



City of Watertown Council on Aging

SENIOR CENTER
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Lydia McCoy
Director of Senior Services

Helen Dempsey
Chairperson

COA Board Meeting Minutes

DATE	March 12, 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
Arlene Smith Board Member	Sheri Melenciano Senior Case Manager	Lydia McCoy Director of Senior Services	

TOPIC	ITEM	OWNER
Motion to Approve Minutes	Review of prior Meeting Minutes from February 12, 2024, motion approved by board at 4:05 PM.	Helen Dempsey
COA Directors Report	<p>March Program Highlights:</p> <ul style="list-style-type: none"> • Housing search clinic w/ MetroWest Collaborative Development (3/4) • Re-launch of the Programming Forum (3/5) • Money Smart Program – “Common Types of Elder Financial Exploitation” and Mortgages and home equity loans” (3/10 & 3/24). • Music Historian Richard Travers presenting “Slainte – Iris Music” (3/12) • Singers of the British Invasion (3/18) 	Lydia McCoy

TOPIC	ITEM	OWNER
	<ul style="list-style-type: none"> • Presentation on Diabetes Management by Mt. Auburn Hospital (3/24) • Senior Advocacy and Benefits seminar by Mass Senior Action Council (3/25) • LGBTQ 101 presentation by PFLAG (3/25) • Springtime Tea and Craft w/ Arlene (3/26) • Fyical balance clinic and Seminar (3/27) 	
April Program Updates	<p>April Program Highlights:</p> <ul style="list-style-type: none"> • Memories of Marash, film and lecture, Watertown Historical Society (4/1) • Flamenco classes / Yoshi Karahashi (4/7, 4/14, & 4/28) • Easter egg-stuffing and crafting with Arlene (4/7, & 4/8) • Technology workshop / Watertown Cable Access News (4/14) • Presentation on aging in-place by Cambridge Neighbors (4/17) • Dramatic performance of “Bon Voyage, forever” (WCC-sponsored) (4/22) • Bilingual storytelling performance (WCC-sponsored) (4/23) • MBTA Accessibility Seminar (4/28) • Energy-Saving Strategy Seminar by Watertown Community Development/Planning (4/29) 	Lydia McCoy
Open Discussion	<p>Open Discussion:</p> <ul style="list-style-type: none"> • Russ asked for clarification on whether the Money Smart company would be discussing reverse mortgages. Lydia clarified that it would be discussed during their second session. • Arlene is hoping to get senior volunteers to help stuff easter eggs for her yearly easter egg hunt. Snacks and beverages will be provided along with a craft after. 	Russ Arico, Lydia McCoy, & Arlene Smith
Motion to Adjourn Meeting	Motion to adjourn the meeting, all in favor the board approves. Meeting adjourned at 4:20 PM.	Helen Dempsey
Minutes	COA Board Meeting Minutes respectfully created and submitted by Sheri C. Melenciano, Senior Case Manager.	Sheri C. Melenciano