

Minutes of COA Board Meeting January 10, 2017

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

Absent: Daniel Buroso; Mary Ann Dalton

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

Call to Order – President Owyang called meeting to order at 9:35 a.m.
Minutes of December 13, 2016 meeting were reviewed and accepted.

COA Executive Director – Susan Pacheco

- Cambridge named and appointed on January 9th, Acting Police Commissioner Brent Larabee.
- ED shared the letter written to Cambridge City Leaders and Friends promoting the collection of stories titled: **Senior Moments: Joy, Wonder, Self**. This is a compilation of short stories done by senior participants from the Cambridge Senior Center. It is currently being sold at \$5/copy, supporting activities at the Senior Center.
- ED requested that President Owyang attend the Citizens' Committee on Civic Unity on January 19th. An invitation was forwarded requesting member or chairperson from various City Commissions and Boards to attend. Commissions and Boards will share their mission and discuss how all committees might complement each other's work.
- Lisa Castagna will join ED for pre-budget meeting with Human Services administrative staff. A huge financial hit to COA this fiscal year has been the cost of paper products associated with our food services. As of October 2016, Senior Center's Food Program has had to comply with the Polystyrene Ordinance and in some cases, products are 4x the cost!
- The COA Leadership Team is also reviewing current Trip Policies from the Senior Centers. Emma Watkins and Alicia Johnson will be meeting in order to create a policy that can be uniform for both Centers. Goal is to have policy prior to spring time outings.

Citywide Senior Center – Emma Watkins

- No report due to Ms. Watkins absence.

North Cambridge Senior Center (NCSC) - Alicia Johnson

- Events at NCSC this month:
- Birthday Tea Wednesday January 11th
- Bingo Bonanza and a Brown Bag Lunch Tuesday January 17th
- Pet Therapy Tuesday January 24th Vincent and Gracie return this month
- Safety Awareness Thursday January 26th
- Chinese New Year Luncheon Tuesday January 31st
- Podiatrist Dr. Dwyer Monday February 27th
- Alicia plans to lead a "Trending Focus Group" for future programming. I.e. knitting and bingo are down and Zumba and yoga are up. Director Hines recommended contacting AARP about the Third Age (60 - 80).
- MySeniorCenter can run exercise class activity reports, enabling participants to receive insurance incentives.

Client Services – Vincent McCarthy

- We now have 12 students signed up on the Student Shoveler List These students are available to shovel for seniors for a fee of approximately \$10 - \$25 per job. Seniors will contact the students directly to set up service. We strongly encourage both senior and student to discuss the job in detail, including decided upon price, before any shoveling begins.

- Senior/disabled homeowners on the “Residential Exemption” list have sidewalks shoveled by the Park & Recreation Dept. Thank you to Keith Fay, Danehy Park, for keeping things with the program running smoothly and for his great communication with COA.
- A number of months ago the members of the Men’s Group decided that they wanted to find ways to give back to the community. We came up with the idea of making gift bags for various charities over a three month period. Members identified populations to donate to and January is the third month that we will be making these gift bags. November - Gift Bags Delivered to Chelsea’s Soldiers Home, December – Cambridge Homeless Census, January – Cambridge Rehab & Nursing
- Senior Safe Program Burns Apartments – 50 Churchill Ave – January 18th
- Firefighter Jerry Bernardo will speak to residents about the senior safe program. He will set up times to make individual in-home safety check and also provide smoke detectors and carbon monoxide detectors. Vincent will join Jerry for this meeting and speak to residents about Cambridge COA
- Film & Discussion – Thank you to Kathy Hoey, LICSW, Cambridge Health Alliance, for all of her help with the facilitation of our monthly Film & Discussion program. Kathy has officially retired from the CHA and Vincent will be facilitating this ongoing monthly program.

Old Business

New Business

Meeting adjourned at 10:35 a.m.

Next meeting: Tuesday, February 14, 2017 @ 9:30 a.m.

Minutes respectfully submitted by Lisa Castagna and Susan Pacheco.