

Minutes of COA Board Meeting Tuesday, November 14, 2017

Board Members Present: Daniel Buroso, Lois Carra, Mary Ann Dalton, Pearl Hines, Lily Owyang, Eva Paddock

Public: JoAnn Haas

Absent: Jennifer Chisholm

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

Call to Order – President Owyang called meeting to order at 9:40 a.m.

Minutes of October 3, 2017 meeting were reviewed and accepted. Motion made by Eva Paddock and seconded by Lois Carra.

COA Executive Director – Susan Pacheco

- EOE Formula Grant has finally been released. There is a reduction of reimbursement per elder. Had been \$10/elder now \$9.70/elder.
- Update regarding NCSC – no further information at this time regarding timeline for the move.
- ED working with Police to schedule Police Commissioner visit to the Senior Center.
- There are currently vacancies on the COA Board. There is a call for volunteers to serve. It is advertised until 11/20/17.

Citywide Senior Center – Emma Watkins

- October Health & Wellness talks included:
- Dr. John Brush – Falls and Frailty. Mass College of Pharmacy students presented “Ways to improve one’s life with healthy eating and lifestyle changes”. The Prevent Diabetes T2 Program is on-going. Julie’s “Healthy Eating and Exercise” program made possible by a small grant from Dept. of public health has completed.
- Art Exhibit and Reception (over 100 paintings)
- The Senior Center’s 22 Anniversary Party was a success with many new faces. Special guests included the Police Commissioner, City Manager, Assistant City Manager, and School Committee member.
- November activities:
- Evergreen Fall Concert November 1st.
- Health and Wellness Talks Taking care of the skin (Roberta Robinson) November 9th. Poison Prevention Presentation by the Regional Center for Poison Control and Prevention November 30.
- Restaurant Trip to S&S November 15th
- Thanksgiving Party November 16th

North Cambridge Senior Center (NCSC) - Alicia Johnson

- North Cambridge Senior Center will be known as NCSC on Rindge when the move happens
- Birthday Tea Wednesday November 8th 12:00pm
- Podiatrist Dr. Dwyer Monday November 13th
- The Assessor’s office was on-site to answer property tax questions November 15th.
- Thanksgiving Luncheon Tuesday November 21st

Client Services – Vincent McCarthy

- Vincent attended the Mt Auburn Stakeholder meeting for providers to strategize substance abuse. Alcohol and opioids were discussed.
- Men’s Group November 8th, Albert Pless, CHA, presented on Fitness Brothers and there was a lot of interest from Men’s Group. Unfortunately, the program was postponed because there wasn’t enough

overall interest to form the required amount of teams. Albert will try again in the near future, but has offered to visit the Men's Group on a regular basis to talk about Men's Health. Men's Group November 21st (Gift Bags for Chelsea's Soldiers Home)

- Film & Discussion November's film was ***Meagan Leavey*** in collaboration with Veteran's Services.

Old Business

- ED and Director Carra presented the final version of the "Four Seasons Calendar" featuring paintings by members of the North Cambridge Senior Center Watercolor Class.
- The Friends of the COA meeting was held on November 2nd. The Friends are not interested in fundraising nor are they accepting new members. At the present rate there are funds for four more years of Y passes and parking.

New Business

- In 2018 the COA will revisit "End of Life" discussions. Presentations, books and films were considered.
- Officer Buroso attended a meeting on November 13th in East Cambridge regarding bike lanes in the City. He reported it became somewhat contentious between those pro and against lanes.

Meeting adjourned at 11:10 a.m.

Next meeting: Tuesday, December 12, 2017 @ 9:30 a.m.

Minutes respectfully submitted by Lisa Castagna and Susan Pacheco.