

Lunenburg Council on Aging
Meeting Minutes
Date: January 13, 2026

CALL TO ORDER: Chairperson Deb Lincoln called the meeting to order at 9:32 am.

Present: Deb Lincoln (Chairperson), Jane Rabbitt (Vice-Chair), Diane Nowd, Jim McGuigan, Cathy Beale, Lou Franco, Elena Christopher, Susan O'Sullivan, Jack Rabbitt
Excused: Helen Balcom and Ana Lockwood

GUESTS: Pete Lincoln, Debra Goodsell, Director; Barbara Coulombe, Eagle House Supporters; Caesar Nuzzolo, Selectboard Chair

ANNOUNCEMENTS: Chairperson Lincoln read a thank you note for the recent donation made by the COA Board to the Lunenburg Food Pantry. An additional note was received from Pauline Roy thanking the board for their farewell gifts.

PUBLIC COMMENT: Mr. Lincoln spoke to the board regarding the importance of relationships. He spoke of a personal relationship with his own grandmother and proceeded to pay tribute to Elsa Watson, who worked at the Lunenburg Adult Activity Center for many years in the kitchen and the positive effect she had on all those who knew her. He presented the LAAC with a framed picture of Elsa to be displayed at Center.

BOARD COMMENT: Jack Rabbit brought to the attention of the board an idea for seniors to assist in the school with students who may need support in reading. He read an article in the paper stating that the 3rd grade was behind in reading. The board discussed and are in favor of exploring ways that the seniors could benefit the students.

MINUTES APPROVAL: Motion was made and seconded to accept the November minutes as presented, approved unanimously.

Motion was made and seconded to accept the December minutes as presented, approved unanimously.

NEW BUSINESS:

1. Welcome Senator Cronin & Representative Scarsdale: Due to other obligations Senator Cronin and Rep. Scarsdale were unable to attend but will be rescheduled. Chairperson Lincoln stated that the Board has received from its members some good suggestions for discussion for when the contingency attends the February meeting. She encouraged members to continue to submit questions and concerns that she can then forward to the contingent for review.
2. Personnel Update: Welcome to Brandie O'Toole, the new Meal Site Manager. There is an open position for an Outreach Coordinator and a per diem Van Driver.

OLD BUSINESS:

1. Financial Report: None at this time.
2. Caregiver Resource Connection: Two upcoming programs include: Be a Better Listener on Feb. 10 at 11:30 lunch Included and WE CARE 365 on February 25 at 9:00 am breakfast Included.
3. Special Town Meeting: Lou Franco will be meeting with Selectboard Chair, Caesar Nuzzolo, to discuss.

4. Updates on local hospital services: last report has the completion date for the UMass Groton ER facility as late 2026
5. Lobby Furnishings: Furnishings have been chosen. The hold-up is waiting to make sure funding is in place.
6. 41A Update: There will be a bulletin board at the Center with information regarding 41A and other potential tax breaks for seniors.
7. COA Board Facebook page: Chairperson Deb Lincoln asked Board members to submit content for the page if they come across any information, etc. of interest.
8. Feedback on By-laws: Selectboard Chair, Caesar Nuzzolo informed the board that the current by-laws are outdated going back to when Council on Aging's were first introduced. The By-law Committee will be meeting. It may be easier to start from scratch.

DIRECTOR'S REPORT: Director Debra Goodsell presented her report of upcoming programs and events including Be A Better Listener, Eat Well, Feel Well: A Vegan Wellness Workshop, new additional Balance Class has been added to the schedule, and an additional Stronger Seniors exercise program on Wednesdays, February Heart Health Month, NP Lauren Parilla will present an educational program on taking care of your heart as we age. Valentine's lunch will be held on Thursday, February 12 and will include Musical "Love Song" Bingo. Mardi Gras will be celebrated on Feb. 17 at 11:30. WE CARE 365 will be present on Feb. 25. Foot Clinic with Dr. Katie Jacobson will take place on Feb. 26. Reminder: the last Friday each month is our Memory Café. This month's entertainment will be our own Country Line Dancers. February's Café will have Bunnies from Good Pickin Farm.

EAGLE HOUSE SUPPORTERS REPORT: Vice President of the Eagle House Supporters, Barbara Coulombe presented a list of all the upcoming trips that the group is sponsoring and also noted that there are two upcoming Fundraisers being promoted, A Gift Card Frenzy Bingo and a Pickleball tournament.

NOTICES AND COMMUNICATIONS:

BOARD COMMENT: Chairperson Deb Lincoln suggested that the COA Board take its own minutes. It was suggested that Board Members take turns monthly. It was also suggested that the Board look into AI options. The board will reconvene with more information at the next meeting.

PUBLIC COMMENT: None

ADJOURNMENT: A motion was made and seconded and meeting was adjourned at 10:36 am

UPCOMING MEETING SCHEDULE: Next Meeting: Tuesday, February 10, 2026, at 9:30 am