Pets... MORE THAN COMPANIONS!
A Call to Serve
By Paul Scott, Chair, Board of Directors

Larry Carter, the outgoing Chair of the MACOA board, has been an example to us of service, dedication, diligence, perseverance and patience. His efforts exemplify what a servant and board member should be at MACOA, and Larry continues a tradition of Chairs who have put their heart and soul into meeting the needs of our local seniors.

The Board members and Chair know it is our MACOA staff, led by Executive Director Donna Marietta, that directs our efforts. Working together we all look forward to striving to meet the needs of our seniors in the River Region.

Thank you for the opportunity to serve and lead the MACOA Board of Directors. I appreciate the opportunity and I am excited to have seven new board members joining this year. They are Zenobia Blackmon, Richard Bollinger, Mark Campbell, Bob Froese, Lewis Gillis, Lazette Moody and Gary Oos.

Our current board knows the hard work, dedication and commitment it takes to meet the needs of our seniors. These seniors are remembered as former leaders of our community and respected parents, and they are continuing to serve in areas with their knowledge. We need to listen to them. Our seniors who have been called “the greatest generation” need us to serve them now in their time of need. We need to visit, listen and provide them with nourishing meals so they can remain independent.

One of our goals this year is to increase the number of meals we serve to seniors. We have a waiting list and I pray that if you are reading this column, it will touch your heart to help MACOA. It is through your donations and volunteering of your time that our goal of serving the greatest generation is successful. Please call MACOA at 334-263-0532 to volunteer and go online to www.macoa.org to donate.

Our Partnerships Make the Difference
By Donna Marietta, Executive Director

It has been more than five years since we began the Pet Food Program at MACOA to help seniors care for their furry friends. We realized that some of our clients were feeding their food to their pets which meant that the clients were sometimes going hungry. We began with a donation from one of our board members for supplies, and then we got donated pet food from individuals, pet stores and veterinarians which enabled us to sustain the program at very low costs. This program provides supplemental pet food to our homebound seniors who are clients on our Meals On Wheels program. It is a popular program with school groups who volunteer at MACOA. They package the donated food into smaller containers for distribution. The partnerships with our local schools are a great help and resource and the young people have so much fun getting involved with this program.

Recently four staff and three board members attended a Meals On Wheels conference where hundreds of other representatives from programs all over the United States and Canada came together to learn new ways to serve our clients and seniors. We realized that the work our peers do around our country is nothing short of remarkable and their passion to protect their senior neighbors from hunger and isolation motivates us to provide the best possible services to our seniors in the River Region area.

As MACOA focuses on the future, we are expanding our parking space for our seniors, volunteers and guests as well as addressing some major maintenance issues that come with an older building. Through the generosity of a local donor, we were able to purchase a new digital sign for our property. This sign will be very helpful in communicating our story to the public.

Our work is not done and it will take all of us, working together, to meet the challenges of the years ahead. I am confident that together, we will.

Working Together for a Common Purpose
By Larry Carter, Outgoing Chair, Board of Directors

I appreciate serving as the chair of MACOA’s Board of Directors this past year. It has been a wonderful opportunity to learn in depth the contributions our 2600 plus volunteers make in the communities of our five-county area. Efforts that are supported by the generous gifts and grants of thousands of individual and institutional donors. Efforts that are led, encouraged, and supported by a dedicated and hard-working staff and board. Much of MACOA’s success is a direct result of Donna Marietta’s vision, energy, and dedication. We have also greatly benefitted this year from the strategic planning effort led by Cathy Caddell. The execution of that plan is bearing fruit with the expansion of our frozen meals program into the Pike Road Community, the much-needed enlargement of our parking lot, and the renewal of our kitchen and physical plant.

I attended the recent Meals on Wheels America Conference in Dallas along with four staff members and two other board members. It was a great opportunity to benchmark other organizations and learn new ideas about how we can improve our programs to better serve seniors. One of my “take-aways” from the conference was how good our organization stacks up nationally in the way it functions, proactively plans, and serves our seniors. Our Pet Food Program is a great example. The MACOA team recognized the love our seniors have for their pets and were concerned that those seniors would share their meals with their pets and go hungry themselves. So, for the past few years MACOA has been providing pet food to our homebound senior pet owners with the hope of helping both seniors and pets meet their nutritional needs.

MACOA and all our seniors will be well served by Paul Scott, our energetic and dynamic incoming chair. Paul is very personable, and I look forward to his inspired leadership and my continuing to be part of Team MACOA’s service to seniors. Many thanks to all for your contributions in helping make this another great year in MACOA’s 47-year history.
BENEFIT FOR MACOA

MACOA is excited about the partnership with Subway Meals for Change Campaign which began in September. Subway has selected MACOA as a charitable partner and participating Subway Restaurants will donate a portion of every Fresh Value Meal sold to MACOA’s Meals On Wheels program, up to a maximum donation of $2,500. The Subway Meals for Change campaign will end November 6th.

Special Thank You

TO OUR BOARD, STAFF, AND DONORS
WHO GAVE GENEROUSLY OF THEIR TIME
AND MONEY DURING OUR
2019 SENIOR PLEDGE CAMPAIGN.

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 under Memorials & Tributes.
I walk up to the door and ring the doorbell, waiting expectantly for an answer. Not disappointed, I hear “Woof! Woof! Woof!” and I know that Copper is still on the job! As usually she is first to the door, and her owner is close behind. “Hello Copper and how are you Mr. Swift? I have your meal for you” I say. As usual, both Copper and Mr. Swift are happy to see me (and their lunch!) and after a brief conversation, I return to my route for more deliveries. Copper is one of several pets owned by the elderly recipients of the meals on my Meals on Wheels route. The meals are provided by the Montgomery Area Council on Aging (MACOA) to needy elderly in the Montgomery area. This service provides a healthy, warm meal and a daily contact for those who might otherwise not have access to them.

For those who have pets, MACOA also provides supplemental pet food. They know that the pets provide a valuable service to their elderly owners. For those that are hard of hearing, they alert them to a knock on the door. In addition, they are companions to those that may otherwise be lonely. Scientific research has shown that elderly people who have pets have an increased fitness level (they walk their pets when they might not otherwise walk), decreased blood pressure readings, decreased triglycerides and cholesterol levels, decreased stress levels and decreased heart disease. Psychological benefits include decreased depression, increased social interaction (pets are a good conversation starter), help them focus on something other than their own aging and give them purpose in their life. Studies also have shown the act of petting an animal enhances mood and the feeling of wellbeing.

Whether or not to select a pet for your elderly love one requires careful consideration. If they are allergic, do not have the proper disposition (don’t like animals), If they have never owned a pet, caution is recommended although this does not automatically disqualify them from pet ownership. Many a person who has never owned a pet, has been “adopted” by a stray and become a lifelong loving pet owner. Other points to consider are the age of the pet. Too young may be too active, and too old require too much care. Certain species and/or breeds may not be suitable. For example a dog may not suit someone who is disabled but a cat or bird may be perfect. A Jack Russell terrier may be too active while a small mixed breed spaniel may be perfect. Also consider temperament and the possibility of the pet tripping their owner (more a problem with dogs than cats or birds)

The humane society is a good source for a pet for the elderly because you can see a multitude of animals of all ages, sizes and dispositions and you can give a needy pet a home while aiding your elderly love one. For those whose situation does not lend itself to a pet (nursing home or assisted living), consider pet visits: your own or a pet group (the obedience club, kennel club, or humane shelter). In summary, pets are good for the elderly, however you manage to get them together.

BENEFITS OF PET OWNERSHIP FOR THE ELDERLY
CARY M. PHILLIPS, DVM, MEALS ON WHEELS VOLUNTEER

MACOA PET FOOD PROGRAM
In December of 2014 MACOA started a Pet Food Program. Many Meals on Wheels volunteers noticed that the senior would share their “just delivered” meal with a pet sitting nearby. We all know that pets play a tremendous part in the lives of many of us, and our seniors are no exception. The Pet Food Program for our clients allows them to feed their pets a “pet appropriate” nutritious meal while they eat their delivered meal.

To date we have 49 dogs and 24 cats in our program and twice a month pet food is delivered to the owners. We are very fortunate to have pet food donors who hold food drives or make individual donations but we are always looking for community agencies, businesses, churches, and schools that are willing to donate. We also look for volunteers who are willing to come and bag the food in quart and gallon size zip lock bags to have it ready for delivery. In 2018, 2,391 pounds of pet food was distributed to 62 clients.
MACOA is proud to announce a grant award in the amount of $10,000 from Hyundai Motor Manufacturing. In addition, Hyundai has agreed to continue as a Meals On Wheels corporate route partner delivering meals to dozens of River Region seniors on a weekly basis. We could not fulfill our mission without the financial support and the commitment of individuals who take time away from their jobs to ensure our seniors receive a nourishing meal.

Seniors of Achievement


Guardian Credit Union Supports MACOA FCS Kickoff Charity Contest

MACOA participated in the FCS Kickoff Charity Contest during half-time at the Guardian Credit Union FCS game between Samford University and Youngstown State University at Cramton Bowl.

A big thank you goes out to Ryan Young, Sidney Lanier High School student and JROTC Cadet for representing MACOA and having the skills to accurately kick a goal during the Half-Time FCS Kickoff Charity Contest. MACOA was one of four non-profit agencies that participated during this fun event and received $1,000 from Guardian Credit Union.

MACOA Board Chair, Paul Scott presents the 2019 Mary Katherine Archibald Blount Special Friend of MACOA Award to Mayor Todd Strange.

Seniors Remaining at Home, Out of Hospitals and Nursing Homes, Save Billions in Medicaid & Medicare Costs.

1 Day Hospital = 6 Days Nursing Homes = 1 Year Meals on Wheels
RENT THE ARCHIBALD CENTER!

The Archibald Center is available for private parties including weddings, receptions, reunions, birthday parties, anniversary parties, and college graduation parties.

The Archibald Center seats 150 comfortably for a sit-down dinner and 160-175 for a reception. Security is included in the cost for all events. Outside food/catering is welcome. A refrigerator, ice maker, prep station, warming units, and sink are available for use. Alcohol is allowed. RENTAL RATES: 6 hours = $900; 12 hours = $1500. SAVE THE DATE with a $200 refundable security deposit due when the event is booked. For more information, call (334) 263-0532.

ZOOM ZOOM! COME TRAVEL WITH THE ARCHIBALD CENTER

The Archibald Center travels on day trips and long distance trips! Membership is not required! This Fall, the center traveled to Pennsylvania and visited places like the Amish Farmlands in Lancaster County, Historic Philadelphia, took a tour of the Gettysburg National Military Park, shopped at the Kitchen Kettle Village, rode a train on the Strasburg Rail Road, and visited Hershey’s Chocolate World.

In 2020, the Archibald Senior Center is headed to the Shenandoah Valley and the Blue Ridge Mountains! During the trip we will have a guided tour of the Shenandoah National Park, explore the Luray Caverns, tour the official residence of our 5th President James Monroe, visit the Car & Carriage Caravan Museum, visit Thomas Jefferson’s Monticello, and join us on a New England cruise from Boston to Bar Harbor and around the Cape to Quebec City.
MACOA is collecting items for our 2019 Holiday Bag Program. This special program enables us to take a large bag of groceries to our most needy senior citizens. We also deliver a second bag filled with hygiene and luxury items including knit caps and lap quilts made by MACOA volunteer groups.

In addition, volunteers are needed to pack and deliver the Christmas bags. We will pack the bags on December 11 from 9 am until noon (with possibly a second shift from 1 pm until 3 pm). Delivery is December 12, departing at 9 am from MACOA. Volunteers are assigned to certain routes in the Montgomery area. Traci Herndon, Archibald Coordinator explains, “This is a special time when you see the seniors’ eyes light up at all the wonderful treats they receive.”

To make a donation or volunteer, please contact Traci Herndon at 334-263-0532 or therndon@macoa.org. Donations can be dropped off at MACOA through November 29 or please call our office to schedule a pick up if needed.
You’re invited!
TO THE 15TH ANNUAL
INTERNATIONAL
TASTING
Sunday, November 10
2:00 PM - 4:00 PM
Entertainment starts at 2:30 PM

Southern Homes & Gardens
8820 Vaughn Road • Montgomery, AL 36117
For more information:
www.macoa.org or (334) 263-0532

A MONETARY DONATION TO MACOA AND MEALS ON WHEELS ENTITLES YOU TO EXPERIENCE INTERNATIONAL CUISINES, CUSTOMS AND CULTURAL SURPRISES.