



MEALS on WHEELS
MONTGOMERY AL METRO AREA



SAME MISSION. NEW NAME.

Volume III 2023

A WORD FROM OUR BOARD CHAIR

I am excited to serve as Board Chair of Meals on Wheels Montgomery, AL Metro Area for the 23-24 year. I am following many great former Chairs and am humbled to serve in this capacity. The leadership team and staff at Meals on Wheels are a very committed group of individuals that carry forward the mission of Meals on Wheels.

Having recently attended the national Meals on Wheels conference in Phoenix, Arizona, I left there with a renewed sense of motivation and energy knowing that their many years of service compare exceptionally against other Meals on Wheels programs nationally.

We have a lot of exciting things going on at Meals on Wheels. In December, we will be filling Holiday Bags with non-perishable foods and treats for our Meals On Wheels recipients. This is an exciting opportunity for individuals, businesses, and church and school groups to work alongside the staff to prepare and distribute these bags. It is a great way for groups to work together and bond while serving seniors in need.

We are always in need of volunteers to handle delivery routes and serve in our Meal Maker program. If you are an individual that can take a route or if you are part of a business, we would be delighted to have you serve with us as a route partner.

Our Meals on Wheels program is grateful for our many volunteers and supporters. Your commitment displays the importance of

The Power of a Knock.

Willis Teel, Board Chair



A WORD FROM OUR CEO

Fall is always a very busy time of year for everyone with kids back in school, football games and organizing family gatherings for the holidays. Here at Meals On Wheels, we are busy planning for all the upcoming activities that we have scheduled for seniors we serve. We are collecting non-perishable items for our annual Holiday Bag program and preparing menus for special holiday meals to be delivered on Thanksgiving and Christmas Day.

We are also continuing the transition to our new name and new logo. As each week passes, we are making changes that reflect our new name of Meals On Wheels Montgomery AL Metro Area. We are communicating and publicizing these changes through multiple channels such as television, printed materials and social media. The visibility of our program is vital so the seniors who need our lifeline services can easily locate us.

Spreading the news about Meal On Wheels is crucial because our county is experiencing a loneliness epidemic. Our older adult neighbors are increasingly lonely, increasingly isolated, and increasingly needing human connection more than ever. Each day when a volunteer knocks on the door and delivers a meal, that knock brings hope, health, nutrition, kindness and friendship. That knock may even save lives.

Donna Marietta, CEO



GIVE TO SENIORS THIS HOLIDAY SEASON

HOLIDAY CARDS ARE BACK!

The Holiday Season is here and Meals On Wheels Montgomery AL Metro Area can help you send Season's Greetings to your family, friends, neighbors, clients, coworkers, and others special to you. By making a donation to our senior neighbors in need, we will deliver a beautiful, personalized card on your behalf, and your donation will in-turn help us deliver hot meals and warm smiles to homebound seniors this holiday season, and beyond.

You can select cards with either a "Merry Christmas" or "Happy Holidays" greeting on the outside, and the inside will recognize the donation made in the recipient's honor.

Send your donation by **December 8th** along with the mailing information for those on your recipient list and we'll do the rest! To send your holiday card list online, visit www.mowmama.org/holiday-cards or scan the QR code.



Scan here for
Holiday Cards!



PROVIDE THE POWER OF A KNOCK



After suffering two strokes, Ms. Missouri Wright felt hopeless. Meals On Wheels helped her regain her sense of purpose and independence.

**"Meals On Wheels
saved my life"**

Each friendly knock on a door for Meals On Wheels positively impacts the lives of senior neighbors in the Montgomery Metro Area. Every weekday, 431 local seniors receive a life-enriching meal.

By donating today, you show each of these seniors that they are not alone, or forgotten.

Same Mission. New Name.



MEALS on WHEELS
MONTGOMERY AL METRO AREA

We are excited to announce the rebranding of the Montgomery Area Council on Aging.

We will now be known as:

Meals On Wheels Montgomery AL Metro Area.

Though we have a new name, our mission to impact the lives of seniors in our community stays the same!

STAFF

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2023-24 MOWMAMA Board of Directors

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Roy McAuley - Immediate Past Chair

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Dottie Blair

Cathy Caddell

Sue Groce

Pete Knight

Sieu Tang Wood

VOLUNTEER SPOTLIGHT

Anthony Albert was awarded the prestigious Purple Heart after he was wounded while serving in Baghdad, Iraq. He volunteers with Meals On Wheels AL Metro Area through Route Partner, Wounded Warrior Project.

Mr. Albert believes giving back to his community is another way of serving his purpose and impacting the lives of seniors in need.

“I was put on this earth to look out for my fellow man and that’s what I’m doing (with Meals On Wheels)”



CLIENT SPOTLIGHT

Regina Avery began receiving Meals On Wheels in 2022. It was a lonely time for Ms. Avery after her elderly mother passed away. She believes the volunteers who deliver her meals every weekday are a true blessing.

Now, not only does Ms. Avery receive a hot, nutritious meal, she also enjoys regular visits from one of her former classmates - who volunteers as a Meals on Wheels driver!

“Sometimes the Meals On Wheels volunteers are the only people I see all day. I’m grateful for them”



Healthy Futures and RSVP

RSVP (Retired and Senior Volunteer Program) is a part of AmeriCorps Seniors which focuses on six areas of critical need in communities. One of these areas is healthy futures, which centers around older adults being able to age comfortably in their homes and on those individuals of any age in the community that are at-risk and/or are food insecure. Meals on Wheels/RSVP volunteers serve in the following Healthy Futures areas across our five counties.

All Meals on Wheels RSVP volunteers are dedicated to the mission of serving nutritionally at-risk older adults a hot meal daily, Monday through Friday, and for the most disadvantaged on the weekends. We also have volunteers in Tallapoosa County that deliver Meals on Wheels through the Russell Hospital and RSVP volunteers serve in a Mobile Meals program in Newsite. 18 seniors receive a daily meal from The General Restaurant. Only two of the original 24 (18 are RSVP) volunteers have dropped out since the program began in 2009.

The senior centers in our five counties provide congregate meals, which are meals served to the seniors who attend the centers and participate in daily activities. Senior centers also provide homebound meals to other older adults who are members of the center but are not able to attend every day. Many of the homebound meals that are delivered are done by RSVP volunteers.

The Millbrook Senior Center is one such center. Olivia Venable is the center manager and works closely with the seniors and the volunteers. About 35-40 seniors come every day for congregate meals and activities. 40 home bound meals are prepared and delivered daily, and that is where RSVP volunteer Carol Ann Steward comes in. She faithfully delivers these meals to food insecure seniors. These hot meals allow the people at home to benefit from the good meal and visits from volunteers.

RSVP volunteers say they are motivated to help people in need because through service they become better people themselves.



To get involved with RSVP, contact rsvp@mowmama.org or call (334) 263-0532

1st Annual Meals On Wheels Pet Food Drive

On July 8, 2023, Meals on Wheels hosted it's first pet food donation drive-up. The donation drive was a great success and collected over **1,092 pounds of pet food** for the furry companions of Meals on Wheels seniors!

We thank Board Member Dr. Tonda West for having the heart to host such an incredible event. Also, thank you to the Montgomery community for your generous spirit. You have made an impact in the lives of local seniors and their pets.



Montgomery Area Chamber of Commerce 60 Minute Coffee



Montgomery's Chamber of Commerce holds a monthly event called the "60 Minute Coffee" which are hosted by local businesses in the community. These events are a perfect way for Chamber Members to begin their day and meet potential clients, make important contacts and network with Chamber executives and community leaders.

In October, Meals on Wheels Montgomery AL Metro Area hosted the 60 Minute Coffee and officially announced the rebrand of our organization to the Montgomery community.



Honorariums and Memorials: June - September 30, 2023

All efforts were made to ensure the accuracy of this list

In Honor Of

In Honor Of Norma Guarisco

Given by: Mr. Seth Snellgrove

In Honor Of John Lambert

Given by: Mrs. Sherry Weeks

In Honor Of Donna Marietta

Given by: Mr. and Mrs. Phill & Cheryl Johnson

Mr. and Mrs. Willis and Pamela Teel

In Honor Of Charles McLemore, DVM

Given by: Mrs. Harriette Dorosin

In Memory Of

In Memory Of ET & Ruth Anderson

Given by: Mr. Thomas Anderson

In Memory Of Mr. and Mrs. Robert and Nell Avinger

Given by: Steve and Kathy Beck

In Memory Of Ralph Garner Beasley

Given by: Cohens Electronics and Appliances

In Memory Of Carrie P. Boland

Given by: Ms. Pam Oswald

In Memory Of Bill Bowman III

Given by: Cohens Electronics and Appliances

In Memory Of Mr. and Mrs. Bill and Lida Bowman

Given by: Ms. Leigh Tomforde

In Memory Of Mr. William C. Bowman

Given by: Ms. Millie Armstrong

In Memory Of Jack Campbell

Given by: Ms. Patricia Norris

In Memory Of Gaby Capp

Given by: Ms. Esther Miller

In Memory Of Evie Colleen Cruce

Given by: Mr. and Mrs. Michael & Donna Martin

Honorariums and Memorials: June - September 30, 2023

All efforts were made to ensure the accuracy of this list

In Memory Of (Cont.)

In Memory Of Barbara Duke

Given by: Bible Basic Sunday School Class Frazer Church

Cohens Electronics and Appliances

Ms. Cathy Caddell

Mr. and Mrs. Larry and Sue Groce

Mr. and Mrs. Laslie & Kathy Hall

Hands at Home LLC

Mr. and Mrs. Thomas & Lavina (Jane) James

Ms. Patricia Norris

Mr. Robert Norris

In Memory Of Ernest Edwards

Given by: Mr. and Mrs. Frank and Stacey Stakely

In Memory Of James Franklin

Given by: Mrs. Pat Franklin

In Memory Of Frances Frizzell

Given by: Cohens Electronics and Appliances

In Memory Of Gene Frye

Given by: Mr. and Mrs. Frank and Stacey Stakely

In Memory Of Peggy Hubbard

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

In Memory Of Davie Hudman

Given by: Cohens Electronics and Appliances

In Memory Of Richard M. Jordan

Given by: Mr. and Mrs. Fred & Doris Ball

Cohens Electronics and Appliances

In Memory Of Lyn Ellen Kershaw

Given by: Cohens Electronics and Appliances

In Memory Of James Robert "Bert" Langford, Jr.

Given by: Ms. Susan Beacham

Ms. Zenobia Blackmon

Ms. Dottie Blair

Mr. and Mrs. Larry & Sue Groce

Meals On Wheels Staff

Mr. and Mrs. Alfred & Aimee Steineker

In Memory Of Ida McCain

Given by: Ms. Debra Baker

Honorariums and Memorials: June - September 30, 2023

All efforts were made to ensure the accuracy of this list

In Memory Of (Cont.)

In Memory Of Brad Moody

Given by: Mr. Thomas Vocino

In Memory Of Josephine Moody

Given by: Cohens Electronics and Appliances

In Memory Of Julia Fay Bradshaw Norris

Given by: Aldridge Borden & Company, P.C.

Ms. Ethel Barnes

Cohens Electronics and Appliances

Mr. and Mrs. Barton & Elizabeth Crum

Mr. and Mrs. William & Susan Davis

Mr. and Mrs. Thomas & Lavina (Jane) James

Mr. Thomas Norris

Turner Insurance & Bonding Co

In Memory Of Jean Parent

Given by: Mr. and Mrs. Thomas and Margaret Horton

In Memory Of Charley Savage

Given by: Mr. and Mrs. Karl B & Maxine Benkwith

In Memory Of Johnnie Lee Smith Jr.

Given by: Ms. Olivia Smith

In Memory Of Craig Stephan

Given by: All Seasons Comfort LLC.

Ms. Susan Beacham

Ms. Dottie Blair

Mr. and Mrs. Connie Burleson

Ms. Nora Cammack

Dilaura Family Fund

Ms. Pat Franklin

Ms. Anna Lee Ingalls

Mr. and Mrs. Phill and Cheryl Johnson

Mr. and Mrs. Mark and Karen McVay

Ms. Susan Moore

Mr. Harry Truslow

In Memory Of Thomas H. Turner

Given by: Mr. Frankie Turner

In Memory Of Will Romanowski

Given by: Mr. and Mrs. Frank and Stacey Stakely

BECOME A VALUED VOLUNTEER

The Montgomery Metro Area benefited from Meals On Wheel's 1,004 volunteers who contributed over 20,000 hours of service to our senior neighbors in 2023.

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:

- 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 at Meals On Wheels office

**TO LEARN MORE CONTACT PAM WIGGINS,
VOLUNTEER COORDINATOR, AT
(334) 263-0532 OR PWIGGINS@MOWMAMA.ORG**

