

TO BE REVIEWED at COA Meeting  
TOWN OF SUDBURY  
COUNCIL ON AGING  
MINUTES OF MEETING  
December 9, 2024  
3:30 PM

ALL COA MEETINGS ARE RECORDED AND  
AVAILABLE ON SUDBURYTV.ORG

**COA meetings done over Town Zoom video.**

**Conference Account and In-Person at the Senior Center**

WEBSITE: <http://sudbury.ma.us/departments/CouncilOnAging/>

Meeting Conducted in person and Via Zoom

**Present:** Chairperson: Marilyn Tromer

**Members Present:** Anna Newberg, Bob Lieberman, Paul Marotta, Pat Tabloski, Carmine Gentile and Don Sherman

**Members via Zoom:** None

**Members Absent:** None

**Also Attending:** Debra Galloway Director of Sr. Center

**Guests via Video:** Lynn Puorro (Sudbury TV resource), Kay Bell (Sudbury resident)

**Guests in person:** Lisa Kouchakdjian (Sudbury Select Board) and Jill Dube (Assistant Director -Sudbury Sr. Center

**Meeting called to order** by Chairperson Marilyn Tromer at 3:30 PM

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

**Approval of Minutes** The COA unanimously approved by roll call vote - the minutes as submitted with amendments from COA Meeting of October 21, 2024.

**Director's Report: (Debra Galloway):** Debra updated the COA on the progress of the search for open positions. She introduced Jill Dube, the new Assistant Director- Sudbury Sr. Center and Outreach Coordinator who gave the council members a brief background summary including various positions in the social work arena as well as a recent position at the Wellesley COA. Debra also mentioned the hiring of a new Program Coordinator Palig Garabedian who has started and brings many computer application skills to the position. She has quickly assimilated with the MySeniorCenter software and the use of MSPublisher to assist in the monthly newsletter. Debra updated the COA on the recent Audio-Visual equipment installations in the program rooms with specific programming and staff training to follow. It was mentioned that the Senior Center was awarded \$62,500 in State earmark funds from the general revenue fund to support certain kitchen equipment including a warming cabinet, steamer, and double convection oven. Carmine Gentile was instrumental in procuring the funds on behalf of the Sr. Center. The council members thanked him for his efforts and diligence regarding the procurement. Debra then summarized ongoing initiatives and stated that program participation was highlighted noting that there were 151 new individuals who signed up for and participated in programs since the beginning of the fiscal year July 1<sup>st</sup>. The discussion then moved to program specifics including

1) Fitness and exercise with 180 different participants involved, 2) Yoga 3) Cards and game events, 4) Technology essentials programs, 5) A recent Indian-American group as well as an Asian-American group 6) Open enrollment for Medicare was completed with over 150 participants, a new Strength and fitness Balance class which is very successful 7) Health department talks every month, and 8) Photography group that is very successful.

Lisa Kouchakdjian mentioned support groups for aging parents and the need to be aware of oral health to minimize infections and maintain heart health as well as risk factors to be aware of. It was reiterated that the community center building is a designated shelter.

In her closing remarks, Debra mentioned that she will be retiring as Director of the Sr. Center effective February 28, 2025. The open position will be posted, and the search will begin to identify viable candidates. Lisa thanked Debra for her service to the senior center and the community as well as her leadership over the years. Each member of the COA acknowledged her efforts and commitment as well.

**Transportation Committee Report (Bob Lieberman):** Bob Lieberman updated the COA of the recent Transportation Committee meetings that were held on November 15, 2024 and December 6, 2024. It was noted that the Sudbury Select Board had approved an allocation of unused American Rescue Plan Act (ARPA) funds in the amount of \$135,000 to the Transportation Committee. Further discussion on the use of said funds will follow. The discussion then centered around continued dialogue with Debra Galloway, Alice Sapienza and Jim Nee, the Director of the MetroWest Regional Transit Authority ( MWRTA) grant and the newly launched Hospital shuttle service providing transportation from Sudbury to Wayland. Bob also reiterated that Uber ridership was down by approximately one third and could be the result of a switch to the Catch Connect service being offered.

There was a lengthy discussion that followed concerning the potential to utilize a voucher system for Uber riders. No decisions were made and it was reiterated that additional follow up is needed to understand the program better and its effect on ridership.

**Community Center Update (Debra Galloway):** As previously mentioned, the Audio Visual equipment installations in the program rooms is substantially complete and specific programming and staff training will follow. A discussion ensued about the need for a staff transportation coordinator as well as the Town needing a grant writer for other purposes as well. Lisa mentioned that she will reach out to the Town Manager for further discussion.

**Senior Center Policies and Procedures: (Debra Galloway):** The COA reviewed the previously distributed policies and procedures memorandum. After discussion the comments and proposed edits from the Council will be incorporated into the document for further review

**Liaison to Other Town Committees:** Marilyn led a discussion and asked each committee member for an update on their committee interaction. Bob previously reported on transportation, Marilyn reported on the Friends of Sudbury Senior Citizens including New England Conservatory performance opportunities. It was also noted that the By-Laws were under review by outside counsel to ensure compliance and an upcoming vote for board members. The Diversity, Equity and Inclusion committee is revisiting its mission statement and Carmine reported that both the Hosing Trust and Housing Authority were moving forward with petitions for funding future projects.

**Other items (Bob Lieberman) :** Bob updated the COA on an upcoming video planned for the January, 2025 timeframe to be aired on Sudbury TV to address “avoiding Family and Financial Disaster” as we age. Areas to be concerned and aware of included aging in place, wills and estates, safety in the home and use of financial advisors. Further details will follow as the program evolves.

**Motion was made by Paul Marotta to adjourn.** Second by Anna Newberg. Unanimously approved by roll-call vote. Adjourned at 5:35PM.

**The next regular meeting** is scheduled for 3:30PM on January 13, 2025, at the Senior Center with the agreement of all board members. The meeting will be hybrid via zoom. Viewable later on Sudbury TV (SudburyTV.org).

Respectfully submitted by  
Robert Lieberman

