The purpose of Grafton County Senior Citizens Council is to develop, strengthen, and provide programs and services which support the health, dignity, and independence of older adults and adults with disabilities living in our communities.

Letter from the President and Executive Director

Dear Friends,
Thanks to you, in 2018 GCSCC served more than 8,000 individuals in communities throughout Grafton County. Being an invaluable resource for our friends, family members, and neighbors is no small responsibility, and we fully recognize that doing so is a team effort. GCSCC’s services and programs for older adults and adults with disabilities exist because of:

• selfless volunteers who give enthusiastically of their time;
• compassionate staff members who are committed to using their expertise to help others;
• dedicated Board members whose tireless service guides the agency;
• generous contributors who provide financial support; and
• knowledgeable community partners who collaborate for the greater good.

Such a well-established team provides stability, which is needed most during times of change. GCSCC experienced two leadership transitions in 2018. Long-time Executive Director Roberta Berner retired and Kathleen Vasconcelos joined the agency as its fourth executive director. In addition, former Board of Directors Vice President, Larry Kelly, was elected President following Patricia Brady’s dedicated service as President.

In 2018 we also lost a tremendous leader and advocate with the passing of Carol Dustin. She served as GCSCC’s executive director from 1984 until 2003, and worked for many years after that as a counselor for GCSCC clients. Her decades of work on behalf of older adults assisted countless people throughout our region.
We are both committed to the success of GCSCC and we’re proud to build upon the legacy of the leaders who came before us and made this agency what it is today. And what it is can be best described in the following descriptions of programs and services provided by our team in 2018:

Home Delivered Meals
Volunteers bring a hot meal, freshly prepared in the senior centers’ kitchens, to the door of frail adults. With the meal, the volunteer also brings a greeting and a check of the recipient’s well-being. Last year, the Council provided 141,488 home delivered meals to 853 individuals residing in communities throughout the region. This represents a 12% increase in Meals on Wheels from 2017 to 2018.

Congregate Meals
Our eight senior centers provide a welcome setting for participants to visit with friends and enjoy a nutritious lunchtime meal. A newsletter is distributed monthly with the menu. Last year, GCSCC centers served 71,025 congregate meals to 3,433 individuals.

Transportation
Eleven lift-equipped buses transport older adults and adults with disabilities to medical appointments, shopping, the local senior center and other destinations. Coordinators at our centers help arrange this transportation and can sometimes accommodate requests for long-distance medical transportation provided by volunteers. Last year, the Council provided 37,898 rides to 877 passengers.

Outreach and Social Services
Each senior center has an outreach worker available to help connect clients with the services they need to live independently. They provide outreach to isolated individuals, as well as advocacy, counseling, and information regarding support groups for older adults and for caregivers. The Grafton County ServiceLink Resource Center, sponsored by GCSCC, provides expert counseling, with specialists in Medicare and Medicaid, as well as caregiver support, information and assistance, and veterans’ assistance. Last year, ServiceLink and GCSCC outreach workers provided support for 3,640 individuals and families on 13,910 occasions (an average of one-half hour each), a 23% increase from 2017 to 2018.

RSVP signature programs include:
Chore Corps: Repairs, home modifications and chores in and around clients’ homes are made with a focus on safety. RSVP volunteers completed 132 projects for 59 people in 2018.
Good Morning: Volunteers call older adults and adults with disabilities who are at risk for falls, accidents, illness or isolation. Last year, RSVP volunteers made 2,983 Good Morning calls.
RSVP Bone Builders: Ongoing exercise classes geared to improving bone density and balance are offered at GCSCC senior centers and other community sites. Thanks to 74 volunteer class leaders serving 20 classes, 635 exercisers attended class 21,428 times last year.
A Matter of Balance: Eight-session evidence-based falls prevention classes graduated 14 attendees thanks to an RSVP volunteer coach.
Together, we are making a difference but there’s always more to be done. In the next decade, Grafton County is projected to have 30% of its population aged 60 and older, which means more individuals will be in need of GCSCC’s programs and services. Thank you for the role you play in meeting the increasing need in our communities.

Kathleen Vasconcelos
Executive Director
Larry Kelly
President

76,264 hours of service to the agency. Additionally, the RSVP Volunteer Center serves all of Grafton and Sullivan County, supporting volunteers age 55+ to meet community needs.

Senior Center Activities and Programs
Each center offers recreational, educational and health-related programs, ranging from art and exercise classes to blood pressure clinics and computer instruction. Many programs are held mid-day so that participants can enjoy a program as well as the congregate meal.

Volunteer opportunities
A broad range of volunteer opportunities is available through the senior centers. In 2018, 897 volunteers provided a total of...
**Statement of Financial Position**

September 30, 2018

<table>
<thead>
<tr>
<th>Assets</th>
<th>Cash and cash equivalents, unrestricted $34,767</th>
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<tbody>
<tr>
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<tr>
<td>Cash and cash equivalents, temporarily restricted $5,306</td>
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<td>Investments (at fair market value) $783,977</td>
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<td>Land, buildings, and improvements</td>
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<td>Accumulated depreciation</td>
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<td>Accumulated depreciation</td>
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<td><strong>Liabilities and Net Assets</strong></td>
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<td>Long-Term Liabilities</td>
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<td>United Ways</td>
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<td>Non-cash</td>
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<td>Governmental programs and fees for contract services</td>
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<td><strong>Total Long-Term Liabilities</strong></td>
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<tr>
<td>Net Assets</td>
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**Donors**

Thank you to those who wish their gifts to remain anonymous, contributors to the United Way, and those who contribute directly to a specific GCSCC program.

**$2,500 or more**

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<td>Roberta J. Berner and Richard Abel</td>
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<tr>
<td>Barbara H. Brown in memory of Channing Brown</td>
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<td>Clark A. and Happy Griffiths</td>
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<td>Douglas M. and Jean Stephenson</td>
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<tr>
<td>Stephen R. and Nancy Marion</td>
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<td>Peter J. McLaughlin and Jane McLaughlin</td>
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**$500 to $999**

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<td>E. Clinton and Bonnie Allard Swift</td>
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<td>Ashton R. Wyllie</td>
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**$1,000 to $2,499**

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<tr>
<td>Edward Densmore and Kathleen Lovett</td>
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<td>George C. and Ann Green for Experience/Arts</td>
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<tr>
<td>Richard G. and Sally Jaeger</td>
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<tr>
<td>Larry and Rainie Kelly</td>
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<td>Preston and Virginia Kelsey</td>
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<td>Lerner Gray Foundation</td>
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<td>Joe and Marjorie Langsam</td>
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<tr>
<td>The Liebel Family Fund</td>
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<td>Dr. Robert A. Maclean</td>
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<td>Rick and Linda Roesch</td>
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<td>Molly Potter Schu</td>
<td>$1,000 to $2,499</td>
</tr>
<tr>
<td>Jean and Bayne Stevenson</td>
<td>$1,000 to $2,499</td>
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</table>

**Bequests**

By including Grafton County Senior Citizens Council in your estate plan, you are helping to ensure that older people will be able to count on the Council’s services and programs to help them remain independent in their own homes and communities for as long as possible.

Including the Council in your estate plan can be as simple as adding the following to your will:

* I hereby give, devise, and bequeath to Grafton County Senior Citizens Council, Inc., a corporation duly existing under the laws of the State of New Hampshire and located in Lebanon in said state, ___________ dollars (or securities, property, or percentage of my estate) to be used for the benefits of Grafton County Senior Citizens Council, Inc. in such manner as the Board of Directors thereof may specify.*

You also may designate a specific senior center or service to benefit from your gift.
Kenneth C. Forseth
Francis Frankland
Milton F. and Marylin Fry in memory of Carol Dustin
William V. and Kathleen Geraghty
Gary and Lynn Goodnough
Franklin F. and Polly Gould
Grace Assembly of God
Harold J. and Teresa Graham
The Rev. Frank Griswold
Bobbie Gross
Rita Grega
Edward L. and Laura Harris Hirsch
Darrell and Lora Ingliss
Ann Van Etten James
Edward L. and Bobbi Gross
Gary and Lynn Goodnough
William V. and Kenneth C. Forseth
Alexandra Olson
Maureen Polimeno
Aime Perron
Trudy Welch
Lesa Lakeman-McDonald
Laura Harris Hirsch
memory of Carol Dustin
in memory of
Bath Friendship Fund
Patricia A. Aucoin
Kevin and Patricia Appleton
Laura Abel and Gayle Pilat
Bruce and Betsy Whitmore
Ruth Wellington
Dr. Michele VanderHeyden and Gunnar Blix
John H. Vogel and Judith Music
Brian Wars in memory of Gladys Griffith
Ruth Wellington
West Lebanon United Church of Christ
Darlene and Fredrick White
Bruce M. and Betsy Whitney
Arline L. and Jeanne Young
Beth and Michael Schibley
Jill and John Schiffman
David and Marcia Selent
George W. and Claudine Shadowens
Jeffrey and Annie Silverstein
Kimberly Smith in honor of Brian and Gloria Smith
Nancy Smith, Shaker Hill Bed and Breakfast
Brenda Souza in memory of Carol Dustin and Mary Welch
Dr. Peter and Peregrine B. Spiegel
John M. Stephens
Gregory and Patricia Stevenson
Suzanne Staffor in memory of Carol Dustin
David C. and Martha Talbot
Ellen and Allen Thompson
Joseph and Lorraine Tumolo in memory of Roger Adams
Dr. Georgia Tuttle, The Skin Care Center
Twin Designs
William and Jacqueline Underhill in memory of Carol Dustin
Upper Valley Press, Inc.
Roger and Jean Vachon in memory of Carol Dustin
Dr. Michele VanderHeyden and Gunnar Blix
John H. Vogel and Judith Music
Brian Wars in memory of Gladys Griffith
Ruth Wellington
West Lebanon United Church of Christ
Darlene and Fredrick White
Bruce M. and Betsy Whitney
Arline L. and Jeanne Young

Up to 599
Anonymous [24]
Laura Abel and Gayle Pilat
Domenic Albanece
Kenneth and Henrietta Aldrich
Kevin and Gloria Smith
Patricia A. Auscon
Edward Audette in memory of Roger Adams
Talbert W. Bacon
William Barr in memory of Roger Adams
Tamara Barry
Bath Friendship Fund
Cherianne Bergeron
Barton E. and Elizabeth Bukforder
Thomas W. and Ann Blair
Mark W. and Catherine Blanchard
Rabbi Edward S. and Shari Boraz
Sharon Bourn
Richard S. Bower
Christine Brown
Virginia M. Burnham
Patrick Butman
Leonard and Mary Ann Cadwellador
Rosina K. Carpenter
Deborah A. Carr
Jan M. and Madeline Cattabriga
Mona Chaichenian
Arthur C. Chandler
Dr. Dale and Marilyn Childs
Aaron Clough and Jennifer Seiler-Clough
Sue Violette and Candice Conno
Mary Corrigan
Kim Dang
Joan D. Decato
Stephen N. Decato and April Sanborn
Demas Mowing and Landscaping
Robert A. and Marilyn Derrickson
Julie Dougall
Verna L. Dunn
Richard P. and Laurette Dupree in memory of Roger Adams
Cynthia M. Dussault
Chester S. Duttle in memory of Roger Adams
Brian and Susan Edwards
Noel and Sharon Everts
Christopher R. and Betsy Finner
Peter F. Fisshel
Richard A. and Kathie Flanders
Debra S. Ford in memory of Roger Adams
Susan M. Ford
Judy and Todd Fothergill
works for Sarah Franklin
Anita Garland
Ruth Goudette
Gerald R. and Catherine Gherardi
A.B. Gile, Inc.
Glennis Gold in memory of Carol Dustin
Gertrude M. Greenwood
James W. and Deborah Griffiths
Richard B. and Shirley Hall
Thomas Hall
Alice V. Hartford
Louisa A. Hewes
Glenda Hofmann, Copies and More
Darla Joaquith
Wendell M. and Eline Jasseman
Anne Jette
David and Marilyn Johnson
Gisela Jones
J. Richard and Caroline Judson
Gene Kadish and Karen Fryer in memory of Carol Dustin
Kendall at Hanover
David L. and Carolyn Kent
Paul K. and Joyce Kiflewbr
Simi and Lena Kopolka
Austin and Betty Ann Kavacos
Joseph and Jeanette Lacroix
Raymond A. and Maree Lagasse
Donald and Lynn Langley in memory of Roger Adams
Jackie LaBianca
Donald and Kristin Lehmann
Brenda Long
Lyman Realty, Inc.
Elaine Marshall
Dorothy McNutt
Kris Medill and Alex McDiccott
Al and Dana Michalovich in memory of Carol Dustin
Ivone Moccio and Allyn Field
Patrick Moeschen in memory of Roger Adams
Caroline Moore
David and Joanna Moore
Claire E. and Doug Moorhead
Evelyn V. Morse
Cynthia J. Nicely
Scott A. and Betsey Neisl
Eloise Nickerson
Osobow Veterinary Clinic
Deborah Page
Joel and Tina Peabody
Dawson Ridgdon
John C. and Margaret Pilgrim
Katherine Piper
Paul and Gwen Planet in memory of Margaret Truman
Roy and Betty Plante
Gordon H. Plummer

Step Up / Stop Hunger Walkathon Sponsors 2018
Dead River Company
Wal-Mart Foundation
Green Mountain Furniture
Massacoma Bank
American Health Care Services
Bank of New Hampshire
Casilla Waste Systems, Inc.
Envirotech
CIG Business Solutions
Pilgrim Health Care
Center Community Building Association
Crystal Geyer
Well Sense Health Plan
AARP-NH
Barbara’s Rod Steckling Ema Ladies Aid
Ledyard National Bank
Littleton Area Senior Center
Louden Investment Management
Allice Peck Day Memorial Hospital
Dana Tough Socks
In memory of Margie Rose L. Paquette
Jeanne Howell Littleton Lions Club
Mashpee-Chappaumuck Lions Clubs
Mack’s Trucking and Excavation, LLC
New England Wire Technologies
Oliver Packaging and Equipment
Reinhardt Food & Gift
Union Bank
Lisbon Lions Club

Mary Welch
Beloved coordinator of Oxford Area Senior Services, Mary Welch, passed away unexpectedly on October 26, 2018. Mary had worked for GCSCC since 1999, and was still actively working for the agency when she died. A resident of Oxford and dedicated leader of the senior center, Mary’s death meant the loss of a profound advocate and service provider for older adults in Oxford and surrounding communities. Mary’s love for the people she served was evident in her work, and she was grateful that she shared her energy, enthusiasm, and compassion so selflessly. Continuing support for critical elder services in that region is the best way to honor Mary’s memory.

Estate Gifts
Estate of Thomas S. Brown, M.D.
Estate of Winifred and Leonard Morrisey
Estate of Stephen C. and Camila Roa Piko
Estate of Lucille Sevingry
Estate of Glenwyn and Alfred Stewart

Foundation, Corporate, and Designated Gifts
Alice Peck Day Memorial Hospital
Ashta Philanthropies
The Jack and Dorothy Byrne Foundation
Cabor Creamery Cooperative
Cardigan Veterinary Clinic PLCC
Citizens Bank Foundation
Cohase Lions Club
Cottage Hospital
Couch Family Foundation
Dartmouth Hitchcock Medical Center
Lane and Elizabeth C. Downill
Charitable Trust
First Congregational Church of Littleton
Garnet Hill Employee Community
Granite United Way (North Country, Upper Valley, Central Regions)
Hannaford Supermarkets
Hanover Consumer Co-Op Pennies for a Change Program
Hyperthrm. H.O.P.E. Foundation
Lincoln Financial Foundation
Linwood Rotary Club
Massacoma Bank Foundation
Meals on Wheels America
Meredith Village Savings Bank
The Mr. Roehmshore Foundation
New Hampshire Charitable Foundation
New Hampshire Electric Co-Op Foundation
Odd Fellows Lodge #20
Passumpic Savings Bank
Plymouth Lodge of Elks
Plymouth Rotary Club
Qually Hollow (Summit Property Management Group, LLC)
The John M. Shapiro Charitable Trust
Speare Memorial Hospital
Tuscani Hills Foundation
Wal-Mart Foundation
The Wennberg Family Fund
## GCSCC Services by Town
### October 1, 2017 – September 30, 2018

<table>
<thead>
<tr>
<th>Towns</th>
<th>Grafton County</th>
<th>60+ Sr. Pop.</th>
<th># of Individuals Served</th>
<th>Meals</th>
<th>Trips</th>
<th>Social Services (Service Link)</th>
<th>Activities</th>
<th>Volunteer Hours</th>
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<td>43 (17)</td>
<td>535</td>
<td>454</td>
<td>38 (63)</td>
<td>43</td>
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<td>-</td>
<td>1 (28)</td>
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<td>Bethlehem</td>
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<td>Hanover</td>
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<td>561</td>
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<tr>
<td>Haverhill</td>
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<td>8,736</td>
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<tr>
<td>Hebron</td>
<td>249</td>
<td>20 (10)</td>
<td>347</td>
<td>19</td>
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<td>159</td>
<td>13 (93)</td>
<td>995</td>
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<td>6,397</td>
<td>368 (789)</td>
<td>6,897</td>
<td>13,289</td>
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<td>1 (54)</td>
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<td>262</td>
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<tr>
<td>Lyme</td>
<td>467</td>
<td>36 (45)</td>
<td>1,974</td>
<td>12</td>
<td>4 (140)</td>
<td>200</td>
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<td>7 (28)</td>
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<td>375</td>
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<td>Orford</td>
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<td>163</td>
<td>72</td>
<td>(54)</td>
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<td>4,500</td>
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</table>

**Totals**: 19,734 | 6,111 | 212,513 | 37,898 | 3,958 | 48,585 | 76,264 | (Grafton County) | (9,952) |

1. Over-60 population residing in Grafton County, 2010 U.S. Census.
2. Services provided to persons aged 60 and older and adults with disabilities. GCSCC provides additional services, including hosting health clinics, tax assistance, and other specialized activities with partner organizations.
3. ServiceLink numbers are in parentheses.

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**2018-19 Board of Directors**

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- Martha Richards, Secretary
- Ralph Akins
- Patricia Brady
- Neil Castaldo
- Ellen Flaherty
- Carol Govoni
- Craig Labore
- Steve Marion
- J. Pete Moseley
- Rick Peck
- Frank Thibodeau
- Ellen Thompson
- Kathleen Vasconcelos, Executive Director