

Minutes of COA Board Meeting Tuesday, September 18, 2018

Board Members Present: Daniel Buroso, Lois Carra, Jennifer Chisholm, JoAnn Haas, Pearl Hines, Lily Owyang, Beverly Sealey

Absent: Mary Ann Dalton, Eva Paddock, Edna Stamp

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

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

- Welcome to new members JoAnn Haas and Beverly Sealey.
- Minutes of May 8, 2018 meeting were reviewed and accepted.

COA Executive Director – Susan Pacheco- Presented by Director Owyang

- **Cambridge Elder Abuse Prevention Coalition (CEAPC)** – hosted a successful event on June 14th. The focus was on the social impacts of opioid misuse in the community. Sponsorship for the event was by Cambridge COA joined by Somerville Cambridge Elder Services (SCES). There were 57 registered attendees.
- COA also participated with SCES in its annual purple-ribbon campaign to raise elder abuse awareness. A total of 1,300 people in our community received ribbons and educational materials.
- Because of this event, the COA has benefitted from joint media releases with SCES. Nathan Lamb, SCES Media Outreach, has worked with ED, crafting joint statements in relation to elder abuse; the Memory Café; peace corps presentation and subsequent intergenerational letter writing to children in Panama.
- **Sancta Maria Nursing Home and Somerville Home are closing.** – In the past 2 weeks the Cambridge and Somerville communities learned of the closing of these two facilities. Both will close by 12/31/18. Sancta is a 141-bed nursing home and Somerville Home is a 49-unit level rest home.
- *****Breaking News*** Sancta Maria WILL remain open. New management company will be taking over the daily management of the nursing home.**
- **Executive Office of Elder Affairs Formula Grant** – MA COAs were extremely excited to hear that the Formula Grant was increased from \$9.70/elder to \$12/elder. The \$12/elder had been a goal to be reached by 2020. This is a welcomed increase! ED is currently in the process of writing the FY19 Grant. Most of the increase will go towards increased instructor costs. Both Senior Centers have been increasing offerings in Arts and Fitness. When grant is completed, ED will review budget at future Board meeting.
- The total grant for FY18 received: \$140,941. Unfortunately, we did not expend the full amount by June 30th. We had a remaining \$559.64, which is returned to the State. The balance was not anticipated. Some invoices for equipment, were covered expenses through the City's IT Department and therefore not charged to COA.
- **Age Well Equality Council** – ED has been asked to serve on the Advisory Council. The 1st meeting is scheduled for September 24th. This is the nation's first regional collaborative to make the local aging services delivery system LGBT-friendly. This initiative is through Boston based agency: ETHOS.
- **Memory Café** – COA and SCES celebrated the 1st anniversary of the Cambridge Connections Memory Café. The Café is now sponsored by Neville Place. The sponsorship allows us to continue to offer the program and no cost to the participants.
- **COA Board** – The Board currently has one vacancy. The vacancy is for a service provider. Searching for a provider that services older adults in the community. This would be for a 2-year term.
- Annual meeting of the COA Friends was held on August 23, 2018. Joining ED were COA Board Directors: Owyang and Paddock. Friends attending: Rafferty, Donohue and Margotta. Two of the members were not able to attend.

- The Friends discussed a “wind down” plan. There have not been any fundraising efforts since the creation of the Friends in 1992. Their purpose had been to fundraise for the building of the ‘new’ Senior Center. There is no plan to bring on new members, as there is no infrastructure within the group to actively fundraise.
Current account balance is approximately \$60K. Paying for the current approved expenses: YMCA annual membership passes for seniors and parking spot for shuttle bus, and doing nothing else, the balance would be expended in 5 years.
- ED will have discussions with Assistant City Manager/Human Services, Ellen Semonoff, regarding status of Friends. The reality: The Friends will cease to exist once the balance is expended. More discussion to occur.

Citywide Senior Center – Emma Watkins

July

- We introduced a Strength Training Class to our programming. Strength training is offered Mondays to the general senior community and Thursdays to the Haitian Elder program. This program has been well received. For trips this month we had a cook out at Castle Island, the Walking Club had a trip to Revere Beach to see the International Sand Sculpting Festival, which was followed by a presentation on Revere Beach History by Bob Upton, For the month of July our Health and wellness talk was all about nutrition.
- To celebrate the opening of our Patio we had a Grand Opening Celebration and a Party on the Patio complete with good food and music by one of our favorite DJs.
- Summer Salsa. In July in collaboration with Seasoned Salesro Salsa we offered free Salsa lessons.
- Guest speaker this month was Meg Blogger. Meg’s presentation was about her travels and works in Panama with the Peace Corps.

August

- Our August Health and Wellness topic was Alzheimer’s by Christine Bunneil from the Alzheimer Association
- The Art of Dancing - The Senior Center in Collaboration with the dance complex offered a program entitled “The Art of Dancing. Our seniors were introduced to many different modalities of movement and body awareness.
- Trip: Gloucester Harbor Cruise on the Beauport Cruise lines -the cruise covered historic Gloucester. Transportation by coach bus – lobster lunch and cruise and a stop at the Historic Salem Willows Park for an ice cream break.
- Lecture: Optimism and the Art of Aging Workshop
- August 23, Ice Cream social and sing-a-long

September

- Program; Build your Wellness Toolbox –4-week series - women’s group focus on skill building and education around the topics of stress reduction, pain relief, mindfulness, management of medication, relations and more.
- Health and wellness – September 13 presentation by Roberta Robinson – Learn How to Change your life with gratitude.
- September 17 lobster dinner with Julie and Geoff.
- Wednesday, September 19 the senior center has an outing to the Flaming Grill for lunch.
- Thursday, September 20 – Lunch and Learn series: Presentation will be by Egyptian Archaeologist Hisham Hegazy and the topic will be Ancient Egypt Women’s Roles.
- September 26 -the senior center has scheduled a bird watching trip to Mt Auburn Cemetery. And
- Finally, September 27 – The Senior Center monthly party – with entertainment by DJ Vincent Caserto.

North Cambridge Senior Center (NCSC) - Alicia Johnson

- Beginning October 1st, Dancing for Balance Class, Zumba Class, and all 3 Yoga classes will move to the Jefferson Park Community Room, 1 Jackson Place.
Participants will still need to check in for the class inside the senior center, before heading over to the community room. A multi day vote was conducted amongst Yoga participants regarding moving the class to the community room. There was discussion of keeping the Yoga classes within the senior center, however moving the classes were elected by a single vote.
- Odyssey Cruise Thursday, October 11th. Registration for the Odyssey has already begun, and flyers are posted around the center. The cost for the trip is \$20.00 and includes cost of ticket and transportation.
- **Client Services – Vincent McCarthy**
Optimism and the Art of Aging workshop for our senior participants. Thursday, August 16th at 1pm.
Robin Krawczyk, MSW, LICSW, Community Education and Training Specialist, Services for Older Adults.
Jewish Family & Children's Service
- Men's Group 8/21 John Gintell Cambridge LGBTQ+ Commission
Men's Group 9/18 Geoff Kotowski Food Pantry
- August Film & Discussion Catch Me If You Can – Collaboration with Consumers Council
September Film & Discussion Jackie
- 3rd Annual Senior Service Providers Fair – Sept. 6th Sponsored by The City of Cambridge, City Councilor E. Denise Simmons The City Manager's Office at the Christian Life Center 85 Bishop Richard Allen Drive (Central Square, Cambridge)
- Mediation and Mandala 9/28
- Save the Date 10/3 Public Art tour – Collaboration with the Arts Council.
- Multi Service Center – I will be involved with the interview process for a new case manager position.

Old Business

Questions for ED: Friends see themselves winding down. How will we pay for Bus parking and Y passes? What will we do without the Friends?

New Business

Meeting adjourned at 10:45 a.m.

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

Minutes respectfully submitted by Lisa Castagna and Susan Pacheco.