

## ACTIVITIES FOR THE YEAR ENDING 1994

- 1. Organizational Funding.** NANAY Inc. was formally incorporated on November 6, 1994. The founding members gave individual donations to the organization as seed money to initiate the project.
- 2. Educational Seminar: “Nutrition for the Elderly”.** A free two-hour lecture was given to the elders as part of the Health Promotion Program on Sunday, November 20, 1994 at North Miami Shores Church Hall, North Miami, Florida. Twenty elders (ages 65 and above) attended the seminar, which was given by A. Gigi Moneda, R.N. (Assistant Professor of Nursing, Barry University), and Elsa Brotonel Gonzales (Clinical Dietitian from Veterans Administration Medical Center, Miami, Florida). The Basic Food Groups were reviewed as a guide to proper food selection, with special concentration on the nutritional needs of the elders. Risk factors of unhealthy diet were enumerated and the participants were taught how to read and interpret the ingredient labels in canned foods, cooking oils and other grocery items in order to make better food choices. There was a 15-minute question and answer session after the lecture, followed by a general review of the basic information presented. The lectures were given free. The lecturers did not receive any monetary compensation for giving the course.



- 3. Christmas Caroling.** A group of 12 volunteers went Christmas Caroling to raise funds for the homeless (as a joint venture with the Christian Fellowship) and for NANAY’s projects. Two to three households were visited on three consecutive weekends. Donations were solicited after each session. OneHome for the Aged (Camelot Nursing Home, Homestead Florida) was visited where the carolers sang for and entertained at least 50 elderly residents. A total donation of \$1,617 was received, of which \$800 was given to the Christian Fellowship to fund their Project for the Homeless. The remaining \$817 was added to the existing funds of NANAY. None of the volunteers received any monetary compensation for their participation.