

Minutes of COA Board Meeting of Tuesday, October 11, 2016 @ 9:30

Board Members Present: Lois Carra, Jennifer Chisholm, Mary Ann Dalton, Pearl Hines, Lily Owyang and Eva Paddock

Absent: Daniel Buroso

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

Call to Order – Vice President Owyang called meeting to order at 9:35 am.

Minutes of September 13, 2016 meeting were reviewed and accepted.

COA Executive Director – Susan Pacheco

- Per Member request, ED circulated copy of Robert's Rules of Order – Summary Version and Introduction to Robert's Rules of Order.
- Posters created by Sanaa Mohamed were presented. These posters are hung on Senior Center windows to assist in marketing of programs.
- Shred Day is scheduled for Saturday, 10/22/16 (10-2) in front of City Hall. COA is co-sponsoring event with Cambridge Consumers' Council and Dept. of Public Works.
- ED has been elected to the Mass Council on Aging Board of Directors in September as a Member At Large.
- We are still awaiting contract for Executive Office of Elder Affairs (EOEA) Formula Grant. As reported previously COAs expected an increase in reimbursement per elder \$9 to \$10. We have been told that we may in fact be level funded at \$9/elder rather than face 9c cuts in February. More to come on this in the coming weeks.
- ED is part of a group looking at Racial Equity throughout the Dept. of Human Services Program (DHSP). A private consultant has been hired to work with this small group from across DHSP. The Dept. will be engaging its full time staff in the development of a racial equity plan beginning in early 2017. The work that DHSP does this year will help inform the ongoing work and city efforts around racial equity.

Citywide Senior Center – Emma Watkins

- Emma stressed the commitment of instructors and volunteers and how they complement the quality of programs offered:
- Tai Chi and Better Balance classes for \$2
- Painting and water color classes
- The Book group, which is growing.
- Lily Owyang teaches the First Thursday Writing group
- Health and wellness lecture – by Roberta Robinson, competes with programs that you would see on PBS. Inner Core – Inner Peace of mind and tries to get us to live in the present moment!
- The different groups (The Haitian Elders, The Chinese Seniors, The Cultura Latina)
- Trips to local restaurants
- Computer Lab, Volunteer Maurice Anderson who was determined to be here, recently passed.
- The Volunteers are thanked with a lunch annually.
- Upcoming – Public Health Flu Clinic October 20
- Chinese Folk Dancing & Singing group will offer a pre-anniversary performance for the senior center October 19
- 21st Anniversary Party October 25
- October 29 Catherine Simmons will present a workshop – Raising your energy levels back to health (a holistic approach to maintaining your health)
- November 2 Women's club is sponsoring a Holiday Bazaar fund raiser

North Cambridge Senior Center (NCSC) - Alicia Johnson

- Activities at NCSC this month:
- Halloween Card Design was on October 10, Birthday Tea October 12 and Podiatrist October 17,
- Pet therapy and Mediation presentation by Just-A-Start October 18th.
- Lunch Walk to Red Bones in Davis Square on October 20
- Halloween Luncheon October 25
- Due to increased demand, Starting January 2017 Watercolors will change from drop in class to become a ten week registered class. After the first 13 people there will be a wait list.

Client Services – Vincent McCarthy

- We have reviewed the Information and Referral Specialist job description and will be submitting it to Personnel to be posted and begin the process of reviewing resumes.
- SHINE OPEN HOUSE on Thursday, November 3 we will have at least 4 SHINE counselors available to meet with seniors. Medicare Open Enrollment is October 15 through December 7 and at this time Medicare recipients are able to make changes in their plans.
- Men's Group October 28 – Putting together Gift Bags for residents of Chelsea's Soldiers Home
- OUTREACH completed Norfolk St. – Wednesday September 14 East End House – Monday, September 19 Health Fair at 2 Mt. Auburn.

Old Business

- Kathleen Connolly resigned from the board due to her new position at CASCAP.

New Business

- Election of Officers:
Lily Owyang, President
Lois Carra, Vice President
Mary Ann Dalton, Secretary
- Pearl appreciates the diversity on the window posters created by Sanaa Mohamed.
- Funds from the Holiday Bazaar deposited into COA General Revenue. Then unless specifically donated, into our donation line.

New Agenda Item

- Discussion of Treasurer Position
- Larger discussion pertaining to the Bylaws is needed.

Meeting adjourned at 11:30 am

Next meeting: Tuesday, November 8, 2016 @ 9:30 a.m.

Minutes respectfully submitted by Lisa Castagna and Susan Pacheco.