

Recreation Newsletter for Montgomery Seniors

City Parks and Recreation Department of Montgomery

January

1972

PRAYER FOR A NEW YEAR

Instead of anger
Let Me feel
Compassion.

Instead of rage
Let me show
Concern.

Instead of hate
Let me seek
Change.

For, if
To a warring, wondering world
Each of us will bring

Compassion
Concern
Change,

Then perhaps there will be
Love.

Anonymous

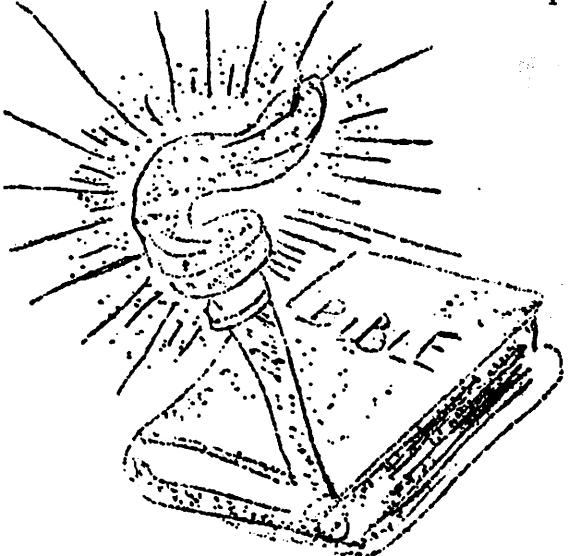


CHRISTMAS PARTY

Loveless and Carver Senior Citizens held their Christmas party on December 22, at Carver Community Center. Devotional service was lead by Rev. W. F. Alford, pastor of Beulah Baptist Church. Meditation by Mrs. Mattie Carr and a Christmas poem was read by Mrs. Alice Ragland. The chorus was under the direction of H. O. Thompson with Mrs. Agnes Oliver at the piano.

A delicious Christmas dinner was served to 95 guest, after which bingo was played by all.

Coordinators of the program were Mrs. Virginia Daniels and Mrs. Stella Alford from the respective centers.



DEVOTIONALS

Tuesday evening is devotional time. The following is a schedule of leaders for January:

Tues. Jan. 4. Rev. Stallings & wife
Tues. Jan 11. John Dendy and
R. A. Group.
Tues. Jan. 18. Mr. Chastain and
Golden Age Group.
Tues. Jan 25. Rev. Spencer.

The devotionals are preceded by hymnals. Services are to begin at 7:00 P.M. You are all invited to attend. Ask your friends to join you.

JOHN KNOX GARDEN CLUB

The Garden Club will meet at John Knox Manor January 17, at 3:00 P.M., with Miss Betty Fitz-Gerald and will meet thereafter every third monday of each month. Dont forget the date and time.

WHERE TO GO ???

The following programs are planned for your pleasure. You might enjoy some of them:

Thurs. Jan 20, 7:30 P.M. Howard Roberts Chorale. Alabama Room, Alabama State University. Free. Public invited.

Sun. Jan 30, 4:00 P.M. Wayne Moore. Organ Recital. Vesper Services, Memorial Presbyterian Church. Free. Public invited.

Jan 4 - 30. Larry Godwin, One-Man Show.
Sculptures in welded steel. Montgomery Museum of Fine Arts. Week-days, 10 - 5 P.M., Sundays, 2:30 - 5 P.M.
Closed Mondays.

Jan. 9 - 30. Shirley Chang, One Woman Show.
Contemporary paintings. Montgomery Museum of Fine Arts.
Daily except Monday.

CHECK YOUR CALENDAR OF EVENTS FOR REGULARLY SCHEDULED PROGRAMS

RICHARDSON TERRACE

1301 ADAMS AVE.

Mary Lee Henderson - Director Phone 265-0318

Mon. May 1	Council Meeting	7:00 p.m.
Wed. May 3	Tour Jasmine Hill (Jr. Woman's Club	9:00 a.m.
Tues. May 9	Buy Food Stamps	2:00 p.m.
Wed. May 10	Luncheon	12:00 Noon
Tues. May 16	Choral Group (Eastern Hill Baptist Church	7:00 p.m.
Thurs. May 18	Food Tips - Mrs. Gilchrist	10:30 a.m.
Tues. May 23	Films: "Cultivate Your Garden Birds"	
Thurs. May 25	"Return of the Wild Turkey"	2:30 p.m.
Tues. May 30	"Fun with Books - Mrs. Bolding	2:00 p.m.
	Films: "Mission Muskie"	2:30 P.M.
	"Salt water Rodeo"	
	"A Place to Live"	

* * * * * * * EXTRA! EXTRA! EXTRA! * * * * * * *

Friday - May 12 Moundville Trip & Picnic

ALL CENTERS INVITED TO TAKE THEIR SENIORS Leave 8 A.M.

CALENDAR OF EVENTS

MAY - 1972

REGULAR WEEKLY PROGRAMS

MONDAYS

Bridge	Loveless	10:00 a.m.
Craft Classes	Bellingrath Comm. Ctr.	10:00 "
Bingo	Goodwyn Comm. Ctr.	9:00 "
Roll Papers	Golden Age Ctr.	9:30 "
Ceramics	Richardson Terrace	9:00 "
Coffee & T. V.	Richardson Terrace	Each morning
Chorus practice	Carver & Loveless Ctrs.	2:00 P.M.
Bingo	Golden Age Center	2:00 "
Meditation	Richardson Terrace	3:30 "

TUESDAYS

Guest Hour	Bellingrath Comm. Ctr.	10:00 a.m.
Ceramics	Capitol Hgts. Comm. Ctr.	9:30 a.m.
Bridge	Carver Comm. Ctr.	11:00 "
Coffee	Golden Age Ctr.	Each morning
Ceramic Classes	Capitol Hgts. Comm. Ctr.	
Arts & Crafts, Sewing	All Ctrs. invited	9:30 a.m.
Games, Arts & Crafts	Houston Hills Comm. Ctr.	10:00 a.m.
Sing along with Sue	Loveless Comm. Ctr.	10:00 a.m.
Bridge Club & Snacks	Richardson Terrace Comm. Ctr.	10:00 "
Dev. & Song Services	Golden Age Ctr.	1:30 P.M.
	Richardson Terrace Comm. Ctr.	2:30 "

WEDNESDAYS

Movie Party	Paramount Theatre	All Ctrs.	9:30 A.M.
Melodies to Remember	Bellingrath Comm. Ctr.		10:00 a.m.
Games & Dancing	Carver Comm. Ctr.		10:00 a.m.
Games & T.V.	Golden Age Ctr.		Afternoon
Games & T.V.	Richardson Terrace		"
Meditation	Richardson Terrace		3:30 P.M.

THURSDAYS

Creative Writing	Bellingrath Comm. Ctr.	10:00 a.m.
Ceramics	Carver Comm. Ctr.	9:30 a.m.
Games, Crafts & T.V.	Golden Age Ctr.	Mornings
Grocery Shopping	John Knox Manor	10:00 a.m.
Ceramics	Loveless Comm. Ctr.	"
Curb Market	Richardson Terrace	8:30 "
Eat Out (Dutch Treat)	Choose Richardson Terrace	Noon
Singing & Devotional	Golden Age Center	1:30 p.m.
Bingo	Loveless Comm. Ctr.	12:00 noon
Salvation Army Program	Richardson Terrace (1st & 3rd)	2:30 p.m.

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FRIDAYS

Arts & Crafts	Carver Community Center	10:00 a.m.
Games, T. V. & Crafts	Golden Age Center	Mornings
Table Games	Loveless Comm. Center	10:00 a.m.
Shop at Mall	Richardson Terrace	9:30 a.m.
Rhythm Band Practice	Golden Age Center	2:00 p.m.
Games	Richardson Terrace	Afternoon

RECREATION NEWSLETTER published by:

Montgomery Parks & Recreation Department 1301 Adams Ave.
 Mary McMaster Supervisor Senior Service Project
 Typist Sue Boatwright
 Telephone - 265-0318

RULES FOR A HAPPY RETIREMENT

1. RESPECT YOUR BODY AS GOD'S TEMPLE. It has served you well. Don't abuse it or make too many demands on it now.
2. KEEP REGULAR HOURS. Make it a habit to be in bed by 11 P.M. and get up by 7 A.M.
3. EAT A BALANCED DIET. Avoid candy and rich desserts.
4. WATCH YOUR WEIGHT. Stay within the weight range your doctor advises--neither over nor under.
5. HAVE YOUR TEETH CHECKED EVERY SIX MONTHS. Don't give cavities a chance!
6. DON'T SMOKE. If you do, stop. It can be done.
7. THANK GOD FOR HEALTH AND STRENGTH. And don't waste them.
8. LOOK AFTER YOURSELF. For years, you've looked after others. Now, look after yourself.
9. BALANCE YOUR DAY. Eight hours sleep, eight hours work, eight hours recreation.
10. TAKE IT EASY. Every day has 24 hours. Take your time!
11. LET OTHERS DO THINGS FOR THEMSELVES. If you wait on others, you overburden yourself and deprive them of growth.
12. KEEP UP YOUR MORNING DEVOTIONAL. There's no better way to begin your day.
13. LOOK YOUR BEST. Even at home. Take your morning bath, dress nicely, and groom yourself. Age is no excuse for dowdiness--nothing is.
14. DON'T WEAR OLD, WORN OUT CLOTHING. Keep your clothes cleaned, pressed, repaired (buttons, seams, hems, etc.). If you're tired of a garment, pass it on to Goodwill Industries.
15. VARY YOUR ROUTINE. Clean house one day; sew, paint, do yardwork--something different--the next.
16. GET OUT OF THE HOUSE EVERY DAY. Even a brief change of scene is good for you.
17. READ SOMETHING WORTHWHILE DAILY. Try poetry, philosophy, the Bible.
18. AVOID TOO MUCH TELEVISION. Don't live vicariously!
19. COMBINE YOUTH'S VITALITY AND AGE'S DIGNITY. Include young people among your friends. Keep an open mind. Take some self-improvement courses.
20. STAY CURRENT. Know what's going on today in world affairs, the arts, fashion. Revere the past--but don't live in it.
21. SMILE. Don't impose your problems on others--they have their own.
22. LISTEN WHILE OTHERS TALK. You'll be better company. It may be more fun to talk yourself, but if you listen you'll learn a lot, have less to take back, keep old friends and make new ones.
23. MIND YOUR OWN BUSINESS. Making your own life rich and rewarding is a full-time job.

MONTGOMERY SENIOR SERVICE PROJECT

Budget Request

1971 - 72

DEPARTMENT OF HEALTH, EDUCATION, AND WELFARE,
 Social and Rehabilitation Service
 Administration on Aging
 Washington, D.C. 20415

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ACOA-303
 4/71

APPLICATION FOR PROJECT GRANT
 Under Title III of the Older Americans Act

(FOR STATE AGENCY USE)

I. GENERAL INFORMATION

Name of proposed project

Montgomery Senior Service Project

Name, address, and phone number of applicant organization

Montgomery Parks and Recreation Dept
 1010 Forest Avenue
 Montgomery, Ala. 36106

Address at which proposed project will be conducted (Street, City, County/State)

See Attachment # 1

Type of proposed project:

- Direct services
- Community planning and coordination
- Training of special personnel

Name of project director, supervisor, or coordinator

Mrs. Mary Lee Henderson

Proposed project period:

Beginning 10/1/70

and ending 9/30/73

Project year for which funds are being requested

Beginning 10/1/71 and ending 9/30/72

II. COMPUTATION OF FUNDS REQUESTED

	Project year for which funds are requested	Subsequent project year
A. ESTIMATED TOTAL COST (Totals from Sec. III).....	\$ 42,893.00	\$ 45,691.60
B. LESS ESTIMATED PROJECT INCOME (Totals from Sec. VI).....	NA	NA
C. ESTIMATED NET COST (Subtract B from A).....	42,893.00	45,691.60
D. LESS APPLICANT'S PROPOSED CONTRIBUTION (Totals from Sec. IV).....	17,390.96	22,845.80
E. AMOUNT REQUESTED (Subtract D from C).....	25,502.04	22,845.80

(FOR STATE AGENCY USE)

TERMS AND CONDITIONS: It is understood and agreed by the undersigned that: 1) funds granted as a result of this request are to be expended for the purposes set forth herein and in accordance with all applicable laws, regulations, policies, and procedures of this State and the Administration on Aging of the U.S. Department of Health, Education, and Welfare; 2) any proposed changes in the proposal as approved will be submitted in writing by the applicant and upon notification of approval by the State agency shall be deemed incorporated into and become a part of this agreement; 3) the attached Assurance of Compliance (Form AOA-441) with the Department of Health, Education, and Welfare Regulation issued pursuant to Title VI of the Civil Rights Act of 1964 applies to this proposal as approved; and 4) funds awarded by the State agency may be terminated at any time for violations of any terms and requirements of this agreement.

Name and title of individual authorized to commit applicant organization to this agreement

Erlich J. Appelbach

(Signature)

5/20/71

Date

III. ESTIMATED PROGRAM BUDGET

COST CATEGORIES	PROGRAM ACTIVITIES				TOTAL
	Recreation	Transport	Vol. Ser.	Counseling Refer.	
PERSONNEL (Itemized)					
Henderson (Salary)	\$ 1,617.50	\$ 1,617.50	\$ 1,617.50	\$ 1,617.50	\$ 6,470.00
" (Fringe Benefit)	84.24	84.24	84.24	84.24	336.96
McMaster (Salary)	5,460.00		622.50	622.50	6,325.00
" (Fringe Benefit)	233.92		35.49	35.49	354.90
Secretary (Salary)	1,087.50	1,087.50	1,087.50	1,087.50	4,350.00
" (Fringe Benefit)	56.55	56.55	56.55	56.55	226.20
Dailey (Salary)		4,612.50			4,612.50
" (Fringe Benefit)		239.85			239.85
Williams (Salary)	4,784.00		598.00	598.00	5,980.00
" (Fringe Benefit)	248.78		31.09	31.09	310.96
TRAINING		4,600.00			4,600.00
BUILDING SPACE					
COMMUNICATIONS AND UTILITIES	37.50	37.50	37.50	37.50	150.00
PRINTING AND SUPPLIES	7,154.63		100.00	100.00	7,354.63
EQUIPMENT (Itemized)					
Training	200.00		200.00	200.00	600.00
Miscellaneous	200.00		50.00	50.00	300.00
Insurance		182.00			182.00
TOTAL DIRECT COST	21,214.62	12,517.64	4,580.37	4,580.37	42,893.00
INDIRECT COST %	NA	NA			NA
TOTAL COST	21,214.62	12,517.64			42,893.00
INCOME	NA	NA			NA
NET COST	21,214.62	12,517.64			42,893.00
RESERVE FUND 50.45					

IV. ESTIMATED CONTRIBUTION OF GRANTEE

SOURCE	AMOUNT
A. CASH	
Williams (Salary)	5,980.00
" (Fringe Benefits)	310.96
Cash	11,100.00
B. IN-KIND RESOURCES	SUB-TOTAL
NA	
	SUB-TOTAL
	TOTAL 17,390.96

V. ESTIMATED INCOME

SOURCE	AMOUNT
NA	
	TOTAL

SECTION VI. ESTIMATED PROGRAM OUTPUT (complete as applicable)

1. Reduplicated number of older persons to be served directly..... 14,000
2. Reduplicated number of low income persons to be served..... 12,500
3. Reduplicated number of older volunteers to serve project.....
4. Reduplicated number of older persons to be reached through mass media.....
5. Geographic location of project (check one) Rural Urban
6. Will project serve model city neighborhood? Yes No
7. Services to be provided through Senior center Day care center Other
8. Client service activities:

Service or activity	Number of older persons to be served
Information/one-on-one advice.....	NA
House maintenance/companionship services...	NA
Center home placement.....	NA
Meals programs:	
Initial number of meals served each week.....	
Number times meals in home served each week.....	NA
Facilitation of health services.....	200
Information, referral, and counseling.....	NA
Employment referral:	
Number to be referred or trained.....	NA
Number to be placed in jobs.....	3,000
Transportation.....	480
Adult education.....	1,800
Community action volunteer opportunity.....	8,520
Recreation and other free time activities.....	

9. Training of special personnel:

Number of older persons to be trained.....
Number of OTHER persons to be trained.....
Total hours of course length.....
Specify occupation or activity for which persons are to be trained.....

10. Community planning and coordination

Area to be served by planning activity:
<input type="checkbox"/> Neighborhood(s) only
<input type="checkbox"/> City wide
<input type="checkbox"/> County wide
<input type="checkbox"/> Area wide (multi-county)
Estimated number of older persons (65 and over) located in planning area

11. Target groups of project:

	Number
Negro.....	3,500
American Indian.....	
Spanish surname.....	
All other.....	10,500

ASSURANCE OF COMPLIANCE WITH THE DEPARTMENT OF
HEALTH, EDUCATION, AND WELFARE REGULATION UNDER
TITLE VI OF THE CIVIL RIGHTS ACT OF 1964

Montgomery Parks and Recreation Dept.

(herein-

(Name of Subgrantee or Secondary Recipient)

after called the "Subgrantee") HEREBY AGREES THAT it will comply with Title VI of the Civil Rights Act of 1964 (P.L. 88-352) and all requirements imposed by or pursuant to the Regulation of the Department of Health, Education, and Welfare (45 CFR Part 80) issued pursuant to that title, to the end that, in accordance with Title VI of that Act and the Regulation, no person in the United States shall, on the ground of race, color, or national origin, be excluded from participation in, be denied the benefits of, or be otherwise subjected to discrimination under any program or activity for which the Subgrantee receives Federal financial assistance from Title III

Older American Act, a recipient of

(Name of Grantor)

Federal financial assistance from the Department (hereinafter called "Grantor"); and HEREBY GIVES ASSURANCE THAT it will immediately take any measures necessary to effectuate this agreement.

If any real property or structure thereon is provided or improved with the aid of Federal financial assistance extended to the Subgrantee by the Grantor, this assurance shall obligate the Subgrantee, or in the case of any transfer of such property, any transferee, for the period during which the real property or structure is used for a purpose for which the Federal financial assistance is extended or for another purpose involving the provision of similar services or benefits. If any personal property is so provided, this assurance shall obligate the Subgrantee for the period during which it retains ownership or possession of the property. In all other cases, this assurance shall obligate the Subgrantee for the period during which the Federal financial assistance is extended to it by the Grantor.

THIS ASSURANCE is given in consideration of and for the purpose of obtaining any and all Federal grants, loans, contracts, property, discounts or other Federal financial assistance extended after the date hereof to the Subgrantee by the Grantor, including installment payments after such date on account of applications for Federal financial assistance which were approved before such date. The Subgrantee recognizes and agrees that such Federal financial assistance will be extended in reliance on the representations and

AoA Form 441 (To be completed by applicant for any grant from the State Agency designated to implement the Older Americans Act. Where provision of facilities is involved, HEW Form 441 is to be executed.)

agreements made in this assurance, and that the Grantor or the United States or both shall have the right to seek judicial enforcement of this assurance. This assurance is binding on the Subgrantee, its successors, transferees, and assignees, and the person or persons whose signatures appear below are authorized to sign this assurance on behalf of the Subgrantee.

Dated May 20, 1971

Montgomery Parks and Recreation Dep.
(Subgrantee)

By K. J. [Signature]

(President, Chairman of Board, or
comparable authorized official)

Montgomery Parks and Recreation Dept.

1010 Forest Avenue 36106 Title Superintendent

(Recipient's mailing
address)

ADDRESS AT WHICH PROPOSED PROJECT WILL BE CONDUCTED

Multi-service Center	1301 Adams Avenue
Eellingrath Community Center	70 West Edgemont Avenue
Capitol Heights Community Center	206 Federal Drive
Carver Community Center	3180 Oak Street
Floyd Community Center	630 Augusta Street
Houston Hill Community Center	207 North Hall Street
Cloverdale Community Center	1155 Fairview Avenue
Loveless Community Center	West Jeff Davis Avenue
Goodwyn Community Center	Perry Hill Road
Golden Age Club	316 Church Street

SECTION VII - PLAN FOR THE PROJECT

A OBJECTIVES

1. The objectives of the 1971-72 Montgomery Senior Service Project are basically the same as 1970 - 71. However, the emphasis on some programs will change.

a. Leisure Time Activities

Leisure time activities will continue to be first on the priority list. The number of participants this year has been greater than anticipated, with the majority coming from the lower socio-economic group. During the coming year, a larger variety of low-cost activities will be introduced and present activites will be expanded.

b. Transportation

The increased number of low-income participants has necessitated the enlargement of our transportation program. In February, a full-time bus driver was employed and a used school bus was purchased and renovated. The bus has been used for transporting participants to the various activites of our program. In addition, a regularly scheduled shopping service is offered each week. This service has been well-received and there is a need to expand the service to include larger numbers of people. A twelve-passenger van has been ordered. Request has been made for a six-passenger station wagon. When the three vehicles are in operation, it will be possible to provide an adequate transportation service to individuals and groups of the elderly.

c. Community Senior - Volunteer Opportunities.

During the past year, our participants have been involved in a number of worthwhile community service projects. These activities help to render service and relate the program to the community; they also provide a satisfying and pleasant experience for the members of the group. More emphasis will be placed on this phase of the program during the coming year, and efforts will be made to involve more people in a wider variety of service projects.

d. Counseling, "Referral Service

Through our counseling and referral program, the need for adult education classes was determined. Plans have been made to begin classes in primary reading skills. Groups will meet in two locations and the service will be extended to other Centers as the need arises.

A working relationship with various services agencies in the community, has been established, and regularly scheduled informational meetings are conducted by the agency representatives. These include: T.B. Association (including chest X-rays), Cancer Society, Social Security, etc. Programs on Safety, Medicaid, Food Stamps, and Safety have been offered. We will continue to expand and emphasize this phase of the program.

2. The Montgomery Parks and Recreation Department has conducted a program for Senior Citizens for many years. Information gained from this program and the data from the F.I.N.D. Survey were used to determine the basic objectives of the Project. After a year of operation, the need to emphasize other areas was realized.
3. The F.I.N.D. Survey is based on information obtained directly from the elderly. Participants in the Project are encouraged to make suggestions and to participate in program planning.

B. ADMINISTRATION

1. Organization of Applicant Agency

- a. The Montgomery Parks and Recreation Department was organized in 1948, and is a division of the municipality of the City of Montgomery, Alabama. Funds for the operation of the Department are obtained from the regular City budget. (Organizational chart attached.)
- b. For the past twenty-two years the Montgomery Parks and Recreation Department has conducted a leisure time program for the citizens of Montgomery. The Department operates thirteen well-equipped community centers, geographically located and staffed with trained personnel. However, the Senior Citizens Program has been limited to a small group of the lower and middle socio-economic group in one geographic location. The first year funding from Title IV of the Older American Act has enabled the Department to expand the Senior Citizen Program to six other locations and to include a greater number of people.

2. Project Director

- a. The project director serves under the direct supervision of the personnel supervisor of the Montgomery Parks and Recreation Department. She has no other function in the Department.
- b. The qualifications of the project director were determined by the Montgomery City-County Personnel Department. They are: considerable experience in the field of social work or recreation including some supervisory experience; and graduation from a recognized college or university with at least a minor in education, recreation, or a related field; or comparable on-job experience and training.
- c. She has had three years of college work towards a B.S. Degree in Education and Home Economics, twelve years supervisory experience and training with the Red Cross, Community Action Agency, and Welfare Department.

3. Project Personnel

- a. The following staff members are now employed in the project:

- (1) Project Supervisor: Coordination of Senior Service Project with total program of Montgomery Parks and Recreation Department; Interviewing and placing personnel certified by the Personnel Department; Supervision of personnel; Assistance with organization of project and development of program; Assistance with training of personnel and volunteers; Approve all expenditures; Assistance with records, reports and programming as needed; Assistance in interpreting project to the community; Approve publicity before release.
- (2) Project Director: Assistance with organization and development of Senior Service Project; Coordination of program of Multi-service Center and Satellite Centers; Assistance with training; Recruitment of volunteers; Assistance in interpreting project to community; Assistance with program planning; Assistance with coordination of Project and other organizations and agencies in the community.
- (3) Multi-Service Center Director: Responsible for daily program of Multi-Service Center; Responsible for daily reports and records of Center.
- (4) Recreation Leader: Responsible for assistance with daily program, records, and reports of Multi-Service Center.
- (5) Secretary: Keeping records and reports of Senior Service Project; Act as receptionist; Responsible for filing and mimeographing; Performs other secretarial functions.
- (6) Bus Driver: Responsible for transportation; Drives vehicles and checks them for maintenance.

The members of the staff attend all in-service training of the Montgomery Parks and Recreation Department. This includes: Courses in Human Relations, Communications, Recreation Skills, Philosophy, Program Planning, Professional Ethics and Grooming, etc. The staff also attends the annual state-wide workshop on Senior Citizen Recreation and the annual conferences of the Alabama Recreation and Parks Society. Attendance at other conferences and seminars will be limited to the funds that are available.

- b. The Project Director, Multi-Service Center Director, Leader I and Bus Driver all fall within the older age group as determined by the guidelines of the 1971 White House Conference on Aging.

L. Relationship to Other Programs

- a. Not applicable.
- b. Volunteers and professional staff members from all agencies and interested individuals will be used to assist with programs, counseling, and in motivating the elderly to participate in the activities and services of the Senior Service Project. These agencies will be kept apprised of the program of Project and urged to refer the older adults to the Senior Service Center. The Project will refer participants to these agencies when their services are needed. Conferences with the staff of these agencies will assure good communications.

5. Public Information

- a. Newspaper articles and feature stories are carried by both local newspapers on a regular basis. The Project publishes two monthly newspapers which are sent to over 700 elderly citizens. Cooperating agencies are furnished information concerning the Project which is used in their publications. Other news media-- radio and television, will be enlisted to assist with publicizing the Project.
- b. Regular visitation programs will be employed. Also, welfare workers and staff members of cooperating agencies will be used to help inform the home-bound and those in isolated areas.
- c. Copies of the monthly Project newsletters will be sent to all cooperating agencies. Conferences, letters, and other means of communication will be used to keep other agencies informed of the Project. A luncheon and reception was held at the Multi-Service Center for all social workers and professional members of related agencies to acquaint them with the program of the Project. A similar event will be held this year.

6. Advisory Committee

The Board of Directors of the Montgomery Parks and Recreation Department serves as an Advisory Committee for the Project. The Board is composed of five laypersons appointed by the City Commission. This Board is charged with the responsibility for the operation of the entire department. In addition to this Board, the Residence Council of the Multi-Service Center assists with the planning and execution of the Project program. This council is composed of the one hundred

residents of Richardson Terrace Apartments. All members are in the older adult age group.

7. Project Evaluation

- a. The administrative staff and board of the Montgomery Parks and Recreation Department will periodically review the overall program to insure policies are in keeping with the Guidelines of Title III of the Older American Act, objectives of the Project, and the policies of the Montgomery Parks and Recreation Department. The Project Supervisor and Project Director hold regular conferences to evaluate the program.
- b. The Supervisor-Director Conferences are held weekly. The evaluation by the Board of Directors will be held twice a year.

8. Local Financial Support

Plans for financial support of the project after termination of Older Americans Act support: At the end of the proposed project period (September 30, 1973) the Senior Service Project will become a part of the regular program of the Montgomery Parks and Recreation Department. It will be included in the 1973-74 budget of the Montgomery Parks and Recreation Department. The community will be encouraged to continue to support and contribute to the Project, by assistance with programs and financial assistance with special projects.

SECTION VIII, PROGRAMS FOR DIRECT
SERVICE PROJECTS ONLY

1. Service Area

The area to be served includes the entire Montgomery County area.

2. Characteristics of Aged

The characteristics of the older persons to be served are described in the attached pages from the F.I.N.D. Report made in Montgomery County in 1969 under the direction of the Bio-statistical Department of the University of Alabama.

3. Description of Activities

The four services of the Project include: Leisure time Activities, Transportation, Community Senior Volunteer Opportunities, and Counseling, Referral Service. A Multi-Service Center was established at Richardson Terrace, a one-hundred apartment housing complex for elderly persons. The complex is operated by the Housing Authority of the City of Montgomery. The entire recreational area of the building and grounds have been made available to the Montgomery Parks and Recreation Department to operate the Senior Service Project. In addition to this Center, six satellite centers have been established in Community Centers operated by the Montgomery Parks and Recreation Department. Plans are being made to include five other community centers in the Project. These Centers are geographically located in all socio-economic sections of the community, making the services of the Project available to all elderly citizens. Transportation will be provided where needed.

Program components:

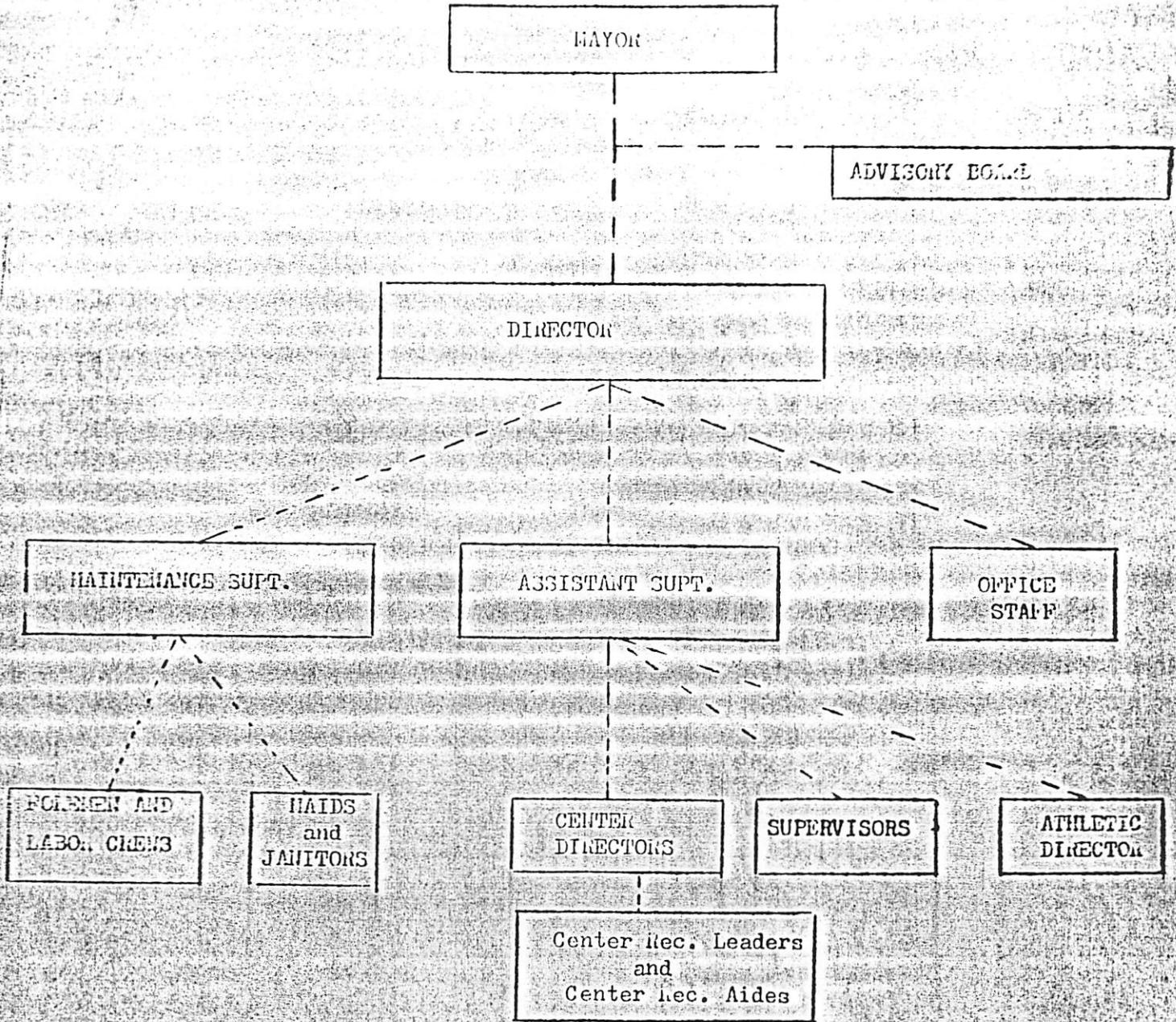
- a. Leisure time program will include all types of recreation activities that are suitable for elderly people. These will be carried on in the Multi-Purpose Center, in the Satellite Centers, at city-wide events, and in outdoor areas.
- b. Transportation. The transportation fleet will consist of a renovated school bus to transport large groups of participants to recreation activities, educational tours, and community volunteer service sites. The bus seats thirty-six people. A twelve-passenger station van will be used to take smaller groups to these same areas, as well as to clinics shopping, visitation, churches, and community events. The six-passenger station wagon will be available to provide these same services to individuals when needed. A qualified bus driver is a permanent member of the staff and is in charge of the transportation fleet.

- c. Community Senior-Volunteer Opportunities. Opportunities to participate in Community Service Projects in the Community will be made available to the elderly. A card file will be kept on the services that are needed and the participants that are capable of fulfilling them. The Project Director will contact the various service agencies in the community to enlist their support in assisting with this program. The elderly will be encouraged to participate. Transportation will be provided.
- d. Counseling, Referral Service. Opportunities will be provided for the participants to confer with the professional staff of these, and other, agencies for the alleviation of personal problems. A referral system will be established to refer participants to agencies for further assistance. In addition, the Project staff will be available for private conferences. A card file will be kept on all referrals and conferences. The Project Director will be responsible for follow-up on all referrals.

All four components of the program have been initiated and will continue for the duration of the Project.

- a. The needs, interests, and wishes of the elderly citizens of the community were determined in the F.I.N.D. Survey. This survey has been studied and evaluated and the objectives and program of the Project have been based on this report. In addition, the participants are included in program-planning sessions, serve on committees and are encouraged to offer suggestions.
- b. There are no requirements to be met for participation in the program.
- c. The entire program of the Montgomery Parks and Recreation Department is in complete compliance with the Civil Rights Act. All older persons, regardless of race, ethnic origin, economic status, religious affiliation, etc. are invited and encouraged to take part in the program. Program activities and services are planned to meet the needs and wishes of all groups.
- d. The Project Director coordinates the entire program in the community. The Director and Recreation Leader of the Multi-Service Center are responsible for the Center Program and for the referrals of participants in the center. The Bus Driver is responsible for all transportation. The Secretary keeps all records.

c. Multi-Service Center includes: large recreation room, kitchen, arts and crafts room, office, lobby, restrooms, and outside recreation area. Satellite centers include gymnasiums, club rooms, kitchens, arts and crafts rooms, athletic fields, office, and lobby. All buildings meet the City of Montgomery codes for fire, safety, and sanitation and are inspected regularly. All buildings are completely equipped with all necessary equipment for a full recreation program. A renovated school bus, a new twelve-passenger station van and a new six-passenger station wagon comprise the transportation fleet.



ORGANIZATIONAL CHART OF ADMINISTRATIVE AND
SUPERVISORY AUTHORITY OF THE MONTGOMERY PARKS AND Recreation Dept.

SENIOR CITIZENS PROGRAM

Once-a-Week Activities

Morning Coffee & T.V. Viewing

Richardson Terrace
Golden Age Club

Craft Classes

Loveless Comm. Ctr.
Carver Comm. Ctr.
Bellingrath Comm. Ctr.

Ceramics

Goodwyn Comm. Ctr.
Richardson Terrace
Bellingrath Comm. Ctr.
Capitol Heights Comm. Ctr.
Carver Comm. Ctr.
Loveless Comm. Ctr.

Bingo

Golden Age Club
Goodwyn Comm. Ctr.
Richardson Terrace
Loveless Comm. Ctr.
Carver Comm. Ctr.

Bridge

Golden Age Club
Carver Comm. Ctr.
Loveless Comm. Ctr.

Dominoes

Richardson Terrace
Golden Age Club

Dancing

Golden Age Club
Carver Comm. Ctr.

Elderly Club

Trenholm Court

Roll Newspapers

Golden Age Club

Community Singing or Devotional
and Song Service

Golden Age Club
Richardson Terrace

Rhythm Band Practice

Golden Age Club

Movie Party at Paramount

John Knox Manor
Richardson Terrace
Carver Comm. Ctr.
Loveless Comm. Ctr.
Trenholm Court
Golden Age Club

Curb Market Shopping

Richardson Terrace

Shopping at Normandale

John Knox Manor

Shopping at Mall & Bruno's

Richardson Terrace

Once-a-Month Activities

Garden Club - Federated Garden Club

Library Program - Montg. Public Library
Home Making Tips - Virginia Gilchrist
Devotional & Bingo - Salvation Army
Birthday Party

Food Stamp Program - U.S.D.A.

Richardson Terrace
John Knox Manor
Richardson Terrace
Richardson Terrace
Richardson Terrace
Richardson Terrace
Golden Age Club
Richardson Terrace

Special Activities in November

Armed Forces Day - November 11

Thanksgiving Dinner

Shopping at Trading Stamp Store

Richardson Terrace

Richardson Terrace
Golden Age Club

Richardson Terrace

ACTIVITIES IN DECEMBER FOR THE GOODWYN COMMUNITY CENTER

Senior Citizens meet every Monday at 10:30 a.m.
Beginner's Bridge on Mon. & Fri. from 9-12 a.m.
Adult Ceramics on Tues. & Thurs. from 9-12 a.m., and Thursday night 7-10 p.m.
Bridge for fun on Tues. from 9-12 a.m., and Tues. night from 7-10 p.m.
Arts & Crafts on Wed. from 9-12 a.m.
Bunco on Wed. from 9-11:30 a.m.
Brownie Troop meet each Mon. at 3 p.m.
Brownie Troop # 361 meets each Tues. at 3 p.m.
Brownie Troop # 348 meets each Thur. at 3 p.m.
Blue Grey Campers' Supper Dec. 2
Council Christmas Party Dec. 4
Belser B.R. League Dec. 4
Wildlife Club Supper Dec. 7
Scout # 123 Dec. 7
Church Party Dec. 10
Little League Football party Dec. 11
Christmas Dance in the gym Dec. 17
Cub Scouts pack 11 meeting and party Dec. 17

BASKETBALL:

Dec. 2 at Bellingrath A. & B
Dec. 4 at Bellingrath C.
Dec. 7 here A. & B play Cloverdale
Dec. 8 at Catholic B.
Dec. 9 at Carver A plays McIntyre, B plays Ala. Christian
Dec. 11 A. & B. play here
Dec. 14 A. & B. play Selma here
Dec. 15 A. & B. play Carver there
Dec. 16 A. & B. play Floyd here
Dec. 18 C. plays Capitol Heights at Bellingrath
Dec. 20-24 Christmas Tournament

SPEEDBALL:

Dec. 1 at Baldwin
Dec. 7 Houston Hills here
Dec. 8 Capitol Heights there
Dec. 9 Carver here

City Cross Country Track meet at Goodwyn Dec. 1
Cross Country track Team at State meet in Tuscaloosa Dec. 4

Wrestling Match at Capitol Heights Dec. 2
Wrestling Tournament at Capitol Heights Dec. 10-11

Wrestling A. & B. Capitol Heights here Dec. 15

Intramurals 13 & under, 15 & under, Dec. 3, 19, 9

Elem. Basketball Dec. 18, 21

Pep Club Christmas project Dec. 15

Girl's Club Christmas project Dec. 17

Ladies in gym every Tuesday night

Men's Basketball league every Thursday night

Goodwyn has A, B, C, Basketball teams, A, B, C team Cheerleaders, and
a Pep Squad.