

Minutes of COA Board Meeting of May 11, 2015

Board Members Present: Kenneth Hebert, Pearl Hines, Benjamin Horner, Ismail Laher, Jeanne Ryde

Absent: Anne Fabiny, Ethel Ampey, Lois Carra, Miranda Heibel, Lily Owyang and Daniel Buroso.

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

***Important to note that meeting was officially called to order at 11:25. A quorum was not reached until Member Ismail Laher arrived. March meeting minutes were approved.

COA Executive Director – Susan Pacheco

- It has been a difficult time for staff with passing of staff person Gail Low. Temporary hire has been approved. Moving for permanent hire.
- There is good news regarding advocacy for increase in EOEI Formula Grant. The MA House of Representatives has concluded their proposal for the FY16 Budget. It will add \$1/elder to the COA Formula Grant increasing it to \$9/elder/YEAR. It is time to thank all members of the House. ED will draft a thank you letter on behalf of Board. Will forward to Board and once approved will be sent to Representatives. Now onto the Senate. Hope is that Senate will agree.
- ED addressed questions raised by Board members regarding response letter to participant dated: 3/16/15. It is not customary that ED's response letter to participant be copied to the Board. In this case, letter of complaint had been forwarded through Member Hines and presented at monthly meeting. Therefore ED responded to participant and informed Board.
- ED read letter received 5/7/15 from participant "Just A Little Thank You Note".

Citywide Senior Center – Emma Watkins

- Emma attended Social Capital and Health Forum at BU. The takeaway is with a larger social network, family, work, volunteer and education people have better health outcomes. Even surviving traumatic events such as hurricanes. Our Men's Group, Billiards and Women's Social group, all provide network opportunities.
- Past events and activities: Volunteer Appreciation Lunch on April 23rd. Cory Piltz from the Mass. Department of Communications and Cable returned for a talk on April 30th. On May 20th there will be bird watching at Mt. Auburn.
- May is Dance month at the center, with the Back Pocket Dancers and the Prometheus Ensemble performing.

North Cambridge Senior Center (NCSC) - Alicia Johnson

- A cooking demonstration with Geoff and Miguel Wednesday May 6th celebrating Cinco de Mayo by learning a few tasty recipes and sampling them too. Geoff also spoke about Food Pantry.
- Safety Awareness Appreciation Luncheon with Officers Dan Burroso and Matt Mahoney was on Thursday May 7. Other activities include Walking Club at Mt. Auburn on Monday May 18th, Taking Control of Your Health a discussion about Arthritis Tuesday May 19th and a lunch walk to Boston Burger Co. Future events planned are CPR training by Pro Ambulance and a pet adoption weekend in the fall.
- North Cambridge held Open Studios on May 9th. Declining participation has put that in question for next year.
- **Client Services** – Vincent McCarthy
Monday Night Programming designed to catch seniors who are not available during the day. April 27th screened a documentary about the disability rights movement, "Lives Worth Living" Michael Muehe, Executive Director, Cambridge Commission for Persons with Disabilities facilitated a discussion after the film. Upcoming programs: May 18th Good Shepard Community Care – "making end of life decision for ourselves and our loved ones" June 18th American Parkinson's Disease Association of Mass.
- DHSP "Door Knocking" program has visited Fresh Pond Apartments, Newtowne Court and Roosevelt Towers.

- Men's Group Month of May we will screen "Band of Brothers" and have guest speaker Steve Vesce from Cambridge Veteran's Services.
- Mayor's Luncheon at MIT, Wed. May 13th Residents from Sancta Maria Nursing Home and Cambridge Rehab and Nursing and participants from Windsor House will attend. Accessible transportation is available.

1. **Old Business** –

2. **New Business**

- ED reported on success of new peer support group on hoarding, co-facilitated by Liz Seelman, Outreach Case Manager.
- ED discussed that at June meeting Board membership would be discussed. In the Fall, terms will expire for 4 current members.
- Ben would like Senior Center tee shirts for our billiards team.

Meeting adjourned at 12:10 pm

Next meeting: Monday, June 8, 2015 @ 11:00 a.m.

Minutes respectfully submitted by Lisa Castagna and Susan Pacheco.