

Minutes of COA Board Meeting of January 12, 2015

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

Absent: Anne Fabiny

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

1. **Meeting was called to order at 11:00 a.m. by President Heibel**
2. **Roll Call** – Secretary Hebert called roll with 10 present.
3. **Review/acceptance of minutes of December 8, 2014 meeting**
President Heibel requested approval of minutes. Motion to accept and unanimously approved.
4. **Reports**

COA Executive Director – Susan Pacheco

- ED thanked Board members for prompt response to signing Conflict of Interest forms.
- Hoarding Event scheduled on 1/10/15 – film screening of *Grey Gardens* was very successful.
- Save the Date: 2/11/15 @ 9:00 a.m. Transit Screen Launch Event at the Senior Center. Celebrating the first installation of City of Cambridge Transit Screens. This is City's commitment to creating a sustainable transportation system that is accessible, comfortable and easy to use.
- COA is collaborating once again with Cambridge Public Health and Community Development. Mass Councils on Aging through Mass in Motion has awarded funding to our consortium to talk with seniors about barriers to bicycling in Cambridge. The recommendations will be incorporated into the Bicycle Network Plan.
- Update on Cambridge Housing Authority (CHA). As of January 1st, waiting list is closed. No new applicants will be accepted. Placement from current wait list will take approximately 2+ years. The current waiting list stands at 6,500 applicants waiting for family housing; 3,000 elders waiting for senior housing.
- *Newslines* – a whole new look – thanks to Lisa Castagna. It is a work in progress, but will provide information in a clearer manner.

Citywide Senior Center – Emma Watkins

- Programming is running well and is utilizing the whole center most of the time. The Kitchen classroom for example holds meetings, cooking and jewelry classes.
- Mysteries of the Cosmos continues to be led by Harvard Grad students and attracts new seniors as well as city employees.
- Upcoming events: the Men's support group will screen the 1961 movie *The Hustler* and later in the month reminisce about the blizzard of '78.
- Health & Wellness Talk: New Year's Resolutions with Roberta Robinson Thursday, January 15th
- Senior Center's Dance Party: DJ Owen Howell will be in the house Thursday January 22nd.
- In February: there is the Valentine's Day party, February 12th, and a screening of the movie *Red Tails* the story of the Tuskegee Airmen in WWII during Black History Month February 20th, and Chinese New Year party February 23rd.

North Cambridge Senior Center (NCSC) - Alicia Johnson

- In December NCSC went to see the Nutcracker. It was very popular and had to go to a wait list as did the holiday party.
- Upcoming events: Birthday Tea Wednesday January 14th 2:30pm
- Group Lunch at Andy's Diner Thursday January 15th 12:00pm-1:30pm
- Beating the Winter Blues with Roberta Robinson Tuesday January 20th 11:00am-12:00pm with Brunch.
- Winter Luncheon with calzones and hearty salads Tuesday January 27th 12:00pm-2:00pm
- Dancing for balance returns February 5th.

- Podiatrist Dr. Dwyer will be at the North Cambridge Senior Center on Monday February 9th from 10:00am-2:00pm
- Geoff from Operation Able had his hours cut which eliminated Computer lab support.
- Enrichment and exercise classes continue to grow. Bingo and Whist are shrinking.

Client Services – Vincent McCarthy

- Information and Referral Specialist, Nykky Glasgow, will be going through the official intensive SHINE training in February and will be testing for the SHINE certification at the end of February. We have now been given an additional SHINE Volunteer, Ginny Neumann. Ginny observed our SHINE Volunteer, Cathy Cody, for a few months and is now taking clients of her own. She is fully SHINE certified and will be seeing clients on Thursdays from 10am – 2pm. Cathy Cody will continue to see clients on Wednesdays, 10am – 2pm.
- Road to Mental Health Recovery – A Family Perspective was held Thursday, January 8th. It was a well attended (even though it was very cold) presentation by two “NAMI Family to Family” teachers and Board Members. (National Alliance on Mental Illness)
We talked about how Mental Illness and Substance use issues can touch the entire family and we spoke of the resources that are available to help family members deal with these issues. Many of our seniors may have adult children, spouses or other loved ones who are dealing with these problems.
- Outreach event: Our Golden Years – (senior group at St. Paul’s) Tuesday, December 16th. Vincent spoke to about 20 seniors about COA programs. Many familiar faces, but also quite a few new seniors. Questions about many topics including transportation, exercise programs, snow removal.
- Upcoming event: Caregiver Support Program Presentation with Miranda Heibel (SCES) Monday, February 23rd from 5:30pm – 7pm The Family Caregiver Support Program offers services to support caregivers. SCES partners with community agencies to provide respite services, educational activities, and support groups.
- Upcoming collaboration with HRI, Consumer Council, Financial Literacy – SCAMS

5. Old Business –

6. New Business –

- Board Member Carole Feeney-Withrow announced her retirement at end of January 2015. ED, staff and Board thanked Member Withrow for her dedication to seniors.
- ED discussed recommendation to appoint Officer Dan Burroso. Officer Burroso is interested in serving as a voting member of the Board.

Meeting adjourned at 12:10 pm

Next meeting: Monday, February 9, 2015 @ 11:00 a.m.

Minutes respectfully submitted by Lisa Castagna and Susan Pacheco.