

## Minutes of COA Board Meeting of October 6, 2014

**Board Members Present:** Lois Carra, Kenneth Hebert, Miranda Heibel, Pearl Hines, Benjamin Horner, Ismail Laher, Lily Owyang and Jeanne Ryde

**Absent:** Ethel Ampey, Anne Fabiny, Carole Feeney-Withrow

**Staff Present:** Dan Burroso, CPD, Lisa Castagna, Alicia Johnson, Vincent McCarthy, Susan Pacheco and Emma Watkins

Meeting was called to order at 11:00 a.m. by Lois Carra

### Review/acceptance of minutes of, September 8, 2014 meeting

Lois Carra requested approval of minutes. Motion to accept and unanimously approved.

## Reports

### COA Executive Director – Susan Pacheco

- Parking lot has been re-done, but not completed. Lines still need to be painted and fence abutting YMCA.
- Public Health Flu Clinics will be held at Cambridge Senior Center on **Thursday, 10/16/14 (10-12:30) and Wednesday, 11/5/14 (5-7:30 pm)**. Session will not be held at the North Cambridge Senior Center this year. Public Health reports that individuals attending clinic at that site are primarily under age 60. Will have session at other North Cambridge location.
- MySeniorCenter has officially launched at Centers today, 10/6/14. There were some early glitches but IT Support is working to resolve. ED expressed THANKS to All COA Staff! This has been a crazy 2 weeks, but much work has been done to register participants and enter data. THANK YOU!
- MCOA Annual Conference is 10/8-10/10/14. ED; Emma Watkins and Arline McGrady will be attending. Staff will report at next month's meeting.
- **SAVE THE DATE** Mayor David Maher is pleased to invite you to the Boards and Commissions Reception **Wednesday, November 5th, 2014 6:00 – 9:00 p.m.** Atrium Lounge 50 Church Street, Harvard Square, Cambridge, MA. *Formal invitation to follow.*
- As follow up to last month's question about appearing on NPR – we are allowed to as long as we are not fundraising or endorsing.
- ED will appear on CCTV on Monday, 11/3/14.
- COA was successful in obtaining grant through Mass Housing to support COA's Hoarding work. The total grant received: \$3,000. As part of the grant, session to be held with trainer Jesse Edsell-Vetter on 11/25 and 12/2/14. The focus will be to train service providers how to "Sort and Discard" when working with a senior with hoarding behavior. COA also will hopefully start a Peer Support Group in 2015.
- ED shared FY 14 year end statistics on goals.
- ED distributed current contact info for COA Board Members.

### Client Services – Vincent McCarthy

- Stronger Together – Panel Discussion scheduled for 10/7 (1:00-2:30)
- Outreach efforts are being scheduled for 2 Mt. Auburn St. and 1221 Cambridge St. This will be in collaboration with Police
- Senior Safe Program – a collaborative grant with Fire Dept. Vincent accepting referrals. Fire and COA staff will visit senior's home. Safety assessment of unit will be done. Smoke and carbon monoxide detectors checked or installed if needed.
- Board Member Hines asked if there is a deadline. Grant funded through October 2015.

### Citywide Senior Center – Emma Watkins

- Ms. Watkins announced the start of program Matter of Balance. It is an 8 week class.
- A 5 week art education lecture will begin on 10/15.

- Afternoon with former City Mayor/Councilor Kenneth Reeves is scheduled for 10/16/14.
- October is the Center's 19<sup>th</sup> Anniversary. Celebration is scheduled for 10/23/14. Board members interested in attending please contact Ms. Watkins.
- 10/27/14 – Art Class Reception.
- Center staff focusing on scheduling various cooking classes for seniors. There has been a series of “guest” chefs.

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

- Podiatrist Monday October 6th 10:00am-2:00pm Dr. Dwyer
- Birthday Tea Wednesday October 8th 2:30pm
- Dancing for Balance Class Beginning October 9th thru December 11th Instructed by Art Sullivan. This class is suitable for all fitness levels and will follow basic steps and movements aimed at improving balance.
- Reminisce Brunch with Sarah Boyer Tuesday October 21st 11:30am-1:00pm. Sarah will take a look back at the history of the Porter Square area.
- Day Trip to the Old Mill Restaurant and Verrill Farm Thursday October 16th
- Walking Club at Mt. Auburn Monday October 20th 10:20am-12:00pm This outdoor walk will be an opportunity to see the beautiful foliage of Mt. Auburn

#### **Old Business - none**

#### **New Business – Election of Board Officers**

- Election of officers. Various members had been nominated for different positions. ED explained that each nominated member was contacted and asked if willing to serve. In that spirit, a slate was presented with only one member for each position. Ballots were counted by ED and according to Bylaws; Secretary Heibel cast one vote for each member nominated. Upon that, the election was completed and the following will assume their positions at November meeting:

**Miranda Heibel, President**

**Lily Owyang, Vice-President**

**Kenneth Hebert, Secretary**

**Carole Feeney Withrow, Treasurer**

- Thank you to Vice-President Carra for assuming the duties this past year, following President Cobham's passing.

Meeting adjourned at 12:00 pm

**Next meeting: Monday, November 10, 2014 @ 11:00 a.m.**

Minutes respectfully submitted by Lisa Castagna and Susan Pacheco.