

MORE THAN A MEAL

With MACOA, Central Alabama's
Community has delivered hope,
health, and a caring community

OVER 4.5 MILLION TIMES

to our homebound, vulnerable
senior neighbors.



REFLECTIONS ON AN IMPACTFUL 2022

In 2022, MACOA celebrated 50 years of serving seniors in Central Alabama. It was an exceptional privilege to be a part of that monumental year. The impact of the work and mission of the staff, board of directors and volunteers is beyond measure. Through the 50 years, the lives of thousands of seniors have been enhanced by a lifeline that provided them with dignity, safety and care.



In this report, we invite you to read about the impact your donations and volunteering have made on those we served this past year. Without you, we could not have delivered this mission.

Thank you for your support and your belief in the positive impact we can make in the lives of our senior and homebound neighbors. Through 50 years, you have made a difference.

With a grateful heart,

Andrea McCain
2022 Chair of the Board of Directors

Donna Marietta
Chief Executive Officer



TOGETHER, WE DELIVERED

111,237

HOT MEALS

145,571

TOTAL NUMBER OF
MEALS SERVED

13,800

LBS OF PET FOOD

(**428** MEALS SERVED
EACH WEEKDAY)

34,334

FROZEN MEALS

500 HOLIDAY
BAGS

TO **626** CLIENTS

WITH THE
HELP OF **1,425** MEAL PROGRAM
VOLUNTEERS



A COMMITTED COMMUNITY



MACOA's **42** Route Partners include businesses, church groups, and civic organizations that commit to regularly delivering a Meals on Wheels route. Their predictable presence fosters the building of relationships with our clients, and shows them that they are not alone or forgotten.

We are grateful for the difference our Route Partners make in the lives of seniors every day.

Adam's Drugs
Aldersgate UMC
ALFA
Alpha Kappa Alpha Sorority Inc.,
Beta Nu Omega Chapter
Answered Prayer Home Care Services
Assured Partners
Buffalo Soldiers
Caddell Construction
Cumulus Radio Station of Montgomery
Delta Sigma Theta Sorority Inc.,
Montgomery Alumnae Chapter
Dillon & Rolan Cosmetic & Family Dentistry
Excelsior Ambulance
Faulkner University, Jones Law School
First United Methodist Church
Frazer Church
Gardens of Waterford
Harmon Dennis Bradshaw, Inc
Heritage Baptist Church
Home Care Assistance of Montgomery
Humana

Montgomery County District Attorney's Office
Montgomery Police Department
Montgomery Rotary Club
Montgomery Water Works
OurTown Realty
Phillips Animal Clinic
Rehab Select
Renasant Bank
River Bank & Trust
ServPro of Montgomery
SmartBank
So Loved Silver Stuff, LLC/Taste 348
STAMP Ideas
Starke Agency Insurance
Synovus Bank
Taoist Tai Chi Society
Trustmark Bank
USAF (Carolyn Oliver)
WCOV-TV
Weeks and Browning Realty
Woodland UMC
Wounded Warrior Project



RSVP: RETIRED & SENIOR VOLUNTEER PROGRAM

MACOA sponsors the Retired and Senior Volunteer Program (RSVP) for Autauga, Coosa, Elmore, Montgomery, and Tallapoosa Counties. RSVP staff facilitates the connection of a senior's valuable skills, knowledge, and experience to a critical need in our community, creating a mutually beneficial experience for the community and volunteers alike.

We are honored to help connect seniors to volunteer opportunities that make a notable difference in the lives of others. Our incredible RSVP volunteers serve our community in ways such as:

- Delivering Meals on Wheels
- Preparing and packaging frozen meals
- Providing respite to caregivers
- Serving in food banks and food pantries
- Providing transportation and companionship to homebound individuals

RSVP: 2022 BY THE NUMBERS

1,182 RSVP VOLUNTEERS

117,425 RSVP VOLUNTEER HOURS

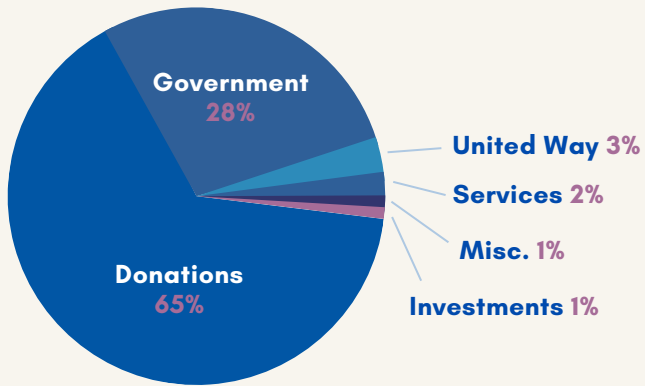
\$3,405,325 RSVP VOLUNTEER TIME VALUE



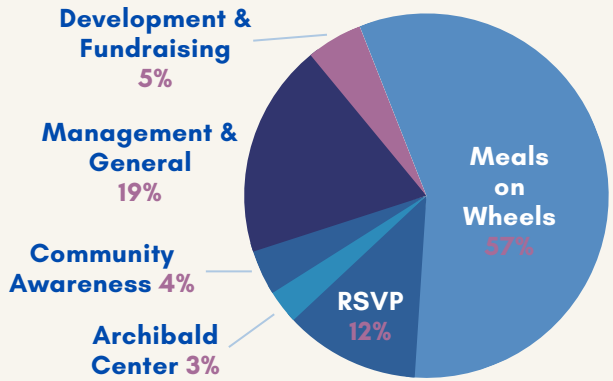
Your financial support makes a real, life-changing impact every day for the seniors in our community. We are grateful for your commitment to MACOA's mission.



INCOME



EXPENSES



\$7

PROVIDES ONE MEAL TO A HOMEBOUND SENIOR

\$35

PROVIDES ONE WEEK'S WORTH OF MEALS

\$140

PROVIDES ONE MONTH'S WORTH OF MEALS

\$1,680

PROVIDES ONE YEAR'S WORTH OF MEALS

2022 - 2023 BOARD OF DIRECTORS

LaShandra Warren Barnes
Zenobia Blackmon
Angela Bradwell
Sherice Brown
Larry G. Carter
Angela Crosby
Cassandra Crosby
General Trent Edwards
Robert Froese
Jason Gardner
H. Lewis Gillis
Allison Guice
Roy McAuley
Andrea McCain
Nikita McClain
Judge Vanzetta McPherson
Gary Oos
Cheryl Payson
Sheron Rose

Jennifer Scott-Epperson
Kris Stallworth
Aimee Steineker
Willis Teel
Sherry Weeks
Dr. Tonda West
Sherry White
Reverend Richard Williams

EX-OFFICIO MEMBERS

Dottie Blair
Cathy Caddell
Barbara Duke
Sue Groce

Pete Knight
Sarah Spear
Sieu Tang Wood





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