

KINGSTON COUNCIL ON AGING ADVISORY BOARD MEETING
NOVEMBER 18, 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, Pauline Dodd, Maureen Elwood and Kathy Studley. Absent: Lucy Colletta

Other members present: Holly Nighelli, Director, Kingston Council on Aging, George Samia, Interim Town Administrator, Town of Kingston.

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 October 14, 2025, COA Advisory Board Meeting. This was seconded by Pauline Dodd. 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 praised the Working Group for all their help, stating she has enjoyed working with them, now the goal to choose the three domains to focus on ahead starting at the next meeting scheduled in January, 2026.
2. George Samia, our Guest Speaker, reflected upon his 40 years experience working in 11 different municipalities, a few including Abington, Foxborough and Lakeville in a variety of capacities such as Town Accountant, Finance and Town Administrator, his last position held as Interim Town Administrator in the Town of Fairhaven. George answered questions from our Board and provided valuable information to the group. George is now filling in as Interim in Kingston until they hire a new Town Administrator.
3. A discussion was held regarding the cancellation of the next regular scheduled Tuesday, December 9, 2025, COA Advisory Board Meeting. Gail DeThomaso made a motion to cancel this December meeting, Maureen Elwood seconded, and all were in favor. Our Board will next meet again on January 13, 2026.

Director's Report: See report attached. Holly Nighelli spoke about the following:

Age & Dementia Update:

- The Age & Dementia Friendly Working Group met on November 10, 2025. Jason Desroisers, of OCPC, presented discussion on housing. The completed surveys showed 44% of respondents rated Kingston as poor in the housing area, and that was going to be first priority ahead. There will be no meeting in December. The Working Group will be reviewing the survey results and participating in a poll set up by OCPC to determine the top three areas of focus (excluding housing). They will meet again Monday, January 5, 2026.

Programs:

- The COA continues to have a full calendar of events and programs, including a volunteer recognition event (this past week), our annual Thanksgiving Luncheon on November 20th, this coming week. The COA will be closed, Thursday and Friday, November 27 and 28th, 2025, for the Thanksgiving holiday.
- There will be new exercise classes added in 2026 offering more than just physical benefits and collaborating with other Town departments to host some fun, educational events.
- The COA has received a new AED machine and a Naloxone box, courtesy of the Plymouth County District Attorney's Office, to be installed in the grand room where exercise programs are held.

Outreach:

- Jenny Styers, Outreach Coordinator, has provided an outreach assistance chart showing the top ten areas of outreach assistance in the month of October. The two highest areas of assistance were 64% under SHINE and 17% to Fuel Assistance. Jenny has been assisting our SHINE counselor with the Medicare Open Enrollment period to get seniors signed up for appointments to make changes to their Medicare plans, securing food resources amidst the dynamic SNAP funding changes and offering training sessions to assist people in filling out fuel assistance applications.
- In October, Holly and Jenny attended the Massachusetts Councils on aging annual conference in Falmouth, which offered an opportunity to attend a variety of educational seminars and networking events.

Transportation:

- The COA provided 319 rides through our transportation program in the month of October, 2025. The COA has a new van driver to be appointed at the Board of Selectmen's meeting this week. The anticipated start date is December 1, 2025.

Café:

- In the month of October, Café Evergreen served 459 meals, including Oktoberfest event on October 17, 2025.

Chairman's Report:

- Donna spoke about her attendance at the Essential First Aid training on November 3, 2025, held at the COA, sponsored by the Plymouth County District Attorney's Office. Included was the review of CPR, the Automated External Defibrillator (AED) and administering Narcan (Naloxone) for overdoses. In addition, they discussed using an EPI Pen for allergic reactions, using a tourniquet to stop bleeding and the procedure for doing an abdominal thrust for choking. At this event, sample CPR devices, Narcan and a tourniquet were handed out. Donna stated this was an excellent, informative event. All attendees even received a gift card for Target. She passed out copies of the pamphlets to the Board that were given out at event.
- Donna also mentioned her attendance at the Public Safety Luncheon for seniors sponsored by Plymouth County District Attorney, Timothy Cruz, on Friday, November 14, 2025, held at the Hotel 1620. Topics included examples of recent scams and issues pertaining to the current opioid crisis. Donna handed out folders given out at that event to Board members which included special contact numbers, important senior information, tips on safety and identity theft and a file of life packet.

Old Business: Donna repeated her request for a Secretary for the Advisory Board.

Other Business: Donna asked that the group say a prayer for the passing of Margaret Spalluzzi, a dear friend and member of the COA, who will be sadly missed by all.

Next Regular Meeting: As per the Board vote, all were in favor to cancel the next month December, 2025 meeting. Our next regular COA Advisory Board meeting will be held on the second Tuesday, January 13, 2026, 11:30 a.m., at the Kingston Senior Center plus Zoom.

Motion to adjourn meeting at 12:14 p.m. made by Gail DeThomaso, seconded by Maureen Elwood and all were in favor.

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