

# 2020 Annual Report Duxbury Senior Center



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





## DUXBURY SENIOR CENTER

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



**Joanne Moore,**  
**DSC Director**

Dear Duxbury Community,

I'm not sure about you, but I can hardly remember the summer of 2019. What I do recall is that we had settled into our beautiful new addition, our programs and services were booming, the parking lot was filled, and our volunteers were engaged! The accreditation committee was completing the work for our third National Accreditation, and we were getting ready to submit our binder to the National Institute of Senior Centers for review.

*Then, in March of 2020 COVID hit.*

We pivoted our services, updated policies and procedures to keep our patrons and staff safe, and we continued meeting the needs of the older adults in the community.

I want to thank our dedicated staff, COA Board, Friends of the COA, and our patrons for having faith in us, for attending programs virtually, for believing in us as we changed the way we offered services, for saying thank you and letting us know how much you appreciate the work we are doing.

It's been a hard year, but the most rewarding year that I have had during my tenure at the Senior Center. The doors of the Senior Center closed on Thursday, March 12, 2020, and the following Monday we were back at work, preparing and delivering meals to the homebound. By the end of that same week, we had purchased a Zoom account and learned a "new language." Every day, we were making calls to older adults, just to check in and see how they were doing.

By late spring, we added Grab & Go meals to our repertoire. It was wonderful to see friends as they picked up meals. In summer, we enjoyed programs on the patio. We also began providing transportation with new COVID guidelines. In September, our Social Day Program for adults living with Alzheimer's disease was back in the building. It was wonderful to hear the laughter of friends being together. In October, we added the Peapod Program to our on-site offerings. Both programs followed extensive safety procedures.

Once the vaccine was released, we partnered with Skin Esteem Med Spa, OSCO Drug, and the Town of Duxbury to provide vaccines to community members. I want to say a special thank you to the staff, family members, and volunteers who helped us book vaccine appointments, volunteered at the clinics, and made the whole vaccine process easy.

As we phase-in programs and services on site and continue to connect via Zoom, I am pleased to say participation in our programs is growing. The future will be different than we once thought, but the staff and I look forward to finding creative solutions to any challenges the future may bring.

Be well and we hope to see you soon!

Joanne Moore  
Director, Duxbury Senior Center

EXPLORE , ENGAGE & ENRICH

## Our Dedicated Staff and Board Members

### DSC Staff

**Joanne Moore, Director**

Angela Sinnott, Assistant Director

Christine Coakley,

Manager of Volunteers

Suzanne Errasti,

Front Office Manager

Brooke McDonough,

Media Communications Manager

Elissa Wyllie, Finance Manager

### Community Services

Donna Ciappina,

Community Services Manager

### Food Services

Peter Dewey, Food Service

Manager

Cathy Dame,

Home Delivered Meals Manager

### Program Team

Carol Boudrieau, Program Coordinator

Regan Roderigues,

Program Coordinator

### Social Day Program

Caren Harrison, Social Day

Program Manager

Jim Brooks, Custodian

### Transportation/Medical Bus Drivers

Steve Dubuque, Bus Driver

Jim Dexter, Bus Driver

Bob Johnson, Bus Driver

### COUNCIL ON AGING BOARD

**Cheryl Ross, Chair**

Patti Ryan, Vice Chair

John Rutkowski,

Secretary, OCPC

Kathy Capraro, Board Member

CeCe Frame, Board Member

Becky Brown, Board Member

Kay Drake, Board Member

John McCluskey, Board Member

Kevin Mullins, Board Member

Ninky Savage, Board Member

Cheryl Tufankjian, Board Member

Fred Von Bargen, Board Member

Dwight Shepard, Board Member

### Alternates

Leslie McCarthy

Ken Beeby

Marie Keefe

### Associates

Shirley Oktay

### FRIENDS OF THE COA

**Paul Brogna, President**

Sharon Cronin, Vice President

John Madden, Treasurer

Mary Babin

Anne Antonellis

Christopher Barry

Julie Cloherty

Alden Rinquist

Candice Weiler

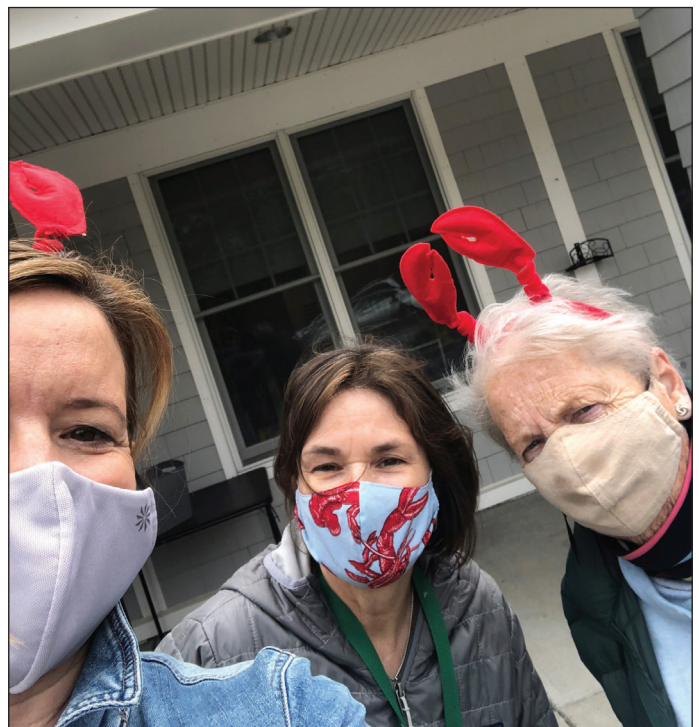
Mike Halloran

Peggy Davis

William Kearney

Melissa Hammel

Mary Walsh



## Major Board Accomplishments

The Duxbury Senior Center was unanimously approved by the Accreditation Board of the National Institute of Senior Centers in October 2020. The Board worked with staff and members of the community to navigate this process, which included nine separate sub committees.

The Accreditation is an important distinction and demonstrates the Center's outstanding leadership and commitment to quality programs and services. The Accreditation lasts for a period of five years. This is the third time the Center has earned this honor. Out of the 15,000 senior centers in the county, only 264 have completed the rigorous process to be accredited. Only 143 have been accredited once, 83 have been accredited twice and only 41 of the 15,000 centers have been accredited three times.

Each committee working on the accreditation received a copy of the newly updated Long Range Plan, which was another Board initiative. This document served as the framework to guide committees while completing their work. The committees included:

### Purpose and Planning

Cheryl Ross, Becky Brown, Brooke McDonough, Joanne Moore and Myrna Walsh

### Community Connections

Kay Drake, Donna Ciappina, Brooke McDonough, Carol Boudrieau, Barbara Munsey, Luke Kramer, Denise Garvin, Fred Von Bargaen, and Joan Holland

### Governance Standards

Chris Coakley, Kathy Dowling, and Steve Schroeder

### Administration and Human Resources

Elissa Wyllie, Joanne More, Chris Coakley, Suzanne Errasti, Peter Dewey, Caren Harrison, Donna Ciappina, Cathy Dame, and Jeannie Horne

### Program Planning Committee

Angela Sinnott, Joanne Moore, and Carol Boudrieau

### Evaluation Committee

Geraldine Thompson, Marcy Bravo, Marilyn Kozodoy, Hannah Boulton, and Joanne Moore

### Fiscal Management Committee

Frank Mangione, John Madden, and Joanne Moore

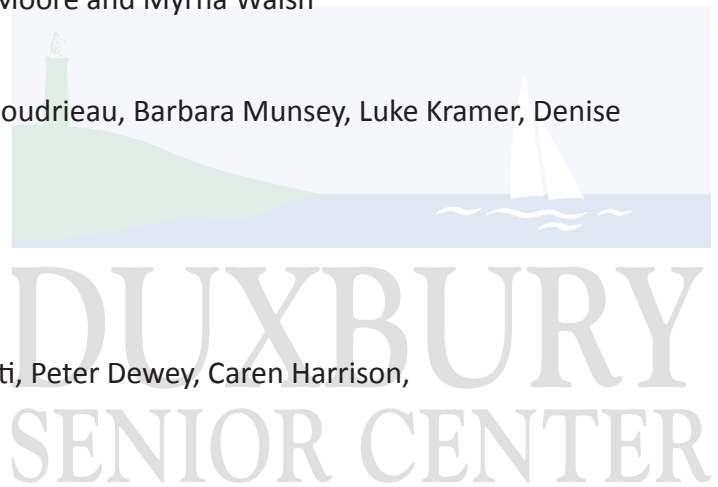
### Records and Reports Committee

John Madden, Suzanne Errasti, and Joanne Moore

### Facility Committee

Pam Campbell Smith, Paul Brogna, Joanne Moore, and Brian Cherry

*The Board extends its heartfelt gratitude to the community members, volunteers and staff who worked on these committees to help achieve this goal.*

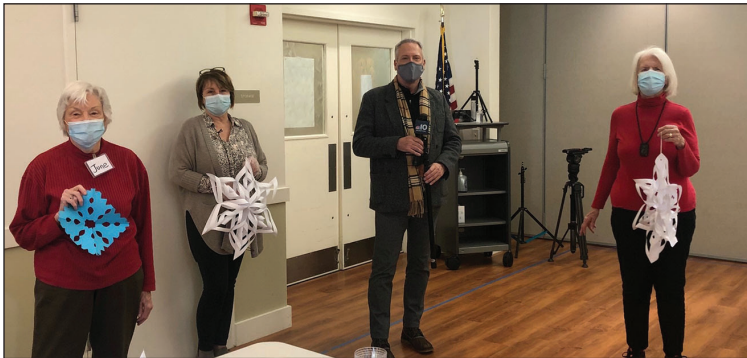
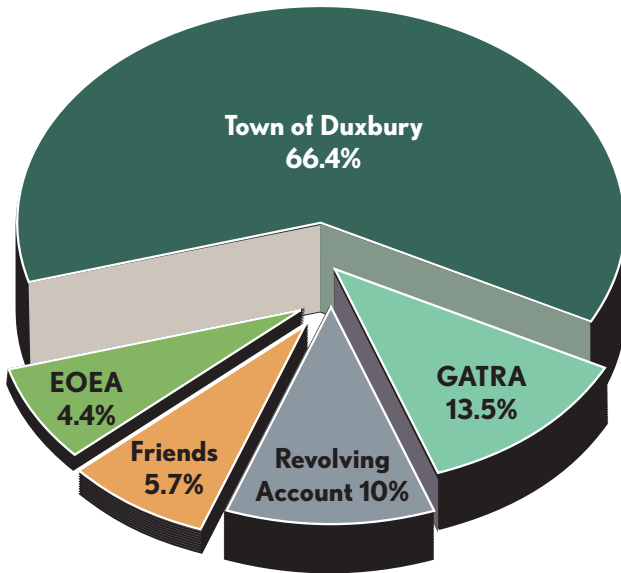


Accredited by   
National Institute of  
Senior Centers



# Sources of Funding

Sources of Funding	Salary Breakdown	% of Salary Budget
Town of Duxbury	\$654,206	66.4%
Friends of the COA	\$55,025	5.7%
GATRA	\$132,000	13.5%
Social Day Revolving Account	\$96,772	10%
Formula Grant (State Funding)	\$42,360	4.4%
<b>Total COA Budget</b>	<b>\$971,363</b>	<b>100%</b>



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



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

Joanne Moore, Director  
Duxbury Senior Center  
10 Mayflower Street  
Duxbury, MA 02332

Dear Joanne,

I am pleased to officially inform you that the Accreditation Board met on October 29, 2020 and unanimously approved the recommendation for accreditation of the Duxbury Senior Center. Successfully achieving accreditation status takes the work of many people both in the senior center and in the community. When these two groups work together the rewards will be felt for many years to come. Your organization demonstrates outstanding leadership and commitment to quality programs and services. This letter is your official notification that the Duxbury Senior Center has been accredited by NCOA/NISC for a period of five years (October 2020- October 2025).

Your Peer Reviewer observed many strengths of the Duxbury Senior Center. These included:

- Amazing leadership and a very strong staff.
- Exemplary Board engagement and involvement in the Center.
- A strong and diverse funding base with a major ongoing commitment from the town.
- An impressive self-assessment exercise process with 33 participants that obviously opened eyes and understanding both about the challenges and opportunities for the center.
- This process also birthed important projects such as a very impressive and attractive annual report, an ongoing commitment to strengthening evaluation, and the creation of a long-range planning committee that is already engaged.
- The creation of an ambitious action plan detailing tasks, responsibilities and timelines.
- The strong support both financially and in furthering the mission by the Friends group.
- An excellent, wide-ranging array of programs, and services including a number of evidence-based programs that effectively measure positive benefits and outcomes.
- The Adult Daycare program in the center that is evidence of a commitment to reach out to impaired and struggling seniors.
- A beautiful center recently enhanced by a 4000 SF addition that also hosts a number of meetings by community groups.
- A large core of committed volunteers, including a model self-directed team planning and carrying out lifelong learning programming.
- A willingness to tackle change, for example, by recruiting a focus group to address the interests and attract Boomers and younger generations.
- A strong community service and outreach effort that also addresses different populations such as LGBTQ seniors.

National Institute of Senior Centers | 251 18<sup>th</sup> Street South, Suite 500 | Arlington, VA 22202  
ncoa.org/NISC | membership@ncoa.org | @NCOAging



# Pandemic 2020

Although our doors were closed on March 12, 2020, we never missed a day of providing services to Duxbury seniors. Our Home Delivered Meals increased by 40%. We offered **over 1,009 Zoom programs with 11,739 participants** and **served 623 Grab & Go lunches** to connect with seniors. By September 2020 we welcomed back our **Social Day Program** using new Covid-safety procedures and guidelines. In October we launched the PeaPods program for seniors who were identified as lonely and isolated. Best of all, working with the Town of Duxbury, Osco Drug, and Skin Esteem in Kingston, beginning in February of 2021, we were able to make over **1,485 vaccinations appointments** for members of our community.



During this challenging time, we are committed to ensuring that the older adults in our community remain safe and have the resources they need. We are working with the Town management and emergency personnel on a daily basis to do what we can to keep our friends and neighbors in Duxbury safe. The building is closed, but staff members are available to answer questions and address concerns. We are still providing Home Delivered Meals and information and referral services. We have canceled our transportation services, but if there is a critical need, call us and we can try to provide a solution. All of our calls are going through one number, and we will check it daily. Please call 781-934-5774, ext. 5700 and a staff person will return the call in 24 hours. Be well!





*"Joanne, the accreditation is such an honor for you, your staff, and ultimately, the Duxbury Senior Center! The best part of this is that you have given Senior Centers all over the country a model for excellence and in doing so, have helped enrich the lives of many in the senior population. Congratulations to you!"*  
– MK

*"Thanks for keeping us all involved and up to date on news for ideas and classes. The Duxbury Senior Center has outdone itself in offering many options for beating the isolation of the pandemic. Just wanted to let you know it is much appreciated. You re all so creative with programs and ideas. Thanks to all of you" – A*

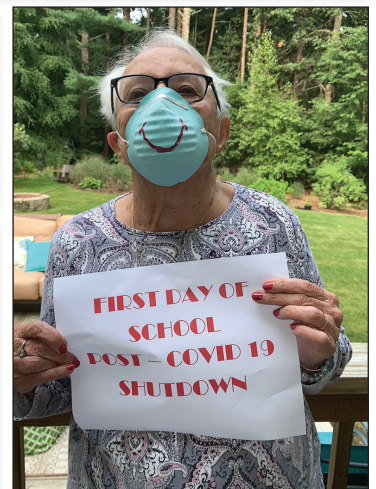
*"Ever since I retired in mid-2008 I have been awash in nostalgia. This includes my high school and college reunions, which helped to foment this. Nothing has been better though than the Duxbury COA's memoir writing gathering for serving as an outlet for all this welled-up nostalgia" – CF*

*"Your efforts to help seniors has been phenomenal! Thank you so much" – CL*

*"Woohoo! All because we are so lucky to have such outstanding staff! "*  
Thank you, – PS

*"Congratulations, Joanne! So glad to live in a town with such a terrific Senior Center, and looking forward to next summer when (just maybe.....) we can get back to life as it used to be"*  
– NM

*"Congratulations to everyone! We are fortunate to have such a great resource in Duxbury !!"*  
– BK



*Tommy Colbert*

## General Donations and Gifts In Memory/In Honor of and General Donations

Linda and Christopher Baldwin  
William Barrett  
Ellen and John Barrett  
Kathryn Barry  
Joyce Bean  
Edwin Borsari  
Hannah Boulton and  
Arthur Wills  
Andrea and David Brandeis  
Nancy and Bob Brooks  
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Robert Burnham  
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Barbara Clifford  
Maureen Collins  
Mary and John Congdon  
Josephine Corcoran  
Alison D'Angelo  
Sandy and Doug Dapprich  
Family  
Kathleen and John Dowling  
Jane and Scott Ettenhofer  
Cynthia Feeley  
David and Judy Flynn  
Ellen Foley  
Anne Hill  
Keating Family Dentistry  
Jean Kennett  
Maurine Lee  
Joyce Levinson  
Barbara Macdonald  
Roberta and Gil MacNab  
Dr. Joseph and Amy Marino  
Jane and Philip McNiff  
Linda and Gary Molstad  
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Traci and Stephen O'Neill  
Kathy and John Reardon  
Janet and Roger Ritch  
Jean Roberts  
Joann Seymour  
Robert Smith  
Barbara Soper  
Betsy and Fred Stevens  
Paulina Tyson  
Marcia and Abbot Vose

### Friends 2020 Annual Appeal

Julia Adams  
Ruth Aluffi  
Karen Ames  
John and Sidney Arnold  
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Susan & Bob Austin  
Victoria Babcock  
Dorothy Baker  
Jack L. and Lee Barlow  
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Kathryn M. Barry  
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Karen Barry  
Richard and Sharon Barry  
Karen and William Bazley  
Ken Beeby  
Mr. & Mrs. William Bennett  
Ronald Bergamesca  
Kuina Blackford  
Mr. & Mrs. Frederick  
Bowes, III  
Marie E. Brissenden  
Patricia A. Bruce  
Albertina Bruce  
Patricia and Neil Bryson  
Mary Bulu  
Marie Buonagurio  
Frances Burns  
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Jean F. Callahan  
Kathy Capraro  
Marylynn Carson  
Grace Carty  
Mr. & Mrs. Paul Casale  
Jill Chandler  
Mike & Peggy Chase  
John & Sharon Chavez  
Paul & Nancy Christo  
Helene Clinton  
Judith Coakley  
John and Patricia Coffey  
Mr. & Mrs. David J. Collins  
Patrick & Maureen Connolly  
Jeanette Connor  
Elizabeth Corcoran  
Katherine Cowen  
Mary Ann Coyne

Sharon and Tom Cronin  
James and Kathleen Cusick  
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Mary Danner  
Mary Jo Davis  
Sam & Peggy Davis  
Barbara & David Delory  
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Julie Dolin  
Dr. & Mrs. William Donahue  
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Jane Dunn  
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Elaine Guilfoyle

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Mike Halloran  
Melissa Hammel  
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Hearn, Jr.  
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Heidenreich  
Nancy R. Herndon  
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Clark & Jane Hinkley  
Frank & Donne Holden  
Elizabeth Hudacko  
Lois F. Hunt  
Shirley Jenkins  
Nancy Joline  
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Wendy Webster Keleher  
Doris Kellar  
Paula Kelley  
Margaret Kelley  
Ducky Kelso  
Frank Kemp  
Jean M. Kennett  
Jackson & Akiko Kent  
Roberta & James Kerkam  
Paul & Annette Klein  
Debbi and Warren Kosterman  
Morgan Lamarche  
Mary Ellen and Peter  
Lawrence  
Mr. and Mrs. Edward  
Lawson  
Bob Leatherbee  
James A. Levesque  
Joyce Levinson  
Lois Lindenfeld  
Nathalie Logan  
Gayle Loik  
Carol Loring  
Dick & Pat Loring  
Ann Love



Wayne & Judith Lucier  
Mrs. Dorothy A. Lynch  
Judy MacDougall  
David & Sarah Madigan  
Mr. & Mrs. John Magnarelli  
Peter & Susan Maguire  
Suzanne Mahoney  
Lynn Marples  
Eileen Marshall  
Michael & Joyce Mattern  
Ann McArdle  
Mary McCarthy  
Brooke McDonough  
Robert and Jacqueline  
McGoodwin  
Thomas McHugh &  
Julianne Carbone  
Sue McMahon  
Philip K. & E. Jane McNiff  
Mr. & Mrs. Carl Meier  
Ann & Don Mickells  
Mr. & Mrs. Robert G. Millar  
Diane Monaghan  
Michael and Joanne Moore  
Anne M. Morgan  
Brian & Linda Moriarty  
Steve Morris  
Dorothy Mullen  
Bob Mustard  
Mr. & Mrs. Joseph Nardone  
Chris and Pete Naton  
Robert and Deborah Neal  
Kate & Bill Neville  
Sue Newman  
Kim O'Brien  
Kristen O'Connell  
Eugene Orosz  
Merle & Mary Ott  
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Debbie Palfrey  
Marion G. Paulson  
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Gary R. Peterson  
Donna & Bob Pineau  
Donna Pizura  
Mr. & Mrs. Francois  
L. Poulet  
Hugh and Caroline Powell  
Georgia Taft Pye  
Peter Quigley and  
Meghan Heffernan  
Mary J. Rest  
Richard Rhoads

Bill & Lynn Rice  
Christine Richmond  
Nancy Riegel  
Alden E. Ringquist  
Roger & Janet Ritch  
Jean M. Roberts  
David Robinson  
Beth and Joseph Ross  
Olga & Dick Rothschild  
Carol Rowe  
Claudia Ruffing  
Harriet Rynkiewicz  
Joseph and Bertha Santelli  
Louis & Stella Sawyer  
Matt & Marie Schiller  
Christoph Schmidt  
Harry & Terri Scott  
David and Carol Segar  
Joan L. Sewall  
Richard Sheehan  
Mr. & Mrs. Wilfred Sheehan  
Lucy and Dwight Shepard  
Richard & Elizabeth Sigrist  
Angela & Thomas Sinnott  
Jackie Smith-Miller  
John F. Spence, Jr.  
E. Brickley Stenberg  
Anita Stiles  
Maureen Taylor  
Selden Tearse  
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Mr. & Mrs. Frank Tenaglia  
Lee Tenney  
Mr. & Mrs. Ernest Thibeault  
Geraldine & Dennis  
Thomson  
Michael and Noreen Thorp  
Mary T. Troy  
Cheryl Tufankjian  
John and Melissa Tuffy  
John & Kathy Turner  
Paulina Tyson  
Kathleen Ullathorne  
Lanci Valentine  
Mrs. Arthur Vautrain  
Linda & Doug Von Iderstein  
Carola T. Von Kapff  
Sandy & Nancy Von  
Stackelberg  
Myrna C. Walsh  
Mary Walsh  
Mr. & Mrs. Friend Weiler

Roger Welch  
Charles A. Weyerhaeuser  
Donald & Sally Wheeler  
Elsie Wheeler  
Michael and Jeanne White  
Janyce Williamson  
Sara E. Wilson  
Elizabeth Wilson  
Emily Winterson  
Ellen Worobel  
Elissa & Dave Wyllie  
Junaid Yasin

### 2020 Friends Half Marathon Donors

This event was scheduled for April 4, 2020 but was cancelled. Some sponsor money had already been collected prior to the cancellation. A virtual event was offered.

Volta Oil – James Garrett  
LaTorre Family  
Fawcett Energy Partners  
Plymouth Athletic Club  
Norwell VNA  
Delano Family  
Patty and Tom Guilfoile  
Duxbury Animal Hospital  
Phillips Tree Removal  
Wiemeyer Dentistry  
Brothers Marketplace  
Verc Enterprises  
Wendy Katz and Family  
Colleen Maimaron, CPA  
The Ockers Co.

### Friends Golf Donors

John and Kathy Stanton  
Citizens Bank  
Rockland Trust  
Bayside Marine  
Duxbury Beach Park  
Eastern Bank Charitable  
Foundation  
Ophthalmic Consultants  
of Boston  
Plymouth Bay Orthopedics  
Beacon Communities

Waterfront Realty/Team  
Hallowell Devnew  
McArdle Gannon Engineers  
Angela and Tom Sinnott  
Duxbury Business Association  
Roche Bros  
Bay State Specialty Group  
Bennett Gas and Service  
Duxbury Animal Hospital  
Duxbury Fitness/Vicki Paquette  
Elizabeth Hills  
Jonathan Clarke Plumbing  
and Heating  
L. Knife & Son, Inc.  
Newport One  
Shawn Dahlen & CO  
South Shore Cabinet  
Stiles and Assoc  
Systems Evolution  
Cartmell-Davis Funeral  
& Cremation  
Chestnut Street Grille  
Plymouth Ears Nose & Throat  
Balboni's Drug Store  
The Barcomb Group at  
Merrill Lynch  
Ann and Kevin Mullins  
C.A. Geldmacher Inc  
Delaney & Muncney, P.C.  
Ed Finocchiaro  
Cheryl Hodge-Spencer, DMD  
Bob and Joan Lavin  
LuAnn Luke Designs  
Thayer Finishing and Restoration  
Tinkertown Construction  
Sullivan Bros Kingston  
Duxbury Permanent  
Firefighters #2167  
Campbell Smith Architects  
Bob and Jane Hale  
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Maureen and Patrick Connolly  
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Mike Walsh  
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Kay Drake and Peter Burnham

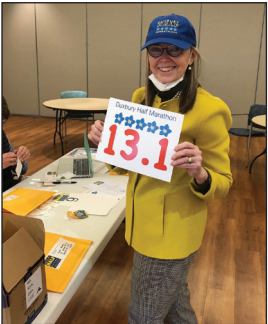
## Friends Golf Sponsors

Citizens Bank  
 Edaville Family Theme Park  
 Rockland Trust  
 John and  
 Kathleen Stanton  
 Bayside Marine Corp  
 Brothers Marketplace/  
 Roche Bros  
 Duxbury Beach Park  
 Kiwanis Club of Kingston-  
 Duxbury  
 Ophthalmic Consultants  
 of Boston, Inc.  
 Plymouth Bay Orthopedic  
 Santander  
 Team Hallowell Devnew/  
 Waterfront Realty  
 American Built Construction,  
 LLC  
 Law Firm of Sam J. Allen  
 David Barcomb/Merrill Lynch

Luann Luke Designs  
 Bay State Specialty  
 Lucchetti's Service Center  
 Beacon Communities  
 Colleen Maimaron, CPA  
 C. A. Geldmacher  
 McCarthy & Walsh,  
 Attorneys at Law  
 Cartmell-Davis Funeral &  
 Cremation, LLC  
 Mullins Family  
 Chestnut Street Grill  
 Newport One  
 Connemara Senior Living  
 The Ockers Company  
 Maureen and Patrick Connolly  
 Plymouth Ears Nose and  
 Throat  
 Joanne and Mark Cushing  
 RRS-Regan's Resources  
 for Seniors  
 Davis Family  
 JB Robbie Builders, Inc.

Delaney and Muncey, P.C.  
 Seacoast Engineering Company  
 Diamond Business Credit  
 Shawn Dahlen & Co.  
 Duxbury Animal Hospital  
 Sinnott Family  
 Duxbury Business  
 Association  
 South Shore Cabinet &  
 Appliance  
 Duxbury Firefighter Local  
 #2167  
 Stiles & Assoc  
 Duxbury Fitness  
 Stillman & Assoc., P.C.  
 Duxbury Police Union  
 Taylor Family  
 Eastern Bank Charitable  
 Foundation  
 Thayer Refinishing and  
 Restoration  
 Elizabeth Hills  
 Tinkertown Construction

Fire & Stone Trattoria  
 Verc Enterprises  
 Josh Cutler  
 Mary Walsh and Family  
 Hammel Family  
 WB Mason  
 Hannah Boulton and  
 Arthur Wills  
 Wiemeyer Dentistry  
 Herlihy Family  
 Bennett Gas & Service  
 J&R Graphics  
 Radius Wealth Management  
 L. Knife & Son, Inc.  
 Wendy Katz and Family



## Highlights for Fiscal 2020

*2020 is a year we will always remember!*

I want to thank the entire Senior Center staff for their hard work, creativity, and commitment to the older adults of Duxbury. I am honored to work with such a dedicated and caring group. When we closed our doors on March 12th, due to the Coronavirus, the team created policies and procedures to implement programs and services safely. 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.

In July of 2019, we hosted the ribbon cutting ceremony for the new 4,160 square foot addition to our facility. We want to thank the Town of Duxbury for their support and the Friends of the COA for purchasing all the new furnishings for the addition as well as the state of the art technology that is available in every room.

During the summer months, we hosted a variety of programs including The Annual Hydrangea Festival, Pages in History and summer school for our lifelong learners.

In September, 370 adults enrolled in one of the 15 courses offered through our Lifelong Learning program.

We also revamped our food service program to meet the needs of the older adults in the community.

In October, we collaborated with Collette Travel to expand our travel options to include overnight travel. We also made additional appointments with our SHINE Counselors to assist older adults in making good decisions regarding their health insurance during Open Enrollment.

In November, we hosted a Successful Downsizing Program, two Booked for Lunch Programs in partnership with the Duxbury Free Library, local restaurants, and Booked!, our local pop-up book store. We offered three Senior Safety programs on "How to Use Uber and Lyft," "How to Hire a Home Improvement Contractor," and offered "AARP's Older Wiser Driver Program."

In December, we hosted a variety of holiday events including a Holiday Read, Sing, Play in partnership with the Duxbury Free Library, craft time with a local Brownie Troop, and a Holiday White Elephant Sale. We also worked with the Duxbury High School students from the Bread Board, and Jazz Trio in curating an Art Show with Liz Haywood Sullivan and a New Year's Eve event in partnership with the Duxbury Rotary Club.

During January, the Board, Friends and staff hosted the ninth Annual Black Tie Bingo event, which raised \$16,300 for the Interfaith Council to help the community stay warm. We kicked off our LGBT Initiative with a Meet in Greet and thanks to a grant from the Grafton Foundation,

we began planning a Memoir Writing Program that would be implemented in spring.



In February, 231 adults came out in the cold to register for our Lifelong Learning Program. We began the semester with thirteen programs, eight were put on hold due to the pandemic and five continued via Zoom. We also provided space for AARP Tax volunteers to provide free tax return services, offered Heart Connections with the Boston Buddha and had the pleasure of working with former librarian Nancy Denman, Energy Medicine Practitioner to offer Reboot your Body's Energy.

On March 12th, we closed our building due to Coronavirus but adapted our programs and services to meet





the needs of the community. Our Home Delivered Meals program increased by 40%, our fitness, education, Lifelong Learning and recreational programming went virtual. Our staff made wellness calls to people, 70+ weekly. We are so thankful to the Duxbury Rotary, Duxbury Interfaith Council, and a local family for donated grocery and pharmacy gift cards. This enabled us to shop for people when they were uncomfortable leaving their home.

In April, we began taping Kay Talks on PAC TV. This show provided important health and wellness information for viewers. We implemented a virtual fitness schedule including four Balance for Life classes led by Sarah Roberts and a Yoga class led by Kim O'Brien. We offered Zoom socials as a way to see people and introduce participants to Zoom. We moved our Booked for Lunch, Senior Safety Series, and Duxbury Women's Series to a virtual format as well.

**Save the Date!**

**Join us for a  
LGBTQ PRIDE  
Celebration**

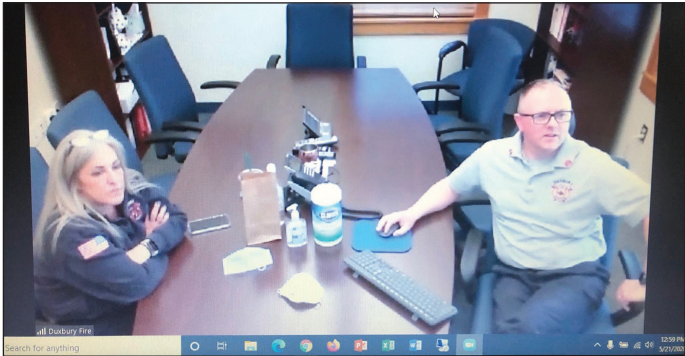
Sponsored by Old Colony Elder Services Council on Aging, Duxbury COA, Hanover COA, Plymouth COA, Middleboro COA and Kingston COA.

**July 16, 2020**  
12:00 - 2:00 p.m.

**Marshfield Council on Aging**  
230 Webster Street, Marshfield, MA

In May, we continued a series on South Shore's Natural History, a series funded by a grant from the Duxbury Cultural Council and we hosted our annual Volunteer Appreciation with a drive through event. It was so nice to see our volunteers and thank them for their service with a Grab & Go lunch.

In June, we hosted a LGBT Pride Event on Zoom, and worked in partnership with PACTV, the Plymouth Center for Active Living, Kingston COA and Pembroke COA to create a "PACTV Guide". This guide provides older adults the opportunity to partake in exercise, entertainment, educational speakers without the need for technology. We also



piloted our first virtual evidence based program, UCLA's Memory Training.

No one could have predicted what the last four months of the fiscal year would look like. Our goal is always to stay connected to the community—and through this pandemic; we have been successful in achieving that goal. We made wellness checks, birthday calls, provided updates on Facebook and Twitter, curated virtual programming, Home Delivered Meals to community members and organized several Grab & Go meal events.

We look forward to opening our doors again, seeing the people we care about in person and meeting the needs of the older adults in whatever way makes them feel comfortable.

## DSC & Collaborative Community Partners

### **AAA Traffic Safety Advocacy**

*Senior Safety Series*

### **AARP Northeast**

### **Alden House**

*Educational Programming*

### **Alzheimer's Association of MA/NH**

### **At Home Hearing Healthcare**

*Free Hearing Clinic at the Senior Center*

### **American Legion**

*Men's Programming, Veteran's Memoir Writing Course*

### **Attorneys for Legal Clinics**

*Attorney John McClusky, Attorney Peter Muncey, Delaney & Muncey, PC*

*Attorney Tierney of DeRosiers & Tierney*

### **Bane Care/Bay Path Rehab & Nursing Center**

*Cooking Demonstration Programs*

### **Beacon Properties**

### **Beth Israel Deaconess Hospital – Plymouth**

*Educational Programming*

### **Booked**

### **Bristol County Sheriff's Department**

*Senior Safety Series*

### **Caterers: Mix it up Kitchen, Foodsmith, French Memories**

### **Collette Travel**

*Partner who offers group Domestic and International travel for seniors*

### **Community Garden Club of Duxbury**

### **Consider the Lilies**

### **CVS Pharmacy**

*Flu Shots*

### **District Attorney Tim Cruz**

*Senior Safety Programs*

### **Duxbury Assessor's Dept., Treasurer's Dept. & Duxbury**

### **Human Resources Department**

*Tax Abatement Programs including Tax Work-Off Program*

### **Duxbury Art Complex**

*Programming for Social Day program for seniors with memory loss two times monthly, featured art programs and art shows.*

### **Duxbury Bay Maritime School**

### **Duxbury Business Association**

### **Duxbury Camera Club**

*Photography, cover photo for monthly newsletter, memoir writing program photos.*

### **Duxbury Cemetery**

### **Duxbury Department. of Public Works**

*Recyclable bags for seniors, set up for programs, landscaping and plowing*

### **Duxbury Free Library**

*Educational programs and materials, collaborating for "Booked for Lunch" program, deliver books to seniors through Home Delivered Meals Program, Read-Sing-Play Intergenerational Program with monthly attendance by Social Day Program*

### **Duxbury Fire Department**

*Senior Safety Series, "Well-being" checks to seniors*

### **Duxbury High School**

### **Duxbury High School Honor Society & Duxbury French and Spanish**

### **Honor Societies**

*Service hours and annual intergenerational cultural visit at the Duxbury Senior Center*

### **Duxbury High School Music Department, Art Department and the Breadboard Culinary Arts Program**

*Various intergenerational collaborations*

### **Duxbury Housing Authority**

*Collaboration meeting the needs of seniors living in public housing*

### **Duxbury Interfaith Council**

*Senior Holiday Food and Gift Baskets, financial assistance for food and fuel, marketing our programs, Holiday Giving Tree, Humanity in Action and Black Tie Bingo Fundraiser.*

### **Duxbury Police Department**

*Senior Safety Series, "Well-being" checks to seniors*

### **Duxbury Pizza**

### **Duxbury/Kingston Kiwanis**

*Sponsor Friends Fundraising Events*

### **Duxbury/Kingston Lions Club**

### **Duxbury Recreation Department**

### **Duxbury Rotary Club**

*Community Awareness, "New Year's Eve at Noon" program, support fundraising events, dining room placemats, grocery gift cards for seniors*

### **Duxbury Rural Historical Society**

### **Eagle One Coach**

*Day Trips*

### **Eastern Bank (Duxbury Branch)**

*Program Collaboration*

### **Elaine Buonvicino**

*Volunteer Independent Insurance Agent reviews Life & Long Term Care policies.*

### **Emma Lawson**

*Public Dental Hygienist*

### **Executive Office of Elder Affairs**

*Formula Grant*

### **Fitness Instructors**

*Colleen Cuomo, Kim O'Brien, Sarah Roberts, and Gretchen Weisslinger*

**Greater Attleboro. Taunton Regional Transit Authority**

*Senior Transportation*

**Healthy Living Center for Excellence**

*Matter of Balance, Chronic Disease Self-Management*

**Holy Family Church**

**Hope Floats, Healing & Wellness Center**

*Gary Sturgis, Bereavement Facilitator provided workshop on "Coping with Grief", referrals made to Hope Floats Bereavement Support Groups*

**Kay Cooney, GCNS Geriatric Clinical Nurse Specialty, APRN**

*Provides wellness programs & one-on-one consultations*

**LifeLong Learning Instructors**

*Fred Barry, Bill Bigelow, Stephanie Blackman, Gene Blanchard, Andrea Brandeis, Patrick Browne, Beth Cameron, Rev. Dr. Catherine Cullen, Representative Josh Cutler, Karl Czerny, Evelyn Dunbar, Dr. Jack Hill, Larry King, Kathleen LaNatra, Jon Lehman, Carl Meier, Carrie Meier, Senator Patrick O'Connor, Susan Rudman, Howard Scott, Dr. John Sullivan, Susan Thanas, Peter Trenouth, Ronnie Whelan, Junaid Yasisn*

**LGBT Aging Project**

*Provides education and support to Senior Center staff  
LGBTQ seniors*

**Massachusetts Council on Aging**

*Education & Advocacy, UCLA Memory Training, SIG Grants, Staff Education*

**Mass. Office of Consumer Affairs and Business Regulations**

**Miracle Ear**

*Hearing Screenings*

**Monique Vigneau**

*Computer classes & technical support*

**Nancy Denman, Certified Energy Medicine Practitioner**

**National Council on Aging**

**Newspaper: Duxbury Clipper, The Patriot Ledger**

*Daily, Weekly Press Releases & Senior Center Weekly Column*

**Old Colony Elderly Services (OCES)**

*Case management and home care, Evidence Based Programs, informational presentations,*

**Old Colony Planning Council**

**Osco Drug**

*Covid Vaccine clinics*

**Pedi-care, Florence McLain**

**Plymouth County Sheriff's Dept.**

*Senior Safety Series, Telephone Assurance Program and Interior Building Painting*

**Plymouth Fitness**

*Fitness Instructor for Social Day program for seniors with memory loss, substitutes*

**Regional SHINE**

*Volunteer Insurance Assistance Program*

**Retired Nurse Volunteers**

*Blood Pressure Clinics*

**Rockland Trust Bank (Duxbury Branch)**

*Educational Programs, Senior Safety Series*

**RSVP**

*Lifetime Volunteer Service Award*

**SHINE, Serving the Health Care Needs of Everyone**

*Medicare Counseling*

**Skin Esteem Med Spa**

*Covid Vaccine appointments*

**South Shore Community Action**

*Fuel Assistance Program*

**Supermarkets: Big Y, Roche Brothers/ Brothers Marketplace,**

**Stop & Shop, My Little Bakery**

*Donations of bread and pastries to the Senior Center, Brother's Marketplace-fruits & vegetables*

*Nutritionist, Kathy Jordan from BigY provides educational programming*

**Tony Kelso, Town Historian**

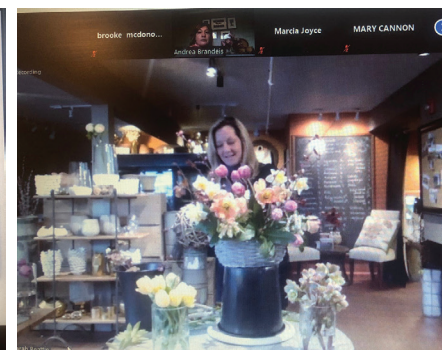
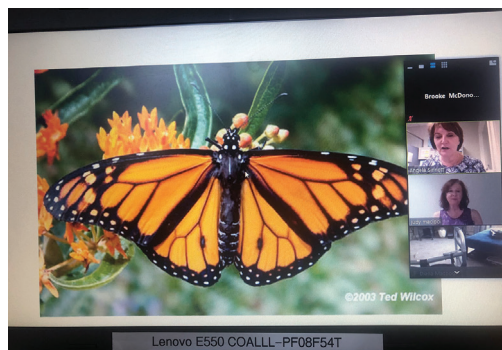
**UCLA Memory Training Program**

**Village of Duxbury Retirement Community**

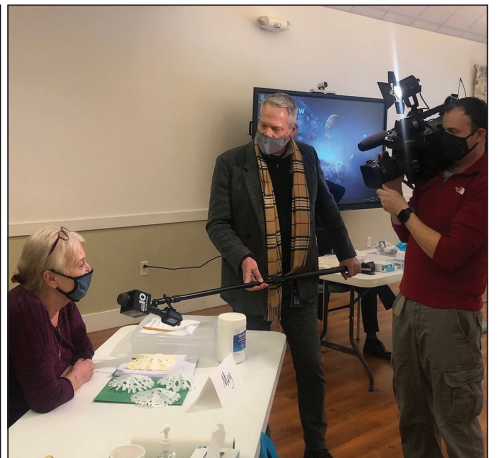
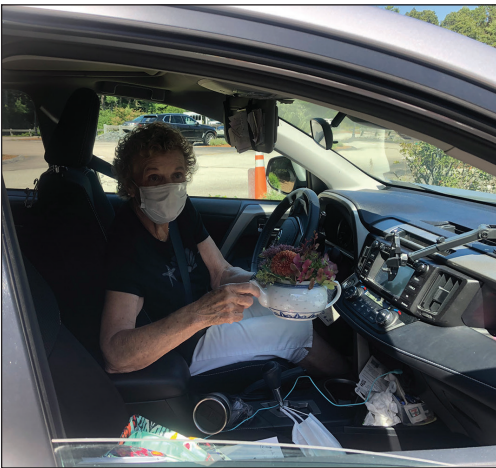
**WATD**

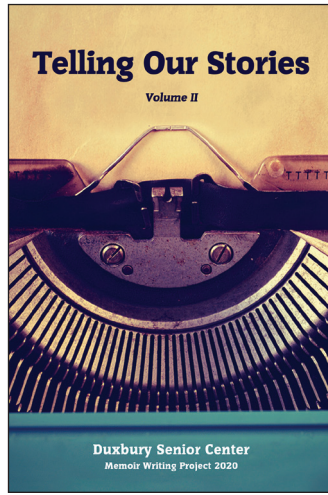
**Welsh Senior Living LLC**

**Wicked Local**









*Vision*  
*Together we make life better for older adults.*

# Duxbury Senior Center by the Number Fiscal 2020

**32,774**

**Participants signed in to participate in the 2,264 programs and activities offered at the Center and on Zoom.**

**1,183**

**Information and referral with seniors and care givers.**

**170**

**Days of respite was provided to caregivers while their loved ones attend the supportive Social Day program.**

**4,166**

**Meals were served in the Ellison Dining Room and provided to the Social Day program.**

**20**

**Lifelong Learning courses were offered at the Senior Center.**

**3,123**

**Rides were provided to seniors keeping them independent and engage in the community.**

**8,058**

**Meals were delivered to the homebound of the community.**

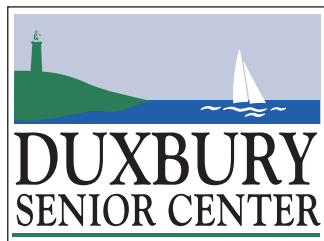
**32**

**Rides were provided to seniors/disabled persons so they could get to medical appointments in Boston**

**267**

**Volunteer's gift of 15,026 hours of service. Using the Independent sector.org dollar value of volunteer services is \$32.15 per hour this gift is valued at \$483,086.**





Accredited by   
National Institute of  
Senior Centers



*Where the Community Comes Together*

10 Mayflower Street, Duxbury MA 02332

