HOW TO FIND US

IN PERSON

Business Hours: Monday-Friday, 8:00 am – 4:00 pm
Address: 44 Nook Road, Plymouth, MA 02360
Phone: (508) 830-4230
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DIGITALLY

Email: mbratti@plymouth-ma.gov
On-line: http://www.plymouth-ma.gov/center-active-living
Facebook: http://www.facebook.com/COAPlymouth
Nook News video playlist: http://www.youtube.com/watch?v=wfSGVy3F321

IN PRINT

View and download our latest newsletter by visiting
https://ourseniorcenter.com/find/plymouth-council-on-aging

Artwork for newsletter covers are created in house by our talented senior art students.

Photo by Bob Hennessey
**FY 2020**

**DIRECTOR'S MESSAGE**

Fiscal year 2020 will be known as an historic one at CAL, in our community, state, nation and world. We began our fiscal year in July 2019 with a robust, thriving center bustling with patrons enjoying a myriad of activities and programs designed to engage mind, body, spirit and intellect. As we fast-forwarded to March of 2020, we found ourselves immersed in a world-wide pandemic called COVID-19, and we continue in this state today. This pandemic swept across our country in record numbers and collectively left us, for the most part, in a state of confusion, fear and sadness with an unknown prognosis for our future. The Coronavirus hit the elder population particularly hard, resulting in the highest percentage of illness and deaths for this demographic world-wide. CAL and all municipal buildings closed its doors abruptly on March 18, 2020. Despite the uncertainties we remain hopeful that leadership, science and community cohesiveness will create effective solutions to combat this virus.

During the most unpredictable time in modern history, the CAL mission and dedication did not change, it only intensified. Our amazing, compassionate, and highly skilled staff ensured that each and every senior's need was met in supportive, tangible and creative ways. Our seniors trusted us to meet their needs, and our community came together to fulfill those needs. The outpouring of support for our seniors was monumental - from community individuals to local businesses, to municipal management and local government, to dignitaries and constituents-no need was left unfulfilled! Due to our facility being closed to the public and government - imposed shelter in place/social distancing mandates, CAL had the challenging task of reconstructing and redefining programming that provided opportunities for social connectedness. Virtual programming was born at CAL and Zoom became our new norm.

I am so impressed by our senior's strength, wit, humor, tenacity and resiliency during this pandemic. Social isolation prevention is our continued mission, as the impact of this condition has devastating effects and is particularly damaging to seniors. Research shows that the physical and mental outcomes of social isolation is equivalent to the lasting adverse effects associated with serious health conditions. CAL will continue its mission of ensuring senior safety, providing necessary resources and vital information to the senior community and creating innovative virtual programming during the pandemic. Whatever comes our way, we will walk side by side with the seniors in our community towards hope for a safer tomorrow.

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**OUR MISSION**

To provide our community with safe and trusted environments, both physical and virtual, where information and access to programs and services foster a healthy and vital lifestyle throughout the aging process.
The first annual Grandparent’s Day celebration was held at the center, and we watched proud grandparents have a day of interaction and activities with their grandchildren. We laughed to Loretta LaRoche comedy and danced to Laura James magical performances in a united spirit of social cohesiveness. Newly appointed EOEA Secretary Elizabeth Chen requested a visit to CAL, and local government officials held monthly open forums at our facility. Area businesses decorated CAL rooms in holiday spirit and festivity. In January 2020, CAL earned a seat at the table as part of Plymouth County Outreach’s HUB team to help find resolution for at-risk community members. CAL continued building and strengthening our community resource framework with senior advocacy and CAL’s mission as our driving force.
FY 2020

OUR STORIES

Meals On Wheels (MOW) Driver
I retired in 2017 as the Special Events Director for the Boston Marathon. As I came close to 65, I went to the Shine group at the CAL for information on Medicare. I am an energetic person and I love to drive. So when I saw the brochure at the CAL for drivers for Medical Transportation and MOW, I signed up. Then Covid hit. The Medical Transportation shut down, but I still delivered MOW. I have fifteen homes in Manomet. Every Tuesday I have gotten to know these people. There are three or four people who wait for me. We enjoy interactive stimulating conversations. I get as much out of it as they do. I feel incredibly grateful to be able to do this for them and me. Rich Havens

Advisory Board Member
As the Executive Director of the Plymouth Area Chamber, I am amazed by what the team at the CAL do each day! When Michelle was hired as Director of Elder Affairs, she had made it one of her goals to strengthen the relationships with local partner organizations and the local business in town to provide innovative community programs and services to the seniors in our community. This past year, the partnership between the Chamber and CAL has led to several successful programs to ensure seniors remain active, connected and a part of our community! Those programs included pumpkin decorating during Halloween on Main Street, a scallop shell paint-a-long, and lastly the Chamber and local businesses decorated rooms at the CAL to spread cheer and joy during the holiday season. The CAL is an incredibly infectious environment of positivity, fun and joy. It's hard to not be a part of it! Amy Naples

CAL Member
I started at the CAL when it was at Cordage Park. I met a representative who was doing taxes which is what I love to do. I took the course and have been doing taxes at the CAL since 2012. I became aware of all the programs CAL had to offer and joined many. When my husband, Ken, developed dementia, I joined the Alzheimer support group with Maureen Bradley who helped me out immensely. When the CAL held their St Patrick’s day music event, I took Ken, who loved the music. After Ken’s passing, I joined the CAL’s Grief support group where I became friends with four women who I keep in contact with today. The CAL has meant so much to me for all the support they have offered through their various programs and supporting staff. I love the CAL and do not know what I would have done without it. Mary Mullaney

315 volunteers
$642,127 equivalent $ volunteer hours
19,482 volunteer hours

847 medical rides
FY 2020
OUR RESPONSE TO COVID ... APRIL-JUNE

1,337
volunteer hours

Virtual Programming -
Zoom, Senior Learning Network (SLN), PAC-TV
PAC-TV Covid Updates

26
programs

153
Nourish Your Neighbor

37
Director Calls

1,600
Masks

1,002
outreach contacts

1,780
wellness check calls

1,878
birthday calls

136
Grab & Go Lunch
FY 2020
OUR COVID THANK YOU'S

Eastern Bank donated $10,000 to support the CAL's efforts to help elders in our community as they cope and adjust to new circumstances with food insecurity, financial challenges, and isolation brought on by the virus.

- Plymouth Select Board
- Plymouth Town Manager Melissa Arrighi
- Plymouth Community Resources Director Barry DeBlasio
- America's Hometown Pets
- Ann Leffert
- Anonymous Donors
- Barbara Kashar
- Plymouth Upholstery Bethany Wheaton
- Bob McMakin and Sunrise Rotary Club
- CAL Advisory Board
- CAL Constant Contact poets and writers
- CAL Facility Volunteers
- CAL Friends Board
- CAL Re-Opening Task Force
- CAL Volunteer Mask Deliverers
- CAL Volunteer Shoppers
- Carol Anderson
- CHNA
- Cindy Forte
- Cynthia Sykes
- Duxbury, Pembroke and Kingston COAs
- Elise Pennypacker
- Gellar Septic Services
- Gladys Hurley Doherty
- GM of Walmart John Mather
- Hannah Hadfield
- Integrity First Real Estate
- Janet Holmes
- Jennifer Caron from Rockstar Fitness
- Jerry Levine
- Jill Brooks
- Joanne La Belle
- Judy Campbell and Laura Goodwin
- Director of Public Health Karen Keane
- Kathleen Feeney
- Laura Boyer
- Linda Mingace
- Lynne Hennessy
- Marcia Richards
- Margaret Carver
- Mark Hanson
- Meals on Wheels Volunteer Drivers
- Mildred Galley
- Nathan Hale Foundation
- Norma & William Ricci
- The Office of D.A. Timothy Cruz
- Old Colony Elder Services
- OCM
- PACTV
- Pat and Michael Sullivan
- The Pinehills Volunteer Face Mask Team
- Plane Jane's Restaurant
- Plymouth Area Chamber of Commerce
- The Plymouth County Sheriff's Department
- Plymouth Fire Department
- Plymouth Housing Authority
- Plymouth Networking Group
- Plymouth Police Department
- Plymouth Public School System
- Plymouth Retired Employees Association
- Plymouth Women's Tennis League
- Quintal's
- Rich Havens
- Rockland Trust Charitable Foundation
- Sally Gwyn
- Sheriff Joseph D. McDonald Jr.
- SHINE Counselors
- South Shore Community Action Council
- Stan Carita
- State Representative Mathew Muratore
- Attorney Steven Triffletti
- Therese Mucci and Patricia Achorn
- The Town of Plymouth Municipal Departments

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FY 2020

OUR BUDGET

EXPENSES
- Personnel & Mileage $401,061
- Repairs/Maintenance & Grounds $73,825
- Nutrition $20,000
- Postage, Office Supplies, Printing, & Consumables $11,700
- Tech Supplies $8,300
- Professional Services $4,000
- Dues/Membership $3,250
- Training $2,500

INCOME
- EOEA State Formula Grant $143,875
- Title III Nutrition Grant $12,000
- Town of Plymouth $534,220

OUR NEW GRANTS

The South Shore Community Partners in Prevention (CHNA) in the amount of $3,500 was awarded to CAL to provide in-person CAL program resources directly to the Senior Housing Units in Plymouth. Due to the pandemic CAL redirected the funds, with CHNA approval, to purchase a professional ZOOM program with 15 hosts to bring a multitude of programs, educational series, and entertainment to the senior housing residents through virtual programming. This purchase will accomplish the mission of the grant and provide needed support to senior housing residents during the pandemic.

Rockland Trust Bank grant in the amount of $1,000 was awarded to assist the CAL in establishing Plymouth as an Age and Dementia Friendly Community. Even though it cannot be executed at this time due to the pandemic, CAL will utilize the award to start the process of community designation for this cause when it is safe to do so.
FY 2020

WHAT SETS US APART

OUR ACCREDITATION - The Center for Active Living is nationally accredited by the National Council on Aging’s National Institute of Senior Centers (NCOA/NISC). This standard of excellence puts the CAL in the top 100 out of 11,000 senior centers in the United States that have demonstrated excellence in all phases of operations. The CAL is proud to be part of this distinguished group and will continue to maintain this caliber of service.

OUR PARTNERSHIPS - The CAL quest for community integration through connections and partnerships with area businesses and resources remained at the forefront of our services and programming goal. Intergenerational community programming was implemented through CAL’s first participation in Plymouth Chamber of Commerce’s “Halloween on Main Street,” earning CAL the front-page photo in the Old Colony Memorial’s “year in review” issue. A partnership with Bridgewater State University was formed to bring Lifelong Learning/Senior College to our facility for the fall of 2020. CAL partnered with Alzheimer’s Association of Cape Cod to bring much needed and all-important memory screenings to our facility. CAL hosted collaborative educational events with area assisted-living facilities, local sheriff departments and created “Coffee with a Cop” with our local police.

OUR SHINE - The CAL offers health insurance counseling for Medicare recipients and those under 65 with Disability Insurance approval. Our professional and knowledgeable team of dedicated, volunteer, SHINE counselors provide an invaluable service to our growing senior population.

OUR VOLUNTEER MEDICAL TRANSPORTATION PROGRAM is unique and provides medical transportation assistance to seniors. This program would not be possible without the willingness of our community residents to donate their time. The program is run entirely by volunteers and is vital to our population.
FY 2020

OUR FUTURE VISION

CAL began the initial stages of meeting with community partners and constituents to deem Plymouth as an Age and Dementia Friendly Community, a movement endorsed by the World Health Organization and Governor Baker.

CAL became a proud Organizational Partner of the Plymouth 400th. In conjunction with the Plymouth schools, an intergenerational project was created to commemorate Plymouth’s 400th anniversary by plans to build a time capsule at our facility.

CAL is currently in the very important Re-accreditation process by National Council on Aging/National Institute of Senior Centers (NCOA/NISC), which allows us to continue our ranked standard of excellence amongst senior centers nationwide. Despite COVID barriers and timeline setbacks, we hope to successfully complete this process by December 2020/January 2021.

Lifelong Learning/Senior College will come to fruition in partnership with Bridgewater State University in the Fall of 2020. While all classes will be virtual during the pandemic, it is the beginning of long-term dream to bring higher education to our senior population!

CAL will continue to leverage awarded grants and generous donations to support, sustain and enrich the lives of our senior population. We will utilize funding to provide seniors with the tools necessary for mastering the virtual world and maintaining connections with others and combating social isolation, along with providing virtual programs that enhance physical, spiritual and mental well-being.

CAL will expand and extend our rich roster of virtual programming through our Zoom portal and cable access programming through our community partnership with PACTV. In an effort to stimulate unity and open social connection opportunities, we will join forces with surrounding area COA’s, including Duxbury, Kingston and Pembroke to form collaborative programming that reaches multiple communities of seniors. CAL will also work collaboratively with the Plymouth Public Schools to create innovative and interactive intergenerational Zoom program opportunities.

1,345 new members | 7,582 seniors served
OUR STAFF

Director of Elder Affairs
Activities Coordinator
Administrative Assistant
Coordinator of Support Services
Front Desk/Reception
Maintenance
Matron
Meal Site Coordinator
Social/Outreach Worker
Social Outreach Worker
Volunteer Coordinator

Michelle Bratti
Beth Hadfield
Caitlyn Correa
Terri Greer
Cynthia Snow
Paul Brzykcy
Steve Goodwin
Marcus Michalek
Todd Kierstead
April Thompson
Ginnie Healey

OUR ADVISORY BOARD

Marianne Kirby, Chair
Amy Naples, Vice-Chair
Ann Hieser, Secretary
Pat Achorn
Chris Campbell
Kathy Castagna
Terry Mucci
Monica Mullin
Debra Zona

OUR BOARD COMMITTEES

Community
Monica Mullin, Co-Chair
Debra Zona, Co-Chair
Pat Achorn
Terry Mucci

Grants
Marianne Kirby, Chair
Michelle Bratti
Kathy Castagna
John Crossin
Patricia Devine

Strategic Planning
Ann Hieser, Chair
Michelle Bratti
Chris Campbell
Kathy Castagna
Marianne Kirby

Intergenerational Partnerships
Chris Campbell, Chair
Michelle Bratti
Kathy Castagna
Amy Naples

Senior Voices
Pat Achorn
Terry Mucci

OUR THANK YOU’S

The CAL leveraged existing partnerships with over 60 community businesses, agencies, and municipal departments to offer the highest level and variety of programming. Many of those with whom we work have a mission similar to the Center or are focused on providing opportunities, education, and services to seniors, their families, and caretakers. We would like to thank those who have partnered with us over the past year to provide resources, experience, and financial support to the Center to help us meet our mission.

The Friends of the Plymouth Council on Aging is a non-profit 501(c)(3) organization. Our purpose is to seek donations through memberships, fundraising events, sponsorships, and/or corporate gifts to financially assist the Plymouth Center for Active Living. These funds help provide programs and services, and otherwise advance the welfare of senior citizens in Plymouth.
The Select Board
Kenneth Tavares, Chair
Richard J. Quintal, Jr., Vice-Chair
Betty Cavacco
Patrick Flaherty
Shelagh Joyce

Town Manager, Melissa Arrighi
Director of Community Resources, Barry DeBlasio

The Executive Office Of Elder Affairs

The Executive Office of Elder Affairs (EOEA) promotes the independence, empowerment, and well-being of older adults, individuals with disabilities, and their caregivers. The EOEA oversees the distribution of the State Formula Grant, which provides financial support to Councils on Aging across the state to further their efforts to provide services to seniors.

Funding, in part, for this report was provided by the EOEA

The Old Colony Planning Council

The Old Colony Planning Council (OCPC) is a governmental entity that was established under state statute in 1967 as a comprehensive regional agency to "prepare plans for the physical, social and economic development of the District". The Council was formed in response to a growing need of local communities to be able to address the multitude of problems that cross over local boundaries such as air and water pollution, transportation deficiencies, and economic distress. Such problems require cooperative action by affected local governments, and the Old Colony Planning Council is the governmental mechanism available at the local level to effect municipal cooperation and coordination. Old Colony Planning Council is one of thirteen regional planning agencies in the Commonwealth of Massachusetts.

The OCPC supports the Plymouth CAL with Title III Older Americans Act funds to support our nutrition program.

Old Colony Elder Services

The mission of Old Colony Elder Services (OCES) is to support the independence and dignity of elders and individuals with disabilities by providing essential information and services that promote healthy and safe living.

MCOA

Massachusetts Councils on Aging (MCOA) is a nonprofit, membership association of the 350 municipal councils on aging and senior centers. COAs are the first stop on the continuum of care. We support the 1.7 million older adults, 60 and over in Massachusetts, lead healthy, purposeful lives.