



Central Alabama Aging Consortium

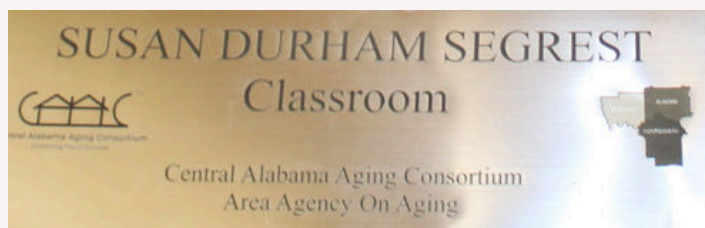
November '25

CAAC is 50 and Stronger than ever



CAAC is 50 years old and the consensus is that the agency is looking pretty good for its age. We celebrated by inviting friends and our partners to join us for the official ribbon cutting at our new building on Cotton Gin Road. We've come a long way from South Perry Street and a handful of employees. Now there are about 65 of us providing a broad range of health and homemaker services to hundreds of clients in Autauga, Elmore and Montgomery counties. Along the way there have been great memories, moments of sadness and some incredible highs. We want to thank our clients, contractors and partners for helping us grow along the way.

One of the people who made the move to our new home possible is our recently retired Executive Director Susan Segrest. In her honor we named our training room after her.



Pictured above is our current Executive Director Yolanda Evans presenting the naming plaque to Ms. Segrest.

Our thanks to everyone who came out for the ribbon cutting, including our board members and the Montgomery Chamber of Commerce which supplied the giant scissors!

If you have a low income, you could be eligible for a Medicare Savings plan that will put money in your pocket. Call us to see if you qualify.



LOOKING AT DEMENTIA FROM A NEW PERSPECTIVE

November was a busy month for us. We kicked things off by hosting a screening of *Remember Me*, a film by C. Nathaniel Brown, founder of Expose Dementia. The film led to a day of lectures and discussions about caregiving and coping with dementia in both family and institutional settings. The discussions were led by Renita Ray Davis, LICSW, PIP, a leader in social work for many years. It was a stimulating day for all participants.

HELP US ENTERTAIN OUR SENIORS AT OUR ANNUAL CHRISTMAS PARTY!

Central Alabama Aging Consortium is looking for sponsors for our annual Christmas Party December 19. There are a variety of sponsor levels. Just go to our website for all the details. Sponsorships vary between \$200 and \$3000. So far sponsorship interest has been great, but we will be accepting sponsors right up to the day before the event!

You can fill out a sponsor form on our website:

www.centralalabamaaging.org

Hi Elmore County! We were Glad to See You!



CAAC staff drove to Wetumpka City Hall to greet Elmore County residents and make them aware of our services. CAAC runs 18 programs, so many residents who dropped by learned about ways we can help them at little or no cost to themselves. This visit will be duplicated throughout the tri county area so we can meet as many of you as possible. Thanks Wetumka City officials for hosting us.

Make a difference this holiday season: SHARE THE WARMTH

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WITH CENTRAL ALABAMA AGING CONSORTIUM

DONATE BLANKETS, HATS, GLOVES, SOCKS, OR STUFFED ANIMALS

Too many individuals in our community are facing harsh weather without proper and safe means of heating their homes. Your donation can provide warmth, comfort, and dignity to those in need.

WHAT WE'RE ACCEPTING:

- New and gently used blankets
- New hats, gloves, and scarves
- New stuffed animals for children
- Monetary donations - anything helps!

Please make sure all items are clean and in good condition



DROP OFF LOCATION:
400 Cotton Gin Road
Montgomery, AL 36117

LEARN MORE:
centralalabamaaging.org
334-240-4680