Sowing the Seeds for the Future

Autumn brings with it a reflection on the previous year and planning for the year ahead. Summer temperatures cool, children begin a new school year, and we look forward to our native fall crops of corn, pumpkins, and apples. What once started as a seed has been nurtured, protected, and cultivated into a harvest both for this season and those to come.

Like that seedling, this past year at Minuteman Senior Services has been about protecting and strengthening our core programs, nurturing existing relationships, and investing in resources necessary to support the growing demographic of seniors, persons with disabilities, and caregivers in need. We are proud of our accomplishments and know that these efforts will yield impact for many years:

Planning for the Future As an organization, it is vital that we continuously assess our goals and their alignment with our vision for the future. We have created a three-year strategic plan that leverages our resources most effectively in an ever-changing environment and re-establishes our core values.

Building our Value We often hear stories about how our services affect the lives of individuals and families, and we have been exploring innovative ways to improve consumer health and have a broader impact in the community. We have enhanced our Meals on Wheels program by launching technology that can more effectively monitor changes in condition noted during meal delivery; we have expanded our caregiver program to identify the red flags of depression; and we have developed measures to reflect the impact of Medicare health insurance counseling on social health factors, including taking medications as prescribed.

Cultivating Relationships We highlighted the work of our partners during our Annual Meeting by reflecting on the impact of these relationships. We expanded our efforts to improve staff health and wellness by offering programs like meditation, trainings on financial health, and more opportunities for social connection. And we hosted our first “Neighbors on Tap” event to cultivate new donor relationships.

Leveraging Technology We made important investments that ensure the protection of health information across our systems. These efforts help us minimize manual functions by updating and standardizing systems, with a primary goal of enhancing the productivity of our most valuable resource - our staff.

Much like tending to a harvest, our achievements have been a collective effort, working together with our employees, volunteers, Board of Directors, donors, and community partners to meet a common goal. This would not be possible without the support of so many who believe in our mission and we thank you for your generosity and support. Your deeds help sow the seeds.

Kelly Magee Wright, Executive Director
Vito LaMura, Board President

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If your vision is for a year, plant wheat. If your vision is for ten years, plant trees. If your vision is for a lifetime, plant people.

- Chinese Proverb

“We are quickly getting the services we need. Minuteman is a real asset to our community.”
People Served by Program 2018-2019
Home Care/Care Management ............................................. 2,935
Caregiver Support & Options Counseling ............................ 1,933
SHINE Health Benefits Counseling .................................... 3,982
Protective Services ............................................................ 1,009
Money Management .......................................................... 59
Meals On Wheels & Senior Dining ...................................... 2,342
Nursing Home Ombudsman ................................................. 2,856
Healthy Living Workshops .................................................. 163
Legal Services ................................................................. 190
Transportation ................................................................. 519
Nursing Assessments .......................................................... 1,284
Information & Referral Calls .............................................. 9,823

“Thank you for the meal delivery that helped my dad live independently until the age of 100. During visits, the volunteer driver kept track of Dad’s well-being, and let others know if something was amiss. He was truly a Godsend.”

Individuals & Families Served by Town 2018-2019
Acton ............ 1,540  Lincoln ............ 705
Arlington ....... 4,092  Littleton .......... 990
Bedford .......... 2,118  Maynard ......... 747
Boxborough .......239  Stow ............. 446
Burlington ...... 2,227  Wilmington ... 1,591
Carlisle .......... 350  Winchester ... 1,630
Concord ...........1,817  Woburn ........ 3,603
Harvard .......... 342  Other ............ 1,457
Lexington ....... 3,037

“We need the SHINE Health Benefits Counseling program and people like Peggy to help older Americans. With her help I was able to choose services which most closely met my medical needs.”

“My doctor was delighted to hear that I enrolled in the Chronic Disease Self-Management class. I feel so much better prepared to deal with my current situation and whatever it morphs into.”

“Thank you for the meal delivery that helped my dad live independently until the age of 100. During visits, the volunteer driver kept track of Dad’s well-being, and let others know if something was amiss. He was truly a Godsend.”

Our mission is to help seniors and people with disabilities live in the setting of their choice by engaging community resources and supporting caregivers.

People Served by Program 2018-2019
We are grateful to the people and organizations whose generosity has helped us make a difference in the lives of those we serve. Programs are funded in part through contracts with the Massachusetts Executive Office of Elder Affairs and contributions from local city and town governments. Since public funding has not kept pace with the growing needs of seniors and people with disabilities, we actively solicit private financial support. In addition to the organizations and businesses listed below, we receive hundreds of donations from individuals each year, including gifts in memory of or in celebration of a loved one.

Board Members

Vito LaMura, President, Bedford
Mary Beth Coyne, Vice-President, Maynard
Lou Conrad, Treasurer, Concord
Allan Morgan, Assistant Treasurer, Bedford
Laurie Pass, Clerk, Woburn
Jacqueline Friedman, Acton
William Taylor, Acton
Diane Connor, Arlington
Catharyn Gildesgame, Arlington
Marjorie Vanderhill, Arlington

Donna O’Brien, Burlington
Sally Hayen, Carlisle
Margaret Hoag, Concord
Diana Bishop, Lexington
Gary Fallick, Lexington
Wendy Kusik, Lincoln
Susan Matatia, Stow
Christine Murphy, Wilmington
Margaret McIndoe, Winchester

Community Chest and United Way Support

Foundation & Grant Support

AmazonSmile Foundation
Bob’s Discount Furniture Charitable Foundation
Charles E. Bigelow Fund
Charles F. Bacon Trust
Community Health Network Area 15 (CHNA15)
Cummings Foundation
Dana Home Foundation
Enbridge

Foundation for MetroWest
Henderson Foundation
Katharine C. Pierce Trust
Massachusetts Dept. of Workforce Development
Meals On Wheels America
Northern Bank & Trust Charitable Foundation
Slaggie Family Foundation
TD Charitable Foundation
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