

Minutes of COA Board Meeting of Tuesday, November 8, 2016 @ 9:30 a.m.

Board Members Present: Daniel Buroso, Jennifer Chisholm, Mary Ann Dalton, Pearl Hines, Lily Owyang and Eva Paddock

Absent: Lois Carra

Staff Present: Alicia Johnson, Susan Pacheco and Emma Watkins

Call to Order – Vice President Owyang called meeting to order at 9:35 am.

Minutes of October 11, 2016 meeting were reviewed and accepted.

COA Executive Director – Susan Pacheco

- Congratulated Dan Buroso as the recipient of the Nancy Kahn service award.
- MCOA has reported that COAs will be able to retain the \$10/elder increase. Still no word as to when the contract will be awarded by the State.
- 12/8/16 Dementia Awareness training sponsored by Somerville Cambridge Elder Services. Information circulated and attendance and sharing of event encouraged.
- Roofing project is underway with startup date of 11/18/16.

Citywide Senior Center – Emma Watkins

- Closed out October with The Senior Center's 21st Anniversary Party which was a huge success. It turned out to be quite the dance party. Entertainment was by Bobby Justin and his band. Bobby has been our entertainer for at least 10 years and he was deeply moved by the participants. He changed his schedule to accommodate our schedule.
- A number of seniors attended a lunch outing to the S&S.
- Saturday, October 29 Our Yoga, Tai chi instructor Catherine Simmons presented a 2 hour workshop titled "Raising Your Energy Levels Back to Health" There was 34 people in attendance and everyone raved about how useful the information presented in the workshop.
- November 2 the senior center held a Holiday Bazaar (sponsored by the Women's Club) the group raised \$1200.
- Other upcoming programs: Health & wellness talk by Dr. Brusch – topic Medication and falls Tuesday, Nov, 15 we will have our Thanksgiving Dinner with entertainment by Andy Baer Band. Nov. 16 – restaurant trip to Brookline Lunch and Nov. 17 Health and wellness program by Mass College School of Pharmacy –topic: Hyperlipidemia
- Other programs that are going well: First Thursday Writing Class – offered by Lilly Owyang, the Book group – meets once a month and has a committed group of seniors participating. Tech help. Special cooking classes offered by various staff members – this month with be Pizza with Lisa and Geoff.

North Cambridge Senior Center (NCSC) - Alicia Johnson

- Activities at North Cambridge this month include:
- Birthday Tea Wednesday November 9th
- Pet therapy with Gracie November 15th
- Tax payer assistance November 16th
- Day trip to Sandwich Glass Museum and lunch at the Dan'l Webster Inn November 17th
- Ugly Sweater Party! And lunch November 22nd
- Calzone and salad dinner November 28th
- Starting December 1st the Watercolor class will register as a 10 week session. First session begins January 5th. The cost is \$30.

Client Services – Vincent McCarthy

- SHINE OPEN HOUSE Thursday, November 4th was very successful. We had 4 SHINE counselors available and had 22 participants who all met individually with a SHINE counselor.
- The Honor Roll from The King Open was temporarily relocated to the senior center. We will have a welcoming ceremony on Thursday, November 17th with representatives from Cambridge Veterans Service and the Cambridge Veterans' community.
- In Oct. the Men's Group put together 25 gift bags for the residents of the Chelsea's Soldiers Home. The members of the men's group have identified other organizations (Salvation Army and Cambridge Rehab) that they would like to make gift bags for and they are working on organizing these events for December and January.
- Thanksgiving Day Luncheon – November 15th thank you to the Senior Center for reserving a table at the upcoming Thanksgiving Day Luncheon for the Men's Group. The table sold out within a day.
- Film and Discussion – November 22nd Glenn Campbell – *I'll Be Me*
- President Ronald Reagan designated November as National Alzheimer's Disease Awareness Month in

Old Business

- Bylaws distributed and ED will email online version to all members. President Owyang requested that each member review and submit any recommended revisions to herself and to the ED.
- President Owyang also started conversation regarding role of COA Friends. Certainly do not want to see the Friends terminate, but if no ongoing fundraising happens, eventually existing funds will end and therefore Friends will no longer exist. Do not want this to end and lose the 501c(3) status.
- Suggestion made that a joint meeting of the Friends and Board occur.
- Maryann Dalton stated if fundraisers are done, there is very little return in investment. A direct mail would yield more benefit.
- Question to discuss at next month's meeting: can municipal staff provide admin. Staff for the purpose of fundraising?

New Business

Meeting adjourned at 10:55 am

Next meeting: Tuesday, December 13, 2016 @ 9:30 a.m.

Minutes respectfully submitted by Lisa Castagna and Susan Pacheco.