

KINGSTON COUNCIL ON AGING ADVISORY BOARD MEETING
OCTOBER 14, 2025

Meeting called to order at 11:30 a.m. at the Kingston Senior Center and broadcast on Local Seen with Zoom available for those not able to attend. Pledge of Allegiance was recited.

Board Members Present: Donna Weinberg-Chair, Gail DeThomaso-Vice Chair, Lucy Colletta, Pauline Dodd, Maureen Elwood and Kathy Studley.

Other members present: Holly Nighelli, Director, Kingston Council on Aging.

Announcements: Donna Weinberg announced that there are several volunteer positions at the Kingston COA not limited to Meals on Wheels, Café help, Computer Skills and for the Senior Tax Work Off Program. If any are interested in being a volunteer, please reach out to the Director of the COA. For those who wish to contact our COA Advisory Board, please note our email: coa-ab@Kingstonma.gov

Open Forum: None

Secretary Report: A motion was made by Maureen Elwood to accept the Secretary Report from the September 9, 2025, COA Advisory Board Meeting. This was seconded by Gail DeThomaso. All were in favor.

New Business:

1. Age and Dementia Working Group and Livable Kingston Action Plan Survey Update to be discussed under Holly's Director's Report. Kathy Studley thanked the Town of Kingston and the Working Group for their participation and the many surveys completed.
2. The group welcomed Pauline Dodd as a voting member of the COA Advisory Board. Pauline was appointed on September 23, 2025, at the Selectmen's meeting and also sworn in at the Clerk's Office. Donna stated that the Town Website now reflects our current member status.
3. After a discussion with the Board, Donna Weinberg made a motion to place the COA Advisory Board Office Hours on hold until needed in the future and continue using the COA Advisory Board email for any contact from our seniors to our Board. Gail DeThomaso seconded and all were in favor. In addition, Holly stated that any communication, comments, questions and concerns from the seniors or public should be brought to her attention or to any of her fellow COA Staff, their doors always open and welcoming.
4. Again, a brief discussion was held regarding the search for a Secretary on our COA Advisory Board. Donna will continue to be the interim Secretary until further notice.

Director's Report: See report attached. Holly Nighelli spoke about the following:
Age & Dementia Update:

- The Age & Dementia Friendly Working Group met on October 6, 2025. Joanne Zygmunt reported a total of 516 valid survey responses, 92% Kingston residents. Joanne gave the group an overview of responses from each of 8 areas of livability, part of the survey, and rankings on how respondents felt about those areas. The next step is to prioritize 3 or 4 of these 8 areas. Meetings ahead will focus on those specific areas and an action plan created based upon chosen areas. Some areas of this action plan may tie in with other existing town-wide plans such as open space, housing, etc., and the action plan can reference those plans.

Programs:

- This month we are offering a TV Game Show Trivia, Train Your Brain, Craft Classes, Movies, a local history presentation with Nick Coutoulas, a cell phone photography class, an Oktoberfest celebration and a Halloween ice cream party.
- The TRIAD program continues to grow in partnership with the District Attorney's Office, Plymouth County Sheriff's Department, and the Kingston Police and Fire. At the end of September, Detective Heath Howell presented a comprehensive look at scams and the startling numbers of seniors affected each year. The next TRIAD, to be held in January, will be a presentation from Lt. Tibbetts from the Bureau of Criminal Investigation (BCI) Crime Lab.
- In October, the Senior Center is being utilized by the Police Department for their Citizens Police Academy Program, the Kingston Public Library is hosting two events and the regional CERT team is having volunteer team graduation also at the COA. All these events will take place after normal business hours.
- In November there will be a Volunteer Recognition Event and an annual Thanksgiving Luncheon. Plans are being made for the annual Holiday Luncheon held in December.

Outreach:

- An outreach assistance chart was provided by Jenny Styers showing the top ten areas of outreach assistance provided in September. Jenny has been assisting our SHINE counselor with the Medicare Open enrollment period for seniors, signing them up for appointments to make changes to their Medicare plans and securing food resources. Most recently a resident was awarded financial assistance from the Thomas Prince Benevolent Fund through the Town.

Transportation:

- The COA provided 302 rides through our transportation program in the month of September, 2025. The COA also had one new rider. There are currently two new openings for bus drivers.

Café:

- In the month of September, Café Evergreen served 300 meals.

Building:

- The collapsible wall in Grand Room was replaced this past week.

Chairman's Report:

- Donna reported about her attendance of the September 29, 2025 TRIAD event regarding senior scams and elder fraud presented by Heath Howell of the Kingston Police Department passing out to group a list of all the details discussed by Heath. Heath stressed to group that day to call the Kingston Police Department, when in doubt. He also gave out two phone numbers, one the elder hotline 888-243-5337 and also another number for reporting scams 833-372-8311.
- Donna also mentioned to group a few scams that she heard about on the news: One was free virus protection pop ups on computer. Most of these are fake virus software, actually infecting computer with virus and not to click on them. Go to a reputable virus expert. Another scam was unclaimed cash. The message from the news was not to click on any of these links, and only go to the legitimate sites, such as find mass money.
- Donna passed out a sheet of fun facts and trivia to group.

Old Business: No discussion

Other Business: Again, prayers said for Margaret Spalluzzi, sadly missed by all at the COA.

Next Regular Meeting: Due to the November 11, 2025 Veteran's Day Holiday, the next regular COA Advisory Board meeting to be held on the third Tuesday, November 18, 2025, 11:30 a.m., at the Kingston Senior Center.

Motion to adjourn meeting at 12:00 p.m. made by Maureen Elwood, seconded by Gail DeThomaso, and all were in favor.

Respectfully submitted, Donna Weinberg, Chair COA Advisory Board/Interim Secretary