



WINTER 2021

# Highlight NEWS

MONTGOMERY AREA COUNCIL ON AGING



**All Together  
Our Mission Continues**

## A Word From Board Chair Jason Gardner



**Jason Gardner**

Well, 2021 is upon us. We have much work to do this year! 2020 is in the rear-view mirror and we have much to be thankful for, even during these troubling times of which we currently live. With new norms in each of our daily lives, there are also new ways we must work to bring opportunity to everyone. This year, MACOA will continue to assist over 400 seniors achieving their goals of aging in place. Aging in place allows 1.) these seniors to stay in their home, 2.) provides neighborhood stability, 3.) gives churches unity, and 4.) helps governmental agencies save on expenditures. MACOA provides hot meals at the senior's home Monday through Friday of each week. While providing these hot meals, our volunteers are also checking on the health of each senior visited. This program cannot be completed without your help. MACOA needs and requests your donation, whether it be of your time and/or your monetary funds. As Paul Scott once said, Think about it. Pray about it. And then give. Together we can make a difference in the lives of the seniors who call this city their home. I am proud of the work so many do to further the mission of MACOA. I am grateful for the excellent staff, board of directors, volunteers and donors who make this mission successful. Now, I am reminded we still have work to do. If you are already giving to our mission, we ask you to please keep giving your time, money and efforts to further the mission of MACOA in 2021. If you are not currently part of our mission or know someone else who is not but should be, please help us make contact so we can educate others on how they can also get involved. There are many moving pieces and many different ways you can help make 2021 successful for these seniors we serve. Thank you!

## A Word From Executive Director

### Donna Marietta



**Donna Marietta**

2020 was, undoubtedly, a year like no other, filled with unprecedented challenges and stressful times. For our aging senior population, it has been extremely difficult. They are still facing challenges due to the pandemic as we all are. Through it all, MACOA continued our commitment to making a difference in the lives of seniors and that has never ceased. I am proud to say that MACOA has continued to provide vital food and engagement to our clients, and the MACOA staff have been remarkably resilient. We have adjusted our procedures for the safety of our clients, volunteers and staff, and the Meals On Wheels volunteers have continued to deliver to the homebound seniors in our community. During the past months, the River Region supported MACOA in many different ways from financial donations to PPE (personal protective equipment) supplies, grants, to cloth face masks for staff, volunteers and clients. All of these items helped us provide care for our vulnerable population. Thank you for standing with us! It is because of your generosity that we are able to look ahead to 2021 and to continue to address the challenges of this new year.

**About the cover:** Clockwise - Lois Brown, RSVP Volunteer; Jeri McGee, Harmon Dennis Bradshaw, Inc, Frozen Meals Volunteer; Dr. Cary Phillips, Meals on Wheels Corporate Route Partner; Sue Groce, MACOA Board Member

## Montgomery Area Council On Aging

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### MACOA DIRECTORY

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Assistant Director of Senior Services
- For volunteer opportunities contact  
Traci Herndon [therndon@macoa.org](mailto:therndon@macoa.org)



## MISSION STATEMENT

The Montgomery Area Council on Aging assists senior citizens by providing services to promote independent living, by offering opportunities to enhance quality of life, and by increasing community awareness of Senior issues.

## BOARD OF DIRECTORS

- Jason Gardner, Chair  
Andrea McCain, Vice Chair  
Roy McAuley, Secretary-Treasurer  
Paul Scott, Immediate Past-Chair

- |                       |               |                  |
|-----------------------|---------------|------------------|
| Dottie Blair          | Robert Froese | Gary Oos         |
| Zenobia Blackmon      | Lewis Gillis  | Kris Stallworth  |
| Richard Bollinger     | Anthony Leigh | Willis Teel      |
| Cathy Caddell         | John Marshall | Mike Vinson      |
| Larry Carter          | Mike Mason    | Jim Weinstock    |
| Angela Crosby         | Esther Miller | Sherry White     |
| Cassandra Crosby      | Lazette Moody | Rebecca Williams |
| General Trent Edwards | Bill Morgan   |                  |

### EX-OFFICIO MEMBERS

- Barbara Duke • Sue Groce • Pete Knight  
Sarah Spear • Sieu Tang Wood

## Volunteer Spotlight



Meet **Mirage Memmer** and her son, Levi. Mirage is a Meals on Wheels Driver and a Frozen Meals volunteer. Mirage grew up volunteering and was taught the value of serving at an early age. This is something she wanted to pass on to her son, Levi, who is 5 years old. She wanted to teach him kindness and to be resourceful with his money. Being a military family and living all over, she and Levi decided at each station they would choose a place to volunteer. At one particular nursing home, they would visit the ‘grandmas and grandpas’ to pass out candy. They both decided to make Candy Cane grams for the Frozen Meals clients during the Christmas holidays. Since Levi is a visual learner, he could compare the two experiences. Levi was given \$15 for the Candy Cane Gram supplies and had to make it stretch over 120 clients.

She wanted to show him there is more in the world than his own family. Mirage enjoys being a weekly Meals on Wheels driver. She looks forward to seeing and visiting with the clients each week. Mirage knows that one of the benefits of being a Meals on Wheels driver is making sure the client is safe and OK - a safety check for their family. If you are interested in becoming a Meals on Wheels Driver or volunteering in another way with MACOA, contact Traci Herndon [therndon@macoa.org](mailto:therndon@macoa.org).

**Ms. Helen Milliner** has been a wonderful fixture of the Meals on Wheels Program since the 1980’s. Her smile is contagious and her spirit is a joy! The spry 84-year-old is a lifelong Montgomery, Alabama resident and has lived in her home on the southside of Montgomery for the last 47 years. Helen says that her overall experience with the Meals on Wheels Program has been amazing and the genuine kindness of the drivers always makes her day! She even regards one of her regular route drivers as her “adopted daughter”. She mentioned with enthusiasm that when she broke her hip in May 2018, one of her former route drivers came to visit her in the nursing home while she recovered. They also mailed her a Christmas card and gift that year.

Fun fact: Helen is related to Rosa Parks. Milliner’s father, Thomas Williamson, was a relative of Ms. Parks and helped Ms. Parks and her family move to Detroit, Michigan shortly after the Montgomery Bus Boycott ended. When Helen’s father passed away in 1987, Ms. Parks attended his funeral. Helen describes Ms. Parks as “an all-around nice woman”.

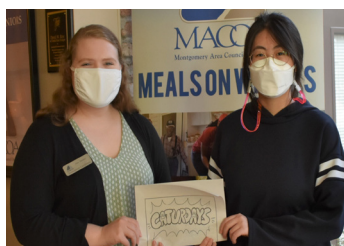
## Meals on Wheels Client Spotlight



## *Student Brings Joy to Seniors Through her Drawing*



**Jenny Baek**



(L) Amy Dennis, MACOA Development Coordinator  
(R) Jenny Baek, LAMP High School Student



**Jenny Baek**, a Senior at LAMP High School, inspired to give back to her community created cartoon booklets for Meals on Wheels seniors. Jenny’s grandparents in Korea expressed the loneliness they were feeling because, due to COVID-19, they were not able to get out to see their friends. With this in mind Jenny reached out to us at MACOA to see how she could use her drawings and desire to help reach seniors in her community! She has created two editions of her cartoon booklets “Caturdays” and “Dogtober” that were distributed to all 404 clients on our Meals on Wheels routes! Her booklets include hand-drawn designs, animals to color, puns, and word searches. Through her generosity and creativity Jenny exceeded her goal of lifting the spirits of homebound seniors.


Do you have a unique project in mind to reach seniors in the community? Contact us at MACOA (334) 263-0532 and we would be happy to help your idea come to life!

## PARTNERSHIPS



**WE'RE  
ALL IN  
THIS  
together**

Thank you to our  
amazing partners!



## Community Partners

**1. SYNOVUS BANK** Synovus began as a Corporate Route Partner in June of 2020.

Synovus is a valued partner of MACOA through their delivery of Meals on Wheels and their employee fundraiser for our organization!

**2. EXCELSIOR AMBULANCE** Excelsior Ambulance Service became a partner of MACOA in March of 2020 at the beginning of the COVID-19 pandemic. Their employees delivered shelf-stable meals to a number of routes (yes, in the ambulances) and have continued as a Corporate Route Partner!

**3. FRAZER CHURCH** Frazer Church continues to support, promote and work with MACOA to achieve our mission. We are grateful to the committed Frazer volunteers who deliver Meals on Wheels! In addition, Frazer donated all the proceeds from the 2020 Christmas Eve offering to assist with MACOA's Frozen Meal Program.

**4. GIRL SCOUTS OF SOUTHERN ALABAMA** Girl Scouts of Southern Alabama brought smiles to our seniors when they donated boxes of cookies to be delivered to the seniors along with their meals!



# MACOA's International Tasting Drive-Thru Event Exceeds Expectations

MACOA's 16th Annual **International Tasting** held Sunday, November 8, 2020 looked different than previous years. Due to COVID-19 and social distancing protocols, MACOA adjusted the International Tasting from an in-person event to a drive-thru event featuring food from around the world! The event raised nearly \$34,000 to support area seniors.

This event required a committed and meticulous team coordinating logistics behind the scenes. The individuals on the International Tasting Committee included Co-Chairs Sieu Tang Wood and Sue Groce, Jason Gardner, Chair of the Board, Barbara Duke, Esther Miller, Paul Scott, and MACOA staff members Donna Marietta, Executive Director, Amy Dennis, Development Coordinator, and Traci Herndon, Volunteer Coordinator. The committee met in the months prior to the event and planned the event to ensure the safety of all involved.

Although the event did not include the same fanfare as other years it still fulfilled the purpose of raising funds for seniors as well as serving as a great way for our donors and volunteers to enjoy an International meal from the comfort of their home! The International Tasting Committee took cues from all the of the restaurants who have so gracefully shifted to curbside pick-up with our drive-thru at the MACOA office! We utilized our Caddell Kitchen and Archibald Center to warm the food and assemble it in plastic to-go trays! A special thanks to Chef Gary Garner from La Jolla who managed the kitchen and volunteers from Frazer Church who assembled the meals!

Those who purchased a ticket chose between either a European or Asian Meal featuring six items, assorted desserts, and a fortune cookie! The food was provided by local restaurants and individuals: Chen's Restaurant, East China, The Chinese Association, So Dong Kong Korean, Sieu Tang Wood, Jim Weinstock, Dr. Adu Busati, Esther Miller, The King's Table, Derk's Filet & Vine, Capitol City Club, Taziki's Mediterranean Café, Peggy McKinney, Joy Skelton, Debbie Kemsel Catering, Kim King, Ben Nichols, and Pepper Tree Steaks N' Wines!

## **Special Thanks to our Generous Sponsors:**

### **Gold Sponsors:**

Troy University  
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Alfa Insurance  
Tang's Alterations  
Cathy Caddell and Charlie Warnke

### **Silver Sponsors:**

John Caddell  
S.P.I.R.I.T of Frazer Church  
Joy and Dickie Blondheim  
Sam Johnson

### **Bronze Sponsors:**

BBVA  
Larry and Sue Groce  
Esther Miller  
Sweet Tours  
Yawchin & Jane Y. Ho  
Beasley Allen Law Firm



**Above: Frazer Church Volunteer; Top L: Immediate Past President, Paul Scott; Middle L: Chef Gary Garner of LaJolla and Committee Co-Chair, Sue Groce; Bottom L: KiKi Bryan**

The 27th Annual  
**Culinary Caper**  
 Supporting MACOA

ONLINE AUCTION  
 & RAFFLE

APRIL 23-25,  
 2021



MACOA's **Culinary Caper** is one of our biggest events of the year. Due to COVID-19 and consideration of the safety of everyone involved we have adjusted how we will host this year's Culinary Caper event.

After much consideration, we are pleased to announce that MACOA's 27th Annual Culinary Caper will be going completely virtual! From **Friday, April 23 – Sunday, April 25, 2021**, the Culinary Caper Online Auction will give participants a chance to bid on amazing items from the comfort of their own home! In addition to the Online Auction, the Culinary Caper Raffle will be held for the grand prize of \$1,000 worth of gift cards to local restaurants. The goal of this year's Culinary Caper is to raise \$50,000 to support MACOA and our Meals on Wheels Program which serves 404 homebound seniors hot and nutritious meals every weekday. Currently, we have 300 clients on our waiting list to be added to a delivery route. With events like Culinary Caper, we are working to expand this program and eliminate the number of those waiting for this much needed service. Though the auction format will be different this year, the mission and aim of this Culinary Caper remains the same - to help our community's seniors live abundant and independent lives. More information about the Culinary Caper Online Auction and Raffle to come! Please contact Amy Dennis, Development Coordinator ([adennis@macoa.org](mailto:adennis@macoa.org)) or 334-263-0532 for sponsorship opportunities and further event information.

October 21, 2020, supporters gathered on the Green at the Robert Trent Jones Capitol Hill Golf Trail in Prattville, AL to raise funds to aid MACOA and Meals on Wheels in the fight against senior hunger.

A huge thank you to The Retirement Systems of Alabama (RSA), Dr. David G. Bronner, and UBS Longleaf Wealth Management for their participation at this charity benefit as our Title Sponsors. Thank you as well to our event sponsors J Hunter Flack Foundation and Maynard, Cooper & Gale!

Each player received a souvenir bag from various sponsors. An awards presentation, door prizes and a boxed lunch immediately followed the Tournament.

## Swinging Fore Seniors Golf Classic

Support MACOA & Meals On Wheels



### 2020 Swinging Fore Seniors Golf Classic Sponsors



**UBS**

Title Sponsor:  
 UBS Longleaf  
 Wealth Management

Event Sponsors:  
 J Hunter Flack Foundation  
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Reinhardt Lexus  
 Renasant Bank  
 SafetyNet Behavioral Healthcare  
 Starke Agency  
 Vision Insurance

# HOLIDAY BAGS PROVIDE SMILES TO 500+ SENIORS



A very successful **2020 Holiday Bags Program** was led again by MACOA volunteer Beverly Perkins and Traci Herndon, MACOA Volunteer Coordinator. Beginning in the summer, donations are collected and stored. Then in December, over 70 donors from individuals, businesses, schools, churches, and civic groups participate in this annual Program. Our clients receive a large brown bag of groceries and hygiene products valued at \$100 per bag in order to sustain them during the holiday season. After the bags are packed, volunteers from around the community, including elected officials, business owners, and first responders deliver the bags to bring a smile to the seniors. If you would like to help with the 2021 Holiday Bag Program, please contact Traci Herndon at 334-263-0532 or by email [therndon@macoa.org](mailto:therndon@macoa.org).

**Pictured top L: Cindy McQueen, Steineker, Dillon, & Rolen Dentistry; top R: Sunrise Rotary Club; middle L: St. Rep Tashina Morris; middle R: Montgomery County Sheriff's Department; bottom L: Answered Prayer Home Care Service; bottom R: Councilman Charles Jinright and Executive Director, Donna Marietta**



Over the last twelve years, Subaru and its retailers have helped the Meals on Wheels network deliver 2.3 MILLION MEALS to homebound seniors across the country. Why does Subaru support Meals on Wheels? Too many seniors are struggling to stay independent and healthy. One in four seniors lives alone in isolation and one in seven seniors might not know from where their next meal is coming.

Thank You to Montgomery Subaru and those who participated in the 2020 Subaru **Share the Love Event**, November 19, 2020, through January 4, 2021. During this year-end sales event, Subaru of America donated \$250 for every purchase or lease of a new Subaru to a local charity.



**(L) Traci Herndon, Volunteer Coordinator (Middle) Amy Dennis, Development Coordinator (R) Megan Danielson, Marketing Director, Montgomery Subaru**

**Thanks for choosing MACOA and Meals on Wheels!**



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## U P C O M I N G E V E N T S



**The 27th Annual  
Culinary Caper Online Auction and Raffle**  
**Friday, April 23rd - Sunday, April 25th, 2021**

A link will be provided prior to the online event

Sponsorship opportunities are available  
at the \$10,000 - \$1,000 levels  
For more information or to become a sponsor, contact  
Amy Dennis, Development Coordinator  
[adennis@macoa.org](mailto:adennis@macoa.org) or 334-263-0532

*Together, with your help, we can make a difference  
and serve more seniors in our community*

## MACOA's 20th Annual Swinging Fore Seniors Golf Tournament

**Wednesday, May 19, 2021**

Registration begins at 7 am; tee off starts at 8am

The tournament will be held on the Legislator  
Course at the Robert Trent Jones Capitol Hill  
Golf Trail in Prattville, AL.

Contact Amy Dennis, Development  
Coordinator, [adennis@macoa.org](mailto:adennis@macoa.org) or  
334-263-0532 for sponsorship and  
team opportunities.

# GOLF CLASSIC

ROBERT TRENT JONES CAPITOL HILL • PRATTVILLE, ALABAMA

BENEFITING MONTGOMERY AREA COUNCIL ON AGING & MEALS ON WHEELS