

## **Minutes of COA Board Meeting of December 8, 2014**

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

**Absent:** Miranda Heibel

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

**Also Present:** Officer Daniel Burroso

- 1. Meeting was called to order at 11:00 a.m. by Vice-President Owyang**
- 2. Roll Call** – Secretary Hebert called roll with 10 present.
- 3. Presentation by Ronit Barkai, Transition House**
  - Ms. Barkai did a brief presentation on “Domestic Violence/Elder Abuse 101”. Informational sheets were distributed regarding Domestic Violence/Elder Abuse statistics. Discussion regarding Power and Control and Abuse in Later Life. Also warning signs and reasons why people do not leave an abusive relationship or ask for help. (Copies of presentation are part of these minutes).
  - Purpose of presentation, offering information on the current collaborative efforts between Transition House and COA around the issue of Domestic Violence in the elder community.
  - Contact info for Ms. Barkai: 617-868-1650 or [rbarkai@transitionhouse.org](mailto:rbarkai@transitionhouse.org).
- 4. Review/acceptance of minutes of November 10, 2014 meeting**

Vice-President Heibel requested approval of minutes. Motion to accept and unanimously approved.
- 5. Reports**

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

- ED reported that Cambridge Senior Volunteer Clearinghouse (CSVLC) will be moving to COA at the end of December.
- ED thanked Board Member Carra for having attended the Elder Abuse Task Force. Issues being discussed to focus: financial security and personal safety. Scheduling a large community event; tentative date of 6/15/15 (World Elder Abuse Awareness Day).
- Update on YMCA day passes. In 2014 a total of 1,200 passes were purchased. For 2015, a total of 1,500 passes have been purchased. A total of 6 passes will be distributed during normal business hours. This program is generously funded by the Friends of the Council on Aging.

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

- There has been an increase in new participants; younger seniors.
- Health & Wellness programs are most popular at the Center. Good attendance at recent programs: Insomnia; Memory Health; Conversation Starter – Talking about End of Life Wishes.
- Chinese Evergreen Chorus has done their holiday concert here at the Center.
- Holiday Bazaar is scheduled for 12/10/14.
- Kwanzaa celebration scheduled for 12/16/14.
- Holiday Party scheduled for 12/18/14.
- Overall implementation and response to *MySeniorCenter* has been good.

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

- Ms. Johnson reported that NCSC Fair raised approx. \$1,000.
- Successful “Ugly Sweater Party”.
- Dancing for Balance Class ends December 11<sup>th</sup>. Attracted new participants to the Center. This was a temporary 9 week class. There is interest and hope that class will continue. Will be reviewing current budget.
- NCSC attending the *Nutcracker* at the Boston Opera House on 12/18.
- Holiday party scheduled for 12/23.

**Client Services** – Vincent McCarthy

- **SHINE** - annual open enrollment ended on 12/7/14.
- MassHousing Hoarding Grant funded 2-day training for Cambridge Service Providers. Also, funded through this grant will be film documentary *Grey Gardens*. Film will be screened on Saturday, 1/10/15 at the Senior Center.
- Save the Day – 1/29/15 – The Road to Mental Health Recovery.

**6. Old Business** –

- Ethel Ampey submitted for the record letter from Mayor Maher regarding his work on possible ordinance prohibiting bike riding on sidewalks, in particular in front of the Senior Center

**7. New Business** –

- Vice-President Owyang went on record thanking COA/Senior Center Staff for all the work being done at the Centers and for Cambridge Seniors!

Meeting adjourned at 12:30 pm

**Next meeting: Monday, January 12, 2015 @ 11:00 a.m.**

Minutes respectfully submitted by Lisa Castagna and Susan Pacheco.