



Monica Pearson, Jack Sawyer, Collins Spencer, and Jeff Smythe at A Meal to Remember

Our programs:

- Adult Day Care
- CareShare
- Golden Techies
- HOMES
- Meals On Wheels Atlanta
- Neighborhood Senior Centers

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Winter 2007



Coming of Age

MEALS ON WHEELS ATLANTA IS A BLESSING

Mrs. S. never thought she would need **Meals On Wheels Atlanta** until she suffered a heart attack and was no longer able to drive. Mrs. S. learned to drive in a '36 Model A and her father told her she would be an excellent driver because she hit every hole in the road! **Meals On Wheels Atlanta** provides daily, fresh nutritious meals to nearly 250 clients — more than 70,000 meals each year.

Mrs. S. first arrived in Atlanta over 40 years ago, but has lived all over the U.S. She wanted to be a movie star when she was growing up because she was a singer. That dream did not come true, but Mrs. S. held several jobs—waitress, insurance sales, babysitter, and worked at Western Union during WWII transmitting coded messages. Her favorite job was being a cook on a Mississippi River boat that traveled between New Orleans and St. Paul.

"I was never not busy, but because of my health, my production is down," says Mrs. S.

Her former husband was a farmer and they had three children together—two sons who live in Mississippi and a daughter in Georgia. "I was scared to death to get married. I prayed that the car would break down on the way to the wedding." Mrs. S. has seven grandchildren and eight great grandchildren. In her spare time, she crochets items for the great grandchildren.

Mrs. S. volunteered with the Foster Grandparent program where she was known as "Grandma Mary." She loves running into her foster grandchildren who are now grown.

Her favorite thing about **Meals On Wheels Atlanta** is getting to know the volunteers who deliver her food. "I'm so proud of the volunteers and the human race. God sees how much good they are doing." She says the volunteers are so concerned and show so much love and energy.

"**Meals On Wheels Atlanta** is such a blessing since I'm not able to drive anymore. I like the food so much. It almost seems like a gourmet meal."

If you would like to volunteer to deliver meals, please contact Tiffany at volunteercoordinator@scsatl.org or 404-351-6194.



A MESSAGE FROM THE EXECUTIVE DIRECTOR — JEFFREY M. SMYTHE

Two Collaborations You Need to Know About

Now more than ever we at **Senior Citizen Services** are being called to combine resources with fellow organizations to better serve our seniors in need. It is fitting that “collaboration” was one of the values that we as an organization highlighted in our Strategic Plan last year.

One of the exciting collaborations with which we have been engaged is between SCS’ **Vivian T. Minor Adult Day Care Center** and Marcus Jewish Community Center’s Weinstein Adult Day Care (Buckhead location). Both programs are now operating under one roof with combined staff and streamlined operations. Our facility is alive with a greater number of seniors, with a wider range of needs represented, and best of all, a broader set of skills to meet their needs. Though still in its early stages, this collaboration is already gleaning positive results for our seniors and their caregivers.

A different kind of collaboration has been taking shape with our **Neighborhood Senior Centers**. An innovative health and wellness collaborative has reshaped the way that seniors

manage their health and chronic diseases (diabetes, heart disease, depression). SCS and a team of collaborative agencies have been able to provide an evidence-based chronic disease self-management program developed by Stanford University to participants of the Centers.



Under the leadership of the Atlanta Regional Commission’s Aging Division, SCS and its partners, The Fuqua Center for Late-Life Depression at Emory University, Project Open Hand, Piedmont Hospital Sixty Plus, The Arthritis Foundation, and other partners have been able to combine resources to provide practical tools and foster peer support for the behavior change necessary to manage such diseases. Though also in its early

stages, participants have claimed a greater sense of control of their disease, increased support in making decisions around exercise and diet, and decreased doctor visits.

These are just two examples of how **Senior Citizen Services** continues to chart a new course for providing services for seniors. You can be confident that each dollar donated and each hour volunteered now goes further thanks to such collaborations in every program. We will continue to seek such partners to be able to continue to meet the needs of the growing senior population.

MEALS ON WHEELS GOLF TOURNAMENT A HUGE SUCCESS



Nearly 100 players joined SCS for the 6th Annual Meals On Wheels Atlanta Golf Tournament at the Capital City Club—Crabapple in September. Tournament Chair Jack Draughon and Advising Chair John Snodgrass rallied the teams and raised more than \$127,000 for **Meals On Wheels Atlanta** and the programs of SCS.

Corporate sponsors included Arcapita, Burger King, Cratos Capital Partners, the Snodgrass Foundation, and Wells Fargo Foothill. Team sponsors included Bank of America, Cannon Express, Enterprise Rent-A-Car, Ernst & Young, Goldman Sachs, King & Spalding, the Marcus Foundation, Marsh USA, Merrill Lynch, Shapiro Capital, SPI Dynamics, the Michael Morris Foundation, the Irwin Teich Family Foundation, and Axxess.

“The tournament gets bigger and better every year. We really appreciate the support and hard work of our chair, Jack Draughon, and his outstanding committee that made the day such a huge success,” commented Jeffrey Smythe, Executive Director of SCS.

For more information about next year’s tournament, contact Steve Hargrove at shargrove@scsatl.org.

Pictured are Isaac Blythers, Harry Shapiro, Linda Meir, Dennis Meir, Toni Iktin, and Jeannie Cooper.

A MEAL TO REMEMBER RAISES RECORD AMOUNT

The 19th annual *A Meal to Remember* was held at the Ritz-Carlton, Buckhead, on Friday, November 3. Mellon Private Wealth Management presented the event once again this year. Nearly 300 guests enjoyed "The Flavors of Spain" prepared by guest chefs Jose Fernandez, Matias Martinez, Jordi Valles, and Eric Chopin. More than \$332,000 was raised to benefit **Meals On Wheels Atlanta**.

Dinner Chair Dudley Stevens stated, "We are ecstatic that more funds than ever were raised from this event. This event alone will provide more than 64,000 meals needed for next year."

A Silent and Live Auction was held in conjunction with the dinner chaired by Al Kleeman and Jane Dean. A Yamaha Wave Runner, trips to Spain and England, a Bosch kitchen, and an antique train were the highlights of the evening. Nearly \$140,000 was raised by the auction. Hans Godo Frabel was honored for his 19 years of dedication to *A Meal to Remember* for always providing at no cost the beautiful sculptures that are given as gifts to sponsors and chefs.

Jack Sawyer, Regional President for Mellon Private Wealth Management, stated, "No matter what your resources are, almost all of us have the capacity to 'give something back' to others less fortunate in this community."

SCS thanks everyone for their tireless efforts at making *A Meal to Remember* another extraordinary event. Mark your calendar for next year's dinner on Friday, November 2, 2007.

A MEAL TO REMEMBER THANKS OUR SPONSORS:

Mellon Private Wealth Management, The Ritz-Carlton, Buckhead, United Distributors, Louise and Douglas Billian, Bosch Home Appliances, Delta Airlines, Fidelity Bank, Neiman Marcus, The Ray M. and Mary Elizabeth Lee Foundation, Ronald W. Gann (Trustee), Sharon Umphenour, Yamaha Motor Corporation, AGL Resources, AIRMI, Cox Enterprises, Inc., Shirl and Irwin Teich, Dudley and Bernie Stevens, Krista and Matt Toddy, Elizabeth and Chris Willett.



SENIOR CENTERS A BUSY HUB OF ACTIVITY



Boyd Elementary School students entertained and served Thanksgiving dinner to seniors at the Dogwood Neighborhood Senior Center.

SCS WISH LIST:

- Good, working car or mini-SUV for Meals On Wheels Atlanta delivery
- Computers for seniors to learn additional skills
- Volunteers over age 50 for the Wisdom Works senior-to-senior home repair project.

SANTA FOR SENIORS COLLECTS HOLIDAY GIFTS

Santa for Seniors held its annual holiday luncheon at Neiman Marcus on December 12. Nearly 250 gifts were distributed to SCS **Meals On Wheels Atlanta** clients with their meal delivery on Christmas Day. These gifts were collected throughout the year at Santa for Senior events.





SENIORCITIZEN SERVICES

Because No One's Exempt from Aging

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It is now easier than ever to get involved in the SCS mission! From volunteering to making a monetary impact—take a look at what our new site enables you to do. **Visit www.scsatl.org**. Would you like to join our Philanthropist Circle? Phone Malenka Warner, Development Director today at 404-605-8445, or email mwarner@scsatl.org.

