

Minutes of COA Board Meeting Tuesday, October 14, 2025 – Via Zoom

Board Members Present: Debra Mandel, Lily Owyang, Eva Paddock, Beverly Sealey, Joumathe Theodore

Board Members Absent: Harriet Ahouse, Mary DeCoursey, Pearl Hines,

Staff Present: Nate Drew, Alicia Johnson, Vincent McCarthy and Susan Pacheco

Call to Order – Meeting called to order at 9:41 a.m.

Review/Acceptance of minutes: September 2025 meeting minutes were approved. Motion made by Eva and seconded by Deb. All in favor.

Executive Director – Susan Pacheco

ED updated Board on happenings.

- Currently interviewing for the NCSC Director.
- Russell Youth and Community Center will be the venue for the COA Program Extension Pilot. Programming will begin November 6 – January 16, 2026. Programs will be offered on Thursday and Friday mornings.
- ED acknowledged Eva's late husband: James Paddock. Jim had been on the board 30 years ago. Jim was instrumental in the vision of the Cambridge Senior Center.

Cambridge Senior Center – Alicia Johnson

- New staff person, Nate Drew, was introduced to the board. Nate is the new COA Project and Activities Assistant.
- Anniversary Party is scheduled for 10/30 ~ it is sold out! Thank you to all the board members who have RSVPd. We look forward to having you attend the celebration.
- Vaccination Clinic is scheduled for 10/21/25. Both the COVID and Flu vaccine will be available.
- New offering will begin ~ Introduction to Acting, will be taught by Sarah Fader.
- Tai Chi Paradigm will also return this month for a 6-week series.
- Alicia to speak at the 10/27 MA Senior Action Council meeting.
- Many new programs are being considered. Included will be art programs via Arts Council grants.
- Alicia provided an update on the current lunch reservation system. There are still a few "no shows". Reviewing best way to ensure that reservations and attendance are accurate.

North Cambridge Senior Center – No report, as Director position is vacant. Updates are reported through ED's report.

Client Services – Vincent McCarthy

- SHINE Open Enrollment season starts 10/15 through 12/7. This is the only time Medicare beneficiaries can make changes to their insurance plans. There are 3 dedicated COA staff certified as SHINE counselors: Maryellen McEleney, Dee Cannon and Lisa Castagna. A dedicated line has been created. Residents can call 617-349-6055.
- Medication Take Back is scheduled for October 20th (1:00 – 3:00 PM).
- Client Services team to meet with the Cambridge CARE Team to discuss collaboration.
- Invited by Somerville Cambridge Elder Services ~ Vincent facilitated a Meditation and Mandala session at the following housing site: 411 Franklin Street. In attendance, were EOHHS Secretary and AGE Secretary.

Old Business: None

New Business:

There is no November board meeting due to the Veterans' Day Holiday.

The meeting was adjourned at 10:52 a.m. Deb motioned, and Eva seconded. All in favor.

Next meeting: Tuesday, December 9, 2025 @ 9:30 a.m.

Minutes respectfully submitted by
Susan Pacheco