

Minutes of Board Meeting of October 7, 2013

Board Members Present: Ethel Ampey, Lois Carra, William Cobham, Carole Feeney-Withrow , Miranda Heibel, Pearl Hines, Kenneth Hebert , Ismail Laher, and Jeanne Ryde

Absent: Elizabeth Cadigan and Benjamin Horner

Staff Present: Lisa Castagna, Vincent McCarthy, Susan Pacheco and Emma Watkins

Meeting was called to order at 11:05 a.m. by President Cobham

1. Review/acceptance of September 9, 2013 meetings

President Cobham requested approval of minutes of the September meeting. Jeanne Ryde made a motion to accept minutes. Vincent requested the addition of Alicia Johnson to staff helping with coverage of 2050. Minutes unanimously approved.

2. Reports

North Cambridge Senior Center

- Vincent noted The Fresh Pond Trust sponsored annual Odyssey cruise on 9/19 was a great, with 36 seniors participating. Thanks to Lisa for helping with the trip. Other activities this month include:
- Flu clinic will be at 2050 from 2 to 4 pm on 10/9.
- There is a day trip to the Old Mill Restaurant on 10/24.
- Property tax advice by the Tax Assessor's office 2 to 4 pm on 10/30.
- There will be a Halloween pot luck and prize for the best costume on 10/31.

Client Services

- Vincent congratulated Liz Seelman for her work on the Hoarding Presentation 9/21 and acknowledged all of the work she has done on this important issue.
- Flu clinic will be at 806 from 1 to 2:30 pm on 10/17.
- Vincent will attend Medicare Update Conference 10/31 presented by Minuteman Senior Services. There is an annual presentation on changes in the Medicare Forum by Alicia Johnson at 806 11/3 1:00-3:00 pm and 2050 11/12 12:30-1:30 pm.
- Susan taught taxi school for 18 years; Vincent is now taking over on October 22nd.
- Vincent has toured 3 of the 4 assisted livings in Cambridge, Neville is next. Youville House recently began a Parkinson support group on the 3rd Tuesday of each month.
- He also has met all of the CASCAP service coordinators and will set up coffee socials at all housing sites.

COA Executive Director

- Susan attended the National Conference on Aging sponsored by the Massachusetts Association of Councils on Aging MCOA. She was moved by the workshop "Because You've Never Died Before: Spiritual Issues at the End of Life" Bill Cobham and Arline McGrady also attended. The 2103 Conference at a Glance is available <http://www.mcoonline.com/content/conference/>
- Our own Food Pantry Coordinator Geoff Kotowski presented with great passion on food availability during "Healthy Communities for Healthy Aging: Stories and Resources From Communities Working to Make It Easier to Live Long, Active and Healthy Lives" workshop. It was suggested he repeat this presentation to the City Council.
- We are looking into *My Senior Center* software to capture volunteer activity and class reports. RecTrac has been in use in the Food pantry but is not ideal for the COA.

- Susan, Vincent, Emma and Carolyn Rodrigues are conducting interviews for the North Cambridge Senior Center Director position. 7 candidates were chosen from 23 resumes viewed.
- While there has been no Social Security benefit impact due to the shut down, benefit verification and SS replacement cards have been suspended.
- There is a new collaboration between the Fire Department and Client Services staff. Fire and Falls risk assessment. Vincent, Liz and Alicia along with the fire department, will make home visits and there is a grant to repair and replace CO₂ and smoke detectors.

Citywide Senior Center

- Emma reported that the Men's Support group went really well. The men were involved in dialog and meditation.
- There will be a lecture on a variety of Health & Safety Tips for Older Adults including Scams and Security. Emma has firsthand experience with unordered magazines then threatening letters.
- The Women's support group wanted meditation as well; it is ongoing after a 4 week trial.
- Other feedback: a request for a day of beauty, a trip to a restaurant in Brighton and additional strength training. These are a possibility if the budget allows.
- Additional activities this month include a concert by the Powers Music School staff, a Painting Show & Artist Reception, our 18th Anniversary party with Bobby Justin who has performed for the past 10 years, and a Health & Wellness Presentation by the Mass College of Pharmacy. New in November: a Native American Pottery Class.

3. Old Business none

4. New Business

- Susan has received several emails about the elimination of bus stops in the Larchwood Mt Auburn area. Jeff Rosenblum is drafting a letter to the MBTA. It is recommended the COA Board sign on in support to try to stop the elimination of bus stops.
- MCOA is working to end "observation" vs. admitted code. Hospitals are increasingly hospitalizing unknowing Medicare beneficiaries in outpatient "observation" status, rather than as inpatients. This, among other problems, deprives the beneficiaries of the ability to access the Medicare-covered post hospitalization rehabilitation. Jean wondered how do you know your status? Miranda stated it depends on the hospital, with Cambridge Health Alliance having lower instances of observation status than Mt. Auburn, MGH and Lowell. SCES has a Medical Advocate program and training. COA Client Services act as advocates for existing clients.
- Susan asked that people call their Representatives and thank them for their support. Congressman Capuano has not signed on yet. Bill thinks he will need pressure to change his vote.
- Bill praised the MCOA conference as the best he has attended, despite bombardment by AARP for membership. Miranda noted AARP is funded by US Healthcare and there is a conflict there. Bill also enjoyed Longevity Gifts (seniors 90+) of Abkhasia, Vilcabamba and Hunza workshop.
- Lois attended a weight management workshop at the Lexington Senior Center and would like to bring that program here.
- COA Board election results:
William Cobham President, Lois Carra Vice President, Miranda Heibel Secretary, and Kenneth Hebert Treasurer.

Meeting adjourned at 12:21 p.m.

Next Meeting: Monday, November 4, 2013 @ 11:00 a.m.

Minutes respectfully submitted by Lisa Castagna