

Minutes of COA Board Meeting March 8, 2022– Via Zoom

Board Members Present: Stephanie Becker-Stone, Lois Carra, Jennifer Chisholm Kathy Dalton, Mary DeCoursey, Pearl Hines, Lily Owyang, Eva Paddock, and Beverly Sealey.

Absent: James Bennett

Staff Present: Lisa Castagna, Alicia Johnson

Call to Order – President Owyang called meeting to order at 9:36 a.m.

Review/Acceptance of minutes: Motion made by Kathy Dalton, seconded by Eva Paddock. Minutes unanimously approved.

Executive Director – Susan Pacheco

Ms. Pacheco was not in attendance. No report presented or submitted.

COA Activities Team – Alicia Johnson

The Activities Team is pleased to share this month's **virtual** special events:

- 3/8/22 we will be joined by Meghan Ostrander Nutrition Director and Andrea Svartstrom Registered Dietician of Somerville Cambridge Elder Services during the Meals Program to celebrate 50 years of the Senior Nutrition program. Meghan and Andrea are bringing cupcakes for meals program participants.
- 3/10/22 Virtual Book Group with Cambridge Librarian Janet Borron.
- 3/10/22 Virtual health and wellness presentation with Roberta Robinson of the Cambridge Health Alliance. Topic: New beginnings
- 3/15/22 Celebrating Nutrition Month Presentation by Andrea Svartstrom SCES. Topic: Increasing strength in older adults
- 3/17/22 Cooking demonstration with Neville Place.
- 3/21/22 Mass College of Pharmacy and Health Sciences (MCPHS) presentation on Route to Self-Care.
- 3/24/22 Women's History Month presentation with Boston Park Services about the history of Lucy Stone.
- 3/31/22 Virtual trip to the New Bedford Whaling Museum.
- 4/21/22 Intro to Florence Live Walking Tour with Casa Mia Tours, cost is \$5.00 per person and registration is now open.

Classes and Programs returning to **in-person** at the Cambridge Senior Center (CSC) and North Cambridge Senior Center (NCSC) this month:

- 3/14/22 Cultura Latina
- 3/16/22 ESOL (Community Learning Center)
- 3/16/22 Chinese Singers and Chinese Folk Dancing
- 3/28/22 Strong & Stretched class (CSC)
- 3/28/22 Dancing for Balance (NCSC)
- 3/28/22 Gentle Mat Yoga (NCSC)
- 3/28/22 Line Dancing (CSC)
- 3/29/22 Zumba Gold (CSC)
- 3/31/22 Tai Chi (CSC)
- 4/1/22 Flamenco Dance (CSC)
- 4/1/22 Whist (NCSC)

- During the week of March 7th, the Activities Team has coordinated with class instructors to start classes fifteen minutes early to hold Q & A sessions with participants. The goal of these sessions is for participants to voice their questions or concerns about the limited classes returning to in-person. Also discussed is the lifting of the mask mandate in municipal buildings on 3/28/22 and the upcoming survey that is launching the week of March 14th.
- The Council on Aging is conducting a brief, anonymous survey about virtual class and in-person classes. During the week of March 14th, instructors will include a link to Survey Monkey in their Zoom class invitations. Survey results will be shared with the COA Board during April's meeting.

Client Services – Vincent McCarthy

- Update on open CM position. We received over 200 resumes for the Case Manager position. Vincent has reviewed all the resumes for initial screening and will now be reviewing the top resumes with Maryellen and Susan. We hope to be setting up interviews at some point soon. The interview committee for the first round will be made up of Vincent, Maryellen and one of our partners from within the city. Susan will join us for the second round of interviews.
- Chromebook program. The COA now has 20 Chromebooks and portable internet hotspots. We can lend this equipment to interested seniors for 2 weeks with the option to renew for 2 additional weeks if there is not a waitlist.
We have some participants who are already using our Chromebooks and things are working out well. We can have an in-person meeting or phone conversation with participants before they start using the Chromebook or hotspot to help familiarize them with it. Also, we have detailed written instructions that we will give out with each Chromebook and hotspot. If a person has additional questions, they can make an appointment for "Tech Help" with COA staff.
- Billiards League
The Spring Tournament Season has started, and the Cambridge Team has upcoming competitions at the Bedford Senior Center and the Lexington Senior Center. Thank you to DHSP Bus driver, Des, for providing transportation.
- Men's Group We look forward to resuming our monthly in person meetings in April. Meetings will continue to be on the third Tuesday of the month 10am – 11:30am

Old Business: There was no old business to be discussed.

New Business:

- Kathy- Receiving staff reports (Vincent's) ahead of time is more efficient. Board members can review ahead of the meeting and ask questions during the meeting.
- Lily- What is the timeline when hiring for the Case Manager position. How long is the timeline and what goes into deciding the timeline? Is it budget, or fiscal year deadlines?
- During the discussion of the return to in-person classes and the upcoming survey, Eva asked if the Board Meetings could stay virtual.

Kathy Dalton and Beverly Sealey motioned to adjourn. Meeting adjourned at 10:05a.m.

Next meeting: Tuesday, April 12, 2022 @ 9:30 a.m.

Minutes respectfully submitted by Lisa Castagna.