

TO BE REVIEWED AT COA MEETING
TOWN OF SUDBURY COUNCIL ON AGING
MINUTES OF MEETING
February 9, 2026 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 Senior Center
WEBSITE: <http://sudbury.ma.us/departments/CouncilOnAging/>
Meeting conducted Via Zoom

Present: Chairperson: Paul Marotta
Members Present: Mary Brauer, Dr. Joel Bauman, Carmine Gentile, Mary McLaughlin, Pat Tabloski.
Members via Zoom: None
Members absent: Jane Keilty
Also attending: Nickole Boardman, Director
Guests via Video: Lynne Puorro, Lisa Kouchadkdjian
Guests in person: Nina Lurie Sudbury Community Social Worker and Rachael Markowitz, (co-op student from Boston College). Dr. Jonathan Harding

Meeting called to order by chairperson Paul Marotta at 3:30pm. Attendance by all those members above confirmed by roll-call affirmation.

Approval of Minutes - Minutes of January 12, 2026 approved unanimously and approval of the amended minutes of December 8, 2025.

General Discussion - Nina Lurie, with the help of Rachael Markowitz, presented to the board a review of their department's role and services offered to Sudbury residents. They assist in navigating federal assistance as well as local resource needs. They collaborate with other town departments such as the Senior Center, Board of Health, and Parks and Recreation to address community needs. They plan an April Health Fair on 4/9/26 coordinating with the Senior Center. They also highlighted their substance/opioid prevention coordinator including resource programs available.

The discussion ensued regarding healthcare proxies, guardianship, and community programs. Participants share information about POLTS (Physician Orders for Life-Sustaining Treatment) and the Five Wishes program, emphasizing the importance of communicating healthcare wishes.

Chair Report - The Membership Committee consisting of Paul, Pat and Carmine met and interviewed Dr. Jonathan Harding and Louis Petrovic for the Council on Aging Board. Patricia Maxon also was interviewed for an alternative member position. All three were approved unanimously. Their final interview will be with the Select Board.

As an alternative applicant member Patricia Maxon will also join if and when the position is approved at the town meeting in May.

Lisa Kouchadkdjian will keep the board informed regarding the Article for town meeting.

Director's Report - The kitchen has been officially permitted allowing the center to begin small scale luncheons beginning in March. Many additional classes on the calendar including the popular Iphone/Ipad classes, Monday matinee movies, health/learning diabetic cooking class and anti inflammation diet program. A tax information class regarding the new law for 2026. Taste of Sudbury in January had 75 attendees plus staff. 102 visits on average for daily visits. Celebrity Bingo is popular as well. The Foot care clinic is well attended. Black History month is planned for February. A new program is planned beginning in March. The Community Rides is a volunteer-based transportation program similar to the Fish Program in the past. Volunteers provide rides in their own personal vehicles.

Liaison Updates

Transportation Committee Report (Brauer) 49 People signed up for a voucher in January. Of that number 21 were fully used.

Strategic Planning Committee (Pat Tabloski) Discussion of the benefits/drawbacks of various survey methods that could be used to collect information from Sudbury residents so that we can gather data to be used for our long term planning. We considered Flash vote as an option with the caveat that it limits the number of questions to 5. Also considered was Survey monkey. The discussion will continue at our next meeting.

Motion to adjourn by Paul Marotta, seconded by Pat Tabloski passed unanimously. Meeting adjourned at 5:40 PM.

Next Meeting

March 9, 2026 at 3:30 pm, Senior Center, hybrid via Zoom; later viewable on Sudbury TV.

Respectfully submitted by Mary McLaughlin