

DUXBURY CENTER

SENIOR

Celebrating 40 Years

established 1984



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



As we began FY 2024, the Age and Dementia Friendly Task Force was busy working with OCPC listening and learning to better understand the needs and concerns identified in AARP's eight domains of livability. From our listening sessions, focus groups and interviews with Town officials, the **Livable Duxbury Action Plan** was created and adopted by the Select Board on August 5, 2024.

The Senior Center staff has offered programs and services to meet the growing senior population.

- In this past year, 35,275 visits at the Center to participate in in 5,051 programs that were offered.
- 383 Outreach contacts with seniors and caregivers were made through telephone calls, home, and office visits
- 24 Lifelong Learning courses were presented in the areas of history, art, music, literature, current events, religion and science.
- 21,508 meals were prepared in our kitchen. 11,369 meals were delivered to the homebound in Duxbury, 10,019 were served on site and 120 were picked up as part of our Grab and Go dining option.
- 6,658 rides were provided to Duxbury seniors.
- 225 days of respite was provided to caregivers while their loved ones attended the supportive day program for adults with Alzheimer's disease or related form of dementia.
- We were fortunate to have 204 volunteers give 13,535 hours in our endeavors to stay connected with older adults in the community and at the Center. The Points of Light Foundation values a volunteer gift of time at \$40.97/per hour. The gift of time our volunteers gave in FY 24 is valued at \$554,528.95

We are so thankful to the Select Board, Town Manager and community members for their support of the programs and services offered at the Center to keep older adults engaged and healthy.

Be well,
Joanne



Nutrition

**Home Delivered Meals, On-Site
Meals, Grab and Go Meals
Programming**

**Educational, Recreational,
Health & Wellness, Lifelong
Learning & Fitness**

**Transportation
Daily and Medical**

Social Day Program

**Information and Referral
Volunteer Program**



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, Cafe Coordinator
Anne Irving, Cafe Assistant

Programs Team

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

Social Day Program

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

Transportation/Medical Bus Drivers

Lauren Wallberg, Transportation
Coordinator
Steve Dubuque, Jim Dexter, Bob Johnson,
Terrance O'Grady, Jack Breen, Don Carney,
Suzanne Adduci, Bob Dame, Al Dibona

COA Board

Pam Campbell Smith, Chair
Kevin Mullins, Chair Emeritus
Dwight Shepard Vice Chair
Mi Kim, Secretary
Kathy Capraro, Board Member
Ken Beeby, Board Member
Sheila Tenaglia, Board Member
Cheryl Tufankjian, Board Member
Fred Von Bargaen, Board Member
Kathy Dowling, Board Member
Patti Ryan, Board Member
Peter Holden, Board Member
Candy Bush, Board Member

Alternates:

Susan Hoover
John Burke
Penny Herlihy

Friends of the COA

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

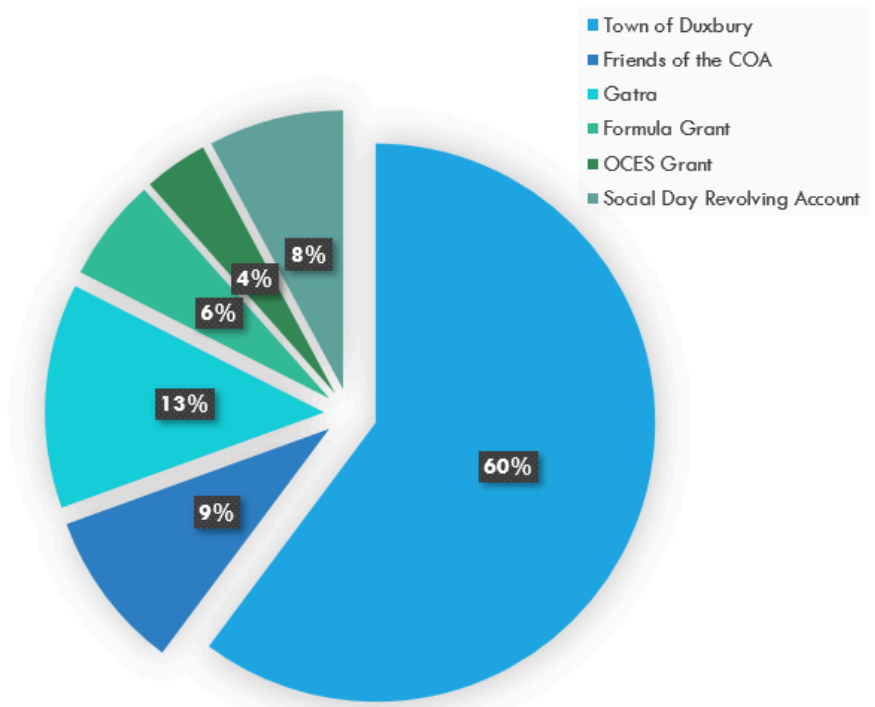


Sources of Funding



204 volunteers gave **13,535 hours** of service to help us meet our mission. Our volunteers delivered meals, prepared taxes, provided programs and education, and much more!

Total Salary Budget



The Points of Light foundation values a volunteer gift of time at \$40.97/per hour. The gift of time our volunteers gave in FY 24 is valued at \$554,528.95

We employ:

10 full-time employees

17 part-time employees

Total Salary Budget \$1,127,294

Town of Duxbury \$673,675 60%

Gatra \$145,684 13%

Friends of COA \$103,613 9%

Social Day Revolving \$95,852 8%

Formula Grant \$67,066 6%

OCES Grant \$41,404 4%

39% of the COA's Salary Budget comes from outside sources.



- The Council on Aging was established by a vote at the Duxbury Annual Town Meeting in 1984.
- In 1993, the Duxbury Council on Aging accepted the offer of space in the Lower Alden School,
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Celebrating 40 Years!

- In 1997 Town Meeting approved the design and construction of a new state-of-the-art Senior Center
- In November of 2001, the new Center was opened.
- In 2019, after the success of the COA's for 35 years supporting the senior community in Duxbury, and due to tremendous growth, the Town voted to add a 4,160 square foot addition to the building.
- The Duxbury Senior Center is one in only 41 centers, out of 15,000 national centers that have been accredited three times, and only 143 centers have been accredited at this time.



Friend and Candy Weiler at the Friends of the COA Golf Tournament.



1984- 2024 and going strong!



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Year in Review - Highlights

We are so thankful to the Select Board, Town Manager and community members for their support of the programs and services offered at the Center to keep older adults engaged and healthy.

We kicked off the new fiscal year in **July** with all things summer including a trip to the New Bedford Whaling museum, hosting a concert as part of the Duxbury Music Festival, music on the lawn and we finished the month with well-known author from Cape Cod.



In **August**, we welcomed a Master's Level Social Work intern from Bridgewater State University, scheduling a weekly coffee hours, 1 on 1 counseling sessions, home visits, and educational programming on a variety of health and wellness topics including loneliness, loss, resiliency.



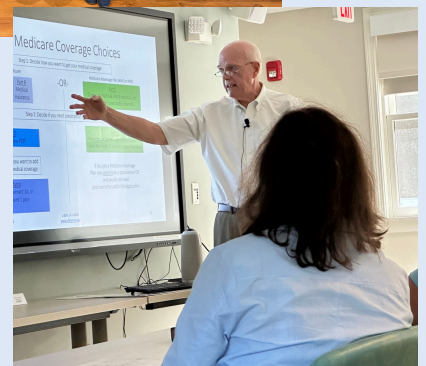
In **September**, our adult learners went back to school as they registered the lifelong learning classes And our Friends organized a very successful Golf Outing event. Their efforts help to fund several key positions within the organization.



In **October**, we hosted a very successful trip to Italy,. We also offered programs to support the fall season including book talks, field trips, educational programs, a Duxbury Walk around Round Pond, a Tour of the Alden House, a murder mystery dinner and a trunk or treat event for the community to enjoy.



In **November**, as part of National Caregiver month, we hosted a showing of the documentary, "Keys, Bags, Names, Words and discussion to shift the narrative about Alzheimer's from to one of hope and action for people living with Alzheimer's disease and their family caregivers.



Fiscal 2024 Highlights



In **December**, we filled the month with holiday fun and festivities including a month-long holiday movie festival, live entertainment, food and much needed “Zen” to get you through the season with a Winter solstice Holiday Qi Gong



We started 2024, by kicking off Beyond Gold Grant Project made possible by a grant from Harry and Mary Grafton Foundation. This grant provided opportunities for older adults to learn and compete in physical activities including: bowling, bocce, pickleball, golf and the Senior Olympics in Quincy and offered a variety of intellectual activities including a spelling bee, No Limit Texas Hold’Em lessons and a poker tournament, cribbage lessons and a cribbage tournament, Singo and a puzzle night.



In **February**, we partnered with Duxbury High School for an intergenerational book club fostering cultural conversations while learning French: hosted a 3 session Alfred Hitchcock movie discussion with a local college professor and partnered with the Marshfield Council on Aging to host LGBTQ Corn Hole tournaments and registered older adults for our Winter semester of the very popular Lifelong Learning program.



Fiscal 2024 continued

In **March**, we embraced better health with a variety of educational programs, celebrated Women's history month and gained a better understanding of the challenges faced by our ancestors with a program on the History of Irish in Boston and a visit to the Auschwitz Exhibit in Boston. And we hosted our 12th Annual Duxbury Half Marathon where we welcomed 300+ runners.



In **April**, we expanded our mind through various lectures, art museum visits and moved our body with the Joy of Dance. We also provided opportunities for older adults to talk about end of life issues so they were confident to have difficult conversations with family members based on their own wishes.



In **May**, we honored our amazing volunteers during a volunteer celebration with live music, appetizers and fun! When we say we couldn't do it without our volunteers—we really mean it! Volunteers can be seen making a difference in every area of service in our building. Thank you for sharing our time and talent with us and the community.



And in **June**, we implemented a "Health Hub" that provides health education to our patrons in an easy and unobtrusive way, highlighting health issues older adults might encounter. Each month a new topic will be introduced to improve overall health and wellbeing for our participants.

40 years of serving older adults in the community.

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

Thanks a million for setting up the AARP tax preparation program in your facility...they worked long and hard for me, their only benefit was the gratifying sense of altruism. JB

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

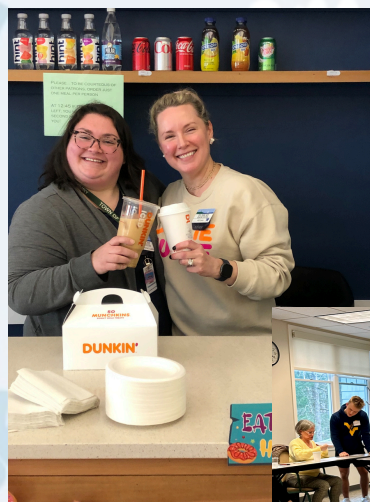
Free Transportation has been a lifesaver everyone involved is so nice and helpful. MC

Just a note to let you know how much I have enjoyed participating in the Duxbury Senior Center for Sam Richardson's teachings on 'No Limit Texas Hold'em Poker'. I had a blast today and enjoyed the experience of playing cards with other students and working through the flow of how to play. The teachings in the past weeks have been illuminating.

Bob and I just finished that delicious Grab-and-Go meal and remembered all the ways the Senior Center brightened our days this past week. The golf league on Tuesday was fun for Bob and Wednesday's author event with Hank Phillippi Ryan was wonderful. Thursday we shared wedding memories with many and met a delightful couple at our table. Thank you all for the energy and love you put into everything you do. BK



Thanks so much for delivering the Valentine's bags beautifully decorated! So yummy the goodies inside! Ever so grateful! Thanks for all you do!



Major Board Accomplishments

The Town Appointed Age & Dementia Friendly Task Force completed the first Action Plan: *Livable Duxbury*. We are pleased to report, that the COA Board will lead the charge along with community experts in moving these action items from this report forward.

OFFICE OF THE SELECTBOARD AND TOWN MANAGER



August 5, 2024

Dear Duxbury Residents,

The Selectboard is pleased to submit Duxbury's Age & Dementia-Friendly Action Plan, *Livable Duxbury*, an initiative that underscores our commitment to making Duxbury a special and livable place for residents of all ages and abilities.

Duxbury is a remarkable community where people are welcomed and valued. This Action Plan represents a significant step toward ensuring that our Town remains inclusive, supportive, and vibrant for everyone.

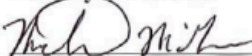
We envision a Duxbury where residents of all ages and abilities continue to enjoy a high quality of life and feel a strong sense of belonging. This plan, along with other initiatives, will guide us toward achieving that vision.

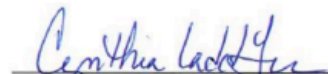
The plan focuses on action steps to improve *Housing, Transportation, Communication & Information, and Health & Community Services*. The implementation of this plan will be overseen by the Town-appointed Age and Dementia Task Force, which will continue to work on these domains of livability as well as explore four other domains: *Outdoor Spaces & Buildings, Civic Participation & Employment, Respect & Social Inclusion, and Community Supports & Social Participation*.

Thank you for your continued support and dedication to making Duxbury a better place for all.

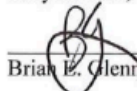
Sincerely,

Duxbury Selectboard


Michael McGee, Chair


Cynthia Ladd Fiorini

Amy McNab, Vice Chair


Brian E. Glennon, II, Clerk


Fernando Castro



Credit: Tommy Cobert Photography

LIVABLE DUXBURY:
Age- and Dementia-friendly Action Plan
2024-2027



A collaborative community effort

- 1,300 residents survey responses
- Focus groups residents and key informants
- Interviews with subject experts and Town officials
- Open forums for feedback

DSC by the Numbers Fiscal 2024

35,275

Visits to the Center to participate in 5,051 programs

21,508

Meals were prepared in our kitchen.

383

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

11,369

Meals were delivered to the homebound of the community.

10,019

Meals were served on site

120

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

6,658

Rides were provided to seniors.

24

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



Where the Community Comes Together

10 Mayflower Street, Duxbury MA 02332