



CITY OF WATERTOWN
Council on Aging
SENIOR CENTER

31 MARSHALL STREET
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Lydia McCoy
Director of Senior Services

Helen Dempsey
Chairperson

CITY OF WATERTOWN
Council on Aging

COUNCIL ON AGING MEETING
WEDNESDAY, February 12, 2025 AT
4:00 PM AGENDA

Pursuant to Chapter 2 of the Acts of 2023, the meeting and public hearing will be conducted with remote opportunities for participation. Remote participation and access methods include:

ACCESS INFORMATION:

- A. The meeting will be televised through WCATV (Watertown Cable Access Television):
<https://cloud.castus.tv/vod/#/watertown/video/5f490e6f9e1d640008a803ae?page=HOME&type=live>
- B. The Public may join the virtual meeting online: <https://watertown-ma.zoom.us/j/97167508001>
- C. Public may join the virtual meeting audio only by phone: (877) 853-5257 or (888) 475-4499 (Toll Free) and enter Webinar ID: 971 6750 8001
- D. Public may comment through email: Smelenciano@watertown-ma.gov

Agenda

1. Roll Call
2. Review of prior meeting Minutes
3. Director's Report: COA Updates
4. Public Comments for the Council on Aging
5. Adjourn



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COA Board Meeting Minutes

DATE	January 08, 2025	TIME	4:00 PM	FACILITATOR	Helen Dempsey
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ROLL CALL: COA BOARD MEMBERS & STAFF PRESENT			
Helen Dempsey Chairperson	Russ Arico Board Member	Gina Brennan Board Member	Ryan Nicholson Board Member
Janine Myers Board Member	Julia Carpenter Board Member	Lydia McCoy Director of Senior Services	James O'Connor Board Member

TOPIC	ITEM	OWNER
Motion to Approve Minutes	Review of prior Meeting Minutes from October 09, 2024, motion approved by board at 4:03 PM.	Helen Dempsey
COA Directors Report	<p>2024 COA Highlights:</p> <ul style="list-style-type: none"> • The launch of our transportation concierge program, GoGo Grandparent, has provided over 780 free rides since its inception in March of 2024. • Senior Watertown Housing Authority, MCOA SIG Grant – We offered 50 outreach programs including workshops, fitness classes, art classes, concerts, lunch and learns, enrichment activities, serving over 250 meals and fostering lasting connections within the community through June of 2024. 	Lydia McCoy

TOPIC	ITEM	OWNER
	<ul style="list-style-type: none"> • In October we were amazed to have been one of only four organizations selected out of 300 SIG Grantees selected by the Executive Office of Elder Affairs to present on our outreach program at the 2024 MCOA Conference. We were able to share that success with COAs across the state. • In June 2024, our department received an AARP Community Challenge Grant, awarded to us in the amount of \$20,000 to support our Housing Stabilization initiative. Later, we were featured in AARP’s national monthly bulletin, celebrating our program’s impact in the November 2024 issue. • We closed out the year on a high note with our Health and Wellness Fair, where we launched “Steady Steps,” a senior fall prevention initiative in collaboration with the Health, Fire, and Veterans Department, alongside 40 community stakeholders dedicated to supporting Watertown seniors. 	
<p>2025 COA Projects & Goals</p>	<p>2025 COA Projects:</p> <p>Food Pantry Relocation</p> <ul style="list-style-type: none"> • The Food Pantry will be moving to Parker School in the fall of 2025. Our city architects are working on creating a grocery store style layout for the food pantry. <p>Transportation</p> <ul style="list-style-type: none"> • DPW has been tasked with ordering the COA a new Senior Shuttle bus in 2025. <p>Senior Center Patio</p> <ul style="list-style-type: none"> • We are implementing a Senior Center Patio in 2025 where the playground was once positioned. The patio will include seating, flowers, and be ADA accessible. <p>2025 COA Goals:</p> <ul style="list-style-type: none"> • Foster connections and engagement with a tapestry of diverse communities, ensuring that the needs of all aging residents in MA are met with care and compassion. • Strive to enrich and expand programs and services that champion healthy aging, encompassing fitness classes, nutrition enlightenment, and mental health support. • Advocate fervently for enhanced support and collaborations to meet the unique needs of aging individuals, such as affordable housing, transportation options, and accessible healthcare. Strengthening alliances with local enterprises, healthcare guardians, and community organizations to weave a robust network of support for our aging citizens. • Craft and enact strategies to combat the shadows of social isolation among older adults, promoting vibrant social activities, nurturing support groups, and fostering volunteer opportunities. 	<p>Lydia McCoy</p>

TOPIC	ITEM	OWNER
Open Discussion	<p>Open Discussion:</p> <ul style="list-style-type: none"> • Russ expressed how impressed with the list of goals for 2025, and he is impressed with Lydia’s leadership, since she started as the Director of the Watertown COA Senior Services Department, she has been able to get numerous grants that have been a great asset to the Senior Center. • Russ inquired about who he can discuss issues within regard to the Cities Snow Ordinance. Lydia stated that she can reach out to Tyler who is the Cities Communications point of contact for City concerns. Lydia will work on inviting Tyler to the Senior Center to host a questions and info session for people to go through any City concerns. • Russ asked about the transportation process with GoGo Grandparent. Lydia, explained that the senior will call the 1-855 number to schedule their rides back once their appointments are over, or they will call the COA for assistance. • Russ asked, will there be round tables with umbrellas to protect seniors from the summer heat. Lydia stated there will be • Julia suggested taking trips to the Logwood Garden, and MLK monuments when the weather gets better. • Helen mentioned to the COA Program Committee with be resuming, and suggested Julia to join once it has begun. • Janine asked what the status of hiring a new Program Coordinator was and our Principal Clerks position. Lydia stated there’s an offer out to a Watertown local. We are now waiting for the offer to go through. The Principal Clerk position has been posted, and they are awaiting interviews. In the interim there’s an Intern Emma Jean in place until the position is filled. • Jamie stated that he also believes Lydia has done such an amazing job as far as the Senior Center has come in the last two years. • Lydia wanted to say thank you to Helen for sending Rae a beautiful Boquete of flowers upon her retirement of the City of Watertown after 23 years of service. We wish Rae the best on her retirement! 	Lydia McCoy, Russ Arico, Julia Carpenter, Helen Dempsey, Janine Myers, & Jamie O’Connor
Motion to Adjourn Meeting	Motion to adjourn the meeting, all in favor the board approves. Meeting adjourned at 4:46 PM.	Helen Dempsey
Minutes	COA Board Meeting Minutes respectfully created and submitted by Sheri C. Melenciano, Senior Case Manager.	Sheri C. Melenciano