

## Working Woman's Home Association      2023 Grant Application

Within the City of Montgomery and its environs, the intent and purpose of the Working Woman's Home Association is:

1. To aid and assist distressed and abused women and children
2. To aid in the education of women to the end that they may become self-sufficient
3. To aid and assist women in providing emergency housing
4. To aid and assist elderly persons, particularly women, in meeting their basic needs

Instructions: Please complete the following questions and submit form at the end. This form allows information from another document to be inserted or pasted in the question response space. It is also possible to edit information on the form after submission.

Email attachments to [secretary@wwhasn.org](mailto:secretary@wwhasn.org).

\*\* This grant application is requesting funds to be awarded in January 2023. NO grant applications will be able to be submitted after the deadline - 5:00 pm on Monday, June 13, 2022.

Name of Organization/Agency \*

Montgomery Area Council on Aging

Address \*

115 E. Jefferson Street

City, State, and Zip \*

Montgomery, AL 36104

Website Address \*

<https://www.macoa.org/>

Executive Director Name \*

Donna Marietta

Telephone \*

3342630532

Email address \*

[dmarietta@macoa.org](mailto:dmarietta@macoa.org)

Project or Program Proposal Contact Person (if different from above)

Amy Dennis

Telephone

3342630532

Email Address

[adennis@macoa.org](mailto:adennis@macoa.org)

Funding Requested \*

\$30,000

Briefly state the purpose and goals of this project or program. \*

Meals on Wheels is MACOA's flagship program delivering 428 homebound seniors hot meals each weekday directly to their doorsteps via 36 routes. The grant request is to fund the food cost for three (3) delivery routes for the Meals on Wheels program serving vulnerable homebound seniors faced with food insecurity. The three routes are Ridgecrest (12 homebound senior clients), Westside (14 homebound senior clients), and Medical Auxiliary (12 homebound senior clients).

Briefly describe your plans for administration of this project or program request? \*

The Meals on Wheels program is administered by the Senior Services Department with Pam Goodwin as the Director. Director Goodwin supervises 15 full and part-time staff dedicated to the operation of the Meals on Wheels program.

How will you evaluate the success of this project or program? Or how have you evaluated the success of this project or program in the past? \*

The Client Services Coordinator, supervised by the Director of Senior Services, administers the Personal Information Form (PIF) to identify clients that are nutritionally at-risk based on an assessed score of 6 or above. The use of the PIF Form is required by the Alabama Department of Senior Services. The data collected reveals that 98% of the seniors receiving MACOA's Meals on Wheels services are nutritionally at-risk. The Senior Services department maintains and assesses the PIF Forms to determine program adjustments and expansion needs. Client surveys are also conducted to determine satisfaction and areas of improvement for the Meals on Wheels lunch delivery service component. The data obtained is reported to funders as required and to the community via our Annual Report.

This project or program will impact Montgomery in the following areas (check all that apply) \*

- Distressed and abused women and children
- Education of women and life skills development
- Emergency housing for women and children
- Assist elderly persons, particularly women, in meeting their basic needs
- Other: \_\_\_\_\_

How does this project or program funding request fit into your organization's mission and, more specifically, the mission of your project or program? \*

The Montgomery Area Council on Aging has served seniors in Central Alabama for 50 years. From MACOA's beginnings in 1972, the agency's mission has been to assist senior citizens by providing services to promote independent living, offering opportunities to enhance quality of life, and increasing community awareness of senior issues. MACOA promotes independent, dignified, and meaningful living for senior citizens through a variety of programs that offer hope, care, sustenance, and opportunity to more than 5,000 seniors each month.

MACOA's flagship program Meals on Wheels addresses senior's physical and emotional needs through delivery of a lunchtime meal every weekday to some of the most food insecure members of the community. The need is growing as 1 in 6 seniors struggles with hunger. In the coming years the senior population is going to continue to grow, further highlighting issues related to food access and proper nutrition in this population. Seniors are more likely to face health related issues such as heart disease, diabetes, and depression when they are not receiving proper nutrition and socialization. Meals on Wheels combats isolation in seniors through face to face interaction with a volunteer driver at every delivery. A goal of MACOA is to sustain our current Meals on Wheels routes through funding and volunteers.

The length of time clients remain on the Meals on Wheels program often reveals the success of individuals remaining independently in their own homes rather than being confined to a nursing home. The nutritional value of the hot meals delivered daily is reflected in healthier seniors who enjoy an enhanced quality of life. The testimonies of clients and their loved ones are the greatest evidence of the success of the Meals on Wheels program.

How does this project or program funding request fit into the mission of the Working Woman's Home Association? (stated at top of form) \*

The purpose of the Meals on Wheels program is to meet the growing need to feed Montgomery's vulnerable homebound seniors. The importance of one meal per day to seniors facing food insecurity cannot be overstated. The meals provide one-third of clients' recommended caloric intake for a single day. The Meals on Wheels program provides companionship when a volunteer delivers the meal with a smile, as well as a safety check for the senior to make sure they are okay. In FY2021, MACOA served 908 homebound seniors including those that receive hot meals every weekday and those that receive frozen meals. Currently, we have about 200 homebound seniors on the waiting list and continue to seek resources to assist seniors faced with isolation and food insecurity. The purpose of the Meals on Wheels program is to meet the growing need to feed Montgomery's vulnerable homebound seniors. Our demographics show that 60% of the individuals receiving meals are women, some of which may live alone. The need is great for all our clients, but particularly women, as they grow older and outlive their spouses. Meals on Wheels provides care for senior women through a nutritious meal, human interaction, and the peace of mind of knowing that they are able to remain independent in their homes.

Will this project or program initiate a new service in Montgomery? \*

- Yes  
 No

If not, explain the features of this project or program that distinguish it from other organizations in Montgomery that provide the same or similar services. Identify those organizations in Montgomery providing the same or similar services.

Since 1972, together with volunteers and community supporters MACOA has delivered over 4.5 million meals. MACOA is Montgomery's only non-profit dedicated solely to serving seniors. Meals on Wheels is MACOA's flagship program utilizing volunteers to deliver 428 hot meals each weekday to homebound seniors via 36 delivery routes. 61% of MACOA's operating revenue is based on donations and we rely heavily on the support of those like WWHHA who recognize the significant difference your gift makes to so many of the seniors living in our community in Montgomery. MACOA's services reaches residents across all socioeconomic boundaries of Montgomery.

How many people will be served by this project or program funding request? \*

38

Will a grant from the Working Woman's Home Association enable your organization to receive matching funds? \*

- Yes  
 No

Is there another resource that can assume financial responsibility for this project or program upon completion of the commitment of the Working Woman's Home Association? \*

- Yes  
 No

List other organizations or grants from which you have requested funding for this project or program and the status of such requests. \*

MACOA has received funding for our Meals On Wheels program from the Junior League of Montgomery, Meals On Wheels America, Central Alabama Community Foundation, Southern Poverty Law Center, Frazer Church - Mission Board, First United Methodist Church, St. John's Episcopal Church, Church of the Ascension and the River Region United Way as a member agency. We currently have pending requests with Publix Charities and Subaru.

In addition to submitting this project or program funding request, the documents below are required for this application to be accepted as complete. Please email current documentation in PDF format to: [secretary@wwhassn.org](mailto:secretary@wwhassn.org). (You may check the box below when the item has been emailed.)

- Detailed proposed budget for this project or program request
- Proposed budget for your organization for the current year
- Copy of Statement of Revenues and Expenses and Balance Sheet for the current and most recent fiscal year completed for your organization
- Copy of your most recent audit. If an audit is not available, please include a copy of your most recent 990 form
- List of Officers and Directors
- Copy of your IRS Letter of Determination of 501(c)(3) status

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