

## Minutes of Board Meeting of September 9, 2013

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

**Absent:** Elizabeth Cadigan and Kenneth Hebert

**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 June 10, 2013 meetings

President Cobham requested approval of minutes of the June meeting. Ethel Ampey made a motion to accept minutes with corrections as needed. Minutes unanimously approved.

### 2. Reports

#### COA Executive Director

- Susan welcomed back returning and new COA Board Members.
- A fall event is being planned here on 9/21/13 9:30am – 12:00pm Understanding Hoarding Community Outreach Event. Sarah Dowal, MSW, MPH will facilitate a Q & A discussion following the documentary *My Mother's Garden*.
- Susan announced that as of 9/5/13, North Cambridge Senior Center Director position posting had closed. There are 18 candidates so far. We will seek input from 2050 participants for the finalists.
- The Formula Grant FY14 allocation closed on 8/9/13. Two budgets were requested, one at \$7 per senior and a second at \$8 per senior. As it turned out, \$8/elder was approved and total budget grant is for a total of \$116,240; \$14,000 more than FY13. The grant funded a permanent kitchen meals assistant paid at the Cambridge Living Wage of \$14.51 an hour. Tim is a great success having joined us from the Cambridge Works program. Also funded was an hourly increase for the Weekend Coordinator and an increase to SCM Transportation. We may also allocate more to the instructor line as the fiscal year progresses. We used the remainder of the FY13 budget on chairs for the chair yoga class.

#### Citywide Senior Center

- Emma reported it had been a great August. The Walking Club had a lovely day trip to Rockport. The health and wellness programming has been well received especially the Mediterranean Diet.
- The herb garden has inspired greater use of the deck and exciting new programming and classes including Cooking with fresh herbs, Cooking on a budget and a Container gardening workshop with Clarinda Spinelli.
- The Men's support group has been funded by a Men's Health League grant. Part I Mindfulness and Meditation and Part II Tests Every Man Should Have are preceded by a meditation session.
- Women participants raised a petition to have meditation available to them and were able to be accommodated.
- Other activities this month include Dr. Toby Bates speaking about rheumatoid arthritis, co-sponsored by Cambridge Homes. Dr. Corrant's ever popular lunch time chat. The monthly party this month is a Hawaiian Luau.
- The Diabetic Workshop of last spring has morphed into a class in at Community Servings, 18 Marbury Terrace, Jamaica Plain. Participants Bill Cobham, Charlene Reece, and Vinnie Wong have attended.

#### North Cambridge Senior Center

- 2050 went on two great trips in August. Plymouth was on a very hot day and precautions were taken with water and fewer activities. The Charlesgate Yacht Club trip was accompanied by Sgt. Murphy and members of the Cambridge Police.
- Other activities last month, a 4 week watercolor workshop by Glenn Davis, Intro to Meditation by Catherine Simmons started.
- September activities include a Fire Safety Presentation, lunch and a cruise on board the Odyssey with 38 participants. WOW starts up again along with Watercolors and Zumba.

### **Client Services**

- Vincent expressed his gratitude. It has been a good transition so far, thanks to Marybeth, Margaret and Jackie Neel helping out this summer. Vincent also thanked Susan for the help transitioning into his new role, Director of Client Services. He organized transportation for the Mayor's Harvard picnic and has learned more about COA's taxi discount program and attended taxi school.
- The LGBT Information Fair organized by Alicia Johnson was a great success.
- 80 fans were given out by the Summer Fan program.
- Vincent attended hoarding training over the summer and Client Services with the Cambridge Hoarding Coalition is presenting an Understanding Hoarding Community Outreach event on 9/21/13.
- He has met so many more senior participants.

### **3. New Business**

- Mass Council on Aging (MCOA) is partnering with the National Council on Aging and the National Institute of Senior Centers for the first ever National Senior Center Conference titled: "Senior Centers 2013: Where Do We Grow from Here". This event will be held on October 2-4, 2013 at the Sturbridge Host Hotel. Susan, Emma, and Arline McGrady plan to attend. Geoff Kotowski, Food Pantry Coordinator will present on Food Availability.
- Ben Horner has concerns about rising taxi fares. Kenneth Hebert of CASCAP has information in his building on COA's taxi discount coupons. Susan noted there has been no fare increase in 2 years.
- Pearl wondered if a new mayor would be as senior friendly as Mayor Davis has been. It was suggested that the board extend an invitation to the new mayor to attend a board meeting. Bill feels the mayor will want the ear of seniors. Lois added that seniors vote disproportionately more than other voters.
- There was discussion of Harvard and MIT picnics attended by non Cambridge residents.
- Pearl asked about the association of the Center with the MIT Age Lab. How interviews are approved, do they share their findings? The answer is sometimes some findings are shared often a few months to a year later.
- Last year the anniversary party was overrun by candidates running for office. Susan shared the rules for political candidates this year: come in around lunch time for 5 minutes. Introduce themselves and head out. No food to be given out nor any campaign literature.
- Nominations have been submitted for COA Board Officers: Bill Cobham, president, Lois Carra, vice president, Miranda Heibel, secretary, Ken Hebert treasurer. Nominations are closed. Final ballot and vote count to take place in November.
- Kudos to Lisa for helping with the herb garden and programming and for raising the COA's presence on the City's website.

Meeting adjourned at 12:05 p.m.

Next Meeting: Monday, October 7, 2013 @ 11:00 a.m.

Minutes respectfully submitted by Lisa Castagna