

Minutes of COA Board Meeting Tuesday, December 12, 2017

Board Members Present: Daniel Buroso, Lois Carra, Mary Ann Dalton, Pearl Hines, Lily Owyang, Eva Paddock

Absent: Jennifer Chisholm

Public: JoAnn Haas

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

Call to Order – President Owyang called meeting to order at 9:35 a.m.

Minutes of November 14, 2017 meeting were reviewed and accepted.

COA Executive Director – Susan Pacheco

- Conflict of Interest forms collected from Board Members.
- There is no further information on move date for North Cambridge Senior Center.
- ED reviewed appropriation of the EOEI Formula Grant. Total received \$145,300. That is a reduction of \$4,359 from last year. It was requested by Board that this information be shared with Friends of the COA.

Citywide Senior Center – Emma Watkins

- Community Service Activity by Women's club – we delivered to Transition House 16 bags of toiletries and personal care items. These items were donated specifically for women.
- Thanksgiving Party was November 18th – entertainment by Andy Baer Band
- Town Meeting – Representative from the Budget Office was guest - - Budget to spend extra money
- Police Commissioner
- Today Windsor House hosting a Poinsettia Party – wanted to outreach to community
- Holiday Party today with Entertainment by DJ Vincent Caserto
- 12/18 Latina Seniors are celebrating the holiday
- December 20 – Seniors will have an outing to Bertucci's for lunch
- Health and wellness topic: Holiday Eating by Roberta Robinson
- We have also had a student from MIT age lab with a robot – to observe seniors interacting with the robot, Jibo is powered by face and voice recognition technology, so he remembers people and builds real relationships with everyone he meets.

North Cambridge Senior Center (NCSC) - Alicia Johnson

- No Report

Client Services – Vincent McCarthy

- Open Enrollment
Recognize all of Maryellen's hard work during the open enrollment period. 2 events (Informational and Open House) Booked solid with appointments.
- If you have a health plan, or you want to get one, you may have heard the term "open enrollment." But what does it mean?
Open Enrollment refers to the period of time when individuals can choose a health plan for the coming year. Because health plans have specific start and end dates, there is a deadline for when you can sign up to join a plan
- Memory Café – Holiday Sing-a-long December 15th
- In the works – working with Samaritans & Hospice
Elder Workshops: Myth: Depression among elders is normal. Fact: Elders may develop depression due to an illness; death of a loved one; forced to move from their home; or feeling lonely. These are

just a few examples of risk factors of suicide among elders. Our workshops attempt to help elders understand the difference between a warning sign and a symptom of something else. We try to break the stigma of suicide by letting elders know they can talk about suicide and who to turn to for help. This workshop generally runs for one hour.

- Gatekeeper Workshops: Gatekeepers would be defined as someone who cares for or supports those considered at high risk for suicide. Examples would be: students, at-risk youth, and at-risk adults (such as those with drug/alcohol addictions and/or a mental illness, LGBTQ, working-age men, etc.) or elders. These workshops generally run anywhere from 1-3 hours and are customized to fit your needs. Training around recognizing risk factors and warning signs is extremely important to understand how to help someone at risk. You will also learn how to talk to an individual who may be suicidal and basic steps in getting a suicidal person help.
- Men's Group Gift Bags for the Homeless Census January 31st – Feb. 1st
- Film & Discussion Overview of program – Started in 12/15 – as a collaboration between CHA & COA. Kathy Hoey, LICSW, Cambridge Health Alliance & V. McCarthy Kathy retired one year later and Vincent has been leading the group.
Mainstream film that has themes or underlying themes that will generate discussion on topics such as Relationships, diversity, healthy aging, loss, substance use and various mental health issues.
Some movies that we have seen recently:
Young at Heart, Lion, I'll be Me (Glenn Campbell), ***28 Days***. And most recently ***Meagan Leavey***.
Start with an introduction and then questions:
Meagan Leavey –
Great conversation – people were very open and shared concerns about substance use within the family as well as the issue of PTSD.
Vincent was approached by a participant who was a veteran and wanted written info on PTSD.
Allows me to meet the participants where they are – they are welcome to talk about as much or as little as they choose. Allows him to gauge the interest of the participants for future programming or personal conversation

Old Business

- Board currently has 4 vacancies (3 community and 1 provider). Continued work with City Manager in order to recruit members of diverse backgrounds.

New Business

- Update on sales of Four Seasons Calendar – to date have raised \$265.

Meeting adjourned at 10:25 a.m.

Next meeting: Tuesday, January 9, 2018 @ 9:30 a.m.

Minutes respectfully submitted by Lisa Castagna and Susan Pacheco.