels program.



Team MACOA: Traci Herndon and Dawn Marie Williams thanking Bob and Megan Danielson with Montgomery Subaru for their service to the Meals on Wheels program.



MACOA displaying their gratitude to Montgomery Subaru for their ongoing support as a Corporate Route Partner



# A Pig, Pageantry, and Patriotism Offers Unique Experience at 15<sup>th</sup> Annual International Tasting

The Montgomery Area Council On Aging (MACOA) hosted the **15<sup>th</sup> Annual International Tasting** on Sunday, November 10<sup>th</sup>. Over 300 guests gathered at the beautiful Southern Homes & Garden Montgomery campus from all corners of the River Region to enjoy some of the finest cuisines available in the area. Once inside, guest had the opportunity to shop with an exclusive 20% discount courtesy of our host, **Southern Homes & Gardens**. The multicultural experience was a culinary exploration as guest took a journey with cuisine from around the world and a menu that included a whole pig complete with sunglasses and an apple in its mouth.

To celebrate Veterans Day and to honor our veterans present, **Sons of the American Revolution** carried out the Presentation of Colors in colonial uniforms while patriotic music filled the air. Along with the dynamic dishes, the **Confucius Institute of Troy University** offered Chinese art, calligraphy, a chance to don meticulously embroidered Chinese cultural garments and headdress, and to partake in a traditional tea ceremony.

In addition to international flavors and spices, guests enjoyed traditional garments, music and dance from a variety of countries and regions throughout the world. Sixteen distinct and different acts graced the stage showcasing various art forms to include classical piano, Korean Fan Dancing, Classical Indian Dancing, Xinjiang Dance, East Coast Swing Dancing, and the Grand Finale of **Cat Hall** singing God Bless America.

This global extravaganza was made possible through the generous support of dedicated partners, friends of MACOA, restaurants, caterers, volunteers, and performers. This event would not be possible without careful planning executed by the Committee Co-chairs, **Sieu Tang Wood and Sue Groce**, and Committee members **Jim Weinstock, Esther Miller, Andrea McCain, Rebecca Williams, and Barbara Duke**.

This culturally uniting event was made possible through the generous support of our **Gold Sponsors, Cathy Caddell and Charlie Warnke, John Caddell, Southern Homes & Gardens, Tang's Alterations, and Troy University Confucius Institute**. **Silver Sponsors include Frazer Memorial UMC Older Adult Ministry, Sweetours, Wells Fargo and AARP**. **Bronze Sponsors include Larry & Sue Groce, Marti Whitehead, Pickwick Antiques, and BBVA Compass**.



## HOLIDAY BAGS PROVIDE SMILES TO 400 SENIORS

A very successful 2019 Holiday Bags Program was led again by MACOA volunteer Beverly Perkins and Traci Herndon, MACOA Archibald Center Coordinator. Ms. Perkins began last summer collecting donations and storing items to be included in the Holiday Bags. Over 70 donors from businesses, schools, churches, and civic groups participated in the Holiday Bag Program. Each December, groceries, goodies, and priority items including bottles of nutritional supplements, peanut butter, canned meat, grits, oatmeal, snacks, personal hygiene and oral hygiene products are packed with care by volunteers. In addition, the quilters group and the Mad Hatters group that meet at the Archibald Center throughout the year make special items for the homebound seniors that are included in the Holiday Bags. After the 400 Holiday Bags were packed, volunteers delivered the bags to bring a smile to the seniors. We are so fortunate to have volunteers to help with this program. If you would like to make a donation for 2020, please contact Traci Herndon at 334-263-0532 or by email [therndon@macoa.org](mailto:therndon@macoa.org).



# GOT FREEDOM?

by SAYGE GRUBBS, ESQ.

*Did you know that making rules and planning ahead actually gives you freedom?*

Freedom as defined in my favorite book (King James Version) is “a state of exemption from the power or control of another.” As an attorney, I help people gain freedom by using legal strategies that can protect their homes, farms, bank accounts, and businesses from creditors, predators, and the government. Why legal strategies? Because a lot of the laws and services designed to help people, as they retire and age, are also designed to restrict their freedoms.

Freedom to control your personal matters like where you are living and who helps you with your assets is one example. The law basically assures that if you start singing daily and believe you are Dolly Parton, due to dementia, someone has to be in charge of you and your stuff. Your options depend on how you and your assets are situated and if you planned ahead.

If you didn't plan, your freedom is easily gone. A family member you don't care to be around could petition the court and be in charge of you and your

assets. This could happen even if you are married, because your spouse might not be able to take care of you. Severe dementia could lead to you being a ward of the state. Then a judge and a caseworker can decide where you live and what to do with your stuff. Thus, people that you did not choose are in control of you and all your assets.

You can choose who helps you by planning ahead. Legal documents, like an in-depth power of attorney and an asset protection trust, give you freedom to control your personal matters like where you live and protects your assets. These documents, when written and structured to work together, set out the rules for you and your stuff. So, your chosen helper will know exactly what he or she can and cannot do with you, your assets, and your stuff.

To get help structuring your “freedom”, call my law office at 334-649-4911.

## ARCHIBALD AND MACOA EAST CENTERS

*Travel in 2020...Come Travel With Us!* NOT JUST FOR MEMEBERS

**The Archibald Senior Center is headed to the Shenandoah Valley and the Blue Ridge Mountains!**

**April 19 - 24, 2020 • 6 days, 5 nights**

**\$1,040 for double • \$1,290 for single**

*(price includes standard taxes, meal gratuities, baggage handling and motor coach transportation)*

Hotel accommodations (1 night stay in the Blue Ridge Parkway), 5 full breakfasts, 3 wonderful dinners, travel along the historic Skyline Drive and the Blue Ridge Parkway, take a guided tour of the Shenandoah National Park, explore the Luray Caverns, tour the official residence of our 5th President James Monroe. We'll visit the Car & Carriage Caravan Museum, Thomas Jefferson's Monticello, and the National D-Day Memorial.

**\$50 DEPOSIT PER PERSON due NOW to hold your reservation • FINAL PAYMENT DUE FEBRUARY 27, 2020**

*Travel Protection can be purchased at \$119 per person, Double Occupancy and \$145 Single. If you wish to purchase Travel Protection, please send in a separate check made payable to PML Travel & Tours. Travel Protection should be purchased at the time of your initial deposit to ensure full benefits. Insurance premiums are non-refundable. Group cancellation policy applies.*



**Cruise to Boston, Maine and Canada\* aboard the Celebrity's "Summit"**

**August 29 - September 11, 2020 • 13 Days, 12 Nights**

**Double occupancy prices range from \$3,150 to \$3,750 per person**

We'll visit Bar Harbor, Maine; Halifax, Nova Scotia; Sydney, Nova Scotia; Quebec City, Quebec; Charlottetown, P.E.I.; Portland, Maine and Boston Massachusetts! After departing from home we will have an overnight stay at the *Foxwoods Great Cedar Hotel & Casino Resort* (includes a bonus package) and end the trip departing from Boston, MA.

**PRICE INCLUDES:** Round-trip Airfare, 1 Night Accommodation at Foxwood Casino Resort with Bonus Package, Cruise, Cabin, Hiipboard Meals, Port Charges & Taxes, Motor Coach Transportation Transfer to and from Boston, MA Cruise Pier.

**\$450 deposit is due NOW to hold your reservation. Final payment is due May 1, 2020. Travel Protection is available.**



**Albuquerque Balloon Fiesta**

**October 8-13, 2020 • 6 Days, 7 Meals, 5 Breakfasts, 2 Dinners**

**Double occupancy \$2,749, Single \$3,449, Triple \$2,719**

Round Trip Air from the Montgomery Airport, Air Taxes and Fees/Surcharges, Hotel Transfers

The Albuquerque International Balloon Fiesta is a world-renowned attraction and destination. From its modest beginnings in 1972 with 13 balloons launching from a shopping mall parking lot, the Balloon Fiesta has grown to multiple events launching year-round at the custom-designed, 365-acre Balloon Fiesta Park. Highlights Include: Balloon Fiesta, Old Town Albuquerque, National Museum of Nuclear Science & History, Indian Pueblo Cultural Center, Turquoise Trail, Santa Fe, Open-Air Tram Tour, Loretto Chapel and Santa Fe School of Cooking. Enjoy an optional activity visiting the Taos Pueblo Village, \$50 per person. Taos Pueblo is the only living Native American community. Learn about their customs, way of life and fascinating history.



**Deposit of \$500 per person due March 26, 2020 • Final payment due July 30, 2020**



# JOIN US FOR THE MARCH FOR MEALS 2020

March is a special month for Meals on Wheels, dating back to 1972 when Congress established a national nutrition program for seniors 60 years and older. Since 2002, Meals on Wheels programs across the country have celebrated the collaboration of community organizations, businesses, governments and individuals to ensure that seniors are remembered.

The initiative organized through Meals on Wheels America is known as "March For Meals," and it is a chance for organizations and individuals who may not be able to commit to a regular route to volunteer to take a single day in March and make a difference.

Groups and individuals can volunteer to prepare meals for delivery through MACOA's Meal Makers program or take a delivery route and enjoy the experience of sharing a meal and a smile with senior neighbors. In-kind services and donations are also most welcome.

Can you spare a couple of hours in March to serve seniors in our community? Please join us as we address food insecurity and loneliness in the fastest growing segment of population in America.

# WEST COOSA SENIORS AGE IN PLACE!

Oh the fun they have! That is what everyone says when they visit the West Coosa Senior Center in Stewartville, Alabama. This very special center in Coosa County is home to 25 RSVP volunteers and it exemplifies what happens when seniors have a venue to stay active and involved with each other and their community. Senior centers in general offer independence for aging adults. They play a very important role in the lives of elders today by encouraging them to become and remain social. This helps seniors age in place because they are more able to take care of themselves and can live independently longer. Education, travel, activities and a purpose are all integral parts of a viable senior center, as well as a center manager who understands and cares for the seniors.



West Coosa Senior Center manager Laurie Yoder's goal is to keep the seniors in her care safe from the world by educating them on the world—the existence of potential scams, the threat of elder abuse, what could be a potential health risk, and the effects of poor eating habits. She accomplishes this by making the days at the center not just a place for socialization but one of learning.

Every month the center has guest speakers from agencies such as home health, social security, SHIP (senior health insurance program), pharmacies, and groups that conduct wellness checks. This information is shared with the senior for him or her to learn and put to good use as well as for them to share with their children so they can also be informed about services and the resources available to help their parents stay healthy.

Field trips are always a favorite activity of the center and are well attended. They travel to Clanton a few times during the summer to purchase fresh produce, Leeds to the Arts & Entertainment Center to see plays and music performances, Oxford to go shopping at the mall and stores, Talladega to the museum and speedway for senior May day, Birmingham and Pell City to thrift stores and other day trips. Of course, each trip has to include a trip to a local famous restaurant for lunch!

Other monthly activities include a variety of crafts, such as making quilts, decoupage plaques, homemade greeting cards, floral centerpieces, baby clothes, and decorative pillows. These items not only look good they are a source of income. Each item is sold at local fairs or COACH (Cancer Outreach and Community Hope) events. The seniors also prepare and sell barbecue and fried apple pies. A West Coosa Advisory Council determines how to use the funds. To date they have purchased, among other things, as a new driveway for center vans, and food for special events.

This special group of seniors has 26 congregate meals every day—the participants get a hot meal along with great fellowship, games and all the other wonderful activities already mentioned. If someone misses a few days Laurie is on the phone calling him or her to make sure everything is ok. Additionally, eight homebound seniors receive a good meal delivered by an RSVP volunteer. These folks don't just get a meal; like the seniors in MACOA's care they get a friendly visit and wellness check!

We appreciate all the senior activity centers such as West Coosa and all the wonderful things they are able to accomplish because they can age in place!

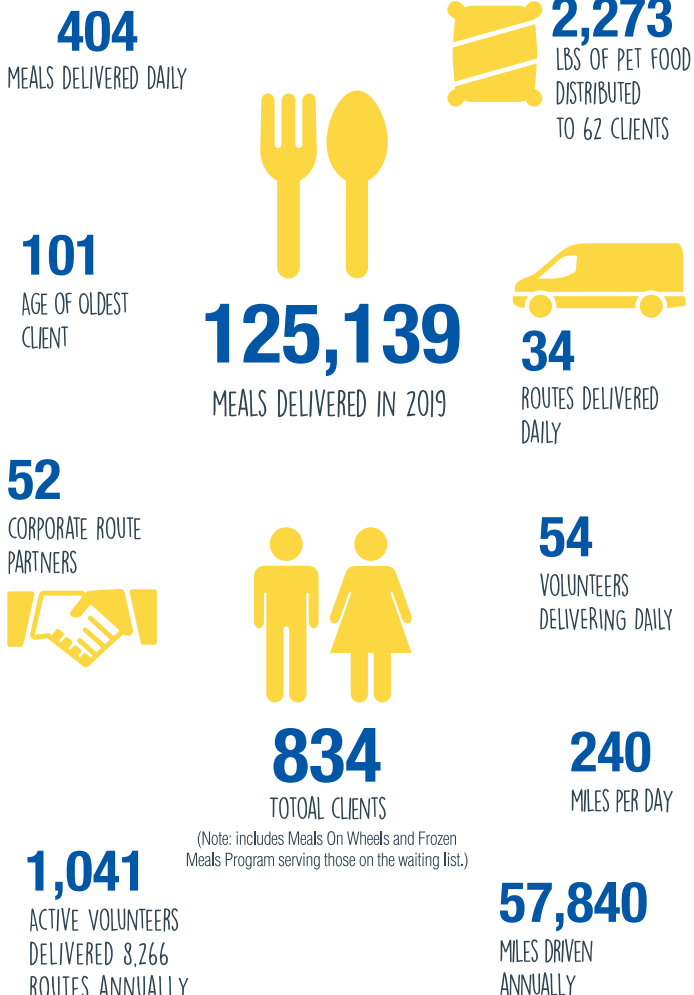
## MACOA Selected by Wind Creek Montgomery for "Make A Change" Donation

Wind Creek Montgomery selected MACOA to receive the distribution from their Make A Change monthly campaign. For the month of November 2019, guest of Wind Creek Montgomery donated their spare change winning slips and MACOA was the recipient of the campaign to support services to seniors in our community.



## 2019 AT A GLANCE

In 2019, MACOA continued reaching new milestones with the help of committed volunteers and donors focused on service to seniors in our community.



(Note: includes Meals On Wheels and Frozen Meals Program serving those on the waiting list.)



# MACCOA

Montgomery Area Council On Aging

115 East Jefferson Street  
Montgomery, Alabama 36104-3654

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## Culinary Caper Set as an Afternoon for Food, Fellowship & Fundraising Sunday, March 1, 2020

Chefs from Montgomery's finest restaurants and caterers will host the 26th Annual Culinary Caper to benefit the Montgomery Area Council On Aging's Meals On Wheels Program. Each chef will prepare a signature item and serve their dish as part of a carefully planned menu for guests at the highly anticipated seated luncheon and silent auction in downtown Montgomery.

This year's Caper is scheduled for Sunday, March 1st at the Alabama Activity Center. Silent Auction opens at 11:00am and Lunch is served at 12:30pm. Tickets are \$75 per person or guest may purchase a table of eight for \$750 to ensure preferred seating request with your group. Sponsorship opportunities are also available at the \$10,000 - \$1,000 levels. In addition to the gourmet dishes of the day, a Silent Auction and Raffle will serve as another special highlight of this charity benefit. The deadline to purchase is February 20th.

Silent Auction items will feature a wide variety of items to select from, which include spa treatments, antique and modern jewelry, gourmet dinners, original artwork, wine baskets, gift certificates, and condo rentals, to name a few. Guest are also invited to purchase a \$5.00 raffle ticket towards an opportunity to walk-away with a year's worth of "dinning out" on us valued at \$1,000.

We are proud to honor Sieu Tang Wood and Sue Groce with the Rick Heinzman Memorial Meals On Wheels Award at this year's Caper. Our goal for the Caper is to raise \$100,000 to support our Meals on Wheels program that serves over 400 homebound seniors Monday through Friday. Currently, we have over 350 qualified seniors on our waiting list to be added to a delivery route.

Together, with your help, we can make a difference and serve more seniors in our community. To reserve your ticket, table, and for more information on sponsorship opportunities please contact Gregory Smith, Development Director, at (334) 263-0532 or [gsmith@macoa.org](mailto:gsmith@macoa.org).

