



Share, Rejoice

Winter 2010

Chili Fun

Some groups like to stir up trouble. The Board of the United Methodist Center for Senior Citizens like to stir up Chili to provide services for our older adults.

Thank you for your generous support of the event this year. \$5,265.28 was raised to provide hands on, direct services to our older adults. Be sure and check out page 4 for a list of those who helped make the day a success.



Fundraising can be FUN!

Are you ready to have fun raising money to help our senior citizens? Rock-a-thon 2010 will be Saturday, February 27th at Central Park United Methodist Church beginning at 10:00 am.



To be a Rocker, all you have to do is:

1. Call the Center to sign up (251-2178).
2. Collect and bring other folks money (sponsors).
3. Sign up to win a door prize.
4. Pick out a comfy rocking chair.
5. Sit and be fed, entertained and pampered for 3 hours.
6. If you are a top Rocker – take home a prize!

How fun is that? Volunteer to represent your church or organization, get a form and start collecting your money today!

See page 5 for a flyer about the event. For a sponsor form, go to our web page.

AARP Tax Aide Volunteers

McCoy Adult Day Care Center will host the AARP Tax Aide Volunteers beginning in February. Senior Citizens can get assistance preparing their tax returns. No one will be seen without an appointment. Call the Center to make your appointment.

(251-2178)

DATES TO REMEMBER

Saturday, February 27
— Rock-a-thon

Saturday, August 21
— Canterbury / Beeson Forum
on Aging

Friday, November 5
— Chili/Fall Festival

Saturday, November 6
— ACA Walking to Remember

Sunday, November 14
— Alzheimer's Prayer Sunday

McCoy Adult Day Care Center

730-8th Avenue West, Suite 102
Birmingham, AL 35204
(205) 251-2178
Program Director – Betty Lee

At the McCoy Adult Day Care, we are thankful for all your support, cards, gifts, and words of kindness at Christmas. Once again our clients were showered with all kinds of love from our communities, churches, healthcare groups, high school, neighborhood singers, college groups, and individuals. **Our clients and staff are praying that God will continue to bless you in every way through the New Year.**

While off work, I picked up a paperback to read and I had no idea that the book would have anything to do with Alzheimer's or what one family had to go through. It told of a young man who had not been the best son in early years but his mother had stood by him through all the worst. Now his mother has Alzheimer's and he is determined to care for her just as she had for him. To help with her he had a wife who helped faithfully, a trained dog, a friend, nurses who would come but wouldn't stay long, but had no time for himself or a family. His wife had to move out because she was, in the mother's mind, someone the mother knew in the past but didn't like, so she would fight her. The son had to choose the mother over the wife and the baby that's on the way. Not getting enough sleep, he has aged and his mother was always trying to go back to her home.

The good news is he came to the realization that there are times you can't always keep your loved ones in the home and that it was ok to move his mother to a place of safety where there were others like her with Alzheimer's. He found that he could visit everyday anytime of day and he now has a better life for them all.

You can always help your loved one but it may not always be in their home. There are special places for special people where they are loved and cared for. I want you to know that it is an OK thing to do so. This is not always a day care center, nursing home or an institution. But it must be a place with the understanding of the needs of people with Alzheimer's.

Let us pray for the caregivers and their loved ones, because the task is never easy and it is only through God's help that they will find strength to continue. Pray that they look for and find all the doors He has opened for them.

Betty Lee

Shepherd's Center West

Judy Poole, Director



At our Christmas Party we recognized the retirement of Ruby Weaver, our Home Service Assistant (pictured on left). The homebound already miss her, but Beverly Varner has stepped into Ruby's shoes with home visits. She is winning their hearts with her tender love and care. Don't you want to share the joy and go visit with Beverly? Give us a call.

Adventures in Learning jumped right back into the swing with big plans of new projects, new participants and new energy for the year. This year's plans include joining the Smithfield Library in "The Big Read," service projects, eating out (their favorite) and hosting the three United Methodist Women's mission studies.

We hope some of your Units will join us for our certified studies. We begin at 10 and end with lunch at noon.

March 25 and April 22: Food and Faith led by SC District President Ruth Brooks

May 27 and June 10: The Beauty and Courage of Sudan led by Deaconess Minnie Murrell

September 9 and 27: Giving Our Hearts Away: Native American Survival led by Rev. Deborah Epley

Blessed By Those We Serve... Meet The Clients

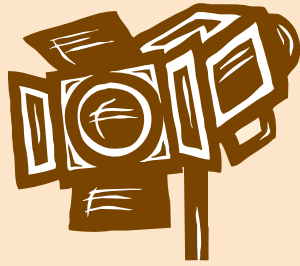
We all have the need to be needed. Meet our Mr. Man, our person to highlight this time. He has so much energy and wants to be everywhere at all times. He has so many friends and cousins and he knows everybody by name and tells them so. No one comes through the door without Mr. Man exclaiming: "I know your name!!" If he really doesn't know your name, he will give you one like Nue-Nue (a favorite) or cookie monster - his love. It seems to me there is a Biblical tie in this – God calls us all by name and knows every hair on our head.

Mr. Man's need is to be busy and have his nose in everyone's business. SO... Mr. Man is now our greeter. He also has other jobs he works hard at: he is the one to bless the food, pass out the sanitizer for clean hands and take up the bib covers after lunch.

We are so glad that McCoy Adult Day Care Center can accommodate him with his needs to be busy with constructive jobs to do. Mr. Man actually hired me as his boss. **And YES, I am grateful!**

VOLUNTEER CORNER

Elizabeth Davis is the mother of two sons and a daughter. She is an active member of Bluff Park UMC. She has traveled many countries and some how missed one or two states here in the United States.



Her joy is to help people. She is a long time volunteer who coordinates the birthday parties at McCoy Adult Day Care Center. One of her special touches is that she makes sure a personal gift is given to each client having a birthday that month. She has also been known to make the birthday cake herself.



She and her Sunday School class decorate the Center for the Christmas season. Soon there after, she is out raising sponsors to become the first place winner of the Rock-a- thon fundraiser.

Elizabeth volunteers with love, passion and commitment. We are so grateful to have her to help us that we may soon have her as a member on the Board.

We thank you for your volunteer service Elizabeth and all the other things you do for us that is not mentioned.

Volunteer Opportunities

1. Why don't you make Elizabeth's job easier – call and volunteer to provide a birthday party or seasonal party for the clients.
2. Hall Monitor – answer the phone and door.
3. Health screening – blood pressure, blood sugar, etc

**Would you like to save
a tree? Why not get
Share Rejoice one line.
Email us to get on the list.
McCoyADC@att.net**

Celebrations

While we celebrate everyone's birthday at the McCoy Adult Day Care, we have had 2 very special birthdays recently.

Mrs. Essie Twitty (pictured below) and Mrs. Mary Blackmon (pictured right) both celebrated their 100th Birthday with us. All those years have not taken their spunk or wit, just added wisdom. These lovely ladies are a joy and the spark for joy of our program.



What is the secret to their long life? Their answer is love your family, hard work, clean living, lots of laughter and serving the Lord.



Miles College at work

Hi, I am Natasha Chandler, Social Work intern 2009-2010 from Miles College. It has been a great joy for me to share my field studies with the clients at McCoy Adult Day Care. I couldn't have chosen a better place.



Being able to work hands on with the clients has taught me several greater life values. One such is to live in the moment and not worry about things that cannot be changed. I have also gained some excellent work skills working along side the employees at the Center. The understanding of doing your job to the best of your ability has also been learned observing how the Director, Mrs. Betty Lee, and Deaconess Mrs. Judy Poole show much love in doing their job.

I have truly enjoyed working at the Center. Most of all, the clients really give me inspiration.

Chili/Fall Festival

Churches supplying chili & baked goods:

Aldersgate, Avondale, Bethlehem, Bluff Park, Cahaba Heights, Center Point, Central Park, Christ Church, Crumly Chapel, Earnest, Edgewater, Fairfield First, Grace Covenant Presbyterian, Hayden, Highlands, Huffman, Lakeview Pelham, Mt. Olive, Oakmont, Pleasant Grove, Pleasant Hill, Sandusky, Springville, St. John's, St. Paul, Trinity, Wright's Chapel.



Professional Crafters and Vendors:

- Stained Glass & Jewelry - Tracy Conner
- Hand Crafts - Kim Ferguson-Hooks
- The Bee's Knees: Cahaba Valley Honey
- Doris & Neil Snider
- Cookbooks Pleasant Grove UMC
- Margie Caldwell
- Jewelry - Natalie Jacks
- Hand Crafts - Berdia DeBelle
- Handbags - Abigail Craig
- Crafts and what not
- McCoy Adult Day Care



Volunteers

In addition to our dedicated Board members and staff, we were blessed with a number of other volunteers to come and help work the event.

A special thanks to some of our professional colleagues:

- Viki Mullins
- Rittenhouse
- Stephanie Sansing
- Evercare Hospice
- Jean Roberts
- New Beacon Hospice
- Cathy Saviski
- New Beacon Hospice
- Becky Rorie
- Kraft
- Macki Horowitz
- Positive Maturity
- Patty Crocker
- Oasis Hospice



Other volunteers

- Mildred Allen, Rev.
Lynn Dimon and
Ellen Harris- Crumly
Chapel UMC
- Bill Sadberry, Wayne
Street, John Poole -
Pleasant Grove UMC
- Tom Carter - Trinity UMC
- Sarah Gibbs - Central Park UMC
- Ray Brown - Christ Church UMC
- The Senior Class Social Work students and their
professor from
Miles College



As you plan your year, mark November 5, 2010 down for the Chili/Fall Festival 2010. You can plan each year because it's always the 1st Friday in November.

Rock-a-thon



**To honor the fragile and frail adults
in your community, you can come Rock!**



**Saturday, February 27, 2010
Central Park UM Church
from 10 am - 1 pm**



We need you to partner with the Centers!

What is a Rock-a-thon?

A Rock-a-thon is a group of folks (young and old) gathered together to rock in rocking chairs for donations to benefit older adults.

Persons sponsor rockers by pledging an amount per hour or making a general donation.

The Rock-a-thon is a fun activity for the participants. There is entertainment, food and fellowship while you rock the hours (3) away. There are fabulous prizes for the top fundraisers.

What will I be supporting?

The United Methodist Center for Senior Citizens (McCoy Adult Day Care & Shepherd's Center West) provides a variety of services to allow fragile and frail adults to maintain their highest level of independent functioning with dignity.

Enrichment classes, visitation, transportation and Day Care services are a few ways we help the fragile and frail adults in your community.

Call today to register to rock! 205-251-2178



Sponsor Forms are available on our Web Page: www.McCoyAdultDayCare.com
or call the office and we will be glad to send you one! 205-251-2178

The Legacy Letter

MONTHLY PARTNERS Individuals

Mildred Allen	Janice Mahoney
Shelley Barlow	Terry McNeel
Buzz and Ellen Barrett	Helen and Preston Miller
Mary Byram	Monica and Renarkus Miller
Robert Bryan	Juanita Moore
Camille Caldwell	Frank & Janet O'Neil
Cheryl Caldwell	Glovon Poole
Elsa Campbell	Johnny Poole
Charles Houston Carter	John and Judy Poole
Doris Chesnutt	Mary Beth Prude
Robert Edwards	Jewell Riley
Pattie Perry Finney	Becky Rorie
Martha Fleischmann	Marjorie Scorey
Sarah Gibbs	Retha and Joe Shorter
Sue Goodwin	Maude Simmons
Marty Higgins	Carolyn Stroud
Margaret and Jim Hill	Minnie Thomas
David Holmes	Virginia Tompkins
Doris Kerr	Frances Watts
Betty & Willie Lee	Jewel Williams
Kathleen Liles	Mary Williams
John Lovin	Sue Williams

MONTHLY PARTNERS Sunday School Classes

Bethlehem —Carlee Huffman Class
Bluff Park —Fisherman's Class
Cahaba Heights —Women's Bible Class
Center Point —Ray Jones Class
Christ Church United Methodist Women
Crumly Chapel —Golden Rule Class
Crumly Chapel —Mattie Miles Circle
East Lake —Alma Boggan Class
Mt. Chapel —Amity Class
Pleasant Grove —Friendship Class
Pleasant Grove —Alpha Woods Class
Vestavia Hills —Leigh Gray Class

Blessed by those who give...

meet the Monthly Partner

I got to know Doris Chesnutt when her husband James was appointed as pastor to Central Park UMC. An active church member, she was such a support to her husband's ministry and a blessing to the church.

Time has passed since then. James has gone to glory, Doris's eyesight is fading, but that spirit of ministry and Christian work has not left her. Now at Mt. Chapel UMC, Doris remains active in every aspect of the church, especially UM Women.

To me Doris is an example of a Christian lady who doesn't let life's set backs get in the way of serving Christ and her fellow man.

We are grateful to Doris for her continued support of this ministry as a long time monthly partner. Come February, you will also find her name on the list of Rockers at the Rock-a-thon!

PROJECT IDEAS

Are you looking for a special project? How about your Sunday school class? I've got a few ideas.

Why not consider a pledge for one hour of Music and Art Therapy a month for the clients at the McCoy Adult Day Care! A small \$50 per month will help ensure this important therapy is available.

Or how about having an item shower. Collect and bring some of the items on the Wish List. These are items we use regularly and use up quickly.

Item Shower Wish List

Office Supplies

Stamps
Window Envelopes
Invitation Envelopes
Laminating Sheets
Markers

Paper Supplies

Paper Towels
Napkins
Tissues

Snack Items

Ritz Crackers
Graham Crackers
Peanut Butter
Sugar-free drink mix
Tuna

Personal Care Items

Hand Sanitizer
Liquid Hand Soap
Baby Wipes

Item Showers — Oct, Nov, Dec

Fairfield 1st UMW	Morning Star UMC
Fairview UMW	Parker Community School
Gamma Pi Chapter of Alpha Kappa Alpha Sorority, Inc.	Riverchase UMW
Hayden UMW	St. Mark UMW
Home Instead Senior Care	Tree Trimmers Ornament Club
Lakeview Pelham 1st UMC	

Clip and Mail: I want to help in the work of the UM Center for Senior Citizens through my financial support.

\$ _____ Monthly Partner pledge beginning _____

\$ _____ Honor/Memory of: _____

Please notify: _____

\$ _____ General Contribution

Hall of Supporters October, November & December

Individuals

Gwen Adams
Michelle Andrews
Jimmy and Bobby Ashworth
Thelma Batson
Mildred Berryhill
Pat and Maurice Bird
Geneva Blackburn
Mary Ellen Bowling
Ruth Brooks
Gail Brown
Kathleen Brundridge
Margie Caldwell
Annis Cammack
Bernice Cash
Tom and Jean Coleman
Denise Cone
Dean and Corky Creel
Carol Cudd
Ervin Dailey
Carlene Davis
Judy Dawson
Roy and Elizabeth Dawson
Bill and Norma Dean
Nancy DeVaney
Carol Ruth Devore
Bede Donnell
Bob and Marilyn Drennen
Dona Duncan
Brenda Fikes
Jean and Martin Fox
Albert Gary
Kathryn George
Charleen Glenn
Nancy Hornsby
Helen Howell
Jan and Randy Hughes
Ivey and Barbara Jackson
Judy and Gary Jackson
Quentine Johnson
Emily Kitchens
Amy Lewis
Joyce and Jim Lott
Helen and Fred Martin
Janet McDuffie
Ellen and Tom McEniry
Seana McGraw
Mary Jack McNeel
Charlie McPherson
Johnny Moman
Laurie Murrell

Don and Kelly Neal
Sandy and Mike O'Kelley
Barbara Paris
Gladys Patterson
Harlan and Alice Prater
Russell and Driscoll
Proctor
Esther Rogers
Aimee Runnels
Bill Saxon
Lannie Sears-Mitchell
David and Juliette Shaw
John Smith
Dollie Stitt
Linda and Jeff Stone
Joan Teer
Donna and George Thomas
Eula Thompson
Mr. and Mrs. James Travis
Anne and Mike Warren
Elna Watkins
Billie West
Iva Williams
Jack Williams
Nancy Wingard
Bill and Kay Wolfe

Sunday School Classes

Birmingham 1st
– Wesley Class
Friendship Class
Hueytown 1st
– Adult Fellowship Class
Hueytown 1st
– Open Door Class
Huffman – Loyalty Class
Irontale
– Kelly Thomas Class
Trinity – Aldersgate Class
Trussville
– Friendship Class
Vestavia Hills
– Bethany Class

United Methodist Men

Irontale

Local United Methodist Churches

Birmingham 1st
Canterbury
Crumly Chapel
Earnest
Gardendale/Mt. Vernon
Irontale
Riverchase
Shiloh Calera
Trussville 1st
Williams Chapel

United Methodist Women



Asbury
Avondale
Birmingham 1st – Unit &
Circle 25
Bluff Park
Cahaba Heights
Canterbury
Central Park
Fairview
Gardendale/Mt. Vernon
Hueytown 1st – Unit and
JOY Circle
Irontale - Fidelis Circle
Mt. Chapel
Pleasant Grove
Pleasant Hill
Riverchase
Trinity
Vestavia Hills
Walker Chapel

Others

Lucille Beeson Trust
Claude Bennett Family
Foundation
Community Foundation of
Greater Birmingham
Hill Crest Foundation
Harry R. Kendall Trust
Winn Winn Printing

In Memory of...

Eythel Baker Blackwell...
..by River Forest Tennis
Team, Judy Poole
Dorothy L. Burns...
..by Roy Dawson
Lillian Cranford...
..by Thomas Payne III
Gwendolyn Easterling...
..by Elizabeth Davis
Ethel W. Logan...
..by Jan, Randy & Kevin
Plyler; Kristin, Bryan,
Madison & Jackson
Woodruff
Jean Mellow...
..by Joan Teer
Mary Morrison...
..by Judy Poole
Alice May Nix...
..by Lucia and Tom Hunt
Alan Ogg...
..by Judy Poole
James Pandelis...
..by Mike and Susie
Linholm
Catherine Plan...
..by Barbara Plan
Allyne Ramage...
..by Brenda Fikes
Buddy Renfroe...
..by John and Judy Poole
Jerry Sisson's Birthday...
..by Laura Sisson

In Honor of...

Margie Caldwell...
..by Barbara Estes
*Mr. & Mrs. Carroll
Hastings...*
..by Virginia & Will
Booker
*Doris and Walter
Kirkwood's 50th
Anniversary...*
..by John and Judy Poole,
Glovon Poole
Rev. Amy Parsons...
..by Shelley Barlow
Judy Poole...
..by Nell Cain; Sally
Worthen, Mt. Chapel UMW
Joan Teer...
..by Nancy DeVaney

MISSION STATEMENT

To demonstrate God's love by providing day care and transportation services for frail and fragile adults.



Share, Rejoice

4616 Terrace "R"
Birmingham, AL 35208
Email: McCoyADC@att.net
Web Page: www.McCoyAdultDayCare.com

Nonprofit Org.
U.S. Postage
PAID
Birmingham, AL
Permit No. 411



Blessed By Those Who Lead... Meet the Board

This ministry has been blessed over the years with wonderful leadership from the President to the Committee members.

Leadership is a critical factor in the success of any nonprofit. I need you to ask yourself these questions and prayerfully consider the answer:

- Do I have a passion for older adults?
- Do I see the glaring need to be met?
- Do I have skills and leadership abilities that God can use and needs?
- Am I willing to give of myself to help others?
- Am I ready to receive the biggest blessing in my life by giving of myself?

If you said YES to any of these questions, we need to talk. You can ask any former member of this Board – there is work involved, but the rewards are tremendous.

Virginia Tompkins (pictured on left above) led us as President in 2009. Joan Teer (pictured on right above) is holding the reins for 2010.

Will it be your picture up there next year? Listen, God maybe whispering in your ear.



Judy's Jottings, Deaconess

This ministry has so many reasons to be thankful. Great Board leadership, tremendous staff, sustaining donors, generous grantors, the caregivers and clients we serve. I could go on and on. As we continue to strive to be in the center of God's will, He continues to bless.

I hope you will join us for the Rock-a-thon this year. It is something you truly have to experience in person to appreciate. Get a sponsor form, collect some money and come have a ball – all to provide for our senior citizens.

We have consolidated and moved our administration offices to McCoy Adult Day Center. Come by & see our new center.

We love to get out into the churches. Give me call (251-2178) to come visit and share about the exciting things God is doing with His senior citizens.