

## Minutes of COA Board Meeting Tuesday, October 9, 2018

**Board Members Present:** Jennifer Chisholm, Eva Paddock, JoAnn Haas, Pearl Hines, Lily Owyang, Beverly Sealey, Edna Stamp

**Absent:** Daniel Buroso, Lois Carra, Mary Ann Dalton, Eva Paddock

**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.

### **COA Executive Director** – Susan Pacheco

- ED will be attending MA Councils on Aging conference 10/24-10/26.
- Flu Clinic has been scheduled at the Cambridge Senior Center for Wednesday, October 17<sup>th</sup> (10-12:30). Vaccines are administered by the Cambridge Public Health.
- Senior Center's 23<sup>rd</sup> Anniversary celebration is Thursday, 10/18 @ 12:30.
- ED has been appointed to Agewell Equality Advisory Council. This is a collaboration of providers and consumers to promote the development of a **regional** "LGBT friendly" aging services network. This effort is being led by Ethos.

### **Citywide Senior Center** – Emma Watkins

- Ms. Watkins was not present at meeting. There was no report.

### **North Cambridge Senior Center (NCSC)** - Alicia Johnson

- Use of the community room for all yoga classes, Dancing for Balance and Zumba classes have gone extremely well. Class participants have provided positive feedback about the size of the room. Staff have modified hours to accommodate programming in two locations.
- We will celebrate October Birthdays on Wednesday 10/10 with our monthly birthday tea and will have festive Halloween cupcakes and apple cider.
- Our Odyssey cruise is scheduled for Thursday 10/11 and the trip is almost completely full due to advertising around the center, word of mouth from participants and Newslines publication.
- We plan on closing out October and celebrate Halloween with baked goods from The local farmers market in Davis Square.
- Save the date for 12/6 for a matinee showing of ***It's a Wonderful Life*** at the Greater Boston Stage Company (Formerly the Stoneham Theatre).
- The NCSC and the CWSC are working together to jointly plan future day trips to offer More destination choices and bus pick up locations. We are in the beginning of The planning phase and will start by creating trip protocols that involve both centers.

### **Client Services** – Vincent McCarthy

- Medicare Open Enrollment – 10/15 – 12/7 SHINE Open House scheduled for Wednesday, 11/7 12:30pm – 4pm. New dedicated SHINE Line (617)349-6055
- Men's Group 10/16 Guest Speaker, Albert Pless, Men's Health League, Cambridge Public Health Dept. will speak about the importance of nutrition and exercise.
- Oct. Film & Discussion Won't You Be My Neighbor – 10/23
- Estate Planning – Tuesday, 10/30 Attorney Clarence Richardson will be presenting on the basics of estate planning including Wills, Health Care Proxy, Power of Attorney.
- Healing & Feeling – Support through Loss Wed, 11/14, (will meet on the 2nd Wed. of the month)

- The Cambridge Council on Aging is starting a new support group. Betsy Simmons, Holistic Health Educator & Interfaith Minister, will facilitate this ongoing monthly group. This will be a safe place to reflect on our losses, including separation from, or death of a loved one, or witnessing the end of a loved one's life. The group will reflect on and share experiences of grief and loss and explore simple meditations, poetry and rituals to begin healing. Self-care, listening and support is the foundation of this group.

#### **Old Business**

- Annual meeting of the COA Friends occurred on 8/23/18. Both Lily Owyang and Eva Paddock joined ED at the meeting. The Friends will be disbanding. They will remain Friends for as long as there is a balance in The Friends account. There is currently an approximate balance of \$64,000. Keeping to the set expenses of the annual YMCA Membership passes and payment for the shuttle parking spot. Fund will deplete in less than 5 years.

#### **New Business**

- Review of COA Mission. Specific discussion about the Senior Centers. Who we serve and programs/services it offers. – **This has been tabled. Will be discussed at future Board meeting.**

Meeting adjourned at 10:45 a.m.

Next meeting: Tuesday, November 13, 2018 @ 9:30 a.m.

Minutes respectfully submitted by Lisa Castagna and Susan Pacheco.