

TO BE REVIEWED at COA Meeting
TOWN OF SUDBURY
COUNCIL ON AGING
MINUTES OF MEETING
June 27, 2022
3:30 PM

ALL COA MEETINGS ARE NOW RECORDED AND
AVAILABLE ON SUDBURYTV.ORG

**COA meetings done over Town Zoom video
Conference Account**

WEBSITE: <http://sudbury.ma.us/departments/CouncilOnAging/>
Meeting Conducted Via Zoom

Present: Chairman: Jeff Levine

Members Present: Anna Newberg, Bob Lieberman, Pat Lewis, Carmine Gentile, Don Sherman, Colin Warwick and Marilyn Tromer

Also Attending: Debra Galloway Director of Sr. Center

Guests via Video: Lynn Puorro (Sudbury TV resource), Sandy Lasky Pat Tabloski

Meeting called to order by Chairman Jeff Levine at 3:33 PM

Attendance by all those members above confirmed by roll-call affirmation .

Recognition of Retiring COA Members and Introduction of New Members (Jeff Levine)

Peg Espinola has relocated to Long Island and can no longer participate on the COA. Pat Tabloski is term limited and also unavailable to continue as a member of the Council on Aging. Peg Espinola was our liaison to the Commission on Disabilities and the board thanks her for her service. Pat Tabloski has been a mainstay on the council for many years completing two, three year terms as was liaison to BayPath Elder Services, became a member of their Board, and ultimately she became its chairperson. Pat thanked the group for the opportunity to serve and the efforts of the council members to work toward a common goal for our senior community. Pat was presented a plaque commemorating her service to the COA and Sudbury older adult community. New board members Marilyn Tromer and Colin Warwick were introduced and Jeff presented a brief summary of their backgrounds.

Approval of Minutes from Meetings of May 9, 2022 –The COA approved the minutes by roll-call vote as submitted with amendments, with Colin Warwick abstaining because he was not a member of the COA at the time of the prior meeting.

Director's Report: (Debra Galloway): Discussion concerning the schedule for construction of the new community center and proposed installation of a flashing light on Fairbanks Road. In addition, the town is considering a speed sign alert as well as an electronic billboard. The council thanked Jeff Levine for his diligence and efforts with regard to the previously reported Cummings Foundation grant award in the amount of \$100,000 to be used for the new community center kitchen. A brief update followed

concerning the Transportation Committee transition to Town funding and to utilize Mass Development grants. There are limitations on the Go Sudbury Uber transportation program that could potentially affect the sustainability of the initiative and the Go Sudbury Taxi program earmarked for medical appointments only. A successful luncheon was held in the gym. A Dementia Friendly intergenerational program was held in early June. Five (5) students from Lincoln Sudbury high school participated in an educational program about dementia, followed by a craft and lunch with 5 participants from the Better Day Adult Day program of Marlborough.

State Legislative Update (Carmin Gentile): A Go Sudbury bond in the amount of \$100,000 with direct funding to the program is scheduled to be brought to the governor's office for approval in the Jan, Feb 2023 timeframe.

Fairbanks Project Update (Jeff Levine): An update was provided including additional information on the Cummings Foundation grant to be utilized for equipment for the new kitchen. Funding from The Friends of the Sudbury Senior Citizens was acknowledged for the funding of construction of a patio off the lounge, a fireplace in the lounge and for kitchen equipment. Also we discussed the status of the audio visual equipment and potential need for private funding. The current timeline for the completion of the construction is a soft opening in the fall of 2023 with all occupants in the new facility.

Focus Group Report/Market Research Plan (Sandy Lasky): A Power Point presentation was given to the Council on Aging as a result of the focus groups conducted during the April/May 2022 timeframe. The research objective was to determine the attitudes, perceptions and behaviors of Seniors residing in Sudbury toward the Senior Center. Topics included current usage of services, perception of those to whom services are targeted, which services should be continued, discontinued or developed, ideas for new name of the Senior Center and best ways to communicate with target audience. It was acknowledged that the nature of this focus group study was not representative of all of the older residents of Sudbury. Data from the Focus Groups can be used to established a direction for services and programs, as well as branding and communication, and could also be used to develop a representative survey of older residents.

1. User Groups included
 - a. Current Users aged 60-69
 - b. Current Users aged 70+
 - c. Non Users aged 60-69
 - d. Non Users aged 70+
2. Discussion around perception of the Senior Center and findings
3. Definition of "Senior"
4. Renaming/Repositioning the Senior Center
5. Opportunity for new programs
 - a. Pickle ball
 - b. Line dancing ballroom dancing, golf lesson
 - c. Water aerobics
 - d. Pool tables

- e. Socializing activities
 - i. Afternoon teas
 - ii. Potluck dinners
 - iii. Dances
 - iv. Open mike night
 - v. Poetry reading
 - vi. Holiday celebration
 - f. Drop in art studio
 - g. Drop in music room
 - h. Intergenerational book groups and technical support sessions
 - i. Discussion concerning night/weekend programs and day trips
6. Communication
- a. Overall communication is inadequate to attract new users
 - b. Suggestions discussed as to alternative methods
7. Implications and recommendations
- a. New center should be physically appealing
 - b. Focus on adding new programs for active adults
 - c. Mentoring/tutoring to integrate seniors into the community
 - d. Communication
 - e. Changing perceptions of audience
 - i. Need to become more relevant to a broader age range and to be inclusive

Motion was made by Don Sherman to adjourn. Second by Pat Lewis. Unanimously approved by roll-call vote. Adjourned at 5:26PM.

The next regular meeting is scheduled for August 16, 2022 at 3:30PM via zoom. Viewable later on Sudbury TV (SudburyTV.org).

Respectfully submitted by
Robert Lieberman
COA Secretary

