



Annual Report

FY 2024



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Welcome

Dear Friends and Neighbors,

This year (July 1, 2023 - June 30, 2024) has been one of growth, connection, and reflection for the Groveland Council on Aging. At the heart of our work is a commitment to fostering a stronger, more supportive community for older adults. This was also my first year as Director of the Groveland Council on Aging, and it has been an incredible honor to build on the Council's legacy while working alongside such a dedicated team. Since 1973, the Council has been a vital resource, and this year we continued that legacy by tackling challenges such as social isolation and access to essential services. This year also marked an important milestone as we celebrated our Assistant Director, Nisha Burke, for her 20 years of dedicated service to the Town, a testament to her unwavering commitment to our community.

This year, we tackled challenges such as social isolation and access to transportation by introducing programs like the Memory Café and expanding our transportation services. These efforts provided more opportunities for connection and support, fostering a sense of belonging for so many. The smiles, stories, and gratitude from participants remind us of the real impact of our work.

We were also proud to host signature events like the inaugural EngAGEment Symposium, which celebrated the incredible resilience and talents of our older adults. These gatherings brought people together to learn, connect, and celebrate our shared community spirit. At the same time, we strengthened our outreach with redesigned materials and a fresh tagline: Caring for Community, Connecting People, Delivering Essentials.

While we faced challenges balancing growing demand with limited resources, these experiences taught us to be creative and collaborative. Looking ahead, we're excited to build on this momentum by expanding partnerships, refining our programs, and continuing to adapt to the evolving needs of our community.

Thank you for your trust, participation, and support. Together, we are creating something truly special, and I am excited for what's to come in the year ahead.

In gratitude,
Alyssa Lee
Director, Groveland Council on Aging

Mission & Purpose

OUR MISSION

The Mission of the Council on Aging is to advocate for Groveland's older adults, to identify their needs, to develop and implement services, to meet their health, economic, social, and cultural needs, to encourage maximum independence and to improve their quality of life.

Fulfilling Our Mission

- **Outreach:** Supporting older adults and their families by connecting them to vital resources, including healthcare, financial aid, housing, and food assistance.
- **Transportation Services:** Providing rides to medical appointments, grocery stores, and community events to maintain independence and access essential resources.
- **Health, Wellness, and Education Programs:** Offering activities that promote mental and physical well-being, as well as educational workshops and events to empower older adults with knowledge and skills for navigating life's challenges.
- **Social Activities:** Combating loneliness and fostering connections through programs that bring people together and build community.

OUR PURPOSE

The Groveland Council on Aging exists to empower older adults to live fulfilling, independent lives within a supportive community. By identifying and addressing the unique challenges they face, we aim to foster dignity, opportunity, and connection. Through a comprehensive approach that combines advocacy, service delivery, and community-building, we strive to create an environment where older adults can thrive—socially, economically, and culturally. Our purpose is rooted in the belief that every individual deserves to age with dignity and to be an integral part of the community.

“Every individual deserves to age with dignity and to be an integral part of the community.”

Our FY24 Goals

These goals were set during Fiscal Year 2023 to guide the COA's efforts for the upcoming year of July 2023 - June 2024. While these priorities were identified before the current Council on Aging Director was in place, they have been actively focused on throughout FY24 to align with our mission and meet the evolving needs of Groveland's older adults. These goals underscore our dedication to fostering a vibrant and supportive community.

1

Investing in Our Team

Attract and retain dedicated, qualified staff to ensure we can fully deliver on our mission. This includes offering competitive wages that align with standards in comparable communities, ensuring a motivated and well-supported team.

2

Addressing Food Insecurity:

Expand our efforts to support older adults and community members facing food insecurity. Through programs like our food pantry and partnerships with local organizations, we aim to ensure no one in Groveland goes without access to nutritious meals.

3

Building Community Connections:

Create programs and opportunities that foster a sense of belonging and connection for Groveland's growing population of older adults. By leveraging resources and offering engaging activities, we aim to make the Council on Aging a cornerstone of community life.

Impact by the Numbers

July 1, 2023 - June 30, 2024

Growth from FY23 - FY24:



Outreach Services

Expanded by 84.2%,
from 1,583 to 2,916 interactions.

Transportation Services

Grew by 40.2%, from 916 to 1,284 rides..

Program Attendance

Increased by 48.5%,
from 1,725 to 2,561 participants.

Food Pantry Assistance/Visits

Increased by 78%,
from 475 to 845 assistance records.

Total Engagement

Increased by 28.3%,
from 8,463 to 10,859 interactions

Figures include duplicate counts, meaning individuals are counted each time they attend an event, receive a service, or interact with the COA.

Highlights and Success Stories

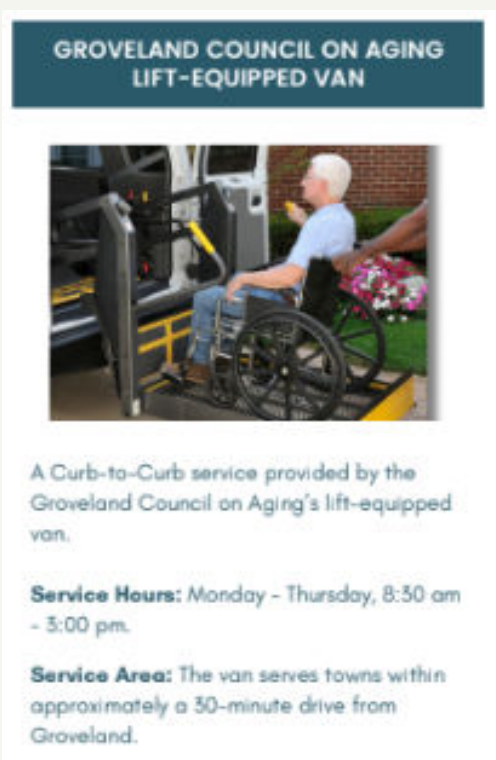
ENHANCING ACCESS AT THE FOOD PANTRY

This year, we introduced a standing freezer with a glass door to our food pantry, improving accessibility for residents. This thoughtful upgrade allows individuals to see and select items with ease, eliminating the need to bend or strain. Small but impactful changes like this reflect our ongoing commitment to dignity and care in service delivery. This was made possible through an Massachusetts Councils on Aging (MCOA) grant.



REFRESHING OUR BRANDING

To better communicate the wide variety of programs and services we offer, we introduced a refreshed set of brochures this year. Designed to be clear, engaging, and visually appealing, these materials ensure residents can easily find the information they need. From transportation services to wellness programming, the new branding reflects our mission to meet the needs of older adults with clarity and care. Brochures are available inside the COA office and other spots around town.



Both of these projects were made possible from a MCOA/FIELD DEMONSTRATION PROJECTS FY2024 grant awarded to the Massachusetts Association of Councils on Aging by The Executive Office of Aging & Independence.

Programing Notes – FY24 – COA

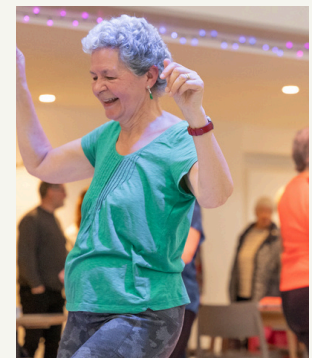
In FY24, the Groveland Council on Aging continued to build on our trusted programs while introducing new initiatives to better serve our community. Our volunteers remained dedicated, delivering groceries to homebound older adults, while 3-B Fitness classes kept participants active and engaged. We also hosted office hours with local government officials, including from Senator Tarr's office, to connect residents with vital resources.

We expanded our offerings with new programs like monthly "Ask the Nurse" sessions in partnership with the Board of Health, Tech Q&A workshops to help with technology questions in partnership with the Langley-Adams Library and a variety of Arts Classes through our "Monthly Art Mélange" program —made possible through the Groveland Cultural Council Grant from the Massachusetts Cultural Council—which included Drum Circles, Seaglass Art Workshops, and more.

Van trips continued to be a favorite, with outings to the Boston Pops, Perkins Cove, Warren's Lobster House, and other exciting destinations.

We also placed a special focus on dementia programming this year. Our Memory Café, made possible through support from a MCOA/FIELD DEMONSTRATION PROJECTS FY2024 grant awarded to the Massachusetts Association of Councils on Aging by The Executive Office of Aging & Independence. The memory cafe provides a welcoming space for those living with memory loss and their care partners. Additionally, we launched Dementia Friendly information sessions to educate and support our community in becoming more inclusive and understanding.

Two special events stood out as highlights of the year, and we hope to make them annual traditions. In March, we celebrated International Women's Day with Maria Stephanos, drawing over 100 attendees for an inspiring and memorable event. In June, our inaugural EngAGEment Celebration & Symposium brought together over 100 participants for a day of workshops, guest speakers, and resource sharing.

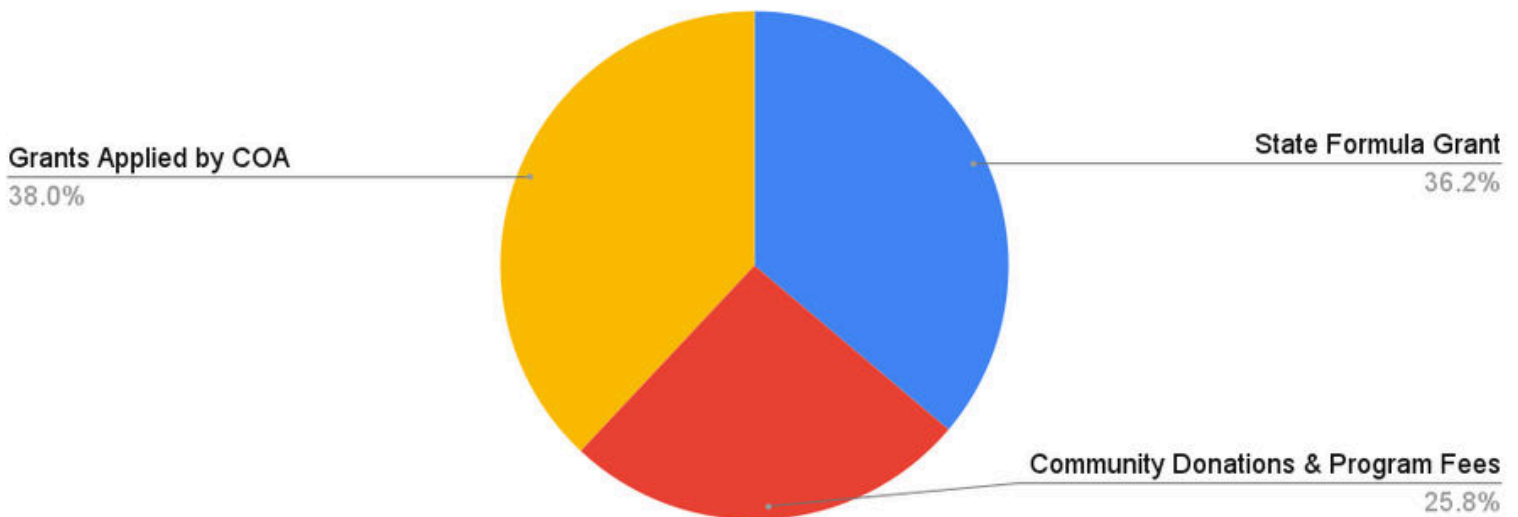


Funding Sources for FY24 - COA

The Groveland Council on Aging is funded through a mix of town support and community contributions. The Town of Groveland covers department salaries, some general expenses, and vehicle maintenance to keep operations running smoothly.

We rely on additional funding from grants, state allocations, and community donations to support our outreach and programming services. This includes the State Formula Grant from the Executive Office of Aging & Independence, which provides annual funding based on the town's older adult population, as well as grants we apply for and contributions from donations and program fees. Together, these resources allow us to expand and sustain high-quality programs, meeting the current and future needs of Groveland's older adults.

FUNDING FOR OUTREACH SERVICES AND PROGRAMMING:



"THE GREATNESS OF A COMMUNITY IS MOST ACCURATELY MEASURED BY THE COMPASSIONATE ACTIONS OF ITS MEMBERS."
— CORETTA SCOTT KING

COA Staff & Board

To Our Groveland COA Board and Staff:

Thank you for your dedication and hard work throughout FY24. Your commitment and teamwork have made a lasting impact, ensuring that Groveland's older adults are supported, connected, and cared for. Your efforts continue to make a difference every day.

To the Older Adults in Our Community:

Thank you for being the inspiration behind all that is done at the COA. Your resilience, wisdom, and experiences motivate the work to create programs and services that reflect your needs and interests. The community is stronger because of you.

To the Groveland Community:

Aging is a journey we all share, and together, we create a town that values every stage of life. Thank you for supporting one another and contributing to a community where connection, compassion, and care are at the heart of everything we do.

Council on Aging Board Members – FY24:

Barbara Sanborn | Chair
Laurel Puchalski | Vice Chair
Marie Waller | Treasurer
Irene Thomas | Secretary
Linda Brown | Member
Lawrence MacElhiney | Member
Deb Stephenson | Member

Council on Aging Staff – FY24:

Alyssa Lee | Director
Nisha Burke | Assistant Director
Carrie Scott | Outreach & Food Pantry Manager
Frank Sapianti | Van Driver
Joe Walsh | Van Driver



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