



**DUXBURY  
SENIOR CENTER**

**DUXBURYSENIORCENTER.ORG**

**20  
23**

# DUXBURY SENIOR CENTER



*Empowering people to live well, age well and enrich their lives*



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

Joanne Moore,  
DSC Director



I want to thank the entire Senior Center staff, COA Board, Friends of the COA, and volunteers for their hard work and creativity in providing programs and services to meet the needs of the older adults in the community.

As we began FY 2023, we were busy working with Old Colony Planning Council (OCPC), developing and administering a town-wide survey to determine what residents of all ages and abilities needed to age well in the community. We are thankful to the 1,391 Duxbury residents who completed the survey. Results indicated that community members were most concerned about housing, transportation/walkability, mental health, and how information is communicated to residents on what is being done in these areas. The Age and Dementia Friendly Task Force will continue to meet with experts in each of these areas and will work with OCPC as they craft a draft action plan that will be shared with the community.

In addition to our work on the Age and Dementia Friendly Initiative, the Senior Center staff has been busy providing a wide array of programs and services to meet your needs.

- 19,105 participants participated in 5,001 programs.
- 311 Outreach contacts with seniors and caregivers were made through telephone calls, home and office visits, 48 office hours at Senior Housing, which included the distribution of monthly free bagged lunches, and 17 outreach/educational programs with over 160 participants collectively.
- 24 Lifelong Learning courses were presented in history, art, music, literature, current events, religion, and science.
- 18,196 meals were prepared in our kitchen. 9,663 meals were delivered to the community's homebound, 8250 were served on-site, and 283 were picked up as part of our Grab and Go dining option.
- 5,580 rides were provided to older adults.
- 225 days of respite were provided to caregivers while their loved ones attended the supportive Social Day program for adults with Alzheimer's disease or related forms of dementia.
- We were fortunate to have 209 volunteers who gave 13,163 hours. According to the Points of Lights Foundation calculations, this gift of time is worth \$564,140.

Each month, we organize activities to support healthy aging, including programs that expand our minds, stretch our bodies, and provide opportunities to learn new skills and meet new people. This is to meet our goal of supporting older adults in the community—to empower older adults to age well, enrich their lives, and engage in the community.

Be well,

*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

Jim Brooks, Custodian

## Community Services

Alexandra Newcomb, Manager

Sara Lansing, Veterans Service Officer

## Food Service

Cathy Callahan, Food Service Manager  
Cathy Dame, HDM Manager  
Dina Teuten, Food Service Coordinator

## Programs Team

Nancy McDermott, Program Admin  
Coordinator  
Barbara Peary, Program Admin Coordinator  
Sharon Pisani, Program Coordinator  
Regan Rodrigues, Program Coordinator  
Tony Kelso, Program Coordinator

## Social Day Program

Caren Harrison, Manager  
Deborah Bastoni, Assistant  
Lynne McWilliams, Assistant

## Transportation/Medical Bus Drivers

Lauren Wallberg, Transportation Coordinator  
Steve Dubuque, Jim Dexter, Bob Johnson,  
Terrance O'Grady, Jack Breen, Don Carney

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Pam Campbell Smith, Chair  
Kevin Mullins, Chair Emeritus  
Dwight Shepard, Vice Chair  
Mi Kim, Secretary  
Kathy Capraro  
Ken Beeby  
Shelia Tenaglia  
Cheryl Tufankijan  
Fred Von Bargen  
Kathy Dowling  
Patti Ryan  
Peter Holden  
Candy Bush

## Alternates:

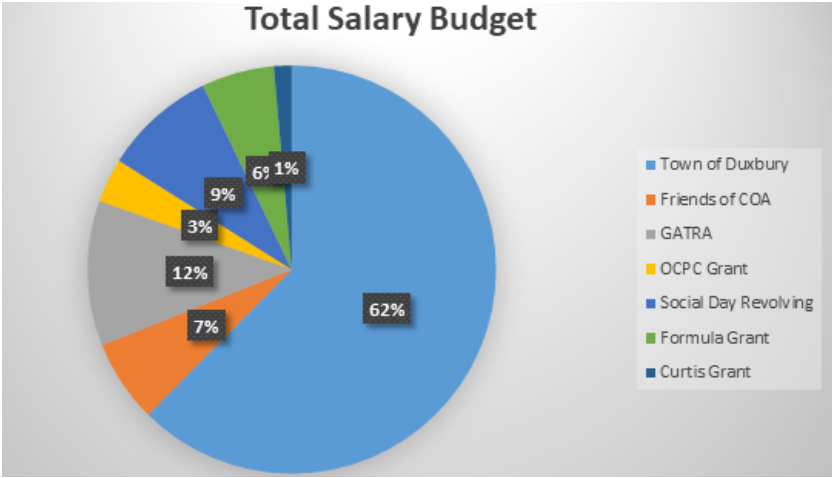
Susan Hoover  
John Burke  
Penny Herilhy

## Friends of the COA

Paul Brogna, President  
Mary Walsh, Vice President  
Candace Weiler, Secretary  
Lynn Marples, Treasurer  
Mary Babin  
Anne Antonellis  
Christopher Barry  
Mike Halloran  
William Kearney  
Melissa Hammel  
Sharon Cronin  
Sharon Andrew  
Duane Larsen  
Barbara Romaneli  
Ellen Cook  
Sandra Sweetser



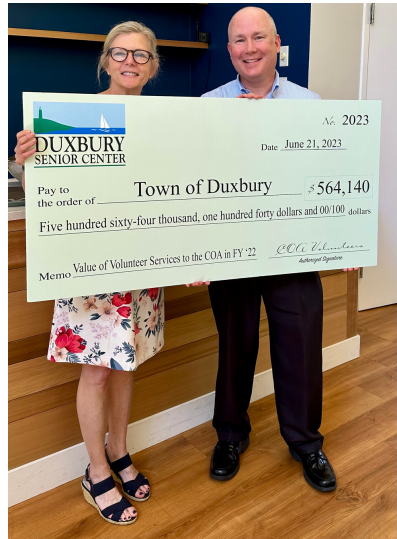
# Sources of Funding



Source of Funding	Total Budget	% of Budget
Town of Duxbury	\$500,578	62%
Friends of the COA	\$52,340	7%
GATRA	\$92,354	12%
OCPC Grant	\$27,976	3%
Social Day Revolving Acct.	\$71,417	9%
Curtis Grant	\$11,313	1%
Formula Grant (State funds)	\$46,010	6%
<b>Total COA Budget</b>	<b>\$801,988.</b>	<b>100%</b>



Many thanks to the 209 Duxbury Senior Center volunteers who gave 13,163 hours of service at the Center. The value of this gift of time using the Points of Lights Foundation calculations is \$564,140!





19,105 older adults participated in 5,001 programs in FY 2023!



458 registrations for 24 Life Long Learning courses that were offered in history, art, music, literature, current events, religion and science



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.

# Food Services

Vision  
Together we  
make life  
better for  
older adults

18,196 meals were prepared in our kitchen. 9,663 meals were delivered to the homebound of the community, 8,250 were served on site and 283 were Grab & Go

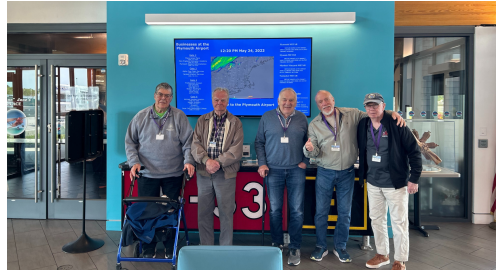


*"The Duxbury Senior Center is the heartbeat of the community,"*  
Former State Representative Josh Cutler



# Social Day Program

225 days of respite were provided to caregivers while their loved ones attended the supportive Social Day program for adults with Alzheimer's disease or related forms of dementia.



*"We are so grateful for Caren and Debbie and the van drivers and all the Duxbury Senior Center staff. Lola feels loved and supported. Thank you so much!" --WB*



The Duxbury Senior Center is committed to continuing 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.

# Major Board Accomplishments

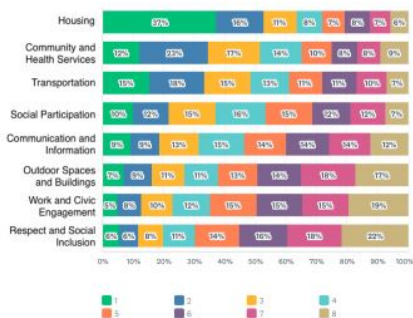
## The Town of Duxbury Seeks the AGE FRIENDLY & DEMENTIA FRIENDLY DESIGNATION

As the population in Duxbury ages, the Duxbury Senior Center and the Town of Duxbury have taken on the task of ensuring that the community is livable and inclusive for people of all ages. Currently, there are 4,983 people 60+ living in Duxbury. Estimates indicate that this number will increase to 8,190 in 2035, with 10.7% (or 876 people) of this demographic having Alzheimer's or a related form of dementia.

Figure 28.

Below are eight areas of focus for making Duxbury more age-friendly. Which do you think are most important? Please rank in order of importance with 1 being most important and 8 being least important. You can click and hold to drag each item up or down, or you can click the arrows to choose a number. Do not use the same number twice.

Answered: 839 Skipped: 552



In collaboration with Old Colony Planning Council, the Duxbury Senior Center and the Center's Welcoming Committee conducted a community survey between October and December of 2022

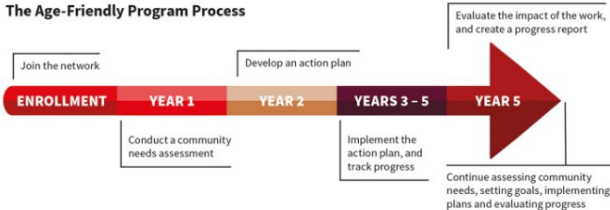
A TOTAL OF 1,459 SURVEYS WERE COMPLETED 1,391 FROM DUXBURY RESIDENTS

### AGE FRIENDLY TASK FORCE

- Kevin Mullins, Chair
- Joanne Moore, Vice Chair
- Brooke McDonough
- Fred Von Bargaen
- Nancy McDermott
- Mike Herlihy
- Nancy Melia
- Mary Schiess
- Joanne Zygmont (Senior Planner, OCPC)

The AARP Network of Age-Friendly States and Communities is the United States affiliate of the World Health Organization Global Network for Age-Friendly Cities and Communities, an international effort launched in 2006 to help cities prepare for rapid population aging and the parallel trend of urbanization.

#### The Age-Friendly Program Process



### Duxbury Senior Center Welcoming Committee

Fred Von Bargaen, Angela Sinnott, Regan Roderigues, Joanne Moore, Brooke McDonough, Mark Schramm, Pam McArdle, Caren Harrison, Kathy Caparo, Hannah Boulton, Candace Wieller, and Fernando Guitart, BOS liason



Age-Friendly Duxbury Domains:  
*Housing, Transportation, & Communications and  
including mental health*

*Transportation Focus Group*

Angela Constantino, GATRA  
Fred Von Bargen  
Lauren Wallberg, DSC  
Norman Smith  
Elaine Philbrick  
Kerri Victorio, GATRA

*Mental Health Focus Group*

Sara Cloud, BID Plymouth  
Andrew Homestead DuxPD  
Kirsten Piper  
Michael Carbone, DuxPD  
Peter Holden  
Alex Newcomb, DSC  
Anna Seery, MSW  
Kathleen Dowling  
Mickey Barry  
Penny Herlihy  
Lisa Dembowski  
Marybeth Emerson

*Housing Focus Group*

Chris Ryan  
Jim Middleton  
Marika Reuling  
Mike Herlihy  
Martha Himes  
Pam Campbell Smith  
Jonathan Mark  
Michael Juliano  
Emmett Sheehan  
Paul Casale  
Rob Fawcett  
Chrissy Aneonellis

*Communications  
Focus Group*

Nancy McDermott  
Cristen Mitchel  
Matthew Nadler  
Maurice Myrie  
Nancy O'Connor  
Chief Reardon  
Kerry Dowling  
Merry Dalahmeh  
Sam Correia

Age-friendly environments enable people to stay active and connected and contribute to their community's economic, social, and cultural life. Becoming age-friendly is a choice for all generations – a great place to live, have a family and grow older.

**The World Health Organization**



5,580 rides were provided to older adults in Duxbury in FY23.



We saw an increase of 55% in Transportation from FY22 to FY23



Many thanks to the Friends of the COA for their continued funding of this service!

We anticipate that we will provide 6,504 rides in FY24 (based on first quarter results)



**The Duxbury Senior Center is committed to creating a culture that facilitates the independence of seniors, offers assistance to those who want to age in place, and enables each of us to better take care of ourselves.**

*Duxbury Council on Aging Long Range Plan*

**311 contacts were made with  
seniors and family caregivers  
through Outreach**

I enjoy the Duxbury Senior Center so much. I attend TOPS there each Friday and some of the great programs you offer.

*"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.*

Thank you, thank you for a wonderful day as well as all the other super programs you are in charge of at the Center. I am so lucky to be a part of all of this and want to give back whenever and whatever I can. I now am in love with all those super horses!!! and will add it to my list as I do every time I walk through that building and see all of you.  
JO

*It was so nice to be together--much laughter and re-connecting! The tables and room looked so pretty, and the food was delicious. Thank you for sharing the data demonstrating the volunteer hours and how it translated to a dollar amount. Impressive!*

**MK**

*Thanks so much for another truly informative program on healthy eating. Yesterday's Protein presentation was incredible! The amount of time & effort you put in preparing for this talk is greatly appreciated -- the professional slide deck, the numerous prepared food items for tasting, the recipe copies, the white cloth covered tables, & the collaborative efforts of Chris C. & Regan R. all made for an amazing program. Just fabulous! AS*

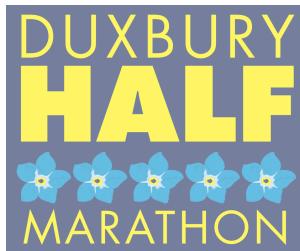
*The senior center is our clubhouse--it's a soft rain, with poster paints, and mowed grass. I think I'm trying to say that the experiences you give us at the Center become part of who we are, like those childhood memories. You tell us we're giving, or active, or engaged. And we believe it and become it. What is remarkable is that when we as elders face more loss and diminishment, you all have made our lives much, much more. MW*

*Thank you and all the staff, including Jo Moore, for a wonderful brunch! The turnout and number of volunteers at the Senior Center is a tribute to all of you and the great rapport you have with everyone!*

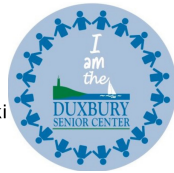
**JP**

# Thank you to the Friends of the COA and Donors

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Ollie Allen  
Duxbury Post 223, American Legion  
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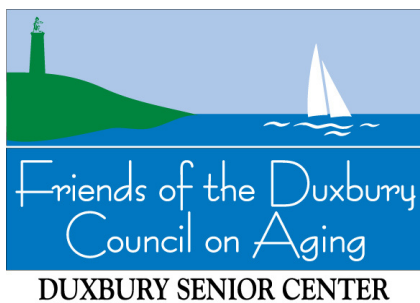
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*Many thanks to local businesses and florists for donations of flowers for our home delivered meal recipients*

## FRIENDS 2022 (FY 23) Golf Tournament Sponsor List

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Davis Family  
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Duxbury Firefighters Local #2167  
Duxbury Fitness  
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Empire Wine & Spirits  
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Vanderveen Law  
Veterans Construction, LLC  
T. Walsh Family



# Year in Review Highlights Fiscal 2023

Each month, we organize activities to support healthy aging—including programs that expand our minds, stretch our bodies, and provide opportunities to learn new skills and meet new people. We will highlight some of the many programs and services offered each month, to document the breadth of programs and services offered at the Center.

## July 2022

We honored two of our volunteers who gave over 4,000+ of service to the community. John Rutkowski and Walter Hempel were honored.

## August, 2022

- Hosted virtual armchair travel programs
- Offered senior safety classes that highlighted the importance of Senior Safety Identification Cards
- Scheduled a dinner with entertainment
- Cooked 120 lobsters as part of a Grab & Go dinner program.

In August, we also completed an Internal SWOT analysis by department. Strengths included the positive culture in the building, the welcoming environment, and the staff's commitment to meeting the needs of older adults through programs and services in the building. From the weaknesses identified, we initiated enhanced communication among staff, training on technology, and hiring "backup" staff to cover vacations since many departments are 1-person departments. Opportunities involved cross-training, succession planning, and hosting staff retreats in January and June to provide learning and team-building opportunities. The main threat is the challenge to provide funding to keep and expand services to meet the needs of the growing senior population.



## September 2022

- We offered golf clinics at North Hill Country Club
- Embraced Better Health—by Reducing Stress and Increasing Energy
- Offered 11 Lifelong Learning classes  
*Feedback from participants of the Lifelong learning program said, "The programs have been just great! Thank you so much!!"*

## October 2022

- Honored the work done by our cranberry farmers with Cranberry-O-Rama
- We scheduled walks through local bogs, enjoyed healthy treats made by two local bakers
- Learned about the History of Cranberry Growing in Duxbury, worked on an art project using cranberries and tasted some delicious morsels during a cranberry potluck and recipe sharing event
- We partnered with the Duxbury Free Library to host the Live Well, Age Well Program. Topics included: The Gift of Preparedness, Creating Your Support Circle, Tough Conversations, Choosing Your Care Goals and Planning for End of Life
- Scheduled a monthly event as part of our LGBTQ initiative

In addition, as a result of the SWOT analysis and the work we did with the Project Facilitator, Joanne and the Sr Mgt team developed a 1-3-year Operating plan which will serve as the basis of our short -midterm priorities and will be updated annually by the team .





## November 2022

- We taught people how to play Texas Hold 'Em
- Learned about Sea Level Rise from an expert at Woods Hole Oceanographic Institution
- Experienced Art for your Mind, a monthly program that brings art to life
- Experienced some delicious cooking as part of the Ready, Set, Cook Program
- Honored our veterans with a complimentary breakfast and presentations and a memoir reading from a Vietnam veteran.

## December 2022

- We were awarded "The Going for Gold Grant" from the Harry and Mary Grafton Foundation, providing older adults with the opportunity to train for the Senior Olympics.
- We also got into the holiday spirit with a program about "Christmas at Home and Abroad During WWII, Virtual Hanukkah Tour, Holiday movies, Holiday Concert, Charcuterie Making, Cookie tastings, caroling around town and an LGBTQ Holiday Brunch with carolers.



## January 2023

- We offered Conversational Italian and French Classes
- Featured a 4-week meditation series
- Offered a flu shot and COVID booster clinics
- Made suggestions on some great winter reads in book talk programs
- Taught soup making classes to help make the winter months a little cozier.

## February 2023

- We got moving with Line Dancing Classes, the Joy of Dance Program and a Bowling League
- We made the month a little sweeter with a variety of Valentine's Day Events including a concert, and sent candy grams to friends
- Watercolor workshop
- A program on heart health
- Registered 243 people for the 11 classes being offered as part of the Lifelong Learning Spring Semester.



## March 2023

- We planned a Day Trip to the Peabody Essex Museum
- Took an armchair trip to Dublin Ireland
- Visited the Wang Performing Arts Center for a tour
- Enjoyed a US Airforce Concert Band at the Duxbury Performing Arts Center
- Developed a presentation on How to Choose a Rehab Facility
- Hosted a program on Healthy Eating on a Budget as we all saw the cost of food skyrocket at the grocery store.



### April 2023

- We hosted education programs about the importance of having a plan and important documents, including a will, health care proxy, and durable power of attorney.
- Hosted a “Death over Dinner Program” so participants could have difficult conversations around the safest place—the dining room table.
- We offered a program on getting organized.
- Partnered with the Duxbury Community Collaborative for a day-long event, “Out to See Duxbury.” Our very own, Tony Kelso gave a wonderful presentation on the Powder Point Bridge. We chose this topic because of the beautiful wallpaper of the Powder Point Bridge installed in Café Ellison—the space as been updated to welcome more patrons as part of our café breakfast and lunch program. We want to thank the Friends of the COA for their financial support in updating the library furnishing/decorating and assisting with updating the Café.
- We also welcomed 287 runners to the 11th Annual Duxbury Half Marathon Fundraising event, which is organized by the Friends of the COA.

### June 2023

- We honored our 209 volunteers who gave 13,163 hours in endeavors to stay connected with older adults at the Center and in the community. Using the Points of Light Foundation value of \$39.19 their gift of time is valued at \$564,140 to the Town of Duxbury.
- The COA Board and Friends of the COA hosted the Black-Tie Bingo event which raised \$21,000 to be given to the Duxbury Interfaith Council to help those needing fuel assistance in the winter.



### May 2023

- We celebrated our athletes that competed in the Quincy Olympics. We had 100 people sign up for the training programs and 57 people participated in one or more Olympic events—many of them bringing home the gold!



**19,105**

Participants signed in to participate in 5,001 programs.

**18,196**

Meals were prepared in our kitchen.

**311**

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

**9,633**

Meals were delivered to the homebound of the community.

**5,580**

Rides were provided to seniors.

**283**

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

**24**

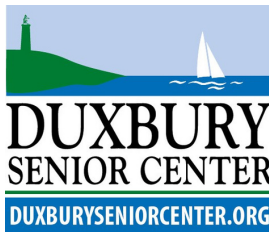
Lifelong Learning courses were presented in the areas of history, art, music, literature, current events, religion and science.

**225**

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.

**13,163**

Volunteer hours with 209 volunteers.



*Where the Community Comes Together*  
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