

Minutes of COA Board Meeting of September 14, 2015

Board Members Present: Lois Carra, Kenneth Hebert, Pearl Hines, Benjamin Horner, Ismail Laher, Lily Owyang, and Jeanne Ryde

Absent: Ethel Ampey, Daniel Buroso

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

COA Executive Director – Susan Pacheco

- The Cambridge Elder Abuse Prevention Coalition presented: Protecting Your Financial Interest and Personal Well Being on June 18, 2015. There were 107 registered seniors in attendance and approximately 35 providers or other interested individuals. Cambridge Cable recorded the entire event. Cable director contacted ED following event about taking the recording and creating several PSAs (public service announcements). This will continue to increase our outreach on this important issue.
- ED will be doing a session on elder abuse as part of the Cambridge Citywide Domestic Violence Training.
- ED will be joining Arlington and Woburn COA Directors along with Attorney Betsey Crimmins at MCOA Annual Conference on 10/7/15. Workshop title: The Integral Role that Councils on Aging Play in Elder Abuse Prevention.
- Congratulations to Liz Seelman, COA Outreach Case Manager, for successful grant award of \$3,000 through MassHousing. These funds will continue to support the COA's Hoarding Prevention Initiative.
- COA will host TOO Much Stuff!!! With Lee Shuer on Saturday, 9/26/15. This presentation is made possible through the MassHousing grant.
- Still awaiting award of Formula Grant. With the proposed increase money per elder, preliminary budget includes additional Yoga session at North Cambridge; Zumba Gold at Cambridge and looking at potential new programming at Cambridge, Salsa and Strength Building.

Client Services – Vincent McCarthy

- Fan Program the COA gave out over 50 fans to seniors in need during the summer.
- DHSP – New Bus – Thank you to COA bus driver Laura Habermann for doing a great deal of research on specs and available inventory.
- Monday Night Presentation on 9/21 @ 5:30pm SCM Door 2 Door – New Executive Director, John Keagan, will present about SCM Door 2 Door Services.
- Men's Group In August 10 participants from the Men's Group joined the walking group's trip to Castle Island. Bob Goodwin from the Recreation Dept. also joined the Men's Group on this trip to assist.
9/29 – What was your favorite record?? Participants are encouraged to bring their favorite music to share with the group. We will also have the ability to do internet searches for music on YouTube or Pandora. We will have a record player, cassette, cd player and laptop available.
- In October we have a focus on Health and Wellness. 10/13 Albert Pless, Men's Health League, Cambridge Health Alliance, will speak to our group about the importance of nutrition and exercise as it relates to men's health. 10/27 -Bob Goodwin, Recreation Dept. will lead an exercise class for this meeting of the men's group.
- Cambridge Hoarding Coalition, led by COA Outreach Case Manger Liz Seelman, was a recipient of a grant through Mass Housing's Local Hoarding Task Force for the second year in a row. Congratulations, Liz!

- Powerful Tools for Caregivers Vincent will attend this two day training at Old Colony Elder Services in Brockton, MA. 9/16 & 9/17.

Citywide Senior Center – Emma Watkins

- In July 12 weeks of Salsa Dance class ending with a celebration. Zumba Gold was scheduled for 8 weeks but due to strong interest and attendance we are able to keep this class as an ongoing class. Other activities included an Outing to Rockport, Patio Party, a Concert by Harvard-Radcliffe MIHNUET, Metal Miniatures, and Cooking with Richard.
- In August the walking club walked Castle Island and the highlight was the Walking club Labor Day Picnic at the Island Joined by the Men’s Group. Other activities included Mayor’s Harvard Luncheon, Manisha Ray (Author of My four Homes – A Memoir), Motor Coach Trip to Lobster Feast at the Log Cabin with entertainment was a tribute to Patsy Cline, Health & Wellness Talk with Roberta Robinson (Vitamin D), and 50’s Ice Cream Social with special performance by Joey B-Bop and his son Cameron who did an Elvis Tribute.
- In September we will continue with Zumba Gold and are looking at the possibility of adding a strength training class. We will also continue our outings to Castle Island as long as weather permits.
- Our health & wellness offering for September was a Brown-Bag check up by the pharmacist from the Cambridge Health Alliance. We will also have on 9/17 students and faculty from Mass Pharmacy and health Sciences University a presentation on vitamins and supplements.
- Saturday, 9/12 – Catherine Simmons, our yoga instruction presented a workshop on Raising your Energy Level Back to Health – this was a well-attended program and we already have requests for a repeat.
- Going forward in October we have many new program ideas that we are exploring but our focus has turned to planning the celebration of our 20th Anniversary Celebration.

North Cambridge Senior Center (NCSC) - Alicia Johnson

- Introducing the new WOW (Women of Wellness) Weekly WOW meetings will be an informative and enjoyable discussion of the current health trends and topics of interest. WOW will also focus on a specific monthly health topic and gives participants the option to actively participate in the discussion or to just sit and enjoy listening. Participants are also given the option to monitor their weight and receive monthly blood pressure checks.
- Exercise returns after summer break to NC. Strength Building Class with Suzi has moved to Wednesday and Yoga 2 is continuing on Tuesdays
- Other activities include End of Summer Beach Party 10/15, and “Estate Planning Discussion provided by East Cambridge Savings Bank” 9/29. A trip to the Museum of Russian Icons 9/24 and monthly Monday dinners start, this month- Spaghetti dinner 9/21.
- Wifi is to be installed in 2050.

1. Old Business

2. New Business

- The Board said farewell to Director Laher. He was thanked for his commitment and service to the Board.
- Due to Board resignations from Miranda Heibel and Anne Fabiny, there are two provider vacancies. ED is working with Somerville Cambridge Elder Services for new staff appointee and ED has been approached by another service provider who is interested in serving on the Board.
- Ken Hebert’s term will end in October. Another member of the CASCAP Team will be appointed.
- Lois Carra’s term will also end in October.

- Director Hines has submitted a name of candidate for consideration.
- All interested applicants will be submitted to City Manager for consideration and appointment.
- ED made suggestion that would need to be made into a motion by Board Members. Bylaws state that election of officers occurs at annual meeting in October. This would require a slate be put forth at September. Due to the term transitions, it does not seem appropriate to do election of officers at this time. Motion made and unanimously passed that election not take place at this time and that Vice President Owyang chair the meetings.
- Vice President Owyang made a motion to change the meeting day and revert back to the second Tuesday at 9:30 am. The motion carried.

Meeting adjourned at 12:10 pm

Next meeting: Tuesday, October 13, 2015 @ 9:30 a.m.

Minutes respectfully submitted by Lisa Castagna and Susan Pacheco.