

Duxbury Senior Center

Annual Report Fiscal 2022



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

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



Joanne Moore,
DSC Director

Dear Friends,

Fiscal 2022 was full of energy and reinvention!

After focusing intensely on pandemic-related issues to ensure the well-being and safety of older adults, we were able to once again look ahead to grow and expand our offerings and reach.

There were big changes this year. We implemented a new database management system that has enabled us to streamline the reporting process and automate online registration and payment options. I want to thank Elissa Wyllie for overseeing the project and our entire staff for making the transition to this new system a success.

We also saw some of our long-time employees retire. Congratulations to Donna Ciappina (14 years) Carol Boudrieau, (9 years), and Peter Dewey (20 years)! We were fortunate to add new employees to the team, Alex Newcomb, Tony Kelso, Sharon Pisani, and Cathy Callahan. We are happy to have you on board!

We were also so pleased to make transportation free for Duxbury Seniors. As you can imagine, transportation in a rural environment is imperative to help people remain independent and engaged in the community. Many thanks to the Friends of the COA, for making this a reality.

Looking forward, we are leading the way for Duxbury to join the AARP nationwide Network of Age-Friendly Communities and working on a plan that will proactively plan to meet the present and future needs of Duxbury residents.

We are excited to get to work on this! If you're interested in joining a committee to work on the Age-Friendly initiative, contact me.

Be Well,
Joanne

Age Friendly Duxbury

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

The Duxbury Senior Center is leading the way in creating an Age Friendly Community. The next step will be to create an action plan based on a townwide survey and focus groups.



Rene Read
Town Manager, Town of Duxbury
878 Tremont Street
Duxbury, MA 02332

July 29, 2022

Dear Mr. Read,

Congratulations to the Town of Duxbury, Massachusetts, for becoming the 682nd community to enroll in the **AARP Network of Age-Friendly States and Communities**.

The AARP age-friendly network encourages states, counties, cities, towns and rural areas to prepare for the rapid aging of our nation's population. The network encourages elected officials and local leaders to focus on and strengthen the features and services that help to make communities livable for residents of all ages, from the cradle through retirement.

Launched in April 2012, the AARP Network of Age-Friendly States and Communities is an organizational affiliate of the World Health Organization Global Network for Age-Friendly Cities and Communities, a program launched in 2006. Through the age-friendly program, AARP helps participating communities to become more livable and age-friendly by creating safer and more walkable streets, needed housing and transportation options, better access to key services, and opportunities for residents to participate in community activities.

The AARP Network of Age-Friendly States and Communities provides a structured process that guides change and serves as a catalyst to educate, encourage, promote and recognize improvements that benefit residents of all ages and life stages. Enrollment in the network provides member communities with the resources to become more age-friendly by tapping into national and global research, planning models and best practices.

For additional information and support as you move through the age-friendly process, please visit [AARP.org/AgeFriendly](https://www.aarp.org/AgeFriendly) and/or contact Bill Armbruster, AARP Livable Communities Senior Advisor, by email at warmbruster@aarp.org or by telephone at 585-729-1850.

Thank you for being among the nation's local leaders who have committed to improving their community for people of all ages. We look forward to working with you and welcome the Town of Duxbury to the AARP Network of Age-Friendly States and Communities.

A handwritten signature in black ink, appearing to read "Nancy A. LeMond". The signature is fluid and cursive, with a large initial "N" and "L".

Nancy A. LeMond
AARP
Chief Advocacy and Engagement Officer
Executive Vice President, Community, State and National Affairs
Washington, D.C.

AARP Livable Communities WEBSITE: [AARP.org/Livable](https://www.aarp.org/Livable)

EMAIL: Livable@AARP.org | FREE E-NEWSLETTER: [AARP.org/LivableSubscribe](https://www.aarp.org/LivableSubscribe)

Our Dedicated Staff and Board Members

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Media Manager
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Jim Brooks, Custodian
Alexandra Newcomb, Community
Services Manager
Mike Thorp,
Veterans Service Officer
Cathy Callahan, Food Service
Manager
Cathy Dame, HDM Manager
Dina Teuten, Food Service
Coordinator
Tony Kelso, Program Coordinator
Barbara Peary, Program Admin
Coordinator
Sharon Pisani, Program
Coordinator
Regan Roderigues, Program
Coordinator
Michelle Russo, Program Admin
Coordinator
Caren Harrison, Social Day
Manager
Lynne McWilliams, Social Day
Coordinator
Deborah Bastoni, Social Day
Coordinator
Lauren Wallberg, Transportation
Coordinator
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Bob Johnson,
Terrance O'Grady, Jack Breen

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Alternate: Peter Holden

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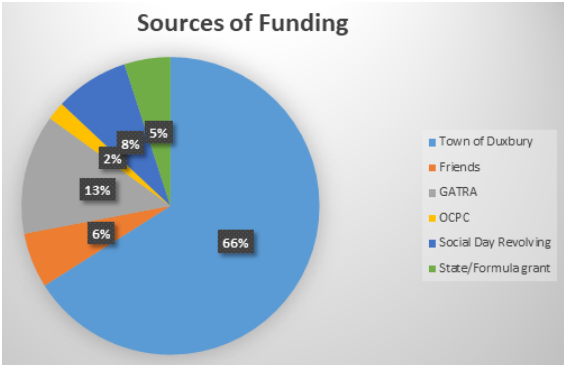
Sources of Funding

Source of Funding Salary	Total Budget Salary*	% of Budget
Town of Duxbury	\$454,838	66%
Friends of the COA	\$40,466	6%
GATRA	\$88,451	13%
OCPC Grant	\$16,877	2%
Social Day Revolving Acct.	\$56,003	8%
Formula Grant (State funds)	\$37,007	5%
Total COA Budget	\$693,642	100%

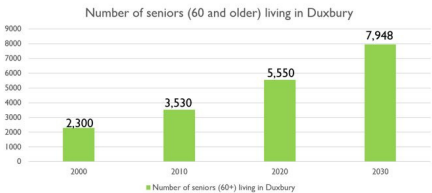
*Expense budget \$139,575



175 volunteers gave **14,395** hours of service to help us meet our mission. Our volunteers delivered meals, prepared taxes, provided programs and education, and much more!



#1: THE GROWING SENIOR POPULATION



In 2020, seniors 60+ will comprise 36% of the population. In 2030, seniors will comprise 53% of the population.

Year in Review

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

July, 2021

- We partnered with North Hill Country Club and Duxbury Maritime School for programs on their campuses
- Outdoor watercolor classes, bocce, corn hole, outdoor concerts, and Grab & Go lobster dinners



August , 2021

- Virtual speaker events, Community Read
- On-site educational programs
- Beginner conversation Spanish class
- Zentangle, a meditative doodling class to reduce stress



September, 2021

- Falls Awareness programming in honor of National Falls Awareness week
- 13 Lifelong Learning classes



October, 2021

- Donna Ciappina, Community Service Manager retired after 14 years of dedicated service.
- Day Trips again! Lake Winnepesaukee Turkey Train
- Reopened the café for in-house dining Monday-Thursday
- Partnered with the Plimoth Patuxet Museum, The Duxbury Rural and Historical Society, Alden House Museum, and Duxbury 2020 Committee to offer a 4-part series on Duxbury Pilgrim Leaders



Fiscal 2022 Highlights



November, 2021

- Anti-Gravity Muscles Class, Ballroom Dancing Class, and began a Bog Walking Group
- Duxbury Veteran's Breakfast with guest speaker, Joseph Staier, Capt, USCG (Ret.)
- Evidence-Based Matter of Balance Program
- Thanksgiving Genealogy 101
- Zoom School for people needing assistance getting on Zoom.



December, 2021

- Carol Boudrieau retired after 9 years of service as a Program Coordinator
- Alex Newcomb began as Community Service Manager
- Partnered with the Duxbury Free Library to celebrate Jane Austen's birthday
- Senior Safety Series Online Safety
- Pop-Up Bookshop
- Rang in the New Year with a Jazz Brunch



January, 2022

- Dial-A-Ride service offered through the Senior Center became FREE of charge thanks to the Friends. These rides enable older adults to get to doctor appointments, go grocery shopping, run errands, in Duxbury, Kingston, Pembroke, Marshfield, and Plymouth
- Two new Program Coordinators joined our staff, Tony Kelso and Sharon Pisani.



Fiscal 2022 continued

February, 2022

- Lighten up Grant made possible by the Harry and Mary Grafton Foundation
- Candy Grams to older adults in the community
- 13 Lifelong Learning classes



March, 2022

- A special performance of Love Letters, a Broadway hit
- Duxbury Talks Program, with Duxbury Town Officials
- LGBTQ Film Series Kickoff
- Duxbury for All to host "Fireside Chats" to explore the art of having challenging conversations
- COVID booster vaccine for homebound individuals



April , 2022

- Legacy Letter workshops
- Duxbury History Saving Zadock & Lucy's House
- Partnered with the Duxbury Free Library to discuss the RBG Book
- Community Service Manager scheduled on-site office Hours at the Duxbury Housing Authority and Island Creek Village

June , 2022

- Volunteer appreciation to thank our 200 volunteers
- LGBTQ PRIDE Event
- 10th Annual Black-Tie Bingo
- Peter Dewey retired after 20 years of dedicated service. During his tenure, he prepared 316,344 meals

May , 2022

- Outdoor Encore Concert Series began
- LGBTQ Brunch
- Partnered with the Plymouth County Sheriff's Department to create Senior Safety Identification Cards
- Prescription Advantage education program so older adults gained a better understanding of Medicare



"Thank you for all the hard work the staff does throughout the year, we all appreciate it."

Claudia



**Thank you
Senior Center
and SSCAC for
the Farmer's
Market
bounty. Any
help with
food is
greatly
appreciated
AND having it
be fresh is
icing on the
cake!!**

B.S.

Thank you for overseeing the Center so well & deeply caring for the needs of others. J.F.

**Dear Senior Center gang,
Thank you for all you do to
make the Duxbury Senior
Center such a welcoming
place for us old folks. S.B.**



The breadth, quantity, and quality of the programs/offerings is absolutely amazing. The logistics of managing all of these offerings and the number of clients participating is incredible. N.M.



Thank you to the Friends of the COA and Donors

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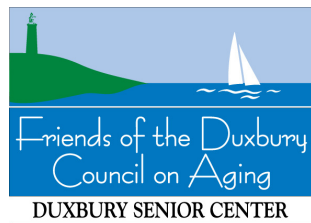
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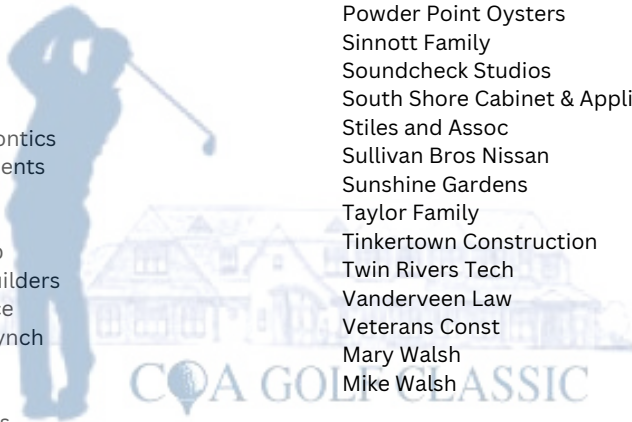
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Sunshine Gardens
Taylor Family
Tinkertown Construction
Twin Rivers Tech
Vanderveen Law
Veterans Const
Mary Walsh
Mike Walsh



11,700

Participants register to attend a program in person or online.

14,195

Meals were prepared in our kitchen.

8,794

Meals were delivered to the homebound of the community.

372

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

2,120

Meals were served on site

474

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

3,109

Rides were provided to seniors.

200

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



Where the Community Comes Together

10 Mayflower Street, Duxbury MA 02332