

Minutes of COA Board Meeting of October 13, 2015

Board Members Present: Ethel Ampey, Daniel Buroso Lois Carra, Kenneth Hebert, Pearl Hines, Benjamin Horner, Lily Owyang, and Jeanne Ryde

Staff Present: Lisa Castagna, Alicia Johnson, Vincent McCarthy, Susan Pacheco and Emma Watkins
September meeting minutes were approved.

COA Executive Director – Susan Pacheco

- Flu Clinic at Cambridge Senior Center is scheduled for 10/15/15 (10-12:30).
- Project Bread grant has been reduced from \$5,500 to \$2,000.
- Still awaiting release of EOEI Formula Grant.
- A reminder that Mayor Maher is hosting reception for Boards and Commissions on Wednesday, 10/28/15 (6-8 pm) at the Royal Sonesta Hotel.
- On 10/14/15 (4-5:30 p.m.) the Cambridge Senior Volunteer Clearinghouse will be hosting a website launch event. It will be at the Cambridge Senior Center. New Director: Laurie Rothstein will show new website www.cambridgevolunteers.org. A facilitated discussion will also take place with invited agency representatives on the culture of volunteerism in Cambridge and what agencies are specifically looking for in a volunteer.
- Presentation by ED, "The Role of COAs on Preventing Elder Abuse" at the MCOA Annual Conference on 10/7/15 went very well.
- ED shared some highlights from other workshops at conference. One such workshop: "The Art & Science of Resilience". Key take away: resilience can be learned at any age. We all have the capacity for strengthening resilience. Resilience is a choice. We choose each day to hold perspectives and behaviors that lift us or strengthen us.

Client Services – Vincent McCarthy

- Vincent attended Powerful Tools for Caregivers, a two day training and can now lead support classes. Upcoming Client Service events: Screening of Silver Linings Playbook & facilitated conversation October 20.
- SHINE Open Enrollment Presentation November 5th this is an opportunity to hear from trained SHINE Volunteers as to what you need to know about your health insurance and any changes.
- SHINE Open House November 12th, there will be 5 SHINE Counselors available to assist with questions and or changes to senior's medical plans for 2015.
- TOO Much Stuff!!! A presentation with Lee Shuer was very well received.

Citywide Senior Center – Emma Watkins

- Greetings to Ethel Ampey. Happy to see her back.
- Moving forward with regular programs. The Senior Center offers some form of exercise every day. Some of the classes are Zumba gold, tai chi, chair yoga, meditation, stretch and qi gong. Qi Gong is taught by a volunteer that is in her 90's and she has a very large class. When she is absent the class will run itself.
- Seniors had the opportunity to meet and greet Janet Borron, Staff Librarian for senior services. Janet is replacing Carol Withrow who retired recently. Together with a volunteer they will offer a book club with seniors reading short stories and coming together to discuss those stories. Janet will be instrumental in helping to get the books for seniors.
- Kudo's to Vincent and Muna for getting the men's group up and running. They have done an amazing job of engaging the men and hopefully this will make the men feel more comfortable in seeking out services when they need them.
- The monthly theme party walk down memory lane dance party and luncheon was a big hit. We have seniors on the dance floor just dance for the joy of dancing.
- We are currently focusing on our 20th Anniversary Celebration. It is hard to believe that it has been 20 years since the senior center opened. Any board members that wish to attend the anniversary celebration please see me after the meeting.

North Cambridge Senior Center (NCSC) - Alicia Johnson

- Wifi is to be installed in 2050.
- Dancing for Balance has returned and Yoga 2 has moved to Tuesdays. Watercolor painting class is very full, with participants arriving early for a seat. Alicia is looking into purchasing more tables.
- On October 7th National Cookie day is celebrated. October 8th was NCSC's trip to the Topsfield Fair
- WOW is rapidly declining with only 3 participants left. Monthly movie has been replaced by a Monthly Monday dinner. On October 19th it will be Harrows Chicken Pie. What's that App? Alicia's Q&A session for smart phones and tablets is on October 20th. The Halloween party October 27 will have prizes for the best costumes.
- Upcoming in November, an Ugly Sweater contest with guitarist Dan Shugrue for entertainment.

1. Old Business

Emma - We are down one Staff member in activities which makes it challenging for everyone.

2. New Business

- Thank you and Good Bye to outgoing Board Member Ken Hebert.
- ED has submitted nominees for current Board vacancies. Awaiting appointment by City Manager's Office.
- Pearl Hines and Lily Owyang attended the Open Meeting Law session.

Meeting adjourned at 10:55 am

Next meeting: Tuesday, November 9, 2015 @ 9:30 a.m.

Minutes respectfully submitted by Lisa Castagna and Susan Pacheco.