

# 2019 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  
10 Mayflower Street  
Duxbury, MA 02332  
781-934-5774



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

Dear DSC Community,

As we look at the growth and success of this past year, we can also celebrate the completion of our 35th year of service to our community! In the past 35 years we have grown to be a vital resource for so many, and we keep working hard to meet the needs and enhance the lives of people in Duxbury.

This was a tremendous year of growth in many ways. With support from the Town, we completed a 4,160 square foot addition. The COA Board was able to oversee that project and make it a reality.

The construction, which started at the end of 2018, was completed in June 2019, and we hosted a ribbon cutting ceremony in July. Among the attendees of this festive event were State Senator Patrick O'Connor, State Representative Josh Cutler, and State Representative Kathleen LaNatra. Our Town Manager René Read and Town Selectman Ted Flynn helped us do the honor of cutting the ribbon. We provided tours of the new space to the media and guests.

As we grew and expanded, it became important for us to implement a Long Range Plan, and the following five goals of the plan will be our guiding force going forward: We are a welcoming community for all; we strive to be the best in programming; we are good stewards of our resources; we will effectively communicate our message; and we will work to facilitate independence for older adults.

Our Center is active and bustling on a daily basis. As an indication of how many people rely on the Center, we had 39,787 sign ups to participate in the 3,410 programs and activities offered at the Center in 2019!

Our dedicated staff works hard to offer our participants the best possible experience as soon as they enter the doors of the Duxbury Senior Center. We are grateful for our partnerships with local organizations and businesses that we work with to make a difference in the lives of the people we serve. And, we couldn't do all that we do without the time and talent of our 280 volunteers to help make each day here brighter.

The numbers tell one story, but the welcoming feeling of the Center and the community it creates tell the real story. I would say we are like a family here--our staff, our volunteers, the people who come to use the services and attend programs are all connected. We all care about each other. This annual report tried to capture both. While we are proud of our numbers, we especially love the photos of people enjoying their times spent together at the Center.

Going forward we have a clear mission – to empower older adults to age well, engage in the community, and enrich their lives. We are grateful for the support of our community. It enables us to help people live a better quality of life.

Joanne Moore  
Director, Duxbury Senior Center

E X P L O R E , E N G A G E & E N R I C H

## Our Dedicated Staff and Board Members

### DSC Staff

#### Joanne Moore, Director

Carol Boudrieau, Program Coordinator  
Andrea Brandeis, Program Coordinator  
Lucile Brogna, Social Day Assistant  
Jim Brooks, Custodial Staff  
Donna Ciappina, Community Service Manager  
Christine Coakley, Volunteer Manager  
Sharon Cronin, Social Day Assistant  
Catherine Dame, Home Delivered Meals Coordinator  
Peter Dewey, Food Service Manager  
James Dexter, Bus Driver  
Stephen Dubuque, Bus Driver  
Suzanne Errasti, Front Desk Manager  
Nancy Flynn-Messier, Bus Driver  
Becky Ford, Volunteer Manager/  
Transportation Coordinator  
Caren Harrison, Social Day Program Manager  
Ruth Ann Hickey, Social Day Assistant  
Bob Johnson, Bus Driver

Mary Kelly, Home Delivered Meals Coordinator  
Brooke McDonough, Media Coordinator  
Michael Mattern, Bus Driver  
Barbara Muncey, Transportation  
Stephanie Pierce, Social Day Assistant  
Regan Roderigues, Program Coordinator  
Angela Sinnott, Program Manager  
Mike Thorp, Veteran's Services Officer  
Clemencia Webster, Food Service Associate

### Council on Aging Board

Cheryl Ross, Chair  
Kay Drake, Vice Chair  
John Rutkowski, Secretary  
Kevin Mullins, Asst. Secretary  
Cece Frame  
Becky Brown  
John McCluskey  
Patti Ryan  
Shirley Oktay  
Ninky Savage  
Pam Campbell Smith  
Betsy Stevens, Associate

### Alternates:

Cheryl Tufankjian  
Leslie McCarthy  
Regan Roderigues  
Dwight Shepherd  
Fred Von Barga

### Friends of the COA

Paul Brogna, President  
Sharon Cronin, Vice President  
Peggy Davis, Treasurer  
Mary Babin  
Anne Antonellis  
Christopher Barry  
Julie Cloherty  
Alden Rinquist  
Candice Weiler  
Mike Halloran  
William Kearney  
Melissa Hammel  
Mary Walsh  
Chris Naton



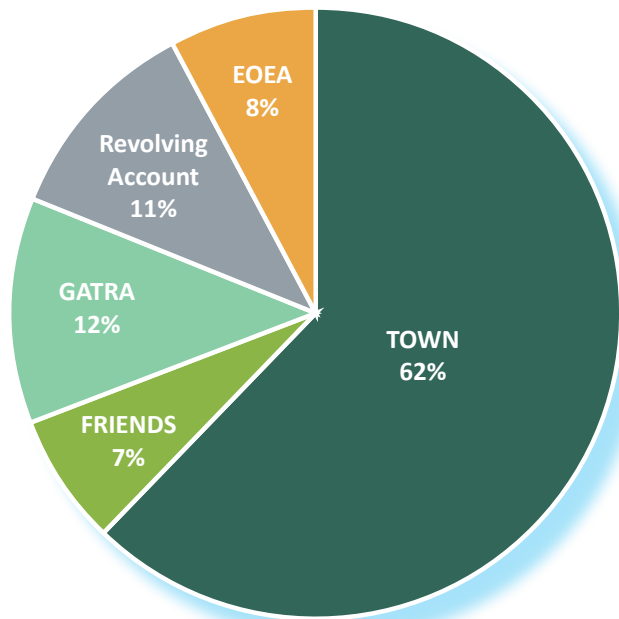
*"This is the house that  
love built"*  
Rev. Catherine Cullen

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



# Sources of Funding

Sources of Funding	Salary Breakdown	% of Salary Budget
Town of Duxbury	\$456,294	62%
Friends of the COA	\$51,362	7%
GATRA	\$91,477	12%
Social Day Revolving Account	\$87,336	11%
Executive Office of Elder Affairs	\$42,3360	8%
<b>Total Salary Budget</b>	<b>\$728,829</b>	<b>100%</b>



# Major COA Board Accomplishments



This was an important year for the COA board. Early in the year they gathered a committee of board members, Friends of the COA board members, staff, and people from the community who met for several weeks to develop a long range plan. Our

plan is now the guiding document and has been implemented into our strategic plan.

The COA Building Committee (Pamela Campbell Smith and Paul Brogna, Co-Chairs, Marcy Bravo, Peter Buttkus, Brian Cherry, John Heinstadt, Jonathan Mark, Joanne Moore, Dennis Nolan, Cheryl Ross) were busy from the first day of the new fiscal year, working with Steffian Bradley and Nadeau Construction to build a 4,160 square foot addition to our Center. We are so thankful to the Town of Duxbury for their support of this project; to the Friends of the COA for funding the furnishings and technology, and assisting in updating the current facility so that there was continuity throughout the building; and to Sheriff Joseph MacDonald and his staff for painting several rooms in the current building to match the color scheme in the addition. We were pleased to celebrate the completion of the project with a grand opening event that took place on Friday, July 12, 2019.



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





# Volunteers

We are grateful to our **280** volunteers who gave the gift of **34,822 hours** of service to the Center. Using the [Independentsecor.org](http://Independentsecor.org) site, the dollar value of **\$25.43** per hour, the gift of time is valued at **\$591, 044**.



*"Thank you so very much for your help and patience in getting my rides to medical and shopping. You and the staff have been very kind when speaking on the telephone and the drivers are so helpful getting my food to my door. I really do not know what I would do without this service..."*  
Carole, member

*"...the caring and welcoming community the Duxbury Senior Center has made a huge difference in my life. The center gives me a place to exercise, to meet people and to make friends..."*  
Katherine, member and fitness class regular

*"One of the things that happens to you as you get older is that you lose the people you know when you were younger, both relatives and friends. You can easily lose the sense of community, or sense of belonging to a group of people who have your interests and concerns. Your sense of place. The Duxbury Senior Center fulfills this needs for many. It is extremely well run and the staff could not be more professional and pleasant."*  
Jack, member and Life Long Learning instructor

*"When I come I think about keeping up my level of cognition. I am not only engaging by brain, but also having fun doing it. It keeps my brain active and my heart happy."*  
Brigid, Social Day participant

*The programs and services offered at the Senior Center encourage and support people of all ages to actively engage, remain independent and safe. It's truly a community center service that serves people of all ages" Myrna, member*





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

Curtis Foundation Grant	Shawn Dahlen	B L Walters	Carol and Tom Chapman
Ellison Foundation Grant	Charlyn Heidenreich	Janet and Roger Ritch	Lucille Shield
Grafton Foundation Grant	Jean Callahan	John Spence, Jr.	The Village of Duxbury
Mary McLean	Patricia Jessup	Margaret Scarry	Wayne Maynard
Marybeth and Walter Hempel	Shirley Oktay	Pauline Heffley	Helen and Wylie Barrow
Mountain Sun Condo Assoc	Toni Orosz	Nancy Levy	Louise Schwartz
Mary McLean	Suzanne Shafer	Barbara Munsey	Elizabeth Merry
Betsy Sullivan	Alice Vautrain	Sue and Dick Crystal	John Beechinor
Donald Upham	Tina Bruce	Helen Simmons	Robert Beechinor
Geraldine Cunningham	Anne D. Lozier	Pauline Tyson	BeBe Watson
Carol Krueger	Jo Hayward-Haines	Lydia and Douglas Hart	Kiwanis Club of Kingston-
Chris and John Coakley	John Emler	Ken and Marta Johnston	Duxbury
Mary Jo Davis	Tom and Carol Chapman	Cliff Madru	D. Michael Herlihy
Dorothy and Henry Bronson	William and Ellen Estabrooks	David Stillman	Alan and Becky Ford
Carol Langford, MD	Charles Weyerhaeuser	Ellen Foley	Eleanor Murray
Patti and Bob Ryan	Tom and Carol Chapman	Maurine Lee	Susan Wyoral
Elizabeth Hills	Colleen and Rocco Longo	Dapprich Family	Jean McDonald
June O'Neil	Melissa and John Tuffy	Nancy Bursaw	Susan Poinier
Suzanne Errasti	Madge and Stephen Cady	Joan Riser	Paul and Lucy Driscoll
Sandra Moose	Ms. Elizabeth Hills	Karen Clausen	Alfred and Stephanie Whiting
Catherine Leonard	Robert and Gil Macnab	Susan Steiner	Marianne Munsey
Mary Jane and Wayne Simpson	Martha Gjesteby	Fron Family	John Madden
Catherine and Roger Canon	Eleanor Gorman	Nancy and Bill Jones	Frances Burns
Joanne and Michael Moore	Kellie Antes, FIRNA	Elizabeth Murray	Claudette Powers
Carolyn and Stanley Thomas	Jessica Score, FIRNA	David and Judith Flynn	Carol and Jeff Schapira
Margaret and Dwight Keating	Marilyn Kozodoy	Jacquelyn McLellan	Joan and Bob Jones
Diane and Sean O'Neil	Ann Wyatt	Lynne and John Gannon, Jr.	Jan and Joe Roller
Ryan Nindorf and Yung-Yi Hsieh	Antonia Shohan	Jane Ryer	Mary Ann and Ben Murphy
Nindorf	Robert and Laverna Hatch	Richard and Victoria Brown	Marilyn Phillips
Angela and Tom Sinnott	Deborah Ferrari	Juanita McGranachan	Carol Langford
Barbara and Ralph Bean	Holly and Dennis Blackledge	Gail Loik	Joan Doscher
Eleanor Murray	Jack and Crystal Larsen	Wilbur Stratton	Carl Carlson
Mary Walsh	Kathleen and John Dowling	Joyce Bean	Jean Thomas
Kristine Lemke and family	Carolyn and Carl Meier	John and Michele O'Connell	Patti/Bob Ryan
Joanne and John Murphy	Joan Doscher	Jane and Bob Babcock	Maggie and Bill Kearney
Martha Johnston	Elaine Guilfoyle	Jack Knight	Sharon and Wayne Chenard
Lori Tradewell and	Patricia Adelman	Pauline Scepta	Friedrich Finger III
Robert Bowman	Robert Burnham	Pilgrim Church	Ralph Anderson
Roberta and Gil MacNab	Sheila Moneghan	Pamela Kearney	Sherrill Bounnell
Kathleen and John Dowling	Philip and Jane McNiff	Edwin Borsari	Edwin Borsari
Mary Ellen Evans	Steve and Priva Safier	Joe and Laurel Nardone	Mary McLean
Dorothy Kenny	Michael Spoonauer	Elizabeth Winters	Joanne Mattivello
Elaine Murphy	Elizabeth Ward	Cary Johnson	Sarah Mattivello
Frank Mangione	Ben and Mary Anne Murphy	Mr. and Mrs. Gerard Casey	Richard and Victoria Brown
Holly and Jimmy Morris	Becky Ford	Trustees of Partridge Academy	James and Nancy McDowell
Bill and Nancy Spence	Kevin Walker	in Duxbury	Hannah Boulton
Linda and Jerry Pisani	Jon and Janice Tattersall	Marjorie Manning	
Martha Collins	Carolyn Hogan	Elaine Guilfoyle	
Leah and Dick Cotton	Newfield House	Duxbury Investment Club	



## Annual Appeal

William Dennehy  
Julia Adams  
Ruth Aluffi  
John and Sidney Arnold  
Victoria Nash Babcock  
Dorothy Baker  
Thomas Barrett  
Kathryn M. Barry  
Karen Barry  
Christopher & Pamela Barry  
Dolores Basler  
Shelley & Ken Beeby  
Mr. & Mrs. William Benjes  
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    Benzaquin  
Kuina Blackford  
Rosella Blackington  
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Vivian Brock  
Patricia A. Bruce  
Albertina Bruce  
Mary Bulu  
Mr Robert Burnham  
Jean F. Callahan  
James and Nancy Calnan  
Kathy Capraro  
Laura and Allen Carleton  
Mr. & Mrs. Paul Casale  
Ann Chamberlin  
Jill Chandler  
Mike & Peggy Chase  
John & Sharon Chavez  
Paul & Nancy Christo  
Barbara and Fred Clifford  
Edward and Marilyn Coakley  
Judith Coakley  
John and Patricia Coffey  
Dolores Colucci  
David Concheri  
Patrick & Maureen Connolly  
Jeanette Connor  
Sue Coombs  
Jeffrey J. Corcoran  
Libby Cousins  
Mary Ann Coyne  
Sharon and Tom Cronin  
James Cusick  
Abigail Cutler  
Marina & John Davis  
Mary Jo Davis

Sam & Peggy Davis  
Thomas and Kristen Delano  
Martha Dennison  
Mario Dimascio  
Mr. & Mrs. William Dixon  
Dr. & Mrs. Glenn Dobecki  
Laura & John Doherty  
Virginia Doherty  
Stephen & Mary Donovan  
Joanna and Mark Dow  
John and Kathleen Dowling  
Mr. & Mrs. James Doyle  
Mr. & Mrs. Robert E. Doyle  
Hope Duarte  
Ann Dunleavy  
Bill Dunmore  
Cynthia Dunn  
Jane Dunn  
Anne Durgin  
Mary & Alfred Durso  
Margaret Earl  
Helen Ennis  
Mr. & Mrs. Arthur Evans  
Carrie W. Farmer  
Edna Ferrino  
Mr. Friedrich W. Finger  
Mr. & Mrs. Christopher M.  
    Flanagan  
Donna & Ted Flynn  
David & Judith Flynn  
Ken & Stephanie Foley  
Becky and Alan Ford  
Barbara Frain  
Susan M. Gaitley  
Lynn Gale  
Laurie and John Garbarino  
Becky and Jim Garrett  
Maureen Gaughan  
Maretta Gay  
Dr. Thomas J. Gill, III  
John & Kathleen Gillespie  
Mrs. Claire Grant  
Mr. & Mrs. Charles R. Gregg  
Jacqueline Beers Guibord  
Beverly A. Gurney  
Robert & Jane Hale  
Melissa Hammel  
Bill & Barbara Hanigan  
Eunice Hannon  
George Hansen, Jr.  
Bob & Laverna Hatch  
Mr. & Mrs. William J. Hearn, Jr.  
Nancy Heath

Mr. & Mrs. Robert G.  
    Heidenreich  
Mike & Penny Herlihy  
Nancy R. Herndon  
Elizabeth Hills  
Clark & Jane Hinkley  
Frank & Donne Holden  
Lois F. Hunt  
Mr. and Mrs. Louis M. Jannetty  
Shirley Jenkins  
Wendy Katz  
Bill & Maggie Kearney  
Wendy Webster Keleher  
Doris Kellar  
Ducky Kelso  
Paul & Annette Klein  
Joanne & Allen Lahey  
Robert & Joan Lavin  
Peter and Mary Ellen Lawrence  
Maurine H. Lee  
James A. Levesque  
Lois Lindenfeld  
Nathalie Logan  
Bernard and Carol Longo  
Rhoda Lord  
Carol Loring  
Dick & Pat Loring  
Wayne & Judith Lucier  
Dick & Hilary Lucier  
Derek Lugg  
Mrs. Dorothy A. Lynch  
David & Sarah Madigan  
John and Pamela Magnarelli  
Peter & Susan Maguire  
Suzanne Mahoney  
Robert A. Marconi  
Michael & Joyce Mattern  
George Mavin  
Ann McArdle  
Brooke McDonough  
Robert and Jacqueline  
    McGoodwin  
Thomas McHugh &  
    Julianne Carbone  
Mary M. McLean  
Sue McMahan  
Mr. & Mrs. Carl Meier  
Ann & Don Mickells  
Diane Monaghan  
Judith F. Montminy  
Michael and Joanne Moore  
Sarah Moran  
Anne M. Morgan

Sandy Murphy  
Christine Nelson  
Sue Newman  
Mr. & Mrs. Dennis Nolan  
Leonard & Nancy Nowak  
Mr. & Mrs. Robert J. O'Brien  
John & Michele O'Connell  
Karl & Margaret Ohmstede  
Ryan Oliver  
Eugene Orosz  
Walter & Marilyn Packard  
Gary R. Peterson  
Catherine C. Pierce  
Donna & Bob Pineau  
Donna Pizura  
Patricia Poole  
Mr. & Mrs. Francois L. Poulet  
Hugh and Caroline Powell  
Peter Quigley and  
    Meghan Heffernan  
Mrs. James F. Quine  
Henry Reynolds  
Robert & Melinda Rhoads  
Christine Richmond  
Nancy Riegel  
Alden E. Ringquist  
Jean M. Roberts  
Harold G. Robinson  
David Robinson  
Olga & Dick Rothschild  
Patti & Bob Ryan  
Jane Ryer  
Harriet Rynkiewicz  
Bertha Santelli  
Louis & Stella Sawyer  
Sarah D. Sawyer  
Margaret Scarry  
Barbara Schultz  
Harry & Terri Scott  
Maureen Shea  
Mr. & Mrs. Wilfred Sheehan  
Lucy and Dwight Shepard  
Angela & Thomas Sinnott  
Jackie Smith-Miller  
Ellie Sohmer  
John F. Spence, Jr.  
Fred and Betsy Stevens  
Anita Stiles  
Peter & Madelyn Sullivan  
Carl & Joan Sundstrom  
Maureen Taylor  
Selden Tearse  
Terry & Sheila Tedeschi

Timothy N. Tedeschi  
 Lee Tenney  
 Mr. & Mrs. Ernest Thibeault  
 Geraldine & Dennis Thomson  
 Paul A. Toselli  
 Andrea Tougas  
 John and Melissa Tuffy  
 Lanci Valentine  
 Mrs. Arthur Vautrain  
 Eddie Verkade  
 Linda & Doug Von Iderstein  
 Carola T. Von Kapff  
 Sandy & Nancy Von Stackelberg  
 Elsie E. Vuilleumier  
 Marie Walker  
 Myrna C. Walsh  
 Mr. Bertram L. Walters  
 Chuck & Holly Weilbrenner  
 Friend and Candy Weiler  
 Roger Welch  
 Charles A. Weyerhaeuser  
 Donald & Sally Wheeler  
 Marilyn Whelchel  
 Michael White  
 Janyce Williamson  
 Sara E. Wilson  
 Emily Winterson  
 Ellen Worobel

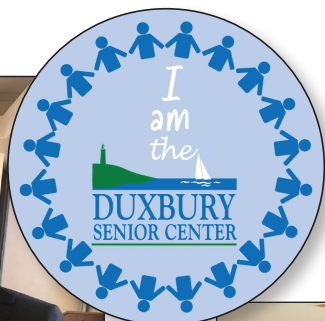
### Half Marathon Donors

James Garrett (Volta Oil)  
 Portside Realty  
 LaTorre Family  
 Signs on Site  
 Wiemeyer Dentistry  
 Wendy Katz  
 Phillips Tree Removal  
 Duxbury Beach Park  
 Duxbury Animal Hospital  
 Pam Campbell-Smith  
 Tom and Patty Guilfoile  
 Marathon Physical Therapy  
 Plymouth Fitness  
 Philip W. Delano, Jr.  
 Colleen Maimaron, CPA  
 Barrett Development  
 The Ockers Company  
 Bay Path  
 WB Mason  
 The Village of Duxbury  
 Duxbury Police Union  
 Duxbury Business Assoc.  
 Joseph Winter/Ameriprise Fin'l  
 Duxbury American Legion  
 Norwell VNA

### 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 & Muncey, 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  
 Radius Wealth Management  
 JB Robbie Builders, Inc.  
 Maureen and Patrick Connolly  
 WB Mason  
 Josh Cutler  
 Twin Rivers Technologies  
 Mike Walsh  
 Pat and John Rutkowski  
 Long Point Marine  
 Duxbury Police Union  
 Kay Drake and Peter Burnham



## Month-by-Month Narrative from the Director

Each month, our talented staff implements programs and services and partners with community organizations to make a difference in the lives of the people we serve.

During the summer of 2018, while the builders were busy installing the foundation for our addition, our staff offered Pages in History Summer School, the Annual Duxbury Hydrangea Festival, and partnered with the Duxbury Free Library to host the Intergenerational the Read, Sing and Play Program, and launched the Booked for Lunch author series partnering with the Duxbury Free Library



In September, 209 adults enrolled in one of the 14 courses offered through our Lifelong Learning program. We also partnered with The Resilient Aging Lab from

California to offer a six session program to help older adults successfully transition from work to retirement.

In October, we hosted the Duxbury Cranberry Festival and provided Medicare Counseling during Open Enrollment to ensure that our residents made informed choices.

In November we hosted a community conversation about LGBT and Aging with the showing of the movie GEN SILENT (this movie follows the lives of six LGBT seniors living in Boston) and began a community conversation led by guest facilitator Bob Linscot, from the LGBT Aging Project at Fenway Health. The Booked for Lunch with George Colt, author of The Game brought 130 to the Center, many in their Harvard and Yale gear.

In December, we partnered with the American Legion to host a men's focus group to ascertain what would help us increase male participation at the Senior Center and hosted a focus group at the Center about travel and outdoor activities. We also hosted an informative presentation on grieving during the holiday season with Cranberry Hospice. We partnered with the Duxbury High School to offer the "Credit for Life" Program, an intergenerational program to teach financial literacy to high school seniors.

During January, the Board, Friends and staff hosted the 8th Annual Black Tie Bingo event which raised \$12,223 for the Interfaith

Council to help the community members stay warm. We also formalized the Senior Safety Series, an educational awareness program that encompasses financial, physical and personal safety for older adults.



In February, 216 adults came out in the cold, to partake in the winter semester of the Lifelong Learning program. 15 courses were offered in the areas of music, art, literature, history, and current events. We also provided space for AARP Tax volunteers to complete free tax return services for seniors and offered a 4 week "Yoga Demystified Program" which helped new yogis feel comfortable joining group yoga practice.

In March, we offered the Magic of Tidying Up program for those ready to declutter and organize their homes and lives while the Friends of the COA were busy planning and holding the Duxbury Half Marathon Fundraiser with 360 runners completing the race.



In April, we launched our new website, expanded and reformatted our newsletter, and hosted the Duxbury Daffodil Festival partnering with the Duxbury Art Association and Community Garden Club for 100 guests.

In May, we implemented the Silver Sneakers fitness program which is a benefit of Medicare Advantage Plans to provide several free exercise classes to our participants and organized a sold out trip to Mohegan Sun.

And in June, we hosted our annual Volunteer Appreciation event to honor our dedicated and talented volunteers who 34,822 hours of service in 2018. And partnered with Old Colony Elder Services, the Hanover Council on aging and Middleborough Council on Aging to host a regional LBGTQ PRIDE Event.

We are thankful for the support of the Town of Duxbury, the COA Board, Friends of the COA, volunteers and our dedicated staff. We look forward to fiscal 2020, the possibilities and partnerships that enable us to provide program excellence at the Center and in the community.



## DSC & Collaborative Community Partners

### **AAA Traffic Safety Advocacy**

*Senior Safety Series*

### **AARP Northeast**

*Senior Safety Series, Driver Safety Course*

### **Alden House**

*Educational Programming*

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

*Informational presentations and telephone support to caregivers*

### **At Home Hearing Healthcare**

*Free Hearing Clinic at the Senior Center one time per month*

### **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**

*Legal Clinic*

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

*Cooking Demonstration Program*

### **Beacon Properties**

*Collaboration meeting the needs of seniors living in subsidized & Fair Market Rent housing at Island Creek Property*

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

*Educational Programming*

### **Booked**

*Book vendor for "Booked for Lunch" programming*

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

*Senior Safety Series*

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

*Provide lunches for special programming, i.e. "Booked for Lunch"*

### **Collete Travel**

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

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

*Hydrangea Festival, Daffodil Festival, Special Events*

### **Consider the Lilies**

*Flowers for programs*

### **CVS Pharmacy**

*Flu Shots*

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

*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**

*Programming for Social Day program for seniors with memory loss i.e. Boat Cruise*

### **Duxbury Business Association**

*Marketing our programs*

### **Duxbury Camera Club**

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

### **Duxbury Cemetery**

*Overflow Parking*

### **Duxbury Dept. of Public Works**

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

### **Duxbury Free Library**

*Educational programs and materials, assistance with marketing, space for educational programs, 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**

*Humanity in Action Program*

### **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 at the senior center*

### **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, Crisis Intervention Team and Behavioral Health Coalition*

### **Duxbury Pizza**

*Weekly donation of Pizza for lunch program*

### **Duxbury/Kingston Kiwanis**

*Sponsor Friends Fundraising Events*

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

*Sponsor Friends Fundraising Events, coat and eyeglass drive*

### **Duxbury Recreation Department**

*Provides space for weekly walking club at "The Tarklin" property*

### **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**

*Programs at the senior center*

**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*

**Greater Attleboro. Taunton Regional Transit Authority**

*Senior Transportation*

**Healthy Living Center for Excellence**

*Matter of Balance, Chronic Disease Self-Management*

**Holy Family Church**

*Overflow Parking for Large Events*

**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*

**LGBT Aging Project**

*Provides education and support to Senior Center staff regarding Lesbian, Gay, Bi-sexual, Transgender and Questioning seniors*

**Massachusetts Council on Agings**

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

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

*Informational Programs*

**Miracle Ear**

*Hearing Screenings*

**Monique Vigneau**

*Computer classes & technical support*

**Nancy Denman, Certified Energy Medicine Practioner**

*Provides Energy Practice programs*

**National Council on Aging**

*Aging Mastery Program*

**Newspaper: Duxbury Clipper**

*Weekly Press Releases & Senior Center Weekly Column*

**Old Colony Elderly Services (OCES)**

*Case management and home care, Evidence Based Programs, informational presentations, Collaboration with OCES on LGBTQ June PRIDE event*

**Old Colony Planning Council**

*Meals Program, Transportation Scholarships*

**Pedi-care, Florence McLain**

*Provides podiatry care at the senior center*

**Plymouth County Sheriff's Department**

*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*

**Sandy Sweetser, Laura Harvey, Gayle Loik**

*Resident Artists*

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

*Medicare Counseling*

**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**

*Programming on History of Duxbury*

**Patrick O'Connor, Josh Cutler, Kathleen Lanatra**

*"Talk to Representative" office hours, Lifelong Learning, "Hot Topics" course*

**Village of Duxbury Retirement Community**

*Volunteer of the Year Program, contributions to Friends fundraising campaigns, host space for Lifelong Learning Programs, Local Resource for Independent & Assisted Living*

**WATD**

*Public Announcements*

**Wicked Local**

*Marketing programs*



# Duxbury Senior Center by the Numbers 2019

**39,787**

Participants signed in to participate in the 3,410 programs and activities offered at the Center.

**1,257**

Information and referral with seniors and caregivers.

**260**

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

**3,267**

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

**29**

Lifelong Learning courses were offered at the Senior Center.

**7,804**

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

**7,104**

Meals were delivered to the homebound of the community..

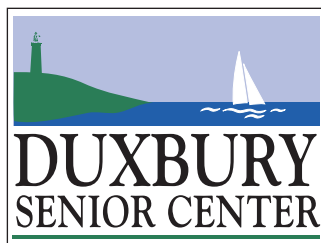
**18,324**

Items were served at the Mayflower Café.

**280**

Volunteers gave the gift of 34,822 much appreciated hours of service. The gift of time is valued at \$591,044.





Accredited by   
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Senior Centers

*Where the Community comes Together*  
10 Mayflower Street, Duxbury MA 02332