

Minutes of COA Board Meeting Tuesday, April 10, 2018

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

Absent:

Public: JoAnn Haas, Edna Stamp

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

Call to Order – President Owyang called meeting to order at 9:35 a.m.
Minutes of December 12, 2017 meeting were reviewed and accepted.

COA Executive Director – Susan Pacheco

- North Cambridge Senior Center
After 37 years, the NCSC moved on March 10th to 266B Rindge Avenue. Opening day was March 19th. Alicia will provide updates on classes and activities. Please see attached response to Councilors.

We do have a new lease with Cambridge Housing Authority. Our rent was reduced for the period of April through June 2018 (\$545/month). It will go to its usual amount of \$1,090/month starting in July through March 31, 2019.

Upon return to NCSC, housing will paint and do new flooring at Center.

- 4 Seasons Calendar
Total revenue raised \$673 (\$168 came from sale proceeds at Porter Square Books).
- DPW Interviews
Emma and I were part of the interview committee for the Facilities Manager position. This position has been vacant since Don Hockman's retirement in January 2017. DPW hopes to offer the position soon.
- Warming Center
As reported to the Board, Warming Center was opened January 16th and will close April 15th. It operated in the Windsor House Adult Day Health space. Several hundred people accessed center services to date. Accurate numbers will be made available following a meeting on 4/11.
- Alzheimer's Series
In collaboration with Brigham and Women's Center for Alzheimer Research and Treatment, we will have a 3-part series: Memory, Aging and Alzheimer's disease. Scheduled for April 26th, May 24th and June 28th. All sessions will be 1 – 3 pm.
- Human Services Budget hearing is scheduled for May 8, 2018.
- Cambridge Elder Abuse Prevention Coalition (CEAPC)
Promoting Elder Wellness in Your Community...Personal Health and Social Impacts of Opioid Misuse. Event will be on Thursday, June 14th (1 -3). Focus this year will be on opioid epidemic and impact on seniors. Drug Take Back will be scheduled for that day as well.

- I along with other CEAPC members were recently interviewed by two reporters from WGBH & NECIR. We were contacted because they want to know more about elder abuse and the prevention work CEAPC is doing.
- Human Services Race & Equity Initiative
For the past 2 years, I have had the privilege of working with 11 of my DHSP colleagues alongside consultant Joyce Johnson Shabazz. Our mission to create a Race and Equity Process and Plan for the Department of Human Services.
- We have been engaged in the process of understanding the impact that racism has on the Department. We are looking to support all staff by first examining our own attitudes, beliefs and unconscious biases around race.
- What we have we done and where are we going? The steering committee along with all FT staff have undergone the 10Cs workshop on Awareness and Change. PT staff (225+) are now undergoing these sessions through June. The steering committee with the added circle of the mid-managers went through the session Identity 101 and now all FT staff (175) are engaging in this process. There is a partnership among all of us with a shared goal to eliminate racism. There is a commitment that to truly make progress towards our goal, this work needs to exist in our work outside of these training sessions. This work needs to become not another thing that we add to our plates; it needs to be imbedded into everything that is on our plates. DHSP is a model for other City departments.

Citywide Senior Center – Emma Watkins

- January 2018
Prevent T2 Diabetes program is still going strong
Cooking Class with (Richard Slater)
MLK Program – guest speaker Dr. Jennifer Yanco Author of Misremembering Dr. King
Island get a way party (with music by DJ Owen Howell)
- February 2018
Mass College of Pharmacy – Presentation “Over the counter Medications
Latino Senior celebrated by Valentine by inviting students from the Amigos Program.
February 14 Seniors were invited to Valentine’s Day Dance at Fenway Park.
February 15 the Senior Center had its Valentine’s Day Party with entertainment by D.J. Vincent Caserto.
February 20 – City Councilor E. Denise Simmons presented a “History of Blacks in Cambridge”
February 21 Chinese New Year Celebration
February 28 – Cooking class with Lisa and Sanaa
- Upcoming Programs
Conversation Project, Strength Training Class, Presentation by Dr. Michael Ashley Stein, “Enabling the world through disability rights.
St. Patrick’s Day Party
“Introduction to Ancient Egyptian History presented by Egyptian Archaeologist Hisham Hegazy.

North Cambridge Senior Center (NCSC) - Alicia Johnson

- The North Cambridge Senior Center has settled into our temporary location at 266B Rindge. During our time here, we have added additional classes and have use of multiple rooms in our temporary location. This now allows us to offer programming that runs concurrently with others.
- We are now able to offer the additional classes on Monday’s

Qi Gong Arm Chair Exercise with Catherine
Dancing For Balance with Art
Gentle Mat Yoga with Pam Session A
Gentle Mat Yoga with Pam Session B

Tuesday's will also offer an additional Chair Yoga class

Chair Yoga with Pam Session A

Chair Yoga with Pam Session B

Volunteer Recognition Luncheon Tuesday April

- The NCSC will say Thank You to our volunteers that help keep our programming a success. Invitations will be mailed to our volunteers inviting them to lunch at 266B Rindge Ave.
- Upcoming there will be new trips and more collaboration in the spring between the two centers.

Client Services – Vincent McCarthy

- Men's Group April 17th Presentation by Muna Kangsen, Program & Events Coordinator, Cambridge Library followed by a drum circle
- Film & Discussion April 24th Wonder
- New Group Meditation and Mandala April 27th
- Vincent updated board on the COA Race & Equity Space Audit
- The COA had a table at the SCES Fair April 11th. Vincent attended with Alicia Johnson, Arline McGrady and Sanaa Mohamed.
- MIT Luncheon May 17th.

Old Business

- Update on sales of Four Seasons Calendar – to date have raised \$265.
- Proposed idea to take leftover calendars and frame individual month's drawing. To be hung at center.

New Business

- Proposed suggestion for programming and further discussion: support group for older adults, focusing on life transitions. Also, planning trip assistance for seniors to Registry of Motor Vehicles, due to new changes with MA Real IDs.
- Nicole Murati-Ferrer, Chair, Cambridge License Commission, will attend May meeting. She will present status of taxi industry in Cambridge.

Meeting adjourned at 10:55 a.m.

Next meeting: Tuesday, May 8, 2018 @ 9:30 a.m.

Minutes respectfully submitted by Lisa Castagna and Susan Pacheco.