

## Minutes of COA Board Meeting April 9, 2019

**Board Members Present:** Lois Carra, Jennifer Chisholm, JoAnn Haas, Pearl Hines, Lily Owyang, and Beverly Sealey

**Absent:** Daniel Buroso, Mary Ann Dalton and Eva Paddock

**Staff Present:** Alicia Johnson, Vincent McCarthy, Susan Pacheco and Emma Watkins

**Call to Order** – President Owyang called meeting to order at 9:35 a.m.

**Review/Acceptance of minutes:** Motion made by Lois Carra to accept the minutes of March 12, 2019 meeting. Second by Beverly Sealey. Minutes approved.

### **Executive Director** – Susan Pacheco

- Former Board Member and supporter of the Cambridge Council on Aging, Kenneth Holmes passed away on March 30<sup>th</sup>. The Cambridge Council on Aging has been listed as the recipient of donations In Memoria.
- Elizabeth Chen has been named to head Executive Office of Elder Affairs, starting on June 3<sup>rd</sup>.
- Save the Date – Thursday, June 20<sup>th</sup>, 1:00 – 3:00 p.m. *Enhancing Wellness: Mental Health and the Impact on Your Community*. This is an event sponsored by Somerville Cambridge Elder Services and Cambridge Council on Aging as part of the World Elder Abuse Awareness campaign.
- We have purchased a new kiln. The kiln had been the original from opening day in 1995. The total cost of the kiln is \$6,406. The cost has been covered through COA Donation line and Formula Grant funds. Expected delivery and installation is late May.

### **Citywide Senior Center** – Emma Watkins

- Gardening on the Patio will begin in May.
- The kitchen staff has prepared a Red Soc Opening Day meal for lunch.
- The collaboration with the Dance Complex and The Art of Dance Class will continue through June
- Today our Lunch and Learn will be presented by Dr. Sally DeFazio

What's it like to live in a bubble? For some, this means living a sheltered life. But David Vetter, a young boy from Texas, lived out in the real world - in a plastic bubble. Nicknamed "Bubble Boy," David was born in 1971 with severe combined immunodeficiency (SCID) and was forced to live in a specially constructed sterile plastic bubble from birth until he died at age 12.

- Wednesday, April 17 the senior center will have an outing to the Asgard Restaurant.
- Janet Borron the Librarian will be here on Tuesday, April 23 to review a selection of books for the seniors and the book group is reading the Kindred by Octavia Butler. Kindred is a novel by American writer Octavia E. Butler that incorporates time travel and is modeled on slave narratives. First published in 1979, it is still widely popular. It has been frequently chosen as a text for community-wide reading programs.
- April 25 we will have our month theme party – 50's Party.

### **North Cambridge Senior Center (NCSC) - Alicia Johnson**

- Catherine Simmons is returning to the NCSC on Wed April 17<sup>th</sup>
- Spring Luncheon will be held on Thursday April 18<sup>th</sup>
- Podiatrist, Dr. Dwyer is coming on Friday April 19<sup>th</sup> to the NCSC
- The NCSC is adding a second chair yoga class on Wednesday's from 12pm-1pm
- Upon our return to 2050 Mass Ave
- Mah Jong will immediately follow at 1:30pm
- The expected return timeframe to 2050 Mass Ave is the end of May.

## **Client Services – Vincent McCarthy**

- LGBT Intergenerational Event with SCES – Very Successful! Hope to do more in the future....
- Upcoming Caregiver Support Group. Starting Monday, May 20<sup>th</sup>. 1pm – 2:30pm
- Men's Group – Special Guest Speaker – Albert Pless, Cambridge Health Alliance (health & wellness).
- Film & Discussion Tuesday, April 22<sup>nd</sup> “Basis of Sex”, The true story of Ruth Bader Ginsburg @ 12:45pm.
- Meditation and Mandala – April 26, 2019 11am – 12pm. We are now starting to develop a small group of regular participants. Also, in March we were very happy to be joined by participants and staff from Windsor House and hope to have them return on a regular basis.

## **Old Business**

- ED shared with Board, letter written to Councilor Denise Simmons. The letter was in response to the specific concerns brought forth by the Councilor's Senior Advisory Committee and were presented by Pearl Hines at the March COA Board Meeting. Letter is entered as formal business brought forth to the Board.

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## **New Business**

Meeting adjourned at 10:55 a.m.

Next meeting: Tuesday, May 14, 2019 @ 9:30 a.m.

Minutes respectfully submitted by Lisa Castagna and Susan Pacheco.