

## **Minutes of COA Board Meeting October 8, 2019**

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

**Staff Present:** Alicia Johnson, Vincent McCarthy, Susan Pacheco and Emma Watkins

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

**Review/Acceptance of minutes:** Motion made by to accept the minutes of September 10, 2019 meeting. Second by. Minutes approved.

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

- ED attended the Annual MA Councils on Aging Conference from 10/2-10/4. ED presented along with Somerville Cambridge Elder Services' Protective Services Director. The workshop title: Domestic Violence Grown Old: Unique Dynamics Challenges & Successes.
- Cambridge Public Health Flu Clinic is scheduled for 10/16/19 (10:30-1:00).
- ED has been asked to join a committee to develop a training for staff of Paratransit service. The training is specific to identifying signs and symptoms of abuse and sexual assault. The committee wants to include issues specific to older adults.
- There was a great write up in the Cambridge Chronicle about COA's Groups: Caregiver; Bereavement and LGBT Meet Up. ED will write up a piece regarding Writer's Workshop.
- KITCHEN – many issues. Gas was shut off. Repairs need to be done to the venting system before gas can be turned back on. We have been getting meals through SCES' catering service: Lindley. We are also planning on ordering food for specific events. Timeline for work is unknown at this time.

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

Saturday, October 5th we debuted the Writer's Café. There were 10 seniors in attendance. The idea for the Café was Lily Owyang's. It is a place for unpublished writers to read their work.

We are in the market for a New Writing Instructor – we have a prospective replacement – we have an appt. scheduled for tomorrow.

The kitchen staff along with Geoff Kotowski, Food Pantry Coordinator and Miguel Ruiz-Perez, COA Office Aide have been cooking up some special meals for the seniors. Lobster Dinner + BBQ Party on the Patio.

Evergreen Chorus provided a concert.

We are hoping to Re-connect with the Dance Complex and once again offer Friday dance classes.

Last month's Restaurant Trip was to the Flaming Grill in Malden and this month will be to Border Cafe.

On Thursday, October 10th we are taking a group to the Lion King.

Upcoming Health and wellness lectures on fall prevention and sleep apnea. Also, a two-part program Food as the First Medicine will be presented.

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

**Mah Jongg** is off to a great start at the NCSC and is facilitated by Suzi Wojdyslawski and is very well attended.

**Safety Awareness** returns to the NCSC on 10/17/19. This is a welcome return to have our community relations

Police officers available to discuss ways to stay safe in the Community.

*\*An observation at Star Market in Porter Square was discussed. A customer was purchasing a \$500 gift card and the cashier Asked probing questions. The first question was, "Did someone Ask you to buy this gift card" and "Are you buying this gift card on your Own free will. "This verbal exchange between cashier and customer was an added Layer of preventing community members from scams. \**

**Day Trip** to the Concord Museum and lunch at the Concord Colonial Inn on 10/24/19. Registration for the trip started during the Open Forum meeting and the trip is almost full.

**Halloween Party** on Tuesday 10/29/19 Lunch and candy will be provided. Cost is \$3.00 and registration is required.

#### **Board Discussion:**

Input was sought from Board Members on their thoughts regarding growing class sizes at the NCSC. Alicia will be absent from November's Board Meeting due to a Remembrance Ceremony on 11/12/19 at the NCSC, facilitated by Betsey Simmons the leader of the Bereavement Support Group held at the Cambridge Senior Center.

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

Medicare Open Enrollment – 10/15 – 12/7. SHINE Open House scheduled for Wednesday, November 7<sup>th</sup> 12:30pm – 4pm. We have a dedicated SHINE Line (617)349-6055

Caregiver Support Group - Monday, October 21<sup>st</sup> 1pm – 2pm. The group is slowly building, and we now have some regular participants.

Men's Group - September Trip to Mini Golf was a big success. 5 of us including Kristin Bell from SCES.

Film & Discussion – Tuesday, October 22<sup>nd</sup> – 12:45 – 3:15pm Showing: As Good as It Gets

Meditation and Mandala – Friday, October 25<sup>th</sup> @ 10am

LGBT+ & Friends Meet UP – Monday, October 28<sup>th</sup> 4:30 – 6pm. We now have a small group of regular participants. The group meets on the fourth Monday of each month.

- Vincent also spoke in general terms about the types of situations that the client services department has been assisting participants with, include housing issues, homelessness, substance use, behavioral issues, and unaddressed mental health issues.

#### **Old Business**

- No old business brought forth at this time.

#### **New Business**

Meeting adjourned at 11:00 a.m.

Next meeting: Tuesday, November 12, 2019 @ 9:30 a.m.

Minutes respectfully submitted by Susan Pacheco.