HOW TO FIND US

IN PERSON

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Phone: (508) 830-4230
Fax: (508) 830-4233

DIGITALLY

Email: mbratti@townhall.plymouth.ma.us
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
Just as the seniors of Plymouth are thriving in our community, so is the Center for Active Living. The “CAL,” as it’s known, is bustling with patrons of all ages participating in activities designed to engage the mind, encourage healthy lifestyles and optimal physical health, invigorate the spirit, and foster meaningful social relationships. We often hear from others, whether it be our volunteers, community members and leaders, business owners or high school students, that when one walks through our doors, they are instantly met with a feeling of warmth and comfort. We invite you to come visit our beautiful facility and experience this warm and engaging culture.

As the largest growing demographic population in Plymouth, our seniors deserve innovative programming that optimizes our mission and ensures the best quality of life. With a record-breaking 272 programs, the Nationally Accredited Plymouth Center for Active Living has a wide variety of choices for seniors and community members of all ages. We have grown and evolved with the needs of our ever-changing population and will continue to do so in the future. Healthy aging-mind, body and spirit-along with community collaboration and integration continues to be the driving force of our current and future mission. Our amazing, compassionate, and highly skilled staff are trained to ensure that the needs of our seniors are met in every possible supportive capacity. They are equally excited and prepared to partake in the creation of cutting-edge, creatively advanced programming that will enhance our visibility within the community. Our volunteers thankfully continue to increase in numbers, providing much needed assistance in supporting our development. We could not achieve success without either our staff or our volunteers! We are extremely fortunate to have an Advisory Board that dedicates countless volunteer hours to ensure we remain on our path of continued excellence. We are grateful to the Friends of the CAL for their constant and ever-present support for all our needs, wants, and endeavors.

Plymouth is fast becoming known as a choice retirement community, and it is important that we are ready for and understand how to best meet the needs of those seniors who may be new to this area. At the same time, we have continued to focus our attention on best practice methods to meet the needs of vulnerable seniors and the economic challenges they face. There is a lack of affordable housing for seniors in our community, as well as a lack of transportation choices to access programs and services. Implemented in June 2019, the Transportation Pilot Program is generously meeting some of these transportation needs but not most. Community agencies continue to streamline the optimization of this program, but it is a work in progress. The CAL remains committed to finding a solution to these barriers through cooperative efforts with other agencies and local officials. By 2030, almost half of our town will be 55 and older! Our wish for our community is the ability to understand and appreciate just how informed, cultivated, intelligent, wise, learned, and experienced our seniors are - and for those qualities not only to be embraced and respected but to be viewed as relevant and significant to community prosperity.

"The worth of our senior population is priceless."

**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 CAL offers a wide-range of diverse and innovative programming that meets the needs of its population. There is truly something for everyone, and this year a record-breaking 272 programs were offered to our patrons and citizens of our community. Fitness classes, wellness programs, walking clubs and health clinics are staples in the Center that keep our seniors active and healthy. The CAL hosts many live-entertainment events including musical groups, solo performers, and dancers to the delight of our patrons. The arts are a highlight at the Center, and with the help of the Art Guild, our first CAL Art Exhibit, was held showcasing our talented CAL artists. Our professional programming includes multiple support groups, educational programs, attorney consultations, and SHINE counselors. The CAL boasts both a Men’s and a Women’s group that meet weekly to discuss pertinent issues.

The Center is staffed with two caring and compassionate Social Outreach Workers. Their priority is to listen to needs and assess individual concerns and challenges that a senior or disabled member of the CAL may be facing. They will provide appropriate information and referrals to external resources that best meet those specific needs. Our Social Outreach Workers also assist in the completion of applications, including subsidized senior housing, Fuel Assistance, discounted utility rates, and SNAP (Supplemental Nutritional Assistance Program). Office appointments must be made to meet with the Social Outreach Workers, and all visits and information are kept confidential.

The Center has two nutritional programs to serve the needs of our population. Meals on Wheels (MOW) is a program offered by Old Colony Elder Services. The CAL’s Coordinator of Support Services is responsible for the organization and routing of this program at our facility, and it is complete with volunteer drivers who deliver as many as 160 meals a day in our large town. The Congregate Meal Program is a daily luncheon program at the CAL catered by Plymouth Public Schools Nutritional Services Program. Financial support is provided by the Town of Plymouth for this program. The cost of each meal is $3 per senior and $5 for all others.
**Medical Transportation**

"I have a lot of doctor appointments for chemotherapy treatments that are in a five-day cycle. I am constantly at the doctors. I don’t have a car and didn’t know how I could afford the transportation to these appointments. Then I heard about the medical transportation program at the CAL. It has been a life saver. The coordinator, Michele Foley, is an absolute saint. She is right on it. She fills up all the rides immediately. She is at the epicenter of the transportation for medical rides. The volunteer drivers are also reliable and caring people. It is a great program, and I do make some contribution to help pay for the gas. I don’t know how I would have been able to get through this past year. I have only lived here for two years, and I have found the center has made everything very smooth for me. It is a great program and a godsend for me."

Lee Marchant

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**Volunteer**

"I originally worked as a secretary in the Welfare Department, and I also knew how to run a switchboard. When my husband retired, he started coming to the CAL. He got me involved by talking to Beth Hadfield, the Activities Coordinator. That is when I signed up to volunteer at the front desk. Because my husband participates in a lot of programs, I can help people out who come to the front desk looking for more information about the programs. There are times I come in early to help other volunteers at the front desk with operating the computers. I also sing in the chorus. Several of my friends either live far away or have passed. So, with plenty of time on my hands I enjoy coming into the CAL and meeting and helping people. I have been volunteering for about three years, and it has given me another outlet."

Lynne Bryan

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**PCAL Member**

I first started going to the CAL when it was at Cordage Park. I enjoy it so much; I just wish I had started earlier. The CAL offers so many things. I’ve done the dance classes, and every Friday I have a movie date with my husband at the center where they offer a free movie and free popcorn. I am in the chorus, and we have performed at nursing homes, churches and other centers. The CAL is a great place to meet some wonderful new people. I was thrilled with the new building, and it is already filled up. I wish I could clone myself to do all the activities the CAL offers. I wish every senior in town would know about this place. The CAL advertises in the Old Colony newspaper and on PACTV. The center keeps me socializing and exercising, and that helps me out a lot.

Sandra Combs
### Our New Grants

The Walmart Community Grant has provided funding to prepare Emergency Grab and Go Kits for at-risk seniors in our community. These kits are senior-friendly and provide a convenient bag of items and instructions, which seniors may grab and go in the event that they need to evacuate their homes. The kits will be distributed to certain recipients of the Meals on Wheels Program who tend to be home-bound, more isolated and have medical or mobility needs. Partners in this effort are the Plymouth Networking Group (PNG), Old Colony Elder Services, and the Plymouth Office of Emergency Management.

The Boston Pride Foundation Community Grant has funded the CAL’s Pilgrim Pride Group. Pilgrim Pride is a monthly support group for senior LGBTQ members of our community. The grant will fund an innovative series of workshops with high school LGBTQ groups in Plymouth to discuss their concerns, hopes, dreams, and aspirations. These youth are at greater risk of depression, suicide, substance abuse, and risky behaviors. This intergenerational forum provides a safe place for youth to voice their concerns and provide an opportunity for the seniors to share their life stories and serve as role models for successful and healthy living.

### Our Budget

**Expenses**

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<th>Category</th>
<th>Amount</th>
</tr>
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<tr>
<td>Personnel &amp; Mileage</td>
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<tr>
<td>Repairs/Maintenance &amp; Grounds</td>
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<tr>
<td>Nutrition</td>
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<td>Postage, Office Supplies, Printing, &amp; Consumables</td>
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<tr>
<td>Dues/Membership</td>
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<tr>
<td>Training</td>
<td>$ 2,500</td>
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**Income**

- EOE A State Formula Grant: $143,989
- Title III Nutrition Grant: $12,000
- Town of Plymouth: $512,967
WHAT SETS US APART

Our volunteers are the backbone of the Center, and their generous donation of time is relied upon for the peak functioning of our facility. They help prepare/deliver meals, drive seniors to medical appointments, teach programs, greet patrons, answer phones, give tours, sit on boards/committees, create/implement IT, and perform a wide variety of other duties and responsibilities. Attending a formal orientation program provides training to understand the CAL’s policies and procedures in order to best serve our population. Our volunteers are honored yearly with an Appreciation Luncheon served by CAL staff, Plymouth Town officials, and local/state dignitaries. We would not be the excellent Center that we are if not for our amazing volunteers!

The Center for Active Living is nationally accredited by the National Council on Aging's National Institute of Senior Centers (NCOA/NICS). This standard of excellence puts the CAL in the top elite 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.

The Center has a unique Volunteer Medical Transportation Program that 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 a full-time volunteer and is vital to our population.

This year, volunteers provided 1,195 rides to our seniors, a significant increase of 68% over last year. This statistical upswing highlights the challenge of meeting senior transportation needs.

The Center for Active Living is committed to civic knowledge and responsibility. Our local and state representatives generously donate time each month to host open public forums at the CAL. This unique opportunity provides exchanges between elected officials and CAL patrons to discuss civic concerns, questions regarding town and state government, and ideas and thoughts about future town planning.

The CAL provides SHINE health insurance counseling for Medicare recipients and those under 65 with Disability Insurance approval. Our staff of dedicated, volunteer SHINE counselors are professional, knowledgeable, and provide an invaluable service to our growing senior population.
“Senior Voices” was created as a concerted effort to actively listen to Plymouth’s seniors. By conducting focus groups at the CAL and in-person visits to senior housing residents, we listen and, if possible, act on senior issues and concerns as well as disseminate information. This important program allows us to connect with those who are not aware of our programs/services and to improve upon them.

“One of the CAL’s main future focuses is on education. We will look to provide our seniors with “Lifelong Learning,” a 4-6 weeks course of higher education classes designed to enhance knowledge skills, social inclusion, active citizenship, personal development and self-sustainability. Our classes will be personalized to the wants of our community and can range anywhere from instruction in civics to learning about psychology. We are excited to bring this program to the CAL and know that our patrons will benefit tremendously from extended learning as well as opportunities for instruction in areas of expertise.

The CAL understands the importance of community connections, and these partnerships are an integral part of our future mission. We will expand our partnership and collaboration with area businesses to bring innovative, creative, and satisfying programming to our patrons. We are committed to truly and fully joining Plymouth as part of its core foundation of organizations and will do so by striving for optimal visibility and impact within the community.

1,625 new members

7,184 seniors served
Our Staff

Director of Elder Affairs: Michelle Bratti
Activities Coordinator: Beth Hadfield
Administrative Assistant: Donna Souza
Coordinator of Support Services: Terri Greer
Front Desk/Reception: Cynthia Snow
Maintenance: Paul Brzykcy
Matron: Dominique Pina
Meal Site Coordinator: Marcus Michalek
Social/Outreach Worker: April Thompson
Volunteer Coordinator: Ginnie Healey

Our Advisory Board

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

Our Board Committees

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

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

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

Intergenerational Partnerships
Chris Campbell, Chair
Terry Mucci
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 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.

A special thank you to Larry Altrich and Carol Lamb of CAL Shutterbugs Photography group for the photographs in this report.