

Minutes of COA Board Meeting of April 14, 2014

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

Absent: Lois Carra, Elizabeth Cadigan, Miranda Heibel,

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

Meeting was called to order at 11:00 a.m. by Kenneth Hebert.

- **Review/acceptance of minutes of March 10, 2014 meeting**

Kenneth Hebert requested approval of minutes. Motion to accept and unanimously approved.

- **Reports**

COA Executive Director

- Susan welcomed new board member Lily Owyang.
- The City has approved a non sponsored model of My Senior Center software for both centers for an initial cost of \$12,000, \$1800 a year thereafter. City IT will support the system which captures aggregate stats and not individual information.
- There will be a Reverse Mortgage presentation 4/28 discussing the pros and cons. An individual will speak from personal experience.
- The MIT luncheon is 5/14, Harvard picnic 7/30
- Other COA news and programming: an Elder Law Education Program 5/19, Budget hearing for COA is scheduled on 5/15. Susan and Ellen will meet with Vincent, Alicia, Emma, Geoff and Julie to prepare. Domestic Violence 101 training for staff with Transition House on 4/30 with a community meeting planned for the fall. Middlesex DA MaryAnn Ryan will present 6/5.
- We have received a Healthy Aging grant from Mass In Motion.
- Transit Advisory Committee is holding meetings discussing gaps in transit at 3 locations including Cambridge Senior Center on 6/17.

Citywide Senior Center

- Emma notes the 6 week class Taste of African Heritage is at the halfway point. There are 3 Health and Wellness programs this month. Podiatry by Dr. Michael H. Theodoulou, DPM 4/10, Osteoporosis by MASS College of Pharmacy students and faculty (FASCO) 4/17, and Digestive Health by Norman Robillard, Ph.D. 4/22.
- Other activities this month: Food for thought processes; Mysteries of the Cosmos 4/8, Cambridge Poet Populist, Lo Galluccio will lead a Poetry Workshop 4/29 and 5/6.
- We will thank our volunteers on 4/24 at the Volunteer Recognition Luncheon.
- In May there will an outing to Gateway Center 5/9. Walking Club resumes with the addition of fishing 5/21 and 5/28. We are bird watching at Mt. Auburn Cemetery 5/30.

North Cambridge Senior Center (NCSC)

- The Day Trip to IKEA was very successful attracting 7 brand new people to the center. Also Alicia is posting the calendar in the window for passersby to view.
- Activities for April include:
- Safety Awareness 4/10
- Breast Health 4/17
- Somerville High Day of Beauty 4/17
- Earth Day Celebration making terrariums and air planters 4/22
- SECS Elder Fair 4/23
- Day Trip to Wrentham Village 4/24
- North Cambridge Open Studios 4/26
- Volunteer Recognition luncheon 4/29

Client Services

- The I &R position received 49 resumes and 7 people interviewed. Second interviews will be taking place this week. We have some excellent candidates and look forward to having someone in place very soon.
- SNOW EXEMPTION: There are 68 Cambridge Residents on Exemption List, 45 Students on "Student Shoveler List", Over 40 lists were sent out to Cambridge Seniors. The program is a great resource for the community as well as a great collaboration within the COA staff and other departments in Human Service Programs. It is really a group effort by the COA and Vincent would like to thank everyone for their help.
- Senior Housing Outreach: On 3/18 Emma and Vincent attended the coffee hour at 50 Churchill. On 4/9, He and Geoff Kotowski, Food Pantry Coordinator attended coffee hour at Miller's River, 15 Lambert Street.
- Door Knocking Program: Vincent and a team from other city departments (Police, Youth, and Recreation) visited Fresh Pond Apartments (Rindge Ave) on the evening of 3/19, Walden Square Apartments on 3/26 and 4/16 Putnam Gardens.

Old Business none

New Business

- Youville Assisted Living was under lock down protocol after an influenza outbreak.
- Pearl suggested an intro to Chinese class to better communicate with our Asian participants.
- Pam Howard starts as Computer Lab Instructor 4/21.

Meeting adjourned at 12:00 Noon.

Next meeting: Monday, May 12, 2014 @ 11:00 a.m. with Mayor David P. Maher

Minutes respectfully submitted by Lisa Castagna.