

# Duxbury Senior Center

## Annual Report 2021



*Our mission is to empower older adults to age well,  
engage in the community, and enrich their lives.*





Duxbury Senior Center  
10 Mayflower Street  
Duxbury, MA 02332  
781-934-5774

Joanne Moore,  
DSC Director



Dear Duxbury Community,

Navigating a Senior Center through a global pandemic, which is especially harmful to older people isn't something that we ever saw coming. Our first thought was how to keep our community safe while providing the resources and services people in Duxbury need.

I am proud to say, that with each new variant, we have adapted our safety protocols, thought outside the box, and established new and varied ways to offer programs and services for the older adults in the community.

Summer was a blessing, people enjoyed getting together for programs on our lawn, driving up for our Grab & Go Meals, and playing in weekly bocce matches. It felt "normal" to see people getting together, having fun, and enjoying life.

As the weather changed, and there was an uptick in COVID, we adjusted programs and policies to keep people safe. We continued to create and offer programs, but we did so with reduced class sizes and offered virtual and hybrid formats.

In February 2021, we had the opportunity to connect over 1,485 people with vaccine appointments through our partnerships with Skin Esteem Med Spa, Osco Drug, and the Town of Duxbury. It was an enormous effort, but worth it!

I want to thank our staff for finding creative solutions to every challenge they have faced during this time. Their innovation and ingenuity have enabled us to have "business as usual" in unique ways. We are happy to report that older adults in our community are engaged, learning, socializing, and having fun!

As we continue to move forward and reinvent ourselves with each variant, I am pleased to say that participation is increasing.

Our mission, 'together we make life better for older adults,' rings true. Especially the word, 'together.' We are so grateful for everyone in our Senior Center family, our staff, our participants, our volunteers, our Friends, our Board, and the Town of Duxbury for all of the support and hard work over the past year.

Be well. We hope to see you soon!

Joanne

# Our Dedicated Staff and Board Members

## DSC Staff

Joanne Moore, Director  
Angela Sinnott, Assistant Director  
Christine Coakley, Manager of Volunteers  
Brooke McDonough, Media Manager  
Elissa Wyllie, Finance Manager  
Suzanne Errasti, Front Desk/Transportation Manager  
Jim Brooks, Custodian

## Community Services

Alexandra Newcomb, Manager  
Alan Rosenberg, Volunteer SHINE Counselor  
Mike Thorp, Veterans Service Officer

## Food Service

Peter Dewey, Food Service Manager  
Cathy Dame, HDM Manager  
Dina Teuten, Food Service Coordinator

## Programs Team

Tony Kelso, Program Coordinator  
Barbara Peary, Program Admin Coordinator  
Sharon Pisani, Program Coordinator  
Regan Roderigues, Program Coordinator  
Michelle Russo, Program Admin Coordinator

## Social Day Program

Caren Harrison, Manager

## Transportation/Medical Bus Drivers

Steve Dubuque, Jim Dexter, Bob Johnson,  
Terrance O'Grady, Jack Breen

## Council on Aging Board

Cheryl Ross, Chair  
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Keefe, Pam Campbell Smith

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Shirley Oktay

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Mary Walsh, Vice President  
Candace Weiler, Secretary  
Mary Babin  
Anne Antonellis  
Christopher Barry  
Peggy Davis  
Mike Halloran  
William Kearney  
Melissa Hammel  
Sharon Cronin



## Major Board Accomplishments

The Board has organized the following committee of Board Members, Friends of the COA members, staff, and community representatives to champion the **Long Range Plan**.

### Programing Initiative Committee

Mary Kay Browne  
Daniel Dice  
Kathy Dowling  
Michael Herlihy  
Leslie McCarthy  
Barbara Peary  
Angela Sinnott  
Monique Vigneau  
Friend Weiler

### Welcoming Initiative Committee

Hannah Boulton  
Kathleen Capraro  
Suzanne Errasti  
Fernando Guitart  
Caren Harrison  
Pam McArdle  
Brooke McDonough  
Joanne Moore  
Regan Roderigues  
Mark Schramm  
Angela Sinnott  
Frederick Von Bargaen  
Candace Weiler

The following five goals will be the priority of the Duxbury Council on Aging Long Range Plan:

- 1 Provide a welcoming environment
- 2 Be the best in programing
- 3 Be a good steward of our resources
- 4 Communicate our message
- 5 Facilitate independence



### Finance/Stewardship Initiative Committee

Paul Brogna  
John Madden  
Frank Mangione  
Joanne Moore  
Cheryl Ross  
Patti Ryan  
Dwight Smith  
Elissa Wyllie

### Volunteer Initiative Committee

Chris Coakley  
Bob Dame  
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Patty Guilfoile  
Melissa Hammel  
Penny Herlihy  
Danielle Klingaman  
Kevin Mullins  
Kath Ullathorne



Photo by Karen Wong

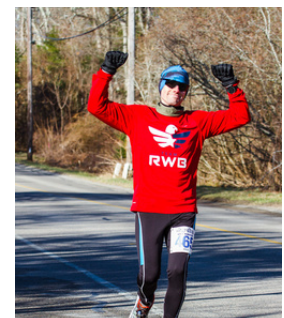


Photo by Mike Luchini

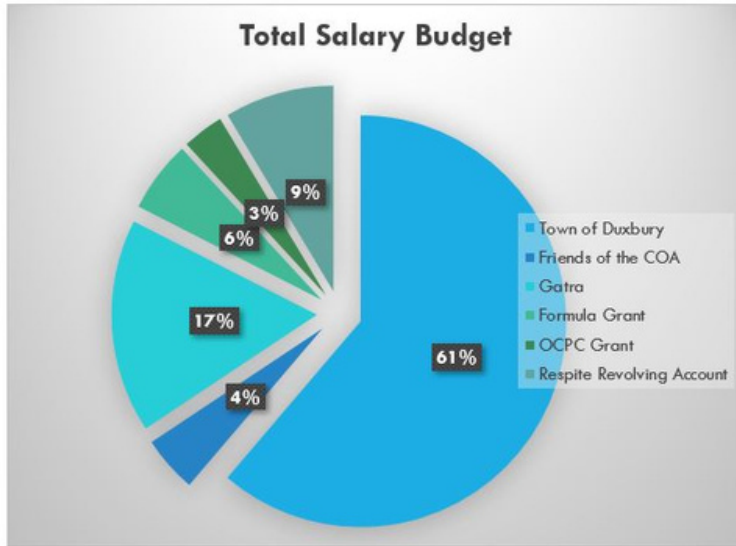
Accredited by  
National Institute of  
Senior Centers



*The Center was awarded National Accreditation for the third time.*

Only 41 out of 15,000 senior centers in the country have been accredited three times.

# Sources of Funding



Source of Funding	Total Budget	% of Budget
Town of Duxbury	\$460,114	61%
Friends of the COA	\$33,270	4%
GATRA	\$126,261	17%
OCPC Grant	\$24,490	
Social Day Revolving Acct.	\$64,740	9%
Formula Grant (State funds)	\$42,360	6%
<b>Total COA Budget</b>	<b>\$751,235</b>	<b>100%</b>



Despite the many restrictions of the pandemic, we were fortunate to have 200 volunteers give **12,693 hours** in our endeavors to stay connected with older adults during this challenging year. Our volunteers delivered meals, made Covid-19 vaccine appointments, shopped, prepared taxes, provided programs and education, and much more in an effort to reduce isolation and connect older adults during these unprecedented times.



Photo by Mike Luchini



# Welcoming Community for All

The first goal of our Long-Range Plan is to be a welcoming place for all.

In the Annual Survey, 91.43% of respondents said that when they come to the Senior Center they are warmly welcomed and received adequate information.



*"I so appreciate all you do for the seniors and the support you provide their families in Duxbury. I'm sure the last two years have presented new challenges and you have all risen to the occasion"*  
- S. Tearse



## Be the Best in Programming

The Duxbury Senior Center will continue to provide leading and **award-winning programs** in education, fitness, and technology. The Center will work to cultivate the volunteer model to provide seniors with opportunities for purposeful volunteer roles that will expand the breadth and depth of what the Senior Center offers to the community. We will lead the way in creating an age-friendly community in Duxbury.

### Senior Center honored for innovative program

The Duxbury Senior Center has been honored with an award from the National Council on Aging for its Together is Better program, which enabled the DSC, Plymouth Center for Active Living, Kingston Council on Aging, Pembroke Council on Aging and PACTV to create a standardized guide of programs in the areas of exercise, health and wellness, education and senior safety.

This program enabled older adults with a non-technology option for staying connected with their local senior center and community during the COVID-19 pandemic. These interactive programs helped alleviate feelings of isolation, providing updated information as well as entertainment.

"The Duxbury Senior Center is an important destination for older adults, and we worked hard to keep our programs accessible to our members throughout the pandemic," Duxbury Senior Center Director Joanne Moore said, "We are honored to receive a Programs of Excellence Award, and thankful for the partnership with other local COAs and PACTV."



*Duxbury Clipper June 2, 2021*



***"It's created a new family in our lives. I count on the laughter and sociability. I feel so different after I leave those 4 hours and it gets me through to the next time we meet."*** Peapod participant



Carl Meier, left, and Jon Lehman, both of Duxbury, are teaching a Lifelong Learning course at the Duxbury Senior Center on film noir classics. The T-shirts they're wearing were made last year as a gift for Meier, who has taught the popular class for five consecutive years. Photo: *Timothy J. Platter*



## Be a Good Steward of our Resources

We will carefully and responsibly manage our most important resources, our employees, our volunteers, and our physical plant in order to meet and exceed the objectives in our Vision, Mission and Goals.



Vision  
Together we  
make life better  
for older adults



## Communicate our Message Effectively

We will effectively communicate to all key constituencies that we are a vital resource in Duxbury as a community-friendly senior center where all can come together to learn, laugh, listen, love and live better.



*"The Duxbury Senior Center is the heartbeat of the community,"* State Representative Josh Cutler

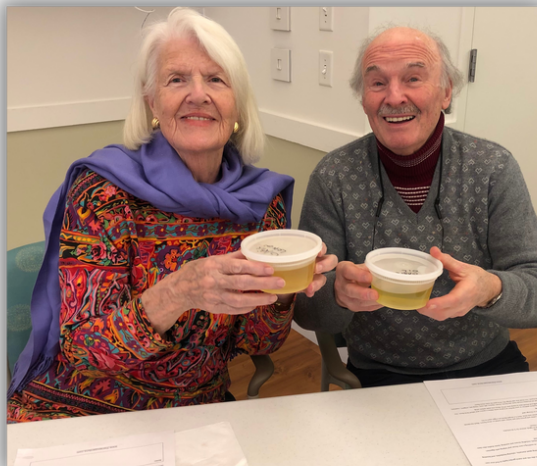


# Facilitate Independence

The Duxbury Senior Center is committed to continue to create a culture that facilitates the independence of seniors and offer assistance to those who want to age in place, enabling each of us to better take care of ourselves.



## Free Transportation for Duxbury Seniors!



*"Caren, I can't thank you and everyone at the Duxbury Senior Center for all you did for my dad. He loved attending the Social Day Program and thought of all of you as extended family. You are all a very special group of people and 'thank you' doesn't come close to expressing my deep gratitude for you for making his final years so enjoyable. Bless you and everyone at the DSC," AT*



**....Having been unsuccessful in obtaining a vaccine appointment elsewhere, I was thrilled to have the opportunity at your Center. All the staff and volunteers were friendly and professional and extremely well organized. I felt safe and cared for...MG**

**Thank you all for the immense time and effort you put into the DSC to make it what it is today!!**

**June**



*"Dear Joanne and Angela and all the "activities team," I have to say that those lobsters were absolutely delicious! In fact the whole meal was perfect and so carefully packaged. Please tell the kitchen crew how much we appreciate all who worked in that 90 degree heat to prepare and distribute those dinners.*

*What a treat for all of us who were not looking forward to cooking dinner in the extreme heat last evening! I am sorry that you had to be outside to help with all of this, but it is so very much appreciated."  
Janet and Roger*



My mom loved all the little holiday touches in the Home Delivered Meals, she showed everyone the New Year's, Valentine's Day, and St. Patrick's Day bags you guys sent with meals. They absolutely made her day! - A.S.

*We used to drive to Boston.  
We used to circle Boston Common for parking.  
We used to arrive home late.  
Now we go to the Senior Center.  
Parking is not a problem.  
Concerts end before the dinner hour.  
We have so enjoyed the two summer concerts.  
Thank you.  
Mary and Bob*

*"I cannot praise the Duxbury Senior Center enough for their support for seniors during this pandemic. The quality virtual programs that they have developed and offered during this difficult time of isolation have helped seniors to remain physically active, kept us together socially and stimulated us cognitively." JD*



*His name is David, he's a defensive end and a senior. Well mannered, arrived when he said he would, offered to help in the future. He should be the poster man for the team. This is a great program because being snowed in just makes us feel even more isolated, especially for elders who aren't able to connect to others as part of their daily lives. MW*

*My compliments to the chef that salmon dinner (HDM) was delicious I loved it so much thank thank you  
Thank you,  
Ruth T*

*"It's been fun to meet new friends and learn new things! Sitting at home is boring especially since my daughter works," Social Day Member*

*"A huge thanks to the Duxbury Senior Center for getting us vaccine appointments--you saved us!" CH*



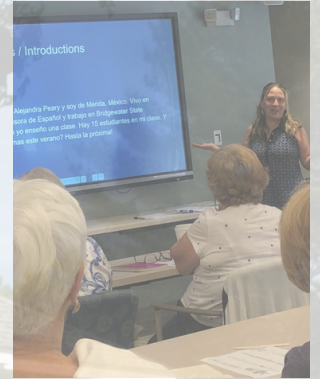
*"Thank you for providing such wonderful care for my sister. She has thrived from her time at the Social Day Program. It has been a high point of her weeks these past months. You have given us all such a gift. We appreciate your kindness and love," Anne C.*

*"I want to take this opportunity to express to you how beneficial and crucial the medical and local transportation service that the Duxbury Council on Aging (COA) provides to the senior population in Duxbury.*

*I had the occasion to use the service again this past Tuesday for a trip to the eye doctor in Plymouth, I regularly use the service several times a month. Having the transportation service affords me the opportunity to remain and live independently in town. I honestly do not know what I would do without the service.*

*Please express my thanks and gratitude to the COA people involved in the transportation service; expressly, Suzanne the manager, Jim and Steve the drivers, and also to the Friends of the COA who are graciously funding the service this year.*

JP



*"I get your wonderful newsletter, and very much appreciate the diversity of your interesting programs. Just knowing the possibilities lifts the spirit!" ET*



*"Many thanks to you Joanne and your wonderful staff... we are all thankful we have such an awesome Senior Center," F T*



# Thank you to the Friends of the COA and Donners

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Mary Walsh



## Highlights of Fiscal 2021

I want to thank the entire Senior Center staff, COA Board, Friends of the COA, and volunteers for their hard work, creativity, and commitment to the older adults of Duxbury this past year. We have used technology, adapted programs and services to meet the needs of the older adults in the community through the COVID 19 pandemic, and have worked together to brainstorm and successfully overcome any challenges that we faced. I want to thank Rene Read, Town Manager, Fire Chief Kevin Nord, and Tracy Mayo, Health Agent for Board of Health for their guidance and leadership during this tumultuous time.

**In October 29, 2020, we received word from the National Institute of Senior centers that we had been accredited for the third time. Only 41 Senior Centers nationwide (there are 15,000 across the country) have achieved this accomplishment.**

Each month, the staff at the Senior Center implemented new programs and partnered with community organizations to make a difference in the lives of the people we serve.

July of 2020, we offered programs virtually including the 4th Annual Hydrangea Festival, UCLA Memory Training, Garden Tours, Booked for Lunch events, and virtual well-being checks.

In August we hosted a virtual Animated Film Festival, wine tasting, caregiver circle, and a Grab & Go dinner—to 186 lobster lovers. We also implemented a Grab & Go meals program. This service provided patrons with a nutritious meal and allowed staff to do a well-being check at the same time.

In September, we were pleased to welcome back participants of the Social Day Program for people living with Alzheimer's disease. We also registered older adults in one or more of the 11 courses offered through our Lifelong Learning program.



In October, we introduced the Peapod Program for individuals who identified as being lonely during the pandemic. Thanks to the Harry and Mary Grafton Foundation this program was offered free of charge to participants. We also added an additional yoga class to our fitness schedule and worked with the Plymouth Center for Active Living, Kingston COA, Pembroke COA to create a detailed schedule of programming on PACTv for those without technology. (This program was awarded a Program of Excellence by the National Institute of Senior Centers.)







**Also in January, we were fortunate enough to work with Skin Esteem Med Spa, the Town of Duxbury, and OSCO Drug to make 1,584 appointments for older adults to get their vaccine. I want to thank our staff, their families, and many volunteers who helped to schedule appointment calls, work at the clinics and provided transportation for those who needed assistance.**

In February, we offered a Grab & Go Lobster Lunch thanks to the generosity of Duxbury House, A Welch Senior Living Community. We offered Live Your Life Well—a program from Mental Health America about resiliency and partnered with BID Plymouth to offer healthy cooking classes via Zoom.

In March, we celebrated St. Patrick's Day with Celtics Fireside Tales, partnered with the Duxbury Free Library to host the Suffragettes in Corsettes program, and took advantage of educational programs offered through the Senior Learning Network.

In April, we worked with the Sea Turtle Conservancy to offer educational programming offered the Five Wishes program—a program about advanced care planning, and offered the evidenced-based Matter of Balance Program to reduce fear of falling.

In May, bocce resumed, we celebrated Cinco de Mayo with the Duxbury High School Spanish Honor Society, enjoyed a concert on the lawn, and thanks to a grant from MCOA, we offered virtual cooking classes, a flower arranging program and listened to a local restaurateur tell his story of what it was like to open a business during COVID.

And in June, we were thrilled to offer programs in the backyard, in the building, and on Zoom.

We also hosted our annual Volunteer Appreciation Event and provided our dedicated team of volunteers with a boxed meal from a local eatery.

As we move into the new fiscal year, we look forward to the future and the many ways that we can serve the older adults in the community.

In November, we offered the evidence-based Matter of Balance Program to help reduce the fear of falling, provided free legal advice with the help of our dedicated volunteer professionals. We also offered a Thanksgiving Genealogy 101 program and provided Zoom School for people needing assistance getting on Zoom.

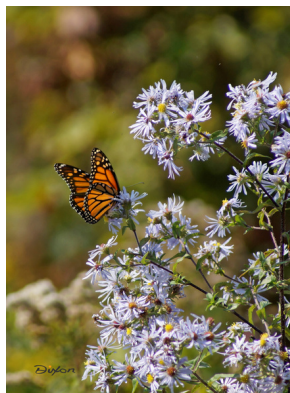
In December, we partnered with the Duxbury Free Library to celebrate Jane Austen's birthday with a variety of events. We also hosted our annual New Year's at Noon program with a twist. Participants picked up a Grab & Go meal and then tuned into PAC TV to ring in the New Year with a pre-taped concert with the Singing Trooper.

We started out the New Year participating in the Town-wide read "Stamped from the Beginning" with the Prejudice Free Duxbury committee. We offered a program on Creating Your Psychological First Aid Kit and partnered with Valerie Massard, Town Planner to offer the Envision Duxbury: Neighborhoods of Tomorrow series. We worked with the French Honor Society from Duxbury High School to learn French and enjoyed a virtual coffee hour with Secretary Elizabeth Chen from the Executive Office of Elder Affairs.

## DSC & Collaborative Community Partners

AAA Traffic Safety Advocacy  
Senior Safety Series  
AARP Northeast  
Senior Safety Series, Driver Safety Course  
Alden House  
Educational Programming  
Alley Kat Lanes  
Alzheimer's Association of MA/NH  
American Legion  
At Home Hearing Healthcare  
Free Hearing Clinic at the Senior Center  
American Legion  
Men's Programming, Veteran's Memoir  
Writing Course, Space for Programming  
Art Matters  
Monthly Art Education Program  
Attorney John McClusky,  
Legal Clinic  
Attorney Peter Muncey, Delaney & Muncey, PC  
Legal Clinic  
Attorney Tierney of DeRosiers & Tierney  
Beacon Properties  
Beth Israel Deaconess Hospital – Plymouth  
Educational Programming  
Better Business Bureau, Consumer Affairs, programing  
Bocce Club, Dr. Joe Santelli  
Booked  
Brewster Ambulance, COVID Vaccine Clinics  
Bristol County Sheriff's Department  
Community Garden Club of Duxbury  
Consider the Lilies  
Curtis Foundation  
CVS Pharmacy  
  
Duxbury Rural Historical Society  
Programs at the senior center  
Eagle One Coach  
Day Trips  
Elaine Buonvicino  
Executive Office of Elder Affairs  
Formula Grant  
Grab & Go Meals with French Memoires,  
Foodsmith, Sarah Leahey Benjamin, D'Orazios'  
  
Greater Attleboro. Taunton Regional Transit Authority  
Senior Transportation  
Grafton Grant Foundation, Bank of America Private  
Wealth Management  
Healthy Living Center for Excellence

Holy Family Church  
Kay Cooney, GCNS Geriatric Clinical Nurse Specialty,  
APRN  
John Kolstad, computer classes  
Kingston COA  
LGBT Aging Project  
Massachusetts Council on Agings  
Mass. Office of Consumer Affairs and Business Regulations  
Miracle-Ear  
Monique Vigneau  
Nancy Denman, Certified Energy Medicine Practioner  
National Council on Aging  
Newspaper: Duxbury Clipper  
Old Colony Elderly Services (OCES)  
Old Colony Planning Council  
Osco Drug, COVID vaccine clinics, flu shots  
Pedi-care, Nyota Medical Footcare  
Pembroke COA  
PACTV  
Plymouth County Sheriff's Dept.  
Plymouth Center for Active Living  
Plymouth Fitness  
Regional SHINE  
Retired Nurse Volunteers  
Rockland Trust Bank (Duxbury Branch)  
SHINE, Serving the Health Care Needs of Everyone  
South Shore Bay Band, Outdoor concerts  
South Shore Community Action  
Supermarkets: Big Y, Roche Brothers/ Brothers Marketplace  
Tony Kelso, Town Historian  
UCLA, memory training and evidence-based programs  
Patrick O'Connor, Josh Cutler, Kathleen Lanatra "Talk to  
Representative" office hours, Lifelong Learning, "Hot  
Topics"  
Village of Duxbury, a Welch Senior Living Community  
Veterans Services, Mike Thorp  
WATD  
Wicked Local



## DSC by the Numbers Fiscal 2021

**13,476**

Participants signed in to participate in the 1,107 Zoom programs.

**2,128**

Meals were served to members of the Social Day program and the Peapod program.

**998**

Outreach contacts with seniors and caregivers were made through telephone calls, home, and office visits.

**10,192**

Meals were delivered to the homebound of the community.

**1,402**

Rides were provided to seniors.

**1,673**

Grab and Go Meals were picked up and enjoyed at home or on the patio.

**28**

Lifelong Learning courses were presented in the areas of history, art, music, literature, current events, religion and science.

**128**

Days of respite was provided to caregivers while their loved ones attend the supportive day program for adults with Alzheimer's disease or related form of dementia.



*Where the Community Comes Together*

10 Mayflower Street, Duxbury MA 02332