

Minutes of COA Board Meeting of November 10, 2014

Board Members Present: Ethel Ampey, Lois Carra, Anne Fabiny, Kenneth Hebert, Miranda Heibel, Pearl Hines, Benjamin Horner, Lily Owyang, Jeanne Ryde and Carole Feeney-Withrow

Absent: Ismail Laher

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

1. **Meeting was called to order at 11:00 a.m. by President Heibel**
2. **Welcome to new Board Member: Dr. Anne Fabiny.**
3. **Review/acceptance of minutes of October 6, 2014 meeting**
President Heibel requested approval of minutes. Motion to accept and unanimously approved.
4. **Reports**

COA Executive Director – Susan Pacheco

- ED is a Board Member of Cambridge Senior Volunteer Clearinghouse (CSV). CSV will be losing their space at end of 2014. Currently at Cambridge Adult Ed. Ctr. ED has discussed w/Ellen Semonoff, Sue Walsh, and COA Staff about CSV coming to COA offices. This feels like a natural fit. More outreach for volunteerism in the Centers and augmentation of COA volunteer program. Specifics to be worked out.
- COA taking the lead for Cambridge Elder Abuse Task Force. First meeting held on 10/27/14. The meeting was attended by staff of Somerville Cambridge Elder Services; CASCAP; Cambridge Health Alliance; Mt. Auburn Hospital; Police; Greater Boston Legal Services. The 1st meeting was to identify key abuse/neglect issues that elder providers are seeing in the Cambridge community. The hope is, as we look to form this group we will establish a mission and then brainstorm about affective ways to educate and inform our community about elder abuse. COA definitely should be the leader for this initiative.

Client Services – Vincent McCarthy

- **SHINE** - We are in the middle of Open Enrollment. We have scheduled two open enrollment events: Oct. 28 at 1:00 for the Open Enrollment presentation with Art Budnnik, from the Regional SHINE office. Very well attended. Nov. 10 at 10:00 for the “Open House” with 5 SHINE counselors.
- **Senior Safe Program** - We are beginning to receive referrals and are in the process of organizing home evaluations.
- **Stronger Together** - Our “Stronger Together” peer support group for those in recovery from drugs and alcohol panel discussion and Q&A on Tuesday, October 7th from 1pm - 2:30pm. was a great success. We had three very powerful speakers and close to thirty in attendance.
- **Home Owners Tax Payer Assistance** - Representatives from the Cambridge Assessing Department will be available to answer questions regarding real estate tax exemptions and real estate values.
- **KEY TO SUCCESSFUL CAREGIVING**- Presented by Somerville Cambridge Alzheimer's Partnership. Will include presentations by Dr. Daphne Schneider, CHA & Susan Rowlett, LICSW, and Alzheimer's Association. Free on site Respite Services provided by Windsor House Adult Day Care. Saturday, November 15th 9:30am – 12:30pm.
- **OUTREACH** - 1221 Inman Square Apartments on Tuesday, November 18th and Our Golden Years – (senior group at St. Paul's) Tuesday, December 16th

Citywide Senior Center – Emma Watkins

Emma's notes for COA Board Meeting

Highlights from Annual MCOA Conference (10/8-10/10/14)

MCOA Mission Statement The Massachusetts Association of Councils on Aging and Senior Center Directors is a non-profit membership organization comprised of municipal Councils on Aging. Our mission is to support the independence

of adults 60 and older by advocating for programs and services to meet their needs, promote the growth and quality of Councils on Aging and senior centers and strengthen the professional skills of Council on Aging staff.

Purpose: Improve the quality of services provided to older adults of the Commonwealth by the Councils on Aging, Senior Centers. Educate and otherwise improve the skills of the staff of Councils on Aging and Senior Centers.

I attended three workshops but there were two that were both stimulating and thought provoking. One was titled "Life Reimagined" which was designed with boomers in mind. Life Reimagined is about a renewed sense of purpose, the confidence to pursue a passion or take a new direction. It is about your "next chapter". We're all searching for ways to live lives that are meaningful. We need to be doing things that are uniquely connected to what we have to offer. Life Reimagined can help you make this actually happen. There are a few steps to getting to your truth:

These are some soul questions to ask yourself:

Step 1: Stay true to yourself

Step 2: Rediscover the experiences and people that make you happy

Step 3: What is your passion in life (sometimes we don't know what we want until you write it down? For instance: What do you love? Who did you want to be when you were a child? What will make you feel purpose in the world?

Actions:

1. Discover your options
2. Brainstorm your future
3. Start visualizing a better you
4. Refine your life map A Life Map helps you discover what you want for yourself and your life.
5. Share your life map (put your thoughts out into the universe, share with family and friends) thoughts have power.

"You must do the thing which you think you cannot do" Eleanor Roosevelt"

Workshop was presented by Lisa Masters Community Outreach Specialist.

The second workshop that I attended was presented by Reverend Liz Walker and titled "The Next Chapter" which was a direct segue into how someone had reimagined her life.

The Reverend Liz Walker talked about her "Next Chapter. Reverend Walker was Boston, first African American Television news Anchor and she talked about her journey from television to being moved by the atrocities she encountered while on a fact finding mission to Sudan. She left her position as TV anchor went to and graduated from Harvard Divinity School and is devoting her life work to many humanitarian causes.

Goal of Senior Center: Provide opportunity for current users as well as new users of the senior center to reimagine your life.

Upcoming events at Senior Center:

Conversation Starter Lecture – Tuesday, November 18 at 1:00 pm. Discussion about end of life wishes.

North Cambridge Senior Center (NCSC) - Alicia Johnson

- Ms. Johnson was not present.

5. Old Business –

- Ethel Ampey reported she had a meeting on 11/6/14 w/Mayor Maher to discuss bicycle safety. Specifically bikes on sidewalks and potential risk of hurting elders.
- Pearl Hines commented she enjoyed recent event: Afternoon with Ken Reeves.

6. **New Business –**

- none

Meeting adjourned at 12:00 pm

Next meeting: Monday, December 8, 2014 @ 11:00 a.m.

Minutes respectfully submitted by Lisa Castagna and Susan Pacheco.