

## **Minutes of COA Board Meeting of September 8, 2014**

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

**Absent:** Ethel Ampey, Elizabeth Cadigan

**Staff Present:** Dan Burroso, CPD, Lisa Castagna, Alicia Johnson, Vincent McCarthy, Susan Pacheco and Emma Watkins

Meeting was called to order at 11:00 a.m. by Lois Carra

### **Review/acceptance of minutes of, June 9, 2014 meeting**

Lois Carra requested approval of minutes. Motion to accept and unanimously approved.

## **Reports**

### **COA Executive Director**

- Susan welcomed Dan Burroso, CPD.
- All parts of EOEI Formula Grant completed. COA receives a total of \$116,240 from this grant. Budget grant was due 8/12/14; Annual Report (statistics of various programming and services COA does in fiscal year period) was due 8/26/14 and Statement of Balance due 9/23/14 was signed and submitted. Once EOEI receives all Statement of Balances from all COAs, allocation of grant will be made. EOEI Formula Grant funds: SCM Transportation; 3 PT staff positions; 3 instructors; supplies; dues; and printing costs.
- Construction of Senior Center parking lot will begin on Monday, 9/22/14. The project is expected to take 2-3 weeks for completion.
- Heating/Cooling system project is now targeted for April 2015.
- Staff met with Ballroom Dancers. The proposed fee of \$3 per dancer has been lowered to \$2. Dancers stated that it was fair to collect a fee, but \$3 caused hardship.
- Susan has been appointed by City Manager to serve on the Somerville Cambridge Elder Services Board.
- MySeniorCenter will go "live" on 10/6/14. We will begin the registration process of participants.
- Board member: Pearl Hines asked about the dues for MySeniorCenter. There is an annual cost of \$1,800. That is to be paid in year 2 of service. These dues have been budgeted and approved.
- Awaiting approval of grant through Metropolitan Boston Housing Partnership. Liz Seelman, Outreach Case manager, responsible for submission. COA is seeking \$5,000 to support Hoarding Prevention efforts.
- ED continues work with staff from Transition House around "Domestic Violence Grown Old". There will be training to providers on 10/16/14. There will be a scheduled public education session at the Cambridge Senior Center on 11/6/14 @ 1:00.

### **Client Services**

- During the Summer Fan program 52 fans were given out to needy Cambridge seniors.
- Senior Safe Program Thursday, September 11<sup>th</sup> 1pm – 2:30pm The Cambridge Fire Department received a grant that will provide funds to help seniors make their homes safer and has asked the COA to help in this process. Trained safety instructors will be available to make home visits to check people's home smoke detectors and carbon monoxide detectors (install when needed) and check for overall fire safety.
- SHINE Nykky has been attending some general SHINE trainings and will be attending the official SHINE certification training in January. Upcoming COA SHINE presentations: "Medicare Open Enrollment 10/15 – 12/7". We will have an "Open Enrollment" Forum here at 806 Mass Ave on Oct. 28 at 1:00 for the Open Enrollment presentation with Elizabeth Killeen, Regional SHINE Coordinator through Minuteman Senior Services in Bedford. Nov. 10 at 10:00 for the "Open House" with 5 SHINE counselors.

- **Stronger Together** Our “Stronger Together” peer support group for those in recovery from drugs and alcohol will be hosting a panel discussion and Q&A on Tuesday, October 7<sup>th</sup> from 1pm - 2:30pm This group is leader is Lisa A. Kletjian, LCSW Addiction Treatment Specialist & SASS Coordinator North Charles Institute & Elizabeth Aguilo, LICSW  
Vincent is continuing his Masters in Mental Health Counseling program with an internship at Cambridge Rehabilitation & Nursing Center

### **Citywide Senior Center**

- The 8 week summer Zumba class was very well received.
- The Men’s support group with meditation continues. Men are also active in the Senior Travel 8-Ball League.
- The Women’s group meets on Tuesdays after the exercise class. It is a non-judgmental place where women share what is going on in their lives.
- One suggestion from the Women’s group is the possibility of a scholarship fund for activities. People should not have to choose between eating a meal and participating in a class.
- Corey Pilz, Deputy Director from the Attorney General’s office visited and spoke about Scams at the last Town Meeting.
- The Lake Winnepesaukee and Rockport trips funded by the Fresh Pond trust were very popular.
- The Men’s group is sponsoring a Fenway Park tour on September 18<sup>th</sup>.
- Memory Mondays, a 4 week workshop on Monday evenings wraps up September 29<sup>th</sup>.
- A Matter of Balance, a falls prevention class will meet for 8 weeks starting October 1<sup>st</sup>. Space is limited to 15.
- There is a search for a new Senior Chorus director.

### **North Cambridge Senior Center (NCSC)**

- Yoga Returns September 4<sup>th</sup>, Watercolors Returns September 11<sup>th</sup>, Senior Safety Returns September 11<sup>th</sup>, Zumba Returns September 12<sup>th</sup>, Strength Building Returns September 16<sup>th</sup> Blood Pressure Screening Returns September 24<sup>th</sup>
- 2050 seniors will enjoy a pizza lunch and get ready for the fall season by creating a fragrant potpourri sachet on September 16<sup>th</sup>.
- There will be a Lunch Walk to Sugar and Spice Restaurant in Porter Square September 18<sup>th</sup> and the Hispanic Heritage Luncheon is September 23<sup>rd</sup>.
- Day Trip to the Porthole Restaurant for lunch and Bingo September 25<sup>th</sup>.
- My Senior Center: Both the North Cambridge Senior Center and the City Wide Senior Center will begin using My Senior Center on October 6<sup>st</sup>.
- Podiatrist Dr. Dwyer will be here on Monday October 6<sup>th</sup>.
- Free Belly Dancing: Grant from Cambridge in Motion. 6 week class was very successful. Averaged 10-14 people weekly. Participants and instructor are interested in continuing class. Alicia is working with Susan on the possibility of adding the Class permanently.
- Staff from Cadbury prepared lunch/dessert and served to the seniors. Staff member Brian Bunnell played the ukulele as entertainment.
- July trip to George’s Island: Enjoyed by the participants that attended
- August lunch talk: Benefits of a Mediterranean diet presented by Elizabeth Schneider of SCES. Food samples were provided
- August Farm stands Tarts and Pies: Purchased tarts and rhubarb pie from the farmer’s market in Davis Sq.
- August Diabetes Workshop: “Taking Control” Presented by Sanofi Aventis team.
- August Trip Odyssey lunch cruise: there was a large turnout for this trip
- SAVE the date- THURSDAY DECEMBER 18, 2014. TRIP to the BOSTON BALLET to see THE NUTCRACKER

### **Old Business** none

### **New Business**

- Officer Dan Burroso is from the Community Relations Unit of the Cambridge Police Department. Community Relations used to be hanging out with members of the community, but now there are more case loads with officers acting as case managers. He will discuss the “Daily Bulletin” crimes in the area and trends that occur in different sectors.
- Motion to reschedule October meeting to October 6th carried.
- Motion for new officer nominations carried. Members will contact Susan. There will be a vote at the October 6th meeting and everyone will be in their roles in November.
- Thank you to outgoing board member Elizabeth Cadigan, Dr. Anne Fabiny will replace her on the board.
- Member PH inquired about ongoing outreach efforts. She specifically asked about the possibility of NPR. Susan will speak to Lee Gianetti, Director of Communications about possibility and report at October meeting.

Meeting adjourned at 12:00 pm

**Next meeting: Monday, October 6, 2014 @ 11:00 a.m.**

Minutes respectfully submitted by Lisa Castagna.