



BOARD PROFILE Sally Buchanan

Member since 2025 representing Clinton County. She serves on the board's Program Planning and Community and Government Relations committees.

A retired nurse, Buchanan has 45 years of experience in a variety of health care settings and leadership roles, including assisted living, in-home care, case management and quality.

After her retirement, Buchanan sought opportunities for community involvement through the Clinton County Farmers' Market. As the market's co-manager, she applied for its first grant, enabling the market to offer special programming and activities aimed at helping SNAP beneficiaries, children and low-income older adults stretch their food dollars, access healthy foods and connect to health-related activities. During the COVID-19 pandemic, Buchanan served as a volunteer with the Clinton County Health District's vaccination program.

In addition to her role on COA's Board of Trustees, she serves as a community representative on the Quality and Patient Family Advisory committees at Clinton Memorial Hospital and on the HealthFirst Committee of the Clinton County Foundation.

What interested you in serving on Council on Aging's Board of Trustees?

Having worked in healthcare – both in hospital settings as well as in an elder care facility/organization – I recognize the importance of programming to help individuals remain in their homes as long as they can.



Having seen firsthand how COA's programming positively impacts older adults, I was interesting in serving to increase awareness of available programming and to assist in identification of needs for the older population of my county.

Looking ahead, what do you see as the biggest challenge(s) facing Council on Aging and older adults in our community?

The number of individuals needing services continues to grow, leading to two main challenges: 1) inadequate funding levels and 2) staffing at service provider organizations.

What excites you most about COA's future and how do you see yourself contributing to it?

I am very impressed by COA's leadership under Suzanne Burke, the leadership of the Board of Trustees and the staff working at COA. I have a passion to "spread" the word about the services available to citizens of Clinton County and being aware of issues in the county affecting our older population.

Thinking about your time on COA's board, what COA moment are you most proud of?

Having been on the board less than 1 year, I am still learning with each meeting I attend, however as a representative for Clinton County, I have already been able to promote the services when meeting with members of the county.

Which COA value speaks most to you? Why?

Compassion and service. I have seen firsthand how much compassion and commitment COA staff have and how they love the work they do.

What's the most important lesson you learned from an older adult in your life?

The most important lesson I have learned from elders has been to listen – listen to their stories, listen to their advice, listen to their life experiences. Older adults have much to offer and should not be discounted.

Tell us about one of your role models or someone/thing that inspires you.

There is a local Quaker pastor who brightens my day by inspiring me to seek peace in all things and ways. She reminds me to take time to see the goodness, to be the kindness, to be present, and to support those in need.

December 2025

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