

Minutes of COA Board Meeting of March 8, 2016

Board Members Present: Ethel Ampey, Daniel Buroso, Jennifer Chisholm, Kathleen Connolly, Mary Ann Dalton, Pearl Hines, Lily Owyang, and Jeanne Ryde

Absent: Lois Carra and Benjamin Horner

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 a.m.

Welcome to new Board Members: Jennifer Chisholm, Kathleen Connolly and Mary Ann Dalton.

Minutes of December 8, 2015 meeting were reviewed and accepted.

COA Executive Director – Susan Pacheco

- Budget message, no new requests, all level funded. There has been a request for additional funds for Food Pantry and nutritional related expenses for senior meals.
- Bring Your Own Bag Ordinance (BYOB) takes effect on March 31. No more plastic bags issued at check out. Brown paper bag or compostable bags offered at .10/bag. This is for all retail establishments, grocery stores, pharmacies, restaurants, liquor stores and other retailers.
- 3/12/16, 10:00 a.m.-2:00 p.m. Free Public Shredding Day at City Hall, 795 Massachusetts Avenue, Cambridge.
- On Tuesday, April 5/ 6:00 p.m. at Cambridge Public Library, ED will participate as part of discussion ReelAbilities Film Festival and screening of film *Mimi and Dona*, please click on link for further information <http://bit.ly/1RUJwmZ>
- ED updated on Cambridge Elder Abuse Prevention Coalition (CEAPC). ED and Patrick Williams, Cambridge Consumers' Council did presentation for The Cambridge Rotary on 3/3/16.
- ED deferred to Board member Dan Buroso for update regarding police training. Officer Buroso updated Board that ED, along with other CEAPC members have been doing a training for police on elder abuse and mandated reporting. All officers required to attend. It started on 1/5/16 and goes through 4/5/16. This session is done every Tuesday afternoon; approximately 40 minute session.

Client Services – Vincent McCarthy

- Benefits Check Up: Nykky Glasgow, Information and Referral Specialist, will be offering Benefits Checkup on Tuesdays and Thursdays from 1pm – 3pm.
- Men's Group continues to be well attended. We hosted a coffee social at Cambridge Rehab and Nursing on Dana St. and the participants enjoyed doing community outreach and expressed interest in doing more. This month we will be seeing the movie "Freedom Riders" today, Tuesday, March 8th.
- On Tuesday, March 22nd we will be hosting a "Bingo Social" at Windsor House Adult Day Care located at 806 Mass Ave.
- In February we showed the movie I'll be Missing You to a group of 20 participants, many who remained for the facilitated discussion. Kathy's movie selections have been great and have generated good discussions with the participants. The movies will be shown on the 4th Tuesday of the month at 1pm. The next film is Waking Ned Devine – Tuesday, March 28th. Based in a small Irish Village where someone has won the Irish sweepstakes.
- Stronger Together – resumes today

Citywide Senior Center – Emma Watkins

- Our January Monthly theme Party was a salute to the Latino seniors. It was titled a taste of Latin culture. The Latin seniors from many different Latin countries performed both song and dance for us and the food service staff created delicious Latin cuisine.
- Although the senior center was officially closed on January 18 in honor of Dr. Martin Luther King's Birthday, the building was filled to the rafters with volunteers taking part in the "Many helping hands Cambridge MLK day of service. City Hall's stairs, grounds, streets and sidewalks were filled with hundreds and hundreds of volunteers (it is estimated that over 2000 people took part in this activity. My grandson and I participated in the group making scarves for the homeless. It was a feel good experience.
- The Book Group is off to a flying start, the book for the month of January was Room by Emma Donoghue (there is now a movie based on this story).
- The health & wellness talk this month was presented by students and faculty from the Mass College of pharmacy and the title of the talk was Healthy Eating and Lifestyle Changes.
- February the senior center was very busy with a cooking class (New Orleans cuisine), the Chinese New Year's Party, a Health and wellness talk (Let's talk about sex) the seniors could not stop laughing when I asked how they had enjoyed the lecture. Our monthly theme party of course was a Valentine's Day Party.
- The month of February is devoted to Black History, we had as our guest speaker, Keith Harvey, executive director of the New England regional office of the American service committee. Mr. Harvey shared his story of growing up with parents that were political activists whose mission it was to test the new civil right laws. The program also had musical performances by students from the Longy School of Music.
- The month of March we have a new 10 week Singing Class and we are fortunate to have a voice instructor that also teaches at the Berkley school of music. Our first class was yesterday and we had at least 25 people show up. Other highlights' for the month of March of course will be our St. Patrick Day party. Our cooking class will feature Johanny (from our food service program) cooking Dominican Cuisine. For restaurant week a group of seniors will take a trip to the Elephant Walk in Porter Square.
- Upcoming activities: In April we will have mini hearing screening by one of the local colleges, preparing to recognize our volunteers with a luncheon for all our volunteers. And finally we will in collaboration with Somerville-Cambridge Elder Services offer an evidence based 10 week diabetes support group.

North Cambridge Senior Center (NCSC) - Alicia Johnson

- There will many interesting activities in March. Among others: Birthday Tea Wednesday March 9th, Safety Awareness Thursday March 10th, Pi Day π Celebration Monday March 14th with an assortment of fresh baked pies.
- New! Pet Therapy with Gracie Tuesday March 15th
Gracie is a registered pet therapy dog and will visit the NCSC on the 3rd Tuesday of every month.
Grace will be accompanied by her owner: Vincent McCarthy
- Day Trip to the Boston Flower and Garden Show Followed by lunch at Applebee's Thursday March 17th.
- Spring Card Design Tuesday March 22nd, creating and designing a spring greeting card
- Blood Pressure Screening Wednesday March 23rd

Old Business

New Business

- On Tuesday, April 12th (9:30 a.m. – 12 Noon), COA/Cambridge Hoarding Coalition will host “Finder/Keeper Workshop”. The presentation will be by peers Lee Shuer and Bec Belofsky Shuer. Hoarding Disorder and support that COA has done in this area has been discussed at previous Board meetings. At the suggestion of Vice President Owyang a motion was made to suspend April Board meeting and have Board members attend presentation. Approved unanimously.
- Cambridge GLBT Commission has requested to present findings of recent report: *The Need for LGBTQ Inclusive Health Care for Seniors in the City of Cambridge*. Commission will present at the May 10th Board meeting.
- Vice President Owyang has suggested that a letter be sent to Police Commissioner commending Police on their community policing; trainings and attention to senior issues. ED will work with VP Owyang to draft letter and approval from Board.

Meeting adjourned at 11:05 am

Next meeting: Tuesday, April 12, 2016 @ 9:30 a.m. *

***Normal business meeting has been suspended. Board will attend “Finder/Keeper Workshop”.**

Minutes respectfully submitted by Lisa Castagna and Susan Pacheco.