# Winchester Seniors Association, Inc. ANNUAL REPORT APRIL 1, 2019—MARCH 31, 2020

## The Year in Review

This was a year of continued growth for the WSA and for the Jenks. In addition to our traditional programs, with support from our Cummings Foundation Grant, we had another successful year of community openings on nights and weekends with local non-profits. We enjoyed a packed concert from the 4EverFab Beatles, an enlightening Brennan Lecture, a Welcome Back Italian Night dinner, amazing illusions from Danny Dubin, the traditional EnKa Fashion Show, a wonderful student performance with Tufts Opera, and the ever-popular Holiday Luncheon. We were not deterred by a storm in early December that lead us to extend the Recycle Sale and several other planned events. These represent just a few of the happenings; see later sections of this report for more details.

The Jenks Collaborative, with representatives from the three Jenks organizations, added a consumer representative and began to work on implementing the Jenks strategic plan. With funding from our Cummings Foundation Grant, our new logo was introduced at Town Day and our updated website followed in the fall. Two other changes will make a huge difference for the Jenks: a gift and a van. With the amazing gift from the estate of MarthaAnn Bullard, we completely renovated the back patio, added new furniture and included a fountain. It quickly became a new gathering place for meetings and relaxing. We celebrated the patio with Martha's family in September. The other major advance was the much-anticipated arrival of the Jenks van. Now we can serve seniors with transportation to Jenks Center events, shopping trips, and visits to local points of interest.

One element of the Jenks will never change--the dedication of a large group of volunteers. This year two of our longtime volunteer leaders have retired. Connie Stolow chaired the Education Committee for many years. Her regular lectures entertained and educated our community. We have new leadership and a new committee to continue Connie's tradition and hope to see her in the audience at future events. Phyllis Zeuli has also served many years as chair of the Travel Committee, and her dedicated followers will miss the adventures she planned. With our new van, we were planning many trips to local sites; as soon as we reopen, these will start these trips.

It is impossible to end the year in review without mentioning COVID-19. We had just had our most successful St. Patrick's Day celebration and were half-way through the first JLC class of the season, when we heard that the Jenks Center would have to close. Our dedicated staff is still working and planning for a transition to more virtual events. We all hope to be able to safely open soon.

## Addendum from Erica Drazen, Retiring President of the WSA:

This is my last annual report as President of the Winchester Seniors' Association, so I will take advantage of that to reflect on the past five years. We have certainly taken advantage of our beautiful new building and the surrounding grounds. Some highlights include: the new patio space, the additional gardens, expanded use of the facility on nights and weekends, increased transportation with the new van, increased use by local not-for-profit organizations, and continued evolution of the programs we offer.

We have established some new traditions and revived some old ones. The art show is back and has become an annual event; and the JLC is going strong. With the leadership from the Events Committee the "welcome back" event in September has evolved from a traditional BBQ to a themed event—including a Southwest and an Italian theme. We established new traditions including a visit from a Beatles Tribute Band, the National Hot Dog Day and Cornhole Tournament in July, Community Bingo Nights in the summer, and the Winter Holiday Recycle Sale. Our language conversation, yoga, and exercise classes have expanded, and the Garden Club is beautifying the Center. Equally important, many traditions remain unchanged.

As always, our dedicated staff and volunteers continue to provide amazing service. I am happy to report that I leave my post in great hands. I hope to see you all soon.

## **The WSA Board and Staff**

The mission of the Winchester Seniors Association Inc. is to improve the quality of seniors' lives by providing a range of stimulating social, educational, and recreational activities. The WSA operates the Jenks Center to achieve that mission. The WSA Board carries out the business of the corporation, oversees the financial stability, and ensures the implementation of its mission.

The President and Vice Presidents of the Board were elected for two-year terms at last year's Annual Meeting:

- Erica Drazen, President
- Mary Price, Senior Vice President
- Christine Kowalczuk, Vice President
- Donald Nelsen, Vice President

Ex-Officio members of the board were not up for election:

- Rob Ain, Chairman, Finance Committee
- Richard Pharo, Past President

The WSA Nominating Committee presented a slate of additional candidates to serve one-year terms on the Board of Directors for the corporate year 2019-2020 that was unanimously accepted by the WSA Board of Directors and Members of the WSA:

- Judith Pedersen, Treasurer
- Dorothy Mueller, Assistant Treasurer
- Ruth Young, Secretary
- Mark Gallagher, Member at Large and Chair of the Development Committee
- Joe Genova, Member at Large
- Anne Hoffman, Member at Large
- Carol Keller, Member at Large

Judith Pedersen resigned as Treasurer in December, 2019. Sharon Stone was appointed to fill that vacancy.

WSA staff are responsible for operations of the Jenks Center and all WSA programs. Nancy Polcari is the WSA Manager. Diane Davies, the Community Liaison for the Cummings Foundation grant, is responsible for working with scheduling events evenings and weekends and to partner with local not-for-profit groups for programs at the Center. Lisa Craig, the Business Administrator, is responsible for payroll, rentals, grant and activity accounting, supporting WSA Board activities and external communications. Nick Asaro, the Facilities Manager, and his team (John Day, Fred Benson, and new addition Harry Diloyan) keep our building safe and clean. The WSA is grateful for all our hard working and dedicated staff.

## **Council on Aging**

The Council on Aging (COA) is the local government agency, established by Massachusetts Law, to meet the needs of older adults within the community. The mission of the Winchester COA is to identify the needs of Winchester's seniors and to meet those needs through services, education and advocacy. The COA is governed by an eleven member Board appointed by the Select Board. Professional staff assist the Board in carrying out its mission.

## **Staffing:**

The staff consists of the following: Director, Licensed Social Worker, Registered Nurse, Transportation Coordinator, Administrative Secretary and Senior Clerk to implement the COA's programs and services. In addition, the COA contracts consulting services with a financial counselor and nutritionist. Over 65 volunteers play an integral role in helping staff fulfill the COA mission. A total of 307 individual unduplicated clients received direct professional services in 2019 relating primarily to health maintenance, case management, transportation services, information and referral to access resources.

The director supervises staff and ensures the development of programs and services to foster seniors living independently in the community. The director also fulfills program reporting requirements to funders and prepares grants to address gaps in services. He also supervises the tax abatement work program for seniors. The COA Director also functions as Director of the Jenks Center.

The social worker provides counseling and promotes linkages with finding community services and resources to improve the quality of life for seniors. She assists seniors in exploring housing options, oversees the handyman program for small home repairs and facilitates a monthly support group for caregivers. In addition to working with seniors, the social worker interviews anyone in Town who is interested in applying for funding assistance through the Fletcher Fund.

The nurse works part-time, providing short-term consultation to seniors and families in the community who are experiencing acute or chronic health problems or undergoing medical treatment. She provides health screenings, assists with home care plans, identifies needed community resources and coordinates care with other agencies. She also manages the Medical Equipment Loan Program at the Jenks Center.

The transportation coordinator increased her status to full-time now working 28 hours a week supervising four transportation programs offered through the COA to provide rides to medical appointments near and far, personal appointments in Winchester and shopping in the region as well as transportation to the Center for the Eating Together Program (generously funded by Salter Healthcare to the end of 2019, when the Jenks commenced using the new van). In 2020 the transportation

coordinator began supervision of two part-time vehicle drivers of the COA's newly purchased 15 passenger van.

Through its grant from the Office of Elder Affairs, the COA has a financial counselor on staff with limited hours to assist seniors with financial matters that includes addressing needs relating to retirement. He also facilitates the tax preparation program for seniors. A nutritionist is also funded through Elder Affairs who offers two programs a month to promote healthy eating for seniors.

Finally, Minuteman Senior Services subcontracts two critical services to Jenks patrons: the Eating Together Program, which provides on-site lunch meals three days a week, and the volunteer service that comes from the SHINE Counselors whose specialty is health insurance. They are available to all seniors who need help in understanding health benefits.

## 2019/2020 Program Highlights:

- Successful fundraising to purchase a 15 passenger vehicle with funding support from the Town
  of Winchester, Winchester Seniors Association, Winchester Rotary, EnKa, Winchester Mount
  Vernon House, Winchester Hospital, Winchester Cooperative Bank and the Winchester School
  of Chinese Culture.
- Development of ESL classes for Chinese speaking older adults. A grant application was submitted to the Cummings Foundation to seek sustained funding for this program.
- Designation of the Town of Winchester as Age-Friendly Community from AARP and World Health Organization. The 2019 Symposium focused on "What are Age-Friendly Communities: How Can Winchester Become One."
- Hosted Transportation Expo that included issuance of MBTA Charlie cards with 97 participants.
- Working with Jenks staff and boards in development of Jenks logo and marketing materials.
- Development of partnership with faith-based communities to reach out to vulnerable older adults in the community.

#### **External Funding Sources:**

The Commonwealth provides a Formula Grant to every community in the state. It is so named because it provides funding for every senior within a community based on the 2010 census. Each year the legislature can raise or lower this amount—for FY 2018 the amount is \$12.00 per senior. Winchester uses this grant to provide programming and services to seniors that are not provided by the municipality. The Office of Elder Affairs formula grant provides \$56,148 in funding for COA services and programs.

2019 was a banner year in fundraising amongst community partners enabling the COA to purchase a vehicle, funders noted above. The Winchester Cooperative Bank provides additional funding support for the Literary Lunch intergenerational program with seniors and McCall Middle School students. The Winchester Cooperative Bank also funds the Festival of Life lunch program during the December holidays. Salter HealthCare generously funds the Jenks Volunteer Appreciation luncheon.

## **Jenks Collaborative**

The Jenks Collaborative is a representative team of Jenks leaders established to make recommendations and provide support to the Winchester Seniors Association (WSA), the Winchester Seniors Association Trust (WSAT) and the Council on Aging (COA). This team maintains the goal of

strengthening a culture of collaboration among all levels of the Jenks organizations to promote efficiency and maximize the quality of life for seniors.

The Jenks Collaborative was born out of a strategic planning initiative that commenced in March 2018. Recognizing the need for a unifying vision for the Jenks Center to optimize services for Winchester's older adults, leaders from the WSA, WSAT and COA joined together to form a Strategic Planning Team focused on identifying opportunities and assessing best next steps. Over the course of the ensuing ten months, the Team developed a Strategic Plan for the Jenks Center.

The Plan's core focus emphasized the necessity and importance of all three organizations working together to enable Jenks patrons to remain engaged and enlightened by program offerings as well as to promote their ability to live independently. The 10-month process included interviews with current and previous Jenks leadership, site visits to other senior centers, and analysis of relevant research and documents (i.e. Governor Baker's Blueprint on Aging, community-wide needs assessment, etc.).

The Strategic Plan created a comprehensive Jenks mission and vision supported by strategic pillars that outlined a roadmap to make Winchester the most age-friendly community in Massachusetts. Such a community views aging as an asset and every resident has resources to live a meaningful life, including community services, supports, and access to health and transportation.

Significant planning and cooperation among the WSA, WSAT and COA is fundamental to successfully fulfill this ambitious vision. To foster such collaboration, the Plan recommended the formation of "The Jenks Collaborative," consisting of new leadership of the WSA, WSAT and COA, as well as the Jenks Director and an unaffiliated Patron Advocate to represent the interest of seniors.

On December 5, 2018, the Team presented the Strategic Plan at a joint meeting of board members of the three organizations. Boards were asked to adopt the Strategic Plan, including its recommendation to create the Jenks Collaborative, by board vote. The Plan was unanimously adopted by the WSAT on December 17, 2018, COA on January 09, 2019, and WSA on January 15, 2019.

The Collabortative's first meeting was held in April 2019. Now meeting monthly, and acting in an advisory capacity, significant accomplishments have been achieved in this first year:

- Selection of Patron Advocate, Betty Minassian, who began seeing patrons in November, 2019.
   While still gaining traction, Ms. Minassian has been assigned "office hours" and has introduced
   herself at various activities. She maintains a list of feedback from patrons that is reviewed by
   the collaborative. Many of the suggestions for improvement can be implemented immediately,
   others (and any positive feedback) are referred to the appropriate organization for
   consideration.
- Staff interviews, including an assessment of satisfaction and visioning for the future of the Jenks Center.
- Identification of a need for office and building enhancements that prompted discussion among the WSAT to hire architect, Chris Mulhern, for preliminary design recommendations.
- Identification of the need for and support in the development of individual board gift acceptance policies.
- Meeting with Buildings and Grounds Chair to promote efficiency and enhanced communication across all organizations.

Development of a board training program to promote best practices, recruitment and retention
of the Jenks Center boards by engaging the services of Boston Foundation's The Philanthropic
Initiative.

#### Jenks Center Strategic Plan:

Our Mission: to promote healthy aging, independence, engagement and the well-being of Winchester's older adults and the community that supports them.

Our Vision: Winchester becomes the most age-friendly community in Massachusetts where:

- Aging is viewed and valued as an asset;
- Every resident has the resources to live a meaningful life in their chosen community;
- People of all ages have access to health, transportation, community services, and social supports with no disparity;
- People proactively plan for a productive life of many years.

## **Operations**

#### **General:**

The Jenks Center operates with the assistance of amazing volunteers who staff our committees, provide services, and participate on the WSA, WSAT and COA boards. They serve in a variety of capacities including front desk receptionists, events committee, newsletter team, coordinator of an activity, travel committee, education committee, and more. The Center welcomes new volunteers, encouraging people to match their talents and interests with Jenks opportunities for a rewarding and fun experience.

## **Buildings and Grounds:**

The Building and Grounds Committee (B&G) is a group of volunteers and staff responsible for overseeing the maintenance of the Jenks facility inside and out, as well as keeping everything in good operating condition. The Committee coordinates with the WSA and COA, which are responsible for the daily operations and programs, and the WSAT, which owns the building and is concerned about long term maintenance and capital improvements.

The Committee oversees and negotiates with all vendors and contractors regarding the day-to-day costs of maintaining the facility. B&G works with the Director of the Jenks Center, the Facility Manager, and facilities staff to keep things in the best possible condition needed for the many activities and events.

In addition, the Committee focused this past year on completing the landscaping improvements to the exterior of the Center. The rear landscaping included the installation of the memorial stone and waterfall dedicated to MarthaAnn Bullard and the installation of new patio furniture and fixtures. New landscaping along Skillings Road was also completed last summer. Currently, upgrades are being completed to the alarm system and a study has been initiated regarding the front desk/administrative space requirements.

Since the 2015 renovation of the Jenks, emphasis is now on proper maintenance as well as measures to stay in front of "wear and tear". Nick Asaro, the Facilities Manager, and his staff (John Day, Fred

Benson, Harry Diloyan) do a wonderful job maintaining the Center, providing friendly and quality service.

The members of the Building and Grounds Committee include: Carl Boerner, Justin Magee, Jo-Ann Michalak, Ron Milauskas, Don Nelsen, Dick Norberg, Dom Picconne, Dick Pharo, Phillip Beltz, Nancy Polcari, Nick Asaro, and Charlie Price (Chair).

#### Infrastructure:

**Computer Infrastructure:** Starting 2020 we started the process to change IT support from a volunteer effort to one provided by a professional IT consulting firm. The Coronavirus interrupted this transition. In 2019 we also focused on cybersecurity, providing a training session for Jenks staff by Matt Griffin, Walter Hubbard, and Don Nelsen. In addition, we received an EnKa grant for replacing the four PCs in the computer room. The purchase of these computers will be completed after operations resume.

**AV Infrastructure:** We continue to use the *Ross Family grant* for support and enhancement of the Jenks AV systems. Numerous small projects were completed. Rob Ain, Peter Engeldrum, Dick Pharo, and Don Nelsen provide focus for this effort.

## **Education**

#### **Education Committee:**

The WSA Education Committee continues to offer a variety of topics that foster interest and learning among our community. Supported by a grant from the John and Mary Murphy Educational Foundation, spring represented the third year of lectures, scheduled primarily during the day. WinCam often films these presentations, making them available to the Winchester community. This year's programs included:

- Dark Tide with author Stephen Puleo (April)
- Portraits in Art with Jane Blair (May)
- What's Age Got to Do with It? with Jeanette Leardi (May)
- Concert by the Boston Saxophone Quartet (June)
- The Battle of the Bulge with Gary Hylander (June)
- Cuba After Castro with Barry Pell (September)
- Making a Difference in Rural Honduras with Mark Hopkins (October)
- A Musical Tour of Frightful Things with Dr. Vartan Aghababian (October)
- Now, What Was I Thinking? with Jeanette Leardi (October)
- Symbolism and Expressionism with Jane Blair (November)
- Tufts University Opera Ensemble with Carol Mastrodominico (December)
- From Ireland to America, Roger Tincknell (March 2020)

Thank you to the Education Committee: Connie Stolow (chair), who is retiring after 20 years of dedicated service. Vera Ossen will be our new chair of the Education Committee.

#### **Jenks Learning Connection Committee:**

The Jenks Learning Connection (JLC) program offers classes for all ages in the Spring and Fall. *Supported by a grant from the John and Mary Murphy Educational Foundation*, spring represented the third year of mostly evening classes offering life-long learning. We enrolled 119 students for these sessions. Next year's Annual Report will include the March 2020 classes.

Spring 2019 Session included:

- Unfreedom with Lorin Maloney
- Improvisational Quilting with Denise Konicek
- American Art with John McConnell
- Geology Rocks? with Dr. William Mallio

Fall 2019 Session included:

- Hugo Chavez's Bolivarian Revolution with Lorin Maloney
- Antonin Dvorak: From Bohemia to America and Back with Dotty Burstein
- Twenty Songs That Changed American Musical History with Sam Kafrissen

Thank you to the JLC Committee Members: Mary Price (Chair), Gerry Driscoll.

#### **Computer Technology Committee:**

This committee focuses on providing IT support through a weekly two-hour drop-in session on Thursday afternoon. People with questions on a variety of smart devices (phones, PCs, ChromeBooks, and others) came in for one-on-one assistance with a committee member.

Thank you to the IT Committee Members: Don Nelsen (chair), Bill Fincke, John Giles, Brooke Green, Anne Hoffman, Doug Iram, and Jean-Pierre Vonhalie

## **Additional Educational Programs:**

The WSA staff and volunteers managed several other educational programs over the year.

- In April the Poetry Group held a reading titled "Who is Richard Blanco?"
- McCall School 6<sup>th</sup> grade students presented their research projects at a Health Fair in May to share their knowledge.
- Tony Conte shared three photo-tours of his travels including the Rhine and Moselle Rivers in June; Crete, Santorini, Paros and Athens in January; and Northern Italy, Switzerland & Austria in March.
- For several months, starting July, Lalitha Swaminathan taught the Sanskrit language.
- In July, Peter Engeldrum presented his documentary titled "Winchester's Ghost Railroad".
- In August, Henry Quinlan, writer and publisher, returned to discuss the USSR & Russian Mysteries and Myths.
- In October, George Howe Colt, author, presented his book "The Game: Harvard, Yale and America in 1968".
- In March the Poetry Group held a workshop where a publisher, graphic designer and editor discussed the process to publish written work.

## **Events**

#### **Events Committee:**

The members of the WSA Events Committee plan and implement several entertainment-based programs for the Jenks community, as well as people of all ages. The Committee meets monthly, organizes the many details, and serves during the events. The Committee welcomes suggestions, ideas, and new members. Events in 2019/2020 included:

• The 4EverFab Beatles Concert (May)

- Annual Cornhole Tournament/National Hot Dog Day (July)
- Italian Night Dinner (September)
- The Enka/Jenks Fashion Show (October)
- Three Trivia Challenges in the fall
- Musical Bingo on Valentine's Day (February)
- St. Patrick's Day Dinner (March) (musical entertainment with Mossie Coughlan; step dancers with the O'Shea-Chaplin Academy of Irish Dance)

Thank you to the Events Committee Members: Anne Lucas (chair), Phyllis Beedle, Bruce Bonnell, Pauline Call, Erica Drazen, June Fitzgerald, Pauline Foley, Mark Gallagher, Deborah Hitchens, Lana Jurigian, Shayna Loeffler, Winona Moeller, and Joan Theuer who made these events successful.

#### **Travel Committee:**

The WSA Travel Committee provides a variety of day and overnight trips for Jenks patrons. Trips included:

- Boston Symphony Orchestra Rehearsal/Venezia Restaurant (April)
- MGM Springfield Casino (May)
- WGBH Tour/LaFamiglia Italian Restaurant (June)
- Cape Cod Canal Cruise/Daniel Webster Inn (July)
- Tanglewood/Red Lion Inn (August)
- Niagara Falls/Toronto (September, 3 nights)
- Old Salt Restaurant/Flagg Hill Vineyard (October)
- Encore (November)
- Providence Little Italy (November)
- Mt. Washington Hotel/Resort (December, 2 nights)
- Salem Cross Inn/Bright Nights in Forest Park (December)
- Daytona Beach Getaway (February 15, 11 nights)

Thank you to the Travel Committee Members: Phyllis Zeuli (chair), Sandra Ericksson-Ellis, Carol Franchi, Patricia Golden, Alison Taber, Phyllis Williams. Phyllis Zeuli is retiring from this committee, along with her committee members. We are currently looking for volunteers to continue this program at the Jenks Center.

#### The Brennan Lecture:

The Jenks Center's Brennan Lecture is an annual event established in 2000 in memory of Mary J. and Francis (Frank) Brennan, active education advocates in Winchester for decades. They are the parents of John and Tom Brennan, Eileen Brennan Ferrell and Mary Ann Brennan Newcomb.

The Brennan Lecture, an institution at the Jenks Center and in the community, highlights relevant and fascinating topics by well-known and riveting speakers. For 2019, renown lecturer and educator, Dr. Robert Legvold spoke on "The Changing Dynamics of United States and Russian Relations".

## **Additional Events:**

The WSA staff and volunteers managed several other events over the year:

Bob Gaudett leads a monthly bridge program on Sundays from September through May.

- Donna Deconto and her team from Whole Foods Markets in Woburn come to the Jenks the first Monday of the month for a food demonstration on a variety of topics including healthy smoothies and chocolate parfaits.
- Jennifer Zhang and her team from the Winchester School of Chinese Culture provide a monthly presentation on Chinese culture including how to make dumplings and creating Chinese fans.
- April is the month for the annual Art Exhibit where our talented and creative patrons provide samples of their work to display in our lobby for everyone's enjoyment.
- In June, the Jenks participated in Winchester's Town Day, introducing the new logo and providing information regarding our programs and activities.
- December is the annual Holiday Recycle Sale where volunteers clean, sort, price, display, and sell hundreds of donated holiday items from dishes to ornaments to books to wreaths. Lots of fun work that results in new friendships, bargains for shoppers, and about \$2,800 to support future programs.
- Local students provided musical entertainment: St. Mary's School first through fifth grades in June; Ambrose kindergartners in December; Solo Voci (McCall Middle School) and Chamber Singers/Octets (Winchester Senior High) in December.
- Photographer Jay Sullivan took photos of dogs providing owners with amazing pictures of these wonderful creatures, in July and October.
- Susan Mitchell and Sharon Stone held a class in building a gift box out of paper in August.
- In September Adriana Ausch-Simmel with the Winchester Music School provided a Dalcroze Demonstration.
- In December, Heidi Anderson with ClearCaptions held a fun workshop creating snow globes.

#### **Evening/Weekend Events:**

We are in our second year of a three-year grant from the Cummings Foundation, whose funds support one part-time staff person, a marketing package (new logo, website, etc.) and evening/weekend programs. This grant enabled the Jenks to extend our programs in the evening and on weekends to reach our working seniors, people 55 and over who continue employment during the day, as well as others in the community. This grant also provides support to other non-profit organizations to partner with the Jenks and offer public programs using the Center's facilities. 2,767 people attended night and weekend programs sponsored through the Cummings Grant. This year's programs included:

- Cigarette Addiction? with Dr. Jeffrey Drazen
- Brio Painting Workshop
- Black History Talk
- Where's the Proof? With Dr. Jeffrey Drazen
- Master Plan Workshop/Town of Winchester
- Get Out of Your Head with Vanessa Linsey
- Wright Locke Farm Mending Workshop
- Candidates Forum with League of Women Voters

- Translating Teenagers
- Polio Past and Present
- Why Bad Things Happen to Good Computers with Walter Hubbard
- Fanny & Felix with Dotty Burstein
- Frederick Piano Museum
- Revolutionizing Dementia Care
- Rescue & Jessica
- Journeys, Are You Ready for 2025?
- Voice Lessons: From Opera to Entrepreneur and Back with Heather Poduska

- Photographic Journey in Vietnam with Dr. Sunder
- Climate Change Forum
- Ceramica Paint Night
- Sahar's Journey
- Emerging Transportation Technologies
- Countdown to 65
- Community Bingo and Pizza
- Audubon Birds of Prey
- Community Creators
- The Mushroom Story
- Floral Workshop
- Drazen's Dozen with Dr. Jeffrey Drazen
- Tommy and the Music Makers
- Working Daughter Author Event
- Climate Change: Winchester Community Action
- Alternative Health Panel
- Intro to Bond Trading
- Don't Worry; Be Hoppy
- Civic Gathering
- Jumelage Art Reception
- AARP Finance Basics for 50 and Over
- Intro to On-Camera Commercial Acting
- AARP 5 Pillars of Brain Health
- Wildlife Photography of Tom Luongo
- Wright-Locke Farm Wreath Workshop
- The Colonel Film
- Grown and Flown with Winchester Coalition

- Master Plan with Town of Winchester
- Safe Communities Act Panel
- Thanksgiving Farmers Market
- Alzheimer Presentation
- Merry Mixology with Wright-Locke Farm
- Holiday Magic
- Wright-Locke Farm Forest School Presentation
- Flower Power: An Introduction to Flower Essences and their Benefits
- Explore the World in a Cup of Tea
- MVP Planning Grant Info Session; Town of Winchester
- Expressive Painting Workshop
- Punch Needle Workshop
- Laughter Yoga
- Valentine's Day Wreath Workshop with Wright-Locke Farm
- Climate Change Legislation Panel
- The Inoculation: Raising Healthy Kids
- There Is Nothing To Fix, Author Event (postponed due to COVID)
- The Vaping Illness with Dr. Jeffrey Drazen (postponed due to COVID)
- Candidates Forum with League of Women Voters (cancelled due to COVID)
- Oh, My Stars! Under the Suburban Sky (postponed due to COVID)

## **Other Developments:**

New Jenks Logo displayed at Town Day!

We introduced our new logo, the first of several new branding and marketing measures, graciously funded through the grant from the Cummings Foundation. Working with our consultant, Martha Stone-Martin, Linkwell Services, and her talented team, we reviewed our current marketing methods and identified new branding needs. The logo was the first evidence of our rebranding.

## Welcome to Our New Website!

The second measure of our rebranding was our new website, a fresh new design that provides current information about our activities, events, services and more.

## 15 Passenger Vehicle Arrives at the Jenks!

The WSA contributed to the purchase of a fifteen-passenger handicapped accessible vehicle that began to serve Winchester seniors in January 2020. Thank you also goes to the other organizations for their

generous donations to make this dream a reality: Town of Winchester Town Meeting, Winchester Rotary, EnKa, Winchester Mount Vernon House, Winchester Hospital, Winchester School of Chinese Culture, Winchester Cooperative Bank and the Winchester Council on Aging.

## **Activities**

The Jenks Centers offers 39 regular activities, from three times a week to weekly to monthly, they provide opportunities for physical exercise, meeting new friends, learning new skills, and more. The following provides a list of these activities and a brief summary. We appreciate all the volunteers and instructors who make these opportunities available to our community.

**Aerobics** Tuesdays 3:30 – 4:30 p.m.

This program focuses on aerobic routines and other exercises for muscle conditioning, strength training, balance, and stretching. Enjoy upbeat music with exercises that are challenging yet safe, and easily modified for all fitness levels. Weights and resistance bands are used. All are welcome. Instructors: Judy Whitney. Cost = \$5.00 per class.

## Age Management Discussion Group

1<sup>st</sup> Fridays 10:45 a.m.

Age management is an approach to aging focused on preservation of optimum human function and quality of life, making every effort to slow the process of degeneration of the body that comes with aging. Join Paul Peterson to discuss a variety of topics including dealing with the aging process; prospects and innovations for the future; slowing aging, stopping it altogether or even reversing it; and what treatments and medications are now being tested. Free. All welcome.

**Art Group** 

Wednesdays 9:00 – 10:45 a.m.

If you have a passion for painting and like to combine that with conversation with others, join this group to work with watercolors and acrylics. Members provide their own materials, the Jenks provides the meeting space. Walk-ins welcome! Leader: Peter Franchi. Cost = FREE.

**Bridge** 

Tuesdays, Thursdays 12:30 – 3:00 p.m.

8-10 Tables of enthusiastic Rubber Bridge players meet twice a week to play. The group welcomes new players from beginner to advanced. No partner or sign-up necessary. In fact, you will change partners every four hands. Walk-ins welcome. Leader Frank Gages. Cost = \$3.00 each session.

**Bridge on Sunday**  $2^{nd}$  Sunday Each Month 1:00 – 4:00 p.m. *Offered September – June* This is a friendly bridge game with separate sections for those playing duplicate or "home" bridge. If you do not have a partner, come anyway and we will find you one. Leader: Bob Gaudet. Cost = \$15.00 each session. (Includes a snack buffet and prizes).

Canasta Tuesdays 12:00 p.m.

Canasta is a card game originated out of the rummy family. The main object is to meld sets of seven or more cards. Walk-ins welcome. Leader: Connie DeMakes. Cost = Free.

Chess

Available Daily in the Jenks Lobby

Bring a friend and enjoy a game of chess in the comfortable surroundings of the Jenks Lobby.

**Chorus** Thursdays 9:30 – 10:30 a.m. *Not offered in March, July, and August.* 

The Jenks Chorus invites singing enthusiast to join our group. We rehearse familiar songs weekly and present them at various Jenks events throughout the year. No sign-up or auditions necessary, walk-ins welcome. Conductor: Dick Pharo. Cost = Free (musical scores provided).

**Coffee & Books**4<sup>th</sup> Wednesday Each Month 11:00 a.m. *Offered September – June*Join us for an informal book discussion group open to all. Books are available at the Winchester Public Library and the librarians will gladly assist you in locating an audio or downloadable copy. Leader: Ann Wirtanen, Library Director. Cost = Free.

#### **Conversation French**

Wednesdays 10:45 – 12:15 p.m.

Experienced speakers engage in conversation. We discuss society, politics, culture, and French movies. No sign-up necessary, all are welcome. Leader: Claudine Nacumuli. Cost = Free.

#### **Conversation German**

Thursdays 2:00 – 3:00 p.m.

Whether fluent or beginning, join conversational German to practice speaking, expand your vocabulary, and have fun. Leader: Peter Rosenberger. Cost = Free.

## **Conversation Italian**

Tuesdays 10:00 – 11:00 a.m.

Come join us for lively conversation in Italian. Bring your stories and laugh with us! No sign-up necessary, walk-ins welcome. Leader: Elizabeth Kaplan. Cost = Free.

## **Conversation Portuguese**

Mondays 1:30 – 2:30 p.m.

Experienced as well as novice speakers meet and converse in Portuguese. Walk-ins welcome! Leader: Elizabeth Kaplan. Cost = Free.

## **Conversation Spanish**

Thursdays 10:30 – 11:30 a.m.

Speakers engage in conversations re: society, politics, culture, and movies. All are welcome. Leader: Manuel Diaz. Cost = Free.

#### Cribbage

Wednesdays 9:00 – 10:30 a.m.

Cribbage is a 350-year-old game played with a peg/cribbage board and a standard deck of cards. Please join us! All levels of skill are welcome. Cost = Free.

#### **Dance Fever**

Fridays 3:00 – 3:45 p.m.

Join us for a low impact aerobic workout timed to oldies but goodies and current day tunes. No signup necessary, all are welcome. Instructor: Gail LaRocca. Cost = \$5.00 per class.

#### **Exercise Class**

Mondays, Wednesdays, Fridays 9:30 – 10:30 a.m.

Join this chair exercise class to improve your strength, endurance, flexibility and balance. Sitting and standing exercises with music. Walk-ins welcome. Instructor: Terry Currier. Cost = \$4.00 per class.

## **FABBS System of Exercise**

Mondays, Wednesdays, Fridays 9:45 – 10:45 a.m.

Our newest exercise class focuses on flexibility, agility, better balance and strength. Join this fun gentle exercise class that uses chairs as needed and incorporates integrated movements and exercises drawn from Body Building, Yoga, Taijiquan, Ballet Stretch and Strength Training. Instructor: Hilary Celentano. Cost: \$4.00. All welcome.

#### **Garden Club**

Tuesdays 9:00 a.m. June through September

Weather permitting, the Garden Club meets weekly during the late spring and summer months to plant and harvest fruits and vegetables as well as flowers. In partnership with instructors from Wright-Locke Farm, the Jenks Garden Club is a great opportunity to experience nature at the beautiful outdoor grounds overlooking Judkins Pond. Cost = Free.

## **Gentle Yoga**

Wednesdays 3:00 – 4:30 p.m.; Fridays 11:30 a.m. – 1:00 p.m.

This class combines hatha yoga poses, flowing meditative Zen yoga stretches, calming breathing exercises and revitalizing deep relaxation. All fitness levels are welcome. No previous yoga experience required and no sign-up necessary. Instructor: Marilyn Arnold. Cost = \$8 drop-in fee; session rates available.

## iPad, iPhone/Computer Drop in Sessions

Thursdays 2:00 – 4:00 p.m.

If you have questions or problems with your device, come to our drop-in sessions for assistance. No appointments needed. First come, first served. Leader: Don Nelson. Cost = Free.

## **Knitting Group**

Mondays 10:45 – 12:15 p.m.

Members work on their own projects – sweaters, hats, scarves and discover new items to try by observing other members projects. Casual, friendly, and welcoming. No sign-up necessary, walk-ins welcome! Leader: Linda Faiola. Cost = Free.

## **Library Online**

2<sup>nd</sup> Wednesday Each Month 2:30 p.m.

We offer a rotating series of beginner level workshops dealing with new technologies available at the Winchester Public Library. Walk-ins are welcome. Leader: Ran Cronin. Cost = Free.

## **Line Dancing Beginners**

Fridays 12:00 – 1:00 p.m.

Line dancing is physically demanding and requires mental stimulation making it the ultimate mind and body conditioning. Learn a variety of line dances while enjoying the company of fellow dancers. All are welcome. Instructor: Jim Banks. Cost=\$4.00 per class.

## **Line Dancing Intermediate**

Fridays 1:00 – 2:30 p.m.

Learn line dance waltzes, foxtrots, rumbas, tangos, cha-cha, country western, etc. Line dancing is physically demanding and requires mental stimulation making it the ultimate mind and body conditioning. Walk-ins welcome. Instructor Mary Bailey. Cost = \$4.00 per class.

#### Mah-Jongg

Mondays 1:00 – 3:00p.m.

American version of a Chinese tile game. Must have some experience. If you want to learn, you can observe for as long as you need. All are welcomed! Cost = Free.

## **Meditation--Morning**

Tuesdays 9:00 – 9:30 a.m.

Mindfulness and meditation are practices that benefit mental and physical health through compassionate awareness and focused concentration. Join us for guided meditation and learn a myriad of mindfulness techniques. Leader: Eric Connelly. Cost = Free.

#### Meditation—Afternoon

2<sup>nd</sup> and 4<sup>th</sup> Wednesdays 3:00-3:30 p.m.

Meditation is defined as a practice where an individual focuses their mind and trains their attention, to achieve a mentally clear and emotionally calm state. Known to reduce stress, anxiety, depression and pain, it has also increased peace, perception, and well-being, to possibly improving health conditions. Leader: Hilary Celentano. Cost is \$3 per drop-in session. All welcome.

**Men's Discussion Group** 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays Each Month 11:00 – Noon; plus the 5<sup>th</sup> Wednesday This group has met for over 30 years ago and includes college professors, ex-teachers, vets from various wars, and a few are from different towns and countries. Informal discussions focus around a variety of topics-news headlines, current events, and history we have lived through. All men are welcome. Leader: Ed Brady. Cost = Free.

#### **Movies**

Various Mondays Each Month 12:30 – 3:00 p.m.

Bring a friend and enjoy some popcorn while you watch the most recent feature from the Jenks Center Cinema. All welcome. Cost = Free. Mondays vary so please check calendar.

## **Poetry Group**

1<sup>st</sup> and 3<sup>rd</sup> Wednesdays 1:30 p.m.

Recommend poems, recite poems or write poems. Members discuss certain poets and the many forms of this artistic and emotional literature. Leader: Rosemary Sullivan. Cost = Free

#### **Quilting & More**

Tuesdays 1:00 – 3:00 p.m. Offered September – June

Members meet weekly to work on quilts and tote bags, among other individual projects. Some of the quilts are raffled off at the end of the year to benefit the Jenks Center. Anyone with some knowledge of how to use a sewing machine is welcome, no sign-up necessary. Leader: Jane Norberg. Cost = \$3.00.

## **Silver Sneakers Walking Club**

Thursdays 8:00 a.m. Offered April – September

Meet at the Jenks Center, bring a friend, and join Carol on one of her routes in our community. At the end, enjoy refreshments with the group in the café. Registration requested. Drop-ins welcome. Leader: Carol Keller. Cost = Free.

#### **Square Dancing**

Tuesdays 1:00 - 2:30 p.m.

Square dancing keeps the mind sharp and the companionship that square dance offers is an antidote to depression and loneliness. We learn one move at a time. All are welcome. Come join us and sashay your way to fitness and to meeting new friends. Caller: Phil Alton. Cost = \$3.00 per class.

## **Strength Training**

Thursdays 3:30 - 4:30 p.m.

This program focuses on muscle conditioning, strength training, balance, and stretching, all while seated, standing, or on mats (optional). Enjoy upbeat music with exercises that are challenging yet

safe, and easily modified for all fitness levels. Weights and resistance bands are used. All welcome. Instructor: Gail LaRocca. Cost = \$5.00 per class.

**Tai Chi** Mondays, Wednesdays 11:00 – 12:00 p.m.

Tai Chi promotes balance, flexibility and cardiovascular strength, while reducing pain, stress, and anxiety through a combination of movement, meditation, and relaxation. Instructor: Vincent Chun. Cost = \$5.00 per class.

**Wilson Science & Technology Group**  $2^{nd}$  &  $4^{th}$  Fridays Each Month 10:45-11:45 a.m. Join this enthusiastic discussion about Science & Technology topics ranging from climate change, to solar power, and cyber security. Our meetings include spontaneous topics as well as planned presentations offered by participants in advance. Leader: Martin O'Donnell. Cost = Free.

**Yoga** Tuesdays 9:45 – 11:15 a.m.; Thursdays 9:30 – 11:00 a.m.

Yoga combines a series of poses, stretches, and breathing exercises to improve balance while strengthening your body and quieting your mind. You will leave the class with an overall feeling of health and well-being. New members welcome. Instructor Ruth Lieberherr. Cost = \$8 drop-in fee; session fees available.

## Yoga & Tea Socializing

Tuesdays 11:30 a.m.

Relax and refresh after yoga. Stay, enjoy a cup of tea and conversation with members of the class.

**NOTES:** Activities often change over the year, depending on attendance and instructor availability. By the end of this fiscal year (ending March 2020), the following classes were cancelled: Gentle Yoga/Friday, Meditation/Afternoon, Square Dancing, Yoga/Thursday. Yoga & Tea continue to meet after the Tuesday class, but informally.

## **Finance and Audit Committee Report**

The Finance Committee Chair and Treasurer are respectively Robert Ain and Sharon Stone. Our Assistant Treasurer is Dot Mueller. The Finance Committee consists of seven members who meet quarterly with additional meetings at budget time during the winter months.

The Committee continues with a conservative approach to our finances. The current investment markets have been very volatile with mostly large decreases during the past few months. The ongoing concern from the corona virus has affected stock prices and interest rates. At the end of the fiscal year, March 31, 2020, the market value of the Endowment Fund and Investment Account was \$4,705,360, a decrease from the previous year. The account has made some forward progress in the past few weeks with our two accounts having a value of \$5,287,131 as of May 9, 2020. Although we have lower returns on our investments, the investment Committee and our financial advisors believe we maintain sufficient liquidity to cover the operational deficits that occur each year.

The deficit, before our endowment fund contribution to operations, was at negative \$165,518. This deficit is higher than the previous year due to higher expenses and lower revenue including travel committee income, grant income, and rental income. Our deficits are covered through transfers from our endowment and investment funds to the operating account. Our Finances are now being audited

by our new accountants, Walsh & Co. Our audit for the previous year, FY 2019, was completed recently and we expect that the audit for FY2020 will start in the next few months. Audited results for the year ending FY2020, will be available later this year when the audit is completed.

An ad hoc Fund Development Committee is chaired by Mark Gallagher. Its mission is to recommend and implement fund raising initiatives for the WSA. Our Annual Appeal letter was sent to donors three times during FY2020: September, 2019, December, 2019 and March, 2020. Our appeal letter for Spring FY2019 went out late and therefore, funds raised were received in April 2019 and are therefore included in the FY2020 report.

Thank you to the members of the Committee for their service, especially to Sharon Stone, Treasurer and Dot Mueller, Assistant Treasurer, for the significant contribution they make to the success of the WSA. During the coming year, we plan to add one or two new members to this committee to further enhance the performance in these volatile times.

Finance Committee members: Robert Ain (Chair), Sharon Stone, Colette Desmarais, Jim Kent, Bob Lord, Dorothy Mueller and Anne Hoffman.

## WSA Profit and Loss Statement (Unaudited) - April 2019 through March 2020

it and Loss Statement (Onaddited) - April 2	OIJ	till Ough IVI
Income		
Total Contributions	\$	99,836.53
Grant Income	\$	41,749.46
Newsletter Ads	\$	15,615.27
Programs & Activities- Day	\$	25,314.75
Programs & Activities - JLC & Ed Comm	\$	5,110.00
Total Special Events, incl Event Committee	\$	27,125.93
Travel Committee	\$	45,555.50
Interest Income	\$	43.35
Total Rental Income	\$	5,159.50
Total Income	\$	265,510.29
_		
Expenses		
Annual Appeal	\$	3,746.00
Buildings & Grounds	\$	66,325.63
Computer-Related Costs	\$	856.09
Total Center Operations	\$	46,639.48
Transportation		
Total Doursell Benefits Toyon 9 Food (not of MOW)	_	475 700 64
Total Payroll, Benefits, Taxes & Fees (net of MOW)  Newsletter	\$	175,798.61
	\$	32,720.10
Programs & Activities- Day	\$	586.74
Programs & Activities- JLC & Ed Comm	\$	7,781.69
Grant Expenses Excl Salary	\$	19,261.46
Special Events	\$	16,629.30
Travel Committee	\$	40,488.90
Rental Expense	\$	2,510.00
Miscellaneous	\$	17,684.72
Total Expenses	\$	431,028.72
Total Expolices	Ψ	101,020112
Net Operating Income	\$	(165,518.43)
and open ming meeting	Ψ	(103)310:10)
Endowment Income		
Interest & Dividends	\$	119,991.30
Investment Fees	\$	27,622.57
Realized Gains/Losses	\$	25,319.93
TOGILEGA GUITO/E00000	۲	23,313.33
Realized Endowment Income	\$	117 600 66
INGAILZEU LIIUOWIIIGIIL IIIUOIIIG	Ş	117,688.66
Net Income after Realized Endowment		
		(47.000.75)
Income	\$	(47,829.77)

## Winchester Seniors Association Trust (WSAT) Annual Report FY 2020

## **Colette Desmarais, Treasurer**

## Winchester Cooperative Bank Checking Account (3234)

Cash on Hand April 1, 2019	\$2,110.40	)
Receipts		
Bank Interest	\$4.01	Ĺ
Gifts	\$1,150.00	)
Transfers from Fidelity Account	\$51,000.00	)
Total Receipts	\$52,154.01	L
Total Funds Available	\$54,264.41	Ĺ
<u>Expenditures</u>		
Shawsheen Air Services (Safety Railing	\$3,689.15	;
Affordable Stump Grinding	\$400.00	)
Registry of Deeds	\$75.00	)
Stone & Company (Tax Preparation)	\$1,500.00	)
Nardone Electric (Conduit Work)	\$2,596.00	)
Extreme Landscaping	\$10,640.00	)
WSA (Payment for WSAT Portion of Irr	igation Installation) \$1,300.00	)
Saltmarsh Insurance (Business Auto)	\$383.00	)
NFIP Direct Servicing Agent (FEMA Floo	od Insurance) \$7,872.00	)
Saltmarsh Insurance (Commercial Fire	Insurance) \$15,182.00	)
Johnson & Johnson (General Liability I	nsurance) \$3,586.00	)
Shawsheen Air Services (Boiler Expans	ion Tank) \$5,153.68	3
Massachusetts Attorney General (Tax	Filing Fee) \$35.00	)
Total Expenditures	\$52,411.83	;
Checking Account Balance March 31, 2020	\$1,852.58	3
Total Assets of WSAT March 31, 2020		
Winchester Cooperative Bank Checking Acc	count \$1,852.58	3
Fidelity Account (Endowment Fund)	\$575,025.09	)
, , , , , , , , , , , , , , , , , , , ,	\$576,877.67	,
Endowment Fund Balance		
3/31/19	\$706,014.66	
3/31/20	\$575,025.09	

**Notes:** (1) WSAT received a gift of stock valued at \$1,089.10, which was transferred directly by the donor to the Fidelity Account. (2) The endowment fund's value was affected by the COVID-19 pandemic. As of May 1, 2020, the endowment fund's balance was \$627,036.34.

\$27,023.00

**Total Insurance Costs** 

## **WSA Annual Appeal Donors**

Joanne Abdella Kevin Bird Claudia Sue Clark Altaf Abdullatif Ulla Bjarngard Paula Clinton Marlene Ackerman Stephen Black-Schaffer Peter Coccoluto

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Sherman Saltmarsh
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Edward Sandford

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Mary Wrinn
Ruth Young

Philip & Karen Yuska

Henry Zeuli Vangel Zissi

## **Acknowledgements**

The WSA would not exist without our staff, many generous volunteers, and donors.

## **Martha Bullard Garden Recognition:**

In May 2018 the Winchester Seniors Association received the largest donation in the history of the Jenks. MarthaAnn Bullard left a legacy unrestricted gift of \$2.6 million. Her amazing generosity was formally celebrated at a September 29<sup>th</sup> recognition with the naming of a garden patio acknowledging her passion for gardening.

## **Our committees:**

- Education: Connie Stolow (chair).
- **Events**: Anne Lucas (chair), Phyllis Beedle, Bruce Bonnell, Pauline Call, Erica Drazen, June Fitzgerald, Pauline Foley, Mark Gallagher, Deborah Hitchens, Lana Jurigian, Shayna Loeffler, Winona Moeller, and Joan Theuer.
- Jenks Learning Connection: Mary Price (chair), Gerry Driscoll.
- **Travel**: Phyllis Zeuli (chair), Sandra Ericksson-Ellis, Carol Franchi, Patricia Golden, Alison Taber, Phyllis Williams.
- Building and Grounds Committee: Charles Price (chair), Nick Asaro, Phillip Beltz, Carl Boerner, Justin Magee, JoAnn Michalak, Ron Milauskas, Don Nelsen, Richard Norberg, Dick Pharo, Dominic Piccione, Nancy Polcari, Rob Russo.
- **Computer Technology Committee**: Don Nelsen (chair), Bill Fincke, John Giles, Brooke Green, Anne Hoffman, Doug Iram.
- AV Committee: Don Nelsen (chair), Rob Ain, Dick Pharo.
- **Finance Committee**: Rob Ain (chair), Dorothy Mueller, Judith Pedersen, Sharon Stone, Colette Desmarais, Jim Kent, Bob Lord, and Anne Hoffman.
- **Film Committee**: Phillip Beltz (chair), Helen Babcock, Gerry Driscoll, Pauline Foley, Lorin Maloney.

#### Businesses who donate goods and services:

- Wegmans, Market Basket, Montillios' Bakery, Stop and Shop, Kayem.
- The Army Recruitment Center for managing our Cornhole Tournament.
- Erika Gorgenyi, Education Director, Wright-Locke Farm, for participation in our Garden Club.
- Donna Deconto, Whole Foods Market Woburn, for monthly food demonstrations.
- Jennifer Zhang and her team, Winchester School of Chinese Culture, for monthly Chinese Culture presentations.
- Ran Cronin for our monthly Library Online event.
- Ann Wirtanen for our monthly Coffee & Books discussion.

#### **Sponsors to events:**

- Joan Theuer, Peter Pirani, Julie Wile of Leading Edge
- Anne Lucas, Ducks in a Row

#### Volunteers who manage regular activities:

• Paul Peterson (Age Management Discussion Group)

- Connie DeMakes (Canasta)
- Dick Pharo (Chorus)
- Claudine Nacumuli (Conversation French)
- Peter Rosenberger (Conversation German)
- Elisabeth Kaplan (Conversation Italian, Portuguese)
- Manuel Diaz (Conversation Spanish)
- John Minnitti (Cribbage)
- Barbara Murphy (English as a Second Language)
- Pauline Call (Garden Club and Holiday Recycle Sale)
- Don Nelsen (iPad Help Sessions)
- Ed Brady (Men's Discussion Group)
- Rosemary Sullivan (Poetry Group)
- Carol Keller (Silver Sneakers Walking Group)
- Tony Conte and Martin O'Donnell (Wilson Science & Technology Forum)
- Vivian Green (Mah-Jongg)
- Jane Norberg (Quilting)
- Linda Faiola (Knitting)
- Frank Gages (Bridge)

### Businesses that participated in our Symposium:

- Always Here Home Care
- Assisted Living Locaters
- Atria/Longmeadow Place
- Audiology and Hearing Solutions
- Best Home Care
- Beth Israel Lahev
- Better Homes & Garden/The Shanahan Group
- Bigelow & McGrath
- Captel
- Care Dimensions
- Care One
- Carlton Willard
- Cibus
- Clark Care
- Comfort Keepers
- Ducks In A Row
- Edward Jones
- Encompass Health

- Gosselin & Kyriakisis, PC
- Hearthstone Alzheimer Care
- Home Instead
- Law Offices of Spano & Dawicki
- New Horizons
- Right at Home
- Salter Healthcare
- Saltmarsh Insurance Agency
- Steady Watch LLC
- Stonebridge
- Sunrise Senior Living
- The Gables in Winchester
- The Residence at Melrose Station
- Visiting Nurse & Community Care
- Winchester Cooperative Bank
- Winchester Hospital
- Winchester Savings Bank
- Windrose at Woburn
- Windsor Place of Wilmington

#### **Additional Acknowledgements:**

• Peter Engeldrum, Jeff Drazen, Terry Currier, Nicole Russo, AARP of Massachusetts, Corinne Emerick, Shiva Barton, Denise Konicek, Shelby Meyerhoff, Susan Vrotsos, Wendy Jo New, Lucia Rubini, and Kiyomi Yatsuhashi, who waived their speaker fees for educational presentations.

- Jan Porell as Volunteer Coordinator, for assisting with interviewing potential volunteers, developing a database of active volunteers and matching current openings with volunteers' skills and talents.
- The Gables for donating a Bingo set.
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