

COA Board Meeting Minutes



Date
March 11th, 2026



Time
4:00pm



Location
Virtual Zoom - WCA-TV Broadcast



Roll Call Attendees
10 Person

- | | | |
|---|---|--|
| <ul style="list-style-type: none"> Helen Dempsey
Chairperson Dan Unsworth
Board Member Alison Clapp
Board Member | <ul style="list-style-type: none"> Russ Arico
Board Member Jamie O'Connor
Board Member Arlene Smith
Board Member | <ul style="list-style-type: none"> Ryan Nicholson
Board Member Gina Brennan
Board Member Lydia McCoy
Senior Services Director Sheri Melenciano
Program Coordinator |
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Agenda

Topic

Presenter

Motion to Approve Minutes

Review of prior Meeting Minutes from February 11, 2026 - Approved

Helen Dempsey

Director's Report, Program Highlights & Updates

COA Core Roles:

Lydia McCoy

The Council on Aging Board serves in an advisory, advocacy, and ambassadorial role in support of the Department of Senior Services. The Board does not manage daily operations, supervise staff, or administer programs. Instead, it strengthens the department's work through strategic input, community engagement, and coordinated volunteer leadership.

Board Responsibilities:

- Advise on senior needs, neighborhood needs and landscape
- Advocacy at local, regional, and state level
- Service as community ambassadors and trusted connectors
- Support programs and events as volunteers
- Contribute outreach and communications support (e.g., articles, storytelling)

Talking Points:

- Parking - need increase
- Gym & Multipurpose Spaces - need increase
- Long Range - New Senior Center
- Long Range - Increased Staffing

March Program Highlights:

- Winter Safety & Gait Analysis w/ Fyzical - Monday, March 9th at 12:30pm
- Heart to Home Frozen Meal Program Pilot - 96 meals distributed last month and an educational workshop and lunch
- Breakfast & Grief Discussion Group w/ Carol Valcourt - Friday, March 13th at 10:30am
- Saint Paddy's Day Concert - Monday, March 16th, at 1:00pm
- Summer in the Winter Party - Tuesday, March 24th at 12:00pm

Agenda	Topic	Presenter
April Highlights	<p><u>April Highlights:</u></p> <ul style="list-style-type: none"> • Ukulele Performance - Thursday, April 9th at 1:00pm • Basic Online Security Workshop - Thursday, April 2nd at 11:00am • Therapy Gardens Superfood Soups - Thursday, April 16th and 30th at 11:00am • Nutrition with Live Well Watertown - Tuesday, April 28th at 5:00pm 	Lydia McCoy
Comments, Questions, & Concerns	<p><u>Comments, Questions & Concerns:</u></p> <ul style="list-style-type: none"> • Russ is wondering how things will play out with the collaboration between the City and Schools. • Lydia stated they are currently working on a plan and negotiating planning • Arlene asked if there's a review sheet for the frozen meal program, and she was surprised that the food pantry had been moved to the Parker Building. She asked about arranging for Seniors to visit the new location. • Lydia stated that the Food Pantry has been transitioned from our department to the Human Services Department. They are not in their permanent space at the moment, but once they are they likely will have things in place for that transition, including marketing materials. • Lydia stated we will work to incorporate Food Pantry visits. She stated that we had our official pilot program launch and we are currently still receiving feedback as the program is developing. We are working with a local church now to get an emergency food program to have on site as well. • Dan stated that Watertown PD will be providing some important information on important topics that seniors can benefit from. <p><u>Upcoming Goal Feedback:</u></p> <ul style="list-style-type: none"> • Lydia will reach out to Arlene about a good topic for this years Health Fair. • Arlene stated that the Watertown COA has been invited to Belmont's Fair. • Lydia stated it is a great thing for us to go over to Belmont to network and see what programs and ideas we will be able to bring back to our Center. • Arlene suggested getting people together to work on a project in the summer time. It gives seniors an opportunity to do something good for the community. • Lydia stated it would be great to collaborate with Gina and Arlene to get a plan in place. • Helen suggested going back to the WHA • Lydia stated David will be doing outreach in April for support and resources on our social services programs. We are open to visiting all locations that are in need of outreach and programing. 	Russ Arico Lydia McCoy Arlene Smith Helen Dempsey
Motion to Adjourn Meeting	<p>Motion to adjourn the meeting, all in favor the board approves. Meeting adjourned at 4:46 PM.</p>	Helen Dempsey
Minutes	<p>COA Board Meeting Minutes respectfully created and submitted by Sheri C. Melenciano, Program Coordinator of Senior Services</p>	Sheri Melenciano