

## **Council on Aging Annual Report FY 2006**

The Duxbury Senior Center continued to grow and flourish during fiscal 2006 by providing a wide variety of programs and services to our seniors. With the support of the community, we provided Educational and Recreational opportunities, Outreach Services, Home Delivered Meals, Congregate meals, Respite Services, Transportation and Volunteer opportunities.

Our Educational and Recreational program have expanded. We currently offer eight different exercise classes; several creative programs including our new wood carving program; movies; computer classes; health screenings; educational programs; senior safety programs including DECIDE, a popular offering presented by Lt. Susan James and Sgt. Kristin Golden of the Duxbury Police Department. As of the end of the year, we offered 45 different programs each month with 184 opportunities to participate monthly.

Outreach Services were available 35 hours weekly to provide information, referral and serve as advocates for our steadily expanding senior population. The Outreach staff makes referrals to in-house programs and support groups, as well as those found on the South Shore. They also visit homebound and isolated seniors on a regular basis. These visits foster positive relationships and assist in placing services that help seniors maintain a high quality of life and independence.

The Food Service program also grew in fiscal 2006. Over 6,000 meals were delivered to Duxbury Seniors during the year and over 4,100 meals were served at the Senior Center as part of our congregate meal program.

In September 2005 we instituted the *Intermissions* program which is a social day program for individuals with early stage Alzheimer's disease and their caregivers. The program provides caregivers with six hours of respite while clients participate in meaningful activities. *Intermissions* has been so successful that we will offer it two days a week in FY 2007. Special thanks to the Carol Jankowski of the Library Department for her participation.

SADIE, our senior bus provided 12,262 rides for seniors for shopping, medical appointments, and to participate in activities at the senior center and in the community.

We are so thankful to our 230 dedicated volunteers who gave more than 25,500 hours of services to help us achieve our mission. This gift of time is so appreciated by the staff at the Senior Center and the seniors of the community.

In addition to our day programming we have offered several well-received community awareness events with the support of the Friends of the Council on Aging. These events included a jazz concert, the annual golf tournament, a high tea Christmas concert, and a dinner theatre event.

During the year our director, Joanne Moore, completed the requirements to be director certified by the Massachusetts Councils on Aging. Certification awards will be presented during the MCOA conference in October 2006.

A special note of appreciation also has to be extended to the Friends of the Duxbury COA, which continued their generous support to our programs and services. Their contributions allow a significant enhancement in what we can offer to our seniors. Additional thanks are extended to the Health Agent, the Fire Department, other Duxbury Town Departments mentioned above, as well as to Lt. Chip Chubb for his contributions to our computer training courses.

FY 2006 was a very successful and productive year for the Duxbury Council on Aging thanks to the dedicated support of a large number of Duxbury residents of all ages, and we look forward to another successful year in FY2007. If you haven't yet taken advantage of your senior center, drop by, pick up a copy of our resource guide and newsletter, and join us in volunteering and participating in our numerous activities.

Respectfully submitted:

Dick Whitney, Chair  
Ninky Savage, Chair Elect  
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Jim Taylor  
Patti Ryan

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Betsy Stevens  
Beverly Walters  
Don Mickells  
Barbara Kiley  
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