

Minutes of COA Board Meeting Tuesday, October 3, 2017

Board Members Present: Daniel Buroso, Lois Carra, Jennifer Chisholm, Mary Ann Dalton, Pearl Hines, Lily Owyang, Eva Paddock

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

Guests: JoAnn Haas

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

Minutes of June 13, 2017 meeting were reviewed and accepted. Director Paddock made the motion and Director Chisholm seconded.

COA Executive Director – Susan Pacheco

- Still awaiting information regarding the EOE Formula Grant. Final allocation has not been released as of yet. Definite reduction in amount per elder. Will be reduced from \$10 to either \$9.80 or \$9.70/elder.
- Project Bread Grant awaiting award. The COA has been level funded for the past 2 years at \$2,000. Unsure if will be reduced or remain level funded.
- Due to Board not meeting since June 2017, ED provided update on June 22nd Cambridge Elder Abuse Prevention Coalition event. There were a total of 82 registered attendees. Excellent feedback received from participants.
- ED joined Norah Al-Wetaid, Protective Service Worker, Somerville Cambridge Elder Services (SCES), for an in-service presentation on Elder Abuse/Neglect to staff of Cambridge Public Health Department (8/16/17).
- ED is scheduled to present at a workshop *Domestic Violence Grown Old* during the MCOA Annual Fall Conference (10/18/17), along with Norah Al-Wetaid and Ronit Barkai, Assistant Director, Transition House.
- Cambridge Connections Memory Café, collaboration with SCES, launched on 8/18. The Café meets every 3rd Friday (10:00 a.m. – 12:00 Noon). COA staff contact person is Maryellen McEleney.
- ED has been involved in the search and hiring of new ED for Somerville Cambridge Elder Services.
- Roof and Deck project continue. Completion deadline by year's end.
- No further update on move for the North Cambridge Senior Center. Most likely will not happen in 2017; anticipating February 2018.
- ED has joined Advisory Group for Institute of Health & Recovery. Focus Groups centered on women age 55+ with history of substance abuse. Working closely with Department of Public Health.

Citywide Senior Center – Emma Watkins

July, August & September Highlights
Health and Wellness Programs

- Ask the Pharmacist (Students and faculty from Mass College of Pharmacy)
- Health & Wellness Talk – Isolation vs Socialization presented by Roberta Robinson Topic looked at the benefits of socialization and its effect on your mental status.
- Introduction to Somatic Class
- Safety Tips for Elders including Bullying
- Managing your Cholesterol and blood pressure (MCPH)
- Prevent Type 2 Diabetes – year long program
- Intellectually stimulating classes

- Harvard Professor – presented topic – Lecture on the Cosmos Topic Supermassive black holes, and stars hurtling out of the galaxy
- First Thursday Writing Class with Lily Owyang
- Book group – reading good literature (The Wright Brothers, The Color of Water)
- As well as books on Review (Librarian review a selection of books that would be of interest. Seniors are also permitted to check out books)
- Mandarin Language Classes
- Spanish Class

Monthly theme Party

- Celebrating Hispanic Heritage Month. The Latino Seniors put on a 2 part fantastic fashion show. The first half of the show models wore traditional clothing from various Latin Countries. We were entertained by a beautiful flamenco dancer while the models changed into modern clothing. Beautiful evening wear as well as elegant day wear.
- The Walking Club sponsored several trips. To Castle Island, Cruise of Gloucester Harbor with buffet luncheon. We ended the Month of September with a guided tour of Historical Mt. Auburn.
- **Field Trips** Rockport, York Maine to Foster's Clambake, Spirit of Boston – Tall Ships and luncheon.

North Cambridge Senior Center (NCSC) - Alicia Johnson.

- Thursday October 5th Day trip to Hyannis for lunch and sightseeing on the Colonial Lunch Train
- Birthday Tea Wednesday October 11th
- Health and Wellness discussion concerning pain management with Susan McCollum a wellness ambassador with Rite Aid Pharmacy Tuesday October 17th
- Pet Therapy Tuesday October 24th Gracie Returns this month with Vincent McCarthy. Participants may drop in to say hi or stay for the full program

Client Services – Vincent McCarthy

- Men's Group – Fitness Brother's – CHA Discuss putting a "Fitness Brother's Team" together here at COA. It is a community-based 10-week fitness program for men that is designed to
- October 11th – Presentation by Easter Seals' MassMatch Program MassMatch Assistive Technology Regional Center operated by Easter Seals of Massachusetts. The program provides Devices and services that assist disabled individuals in maintaining their independence. This program organizes demonstrations and loans of assistive technology for people who are looking for possible solutions to the challenges in their lives in areas including vision impairment, low hearing and other physical challenges.
- Upcoming SHINE Presentation & Open House Open Enrollment Begins – 10/15 through 12/7 When all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better suit their needs.
- Training for SHINE Counselors 10/12 Presentation is Thursday, November 2nd Open House is Wednesday, November 15th, from 12-3PM.
- Durable Medical Equipment Release This subject was brought up at last meeting, regarding our medical equipment loan program. I phone many COA's as well as Boston Center for Independent Living. All use a release form and after reviewing some I have drafted one that we will be using from now on in our program. Thank you for bringing up this point.
- Outreach – Liz and Maryellen recently met with staff at Cambridge Court Apt. 411 Franklin St. Very successful and approximately 20 people present Client Services Team recently met with Resident Service Coordinators. Maryellen will be meeting with the full team this Thursday. Client Service Team and Full RSC team will be meeting regularly on an ongoing basis

Old Business

- Lois Carra has worked with Porter Square Books on a possible consignment of a watercolor calendar. The paintings are a product of NCSC watercolor class members. North Cambridge Savings bank is another possible sponsor. She is continuing to seek more sponsorship.
- ED will be providing Ms. Carra with a letter to assist with sponsorship solicitations.
- All donations will be deposited into the Friends account.
- Board authorized (Director Dalton made the motion and Director Chisholm seconded) ED to communicate to the Friends the intent of this fundraiser to be made through the Friends.

New Business

- No new business.

Meeting adjourned at 11:05 a.m.

Next meeting: Tuesday, November 14, 2017 @ 9:30 a.m.

Minutes respectfully submitted by Lisa Castagna and Susan Pacheco.