

MONSON COUNCIL ON AGING ANNUAL TOWN REPORT FOR THE YEAR 2015

The mission of the Monson Council on Aging is to identify and provide comprehensive programs and social and support services, which enrich the quality of life for Monson's older adults and their families, while also benefiting the well-being of the general community.

2015 brought over 8,400 visits for different services and programs during the year in addition to over 7,800 incoming phone calls.

We provided door to door service to medical appointments, personal appointments, shopping, pharmacy, banking, voting, meals at the Senior Center, special events and programs and more for all residents 60 and older or under 60 and disabled. This year 3,721 rides were provided. In addition some 161 rides were provided by volunteers when our vans were not available.

We continue to provide both congregate and home bound meals. This year there were a total of 15,028 meals prepared.

Social Services are the core of the Monson Council on Aging as we operate as the only social service agency in town. Some 2,000 units of service were provided for our seniors and the disabled through our Health & Human Resources and Outreach staff.

276 units of health services were provided for our seniors this year. Included are services such as foot care, blood pressure & glucose screening, hearing clinics, bone density check, reflexology, reiki and chair massage.

Keeping active and fit is an important part of living well, healthy and remaining independent as we age. The programs offered provided 4,568 units of fitness in 2015.

Socialization plays a far bigger role in a senior's life than some may realize. The C.O.A. through activities such as arts & crafts, cards, movies, senior theater and lunch bunch provided over 2,414 units of activity.

The Council on Aging continually offers a variety of speakers, classes, educational opportunities and activities that appeal to a variety of individuals and tastes. There were 1,847 units of participation in these programs.

Throughout 2015, the Monson Council on Aging received the dedicated service of 61 volunteers. It is their generosity of time and spirit that allows us to sponsor our many programs. These volunteers donated approximately 4,025 hours of service to the seniors in this community. If these services had to be paid for the cost would have been over \$48,000.

The Monson Council on Aging is thankful and fortunate to have received grants from The Department of Elder Affairs and Greater Springfield Senior Services. Also for the donations from Monson Savings Bank, Country Bank for Savings, IGA Adams, Monson Cultural Council, and all the wonderful individuals who donate throughout the year.

We also must thank the Friends of the Monson Senior Citizens for all their help and support throughout the year. Their compassion and commitment to our seniors is invaluable.

Respectfully submitted,

Lori Stacy
Director

Board Members

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