

TO BE REVIEWED AT COA MEETING
TOWN OF SUDBURY
COUNCIL ON AGING
MINUTES OF MEETING

March 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: Dr. Joel Bauman, Carmine Gentile, Jonathan Harding, Jane Keilty, Mary McLaughlin, Louis Petrovic, Pat Tabloski

Members via Zoom: None:

Members absent: Mary Brauer

Also Attending: Nickole Boardman, Director

Guests via Video: Lisa Kouchakdjian, Select Board Liaison

Guests in person: Mark Dempsy, MetroWest Center For Independent living

Meeting called to order by Chairperson Paul Marotta 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 from the COA meeting of February 9, 2026.

General Discussion: 2025 Annual Senior Center report reviewed and each member signed and approved the report as presented.

Mark Dempsy from MetroWest Center for Independent Living gave a handout to members regarding their services and explained the resources available. The Center offers services to 26 towns including Sudbury.

Lisa Kouchakdjian: Updated the group on town meeting preparations. The COA article may be added to the consent calendar, pending Select Board discussion. She also announced the establishment of the Liberty Ledge Sewataro Advisory Committee to explore potential uses for the property.

While discussing transportation needs in Sudbury Lisa explained the needs of residents in the community especially younger residents unable to drive on their own.

Chair Report: (Paul Marotta) Welcome to the two new COA members, Lou Petrovic and Jon Harding to the Board. The Taste of Sudbury events at the Senior Center continue to be popular. Vivian Zeng, the former Sudbury Health Director has accepted our invitation to speak at our next meeting. Her new title is Director of Health and

Community Services. Paul was appointed to the Area Agency on Aging Advisory Council for the Springwell organization.

Director's Report: A hand out with programs for February and March highlighted the extensive offerings at the Senior Center. They include technology classes, health initiatives and social activities. Celebrity Bingo continues to be popular as well as the Footcare Clinic and blood pressure clinics. The AARP tax assistance program served approximately 120 residents for the season. A new monthly investment group is forming. On April 9 the Board of Health is sponsoring a Health Fair at the Fairbank Community center.

Liaison Updates

Transportation Committee Report: They will begin a survey for transportation needs through the Flash Vote feature on the town's website. A need for emergency transportation through vouchers is currently in development to provide rides on weekends and after hours.

Friends of the Senior Center (Paul Marotta) The Annual Appeal raised nearly \$28,000 to date. The Friends will be sponsoring the following: A concert on March 19 by The New England Conservatory, and a bus trip to the Boston Symphony rehearsal on April 23. Patio furniture has been purchased through a generous donation by a resident. They have approved \$2600 for the upcoming Volunteer Appreciation brunch on May 15.

Housing Authority/ Housing Trust (Carmine Gentile) Planning a housing roundtable with the Select Board and Planning Board while progress continues on developing two affordable units on land near Hudson Road per perk testing results this summer.

Committee on Disability (Jane Keilty) A discussion regarding the 2018 Transportation plan was revived in 2021 after a pause due to the pandemic. A final report is due in July, 2026. Consideration for the 250th celebration will include Disability Inclusion Week. Annika Hardy is now the COD liaison to the COA.

Strategic Planning (Pat Tabloski) After discussion we agreed to schedule a special meeting to complete our Strategic Plan. We hope to complete this task by the end of June. A facilitator will be sought to guide our efforts.

Springwell Update (Dr. Joel Bauman) Discussed Springwell's Options Counseling which is a free service that provides unbiased information to help individuals find long-term personal care, transportation services and other resources to assist in the aging process. The Transitions in Care program is a private program that allows Blue Cross/ Blue Shield to refer Medicare Advantage members for follow up support after an emergency department admission. In addition, incident data showing 178 transport calls for falls in 2024 across different age groups in Sudbury.

Library and DEI Two committees are available and Lou Petrovic will cover the library and Jon Harding will cover DEI.

Motion was made to adjourn by Carmine Gentile and Seconded by Lou Petrovic Unanimously approved by roll-call vote. Adjourned at 5:00 PM.

The next regular meeting is scheduled for 3:30PM on April, 13, 2026 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
Mary McLaughlin
Secretary