



# City of Watertown Council on Aging

**SENIOR CENTER**  
31 MARSHALL STREET  
WATERTOWN, MASS. 02472-3403  
TELEPHONE: (617) 972-6490  
FAX: (617) 972-6493  
www.watertown-ma.gov

Lydia McCoy  
Director of Senior Services

Helen Dempsey  
Chairperson

## COA Board Meeting Minutes

<b>DATE</b>	February 12, 2025	<b>TIME</b>	4:00 PM	<b>FACILITATOR</b>	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	Jamie O'Connor Board Member	Arlene Smith Board Member
Sheri Melenciano Senior Case Manager	Lydia McCoy Director of Senior Services		

<b>TOPIC</b>	<b>ITEM</b>	<b>OWNER</b>
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><b>February Highlights:</b></p> <ul style="list-style-type: none"> <li>• February 3<sup>rd</sup>: Join the MBTA's Mobility Center, to discuss trip-planning, The RIDE, and other services to make the T accessible to all.</li> <li>• February 11<sup>th</sup>: Celebration of the quintessential musicians of Motown at our Motown Dance Party.</li> </ul>	Lydia McCoy

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	<ul style="list-style-type: none"> <li>• February 13<sup>th</sup>: Take time to focus on your wellbeing in a Self-Care Workshop, with information, refreshments and more!</li> <li>• February 14<sup>th</sup>: Friends of COA Valentine’s Day Social with pizza and desserts, sponsored by the Friends of the COA.</li> <li>• February 19<sup>th</sup>: Cinderella come to life through bilingual theater production titled “Why the Sea Cries”.</li> <li>• February 24<sup>th</sup>: Explore the Museum of Fine Arts on a Self-guided tour.</li> <li>• February 25<sup>th</sup>: Join our heartfelt celebration of Black History Luncheon.</li> <li>• February 27<sup>th</sup>: Learn about Queer Culture Past and Present at noon.</li> <li>• February 27<sup>th</sup>: Learn about the Legacy of Cornelius Lenox.</li> </ul>	
Updates	<p><b>January Updates:</b></p> <p><b>AARP Tax Clinic</b></p> <ul style="list-style-type: none"> <li>• IRS trained and certified volunteers will be available by appointment only to prepare your 2024 Federal and State Income Tax returns beginning on Wednesday February 12 through Wednesday April 9<sup>th</sup>. Call the senior center for appointments.</li> </ul> <p><b>Watertown Cable Access TV – Free Group Workshops</b></p> <ul style="list-style-type: none"> <li>• February 11<sup>th</sup> – Master the art of Zoom!</li> <li>• February 25<sup>th</sup> – Transform your smartphone into a movie-making machine.</li> </ul> <p><b>Additional Updates:</b></p> <ul style="list-style-type: none"> <li>• New grants in progress</li> <li>• Marshall Home Fund grant submissions have begun for transportation and emergency funds.</li> <li>• Grant reporting is in session</li> <li>• Dara Cheek has joined us as our new Program Coordinator.</li> <li>• Principal Clerk position is posted, and we are hoping to have it filled soon.</li> </ul>	Lydia McCoy
Open Discussion	<p><b>Open Discussion:</b></p> <ul style="list-style-type: none"> <li>• Russ asked what the Self-Care workshop would entail: Lydia stated that it will go over different ways to incorporate self-care strategies in your day-to-day life, that include healthy eating, taking medications, budgeting, meditation, care giver support etc.</li> <li>• Arlene wanted to know the cost of the museum trips. Lydia stated normally there would be a \$5.00 charge to seniors however, this trip will be sponsored by the Friends of the COA and program budgets. Arlene also mentioned the “Do not enter” signs around the kitchen areas. Lydia stated they</li> </ul>	<p>Russ Arico,  Lydia McCoy,  Julia Carpenter,  Helen Dempsey,  Janine Myers,  &amp;  Arlene Smith</p>

TOPIC	ITEM	OWNER
	<p>are in place to avoid giving access to public investigators to record personal patron informaton.</p> <ul style="list-style-type: none"> <li>• Arlene suggested adding staff extension numbers to the newsletter to make it easier for seniors to navigate our new phone systems.</li> <li>• Janine asked if there is a plan in place to assist Helen now that her secondhand board member is not able to participate. Helen stated that right now things are running smoothly. Other board members are stepping up and are helping with public relation events that help ease the process. If Helen is unable to have a meeting Lydia will navigate the meeting with the rest of the board members as planned.</li> <li>• Helen mentioned that City Manager George Proakis will be coming to the center in the Springtime to discuss any questions or concerns.</li> <li>• Julia asked if there were any updates on the new bus. Lydia stated that we have a new DPW director in place of Tom Brady. Lydia currently has a meeting with him in place to discuss plans. There are multiple departments involved. The city is conducting a mobility study. Once there's more concrete information she will share it with the board.</li> <li>• Arlene asked if anyone is aware of when these changes are going to take place with facility plans. Helen mentioned to ensure to attend the meeting with the City Manager to go over questions and concerns.</li> <li>• Lydia mentioned another important meeting for people to attend is a meeting with the staff from the planning department that are coming in March to the senior center. Lydia will send out the date.</li> </ul>	
Motion to Adjourn Meeting	Motion to adjourn the meeting, all in favor the board approves. Meeting adjourned at 4:38 PM.	Helen Dempsey
Minutes	COA Board Meeting Minutes respectfully created and submitted by Sheri C. Melenciano, Senior Case Manager.	Sheri C. Melenciano