



\$493,000 was raised at *A Meal to Remember!* Pictured are Marilyn Krone, Christopher Lee, Bell Telepan, Sandra and Dan Baldwin, Terrance Brennan, Jean-Louis Dumonet, Eric Girerd, and Kathryn Arnett.

Our programs:

- Adult Day Care
- CareShare/Volunteer Services
- HOMES
- Meals On Wheels Atlanta
- Neighborhood Senior Centers

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Winter 2008



Coming of Age

INCREASED SUPPORT = INCREASED MEALS FOR SENIORS

Coming off the heels of a record-breaking *A Meal To Remember* gala and an increase in private foundation and individual donations, Senior Citizen Services' Meals On Wheels Atlanta program will be able to increase its meals delivered during the fiscal year from just over 73,000 meals to more than 100,000 meals! This 26% increase in one year is fulfilling a critical situation for seniors who were on waiting lists for either long-term nutrition support or short-term "Urgent Meals" assistance.

The twentieth annual *A Meal to Remember*, benefiting **Meals on Wheels Atlanta**, was held at the Ritz-Carlton, Buckhead on Friday, November 2, 2007. The event broke all records, raising more than \$488,000. Epicurean sponsors were BNY Mellon Wealth Management and Dan and Sandra Baldwin, who were honored for their commitment to Senior Citizen Services of Metropolitan Atlanta. Numerous gracious and generous contributors helped make the event such a huge success under the leadership of Event Chairs Marilyn Krone and Kathryn Arnett.

The theme of this year's *A Meal to Remember* was "The Best of New York," featuring culinary creations by some of Manhattan's most lauded chefs. Terrance Brennan, Jean-Louis Dumonet, Eric Girerd, Christopher Lee, and Bill Telepan traveled from New York to dazzle lucky patrons with their gastronomic flair. Hosted by Atlanta's own Monica Pearson and Fred Blankenship, the evening's highlights included entertainment by vocalist Courtenay Collins and a live auction with Uladia Taylor yielding more than \$71,000. The Grand Ballroom at the Ritz Carlton, Buckhead was stunning, thanks to designer Robert Long and his

talented staff.



"I don't know what I would have done if they hadn't called me to tell me I was going to start," says Ronald, one of Meals On Wheels Atlanta's newest clients. Ronald had been awaiting nutrition support since a health problem forced him to stop working. Due to the outpouring of support,

Ronald and several other seniors like him have been able to receive the nutrition and assistance they need.

"Whoever I need to thank please tell them how much I appreciate them," says Addie Mae, another recently added Meals On Wheels Atlanta client with tears in her eyes. "I've been used to doing for others my whole life, I just cannot imagine someone doing for me."



To assist in this increased effort through your volunteer time, donations, or event sponsorship, please visit Senior Citizen Services' website: www.scsatl.org or (404) 351-3889.

A MESSAGE FROM THE EXECUTIVE DIRECTOR — JEFFREY M. SMYTHE

Tackling Memory Loss

According to the Alzheimer's Association, **someone develops Alzheimer's disease every 72 seconds.** In previous articles you have seen that Senior Citizen Services has focused tremendous emphasis on assisting seniors with their chronic diseases through practical, evidence-based and collaborative interventions. One chronic disease that is often overlooked is Alzheimer's disease and other dementias.

For more than thirty years Senior Citizen Services' Vivian T. Minor Adult Day Care Center has provided high quality day support for seniors facing mild to moderate memory loss. This is different than a Neighborhood Senior Center or Multipurpose Center because of the unique needs of the population and the unique ways that those needs are met.

A customized care plan is developed for each of the members, identifying strengths and weaknesses and the appropriate activities and treatments for each. Members enjoy music therapy, memory games, community field trips, crafts, exercise time, reminiscence activities, nutritious meals, or transportation services while the member's caregiver(s) receives needed respite and support.

It is no wonder that recent research has finally recognized the benefit of such centers. According to a recent study of the Rush University Medical Center's Alzheimer's Disease Center, "as the level of day care use (at study onset) increased, the association of nursing home placement with accelerated cognitive decline substantially decreased." * Caregivers find this

alternative more cost effective and less disruptive than institutionalization.

Five minutes with Ms. C, our Center's longest attending member, or Ms. S., a member who actually helped to found Senior Citizen Services in 1965, and you will know the amazing work that is being done each day. If you are concerned about the devastating effects of Alzheimer's disease and other dementias, if you need support or if you are interested in volunteering for this special



population, I invite you to meet Ms. Roberta Todd, Senior Citizen Services' Adult Day Care Director and longest-serving staff member. You will be changed by the compassion of the staff and volunteers, the unique collaboration our Center has with partner agency Marcus Jewish Community Center, and the hope that this Center provides for so many individuals and families. **While we may not be able to stop Alzheimer's disease, we can surely slow it down!**

*Source: [Nursing Home Placement Associated with Accelerated Cognitive Decline in Alzheimer's Disease](#) (June 1, 2007) Rush Alzheimer's Disease Center; www.rush.edu.

THANK YOU TO OUR SPONSORS!!

The following corporate sponsors generously supported the Meals On Wheels Golf Tournament or *A Meal to Remember*.

BNY Mellon Wealth Management	Exclusive Resorts
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SENIORS CELEBRATE THE SPIRIT OF GIVING AT CHRISTMAS



Seniors at the **Dogwood Neighborhood Senior Center** purchased gifts for the Safety Patrol at **Boyd Elementary School**.

SENIORS RECEIVE GIFTS WITH HOLIDAY MEAL DELIVERY

On Tuesday, December 4, Santa for Seniors held its annual Holiday Luncheon in the Chanel Boutique at Neiman Marcus in Lenox Square. The luncheon was hosted by Jill Berry, Dottie Smith, and Jade Sykes. Attendees brought unwrapped, new gifts that were used by **Meals On Wheels Atlanta** on Christmas Eve for its clients, as well as the clients of **Adult Day Care** and the **Neighborhood Senior Centers**.



Food was catered by the Zodiac Restaurant at Neiman Marcus and Chuck Dowdle of WSB-TV served as the emcee.

Santa for Seniors exemplifies the spirit of Santa by providing volunteers the opportunity to purchase inexpensive "senior friendly" items such as magnifying glasses, neck pillows, throws, and many other gifts that can be given to seniors on

special occasions and especially during the holidays.

"Senior citizens are probably our loneliest and least considered group," Jill Berry explained. "A little bitty gift makes them smile like the days when they were young and Santa Claus came to see them."



The week before Christmas, several volunteers gathered at the SCS offices to wrap over 300 gifts. Gailen Rosenberg led the effort arriving with ribbon, scissors, gift wrap, and refreshments. A large group from IHG (InterContinental Hotels) also assisted with meal delivery and gift wrapping.

Gifts are collected throughout the year for this holiday effort. Mark your calendars and save the date for the annual "Christmas in July" party which will be held on Thursday, July 17.



A senior receives a holiday gift that was collected through the Santa for Seniors program.

SENIOR CITIZEN SERVICES WELCOMES NEW STAFF



Allison Goolsby is the Health and Wellness Manager for SCS. She is a Registered Dietitian, Certified Yoga Instructor and a Master Trainer in the Stanford Chronic Disease Self Management Model. She has more than four years of experience working with the seniors in Fulton County and will be working in the Senior Centers and in the community to promote health and wellness and provide

Medical Nutrition Therapy.



Jerrell Saddler is the Volunteer Services Manager. He is responsible for developing and cultivating relationships with community, corporate, civic and social groups to encourage volunteerism. He serves as the Manager for the Care Share/ Wisdom Works Program promoting volunteerism among Atlanta's age 50 and older residents. Jerrell manages volunteer

services throughout all programs and Senior Centers.



YES, I want to make a positive difference in the lives of Atlanta's seniors in need!

Check enclosed Please charge my credit card (my information is included below)

Name: _____

Address: _____

City/State/Zip: _____

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Name as it appears on your card: _____



Thanks for helping me stay independent!



Senior Citizen Services
Empowering Independence

SCS is a 501(c)(3) nonprofit organization. Federal Tax ID 58-09603-09. 100% of your donation is tax-deductible.

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Our mission: To enable seniors to enjoy a high quality of life, maintaining their independence and dignity.

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GOLFERS RAISE FUNDS FOR MEALS ON WHEELS ATLANTA AT TOURNEY

The Seventh Annual **Meals On Wheels Atlanta Golf Tournament** was held at the beautiful Capital City Club at Crabapple on Tuesday, September 18, 2007. This year's event was successful in raising more than \$110,000 which will produce more than 13,000 meals, thanks to the support of local Atlanta companies and individuals. Corporate sponsors included Arcapita, Cratos Capital Partners, and the Snodgrass Foundation. Through their generous support, SCS's mission of enabling seniors to enjoy a high quality of life, maintaining their independence and dignity was accomplished.



Tournament chair Ransom James declared the event a success, stating, "The annual Meals On Wheels Golf Tournament was super! We had over 100 players, 20 sponsors, and great weather."

Atlanta-area companies, local business leaders, and the staff at Capital City Crabapple worked together with Senior Citizen Services volunteers to make this day such a success. Joe Dickman of 3P Delivery, recalling his days as a volunteer with **Meals On Wheels Atlanta**, said, "It feels great to now be able to give even more by participating in this tournament."

The Eighth Annual Meals On Wheels Atlanta Golf Tournament will be held on Monday, September 8. Mark your calendars and join us for a great day of golf for a worthy cause!



SCS WISH LIST:

- **Ceramics supplies for Neighborhood Senior Centers**
- **32" television for Adult Day Care**
- **Volunteers over age 50 for the Wisdom Works senior-to-senior project.**