

Minutes of Cambridge Council on Aging Board Meeting of March 13, 2012

Board Members Present: William Cobham, President; Yaw Adjei-Koranteng; Mary Ann Dalton; Maureen Harty; Carmella Schipani; Edna Stamp.

Staff Present: Eileen Ginnetty, Emma Watkins, Vincent McCarthy and Susan Pacheco.

Minutes from January 10, 2012 meeting were accepted.

COA Executive Director's Report; Eileen thanked Mary Ann for her recent presentation on budget issues at the Cambridge Aging in Community meeting. The Governor's budget for FY 2013 includes a 24% cut in senior meals funds, and there are also pending Title 3 federal cuts coming for the meals programs.

COA report: Eileen updated the group on the recent MBTA public hearing. The City Hall chambers were packed, with at least 200 people there, and more than 100 people made public comments. Eileen also mentioned that the Senior Centers are collecting empty medicine bottles for a medical mission to Haiti, and that the Senior Food Pantry received a donation of \$900 from a local Cambridge man who got pledges for doing "burpees" across the MIT bridge.

Citywide Senior Center: Emma reported that the center is experiencing some reduced staffing due to illness. Also, we are planning a presentation by Dr. Pinals on memory and aging.

North Cambridge Senior Center: Vincent reported that Thursday Yoga is back again at 2050. The instructor is Sergio Vinci. Deb McLean from SCES will attend the April Open Forum to discuss the meals which are delivered there.

Client Services: Susan announced an upcoming presentation at the Citywide Center by the Alzheimer's Association, *Essential Skills for Caregivers*.

Other notes: Edna commended Vincent for the fact that the at the blood pressure screening at 2050 a senior who attends there regularly had an extremely high reading. Vincent made sure she went to her doctor that afternoon. The senior later told people at 2050 that the nurse at the medical office said that the center had saved her life by making her aware of this high blood pressure reading. Edna and Bill both spoke about the problems of high-sodium foods.

NEXT MEETING: **Tuesday April 10, 2012**
 9:30 a.m.