



# WATERTOWN

MASSACHUSETTS

SENIOR SERVICES DEPARTMENT | COUNCIL ON AGING

## COA Board Meeting Minutes



### Date

May 13<sup>th</sup>, 2026



### Time

4:00pm



### Location

Virtual Zoom - WCA-TV Broadcast



### Roll Call Attendees

10 Person

- |   |                                  |   |
|---|----------------------------------|---|
| • Helen Dempsey<br>Chairperson            | • Russ Arico<br>Board Member     | • Ryan Nicholson<br>Board Member          |
| • Dan Unsworth<br>Board Member            | • Jamie O'Connor<br>Board Member | • Gina Brennan<br>Board Member            |
| • Alison Clapp<br>Board Member            | • Arlene Smith<br>Board Member   | • Sheri Melenciano<br>Program Coordinator |
| • Lydia McCoy<br>Senior Services Director |                                  |   |

### Agenda

### Topic

### Presenter

Motion to Approve Minutes

**Review of prior Meeting Minutes from March 11, 2026 - Approved  
COA Board Members vote to have Helen Dempsey continue as Chairperson**

Helen Dempsey

Director's Report, Program Highlights & New Partnerships

#### May Program Highlights:

Lydia McCoy

- Thursday, May 14th — High Tea Luncheon at 11:00 AM
- Monday, May 18th — WCA-TV "Zoom for Beginners" Workshop at 1:00 PM
- Tuesday, May 19th — WCA-TV Smartphone Filming Workshop at 1:00 PM
- Wednesday, May 20th — Friends of the COA Spring Fling Event at 1:30 PM
- Thursday, May 21st — Ayurvedic Musical Journey Through the Healing Kitchen by Anjana Bhargava at 11:00 AM
- Tuesday, May 26th — Storytelling with Karina Liendo at 2:00 PM

#### June Program Highlights:

- New Coffee Social Hour beginning Thursdays at 9:00 AM
- New game launching in June: Mahjong on Thursdays at 11:30 AM
- Tuesday, June 9th — Senior Center Birthday Party hosted by Sancta Maria Nursing Home at 1:00 PM
- Wednesday, June 10th — Get to Know What's New at the Library at 11:00 AM
- Thursday, June 18th — Juneteenth BBQ Celebration
- Monday, June 29th — PRIDE Month Celebration and craft activity with Arlene Smith

#### New Partnerships and Ongoing Partnerships

- The Residence at Watertown Square. (monthly lunch & learn)
- Watertown Cable Access News Workshops (May)
- Watertown Public Library - Workshop Series
- MBTA - April workshop
- Eat Well Watertown - April Nutrition Series
- Fyzical - Physical Therapy (series)
- Therapy Gardens Nutrition Classes - April DIY Activities
- MCOA - Nutrition Classes (coming soon)
- Sancta Maria Nursing Home - (monthly)
- Therapy Gardens - (Bi-monthly)

**Agenda****Topic****Presenter**

April Highlights

**Department of Senior Services Updates:**

Lydia McCoy

**Outreach**

- Belmont Council on Aging April 29<sup>th</sup> Health Fair
- Department of Senior Services Presentation May 13<sup>th</sup>
- Care Giver Support Workshops Starting in June

**Grants**

- MASSDOT Senior Shuttle Grant
- Marshall Home Funds Grants

**Volunteer**

- April we had 66 seniors volunteering
- Monthly meetings & trainings | CORI

Comments, Questions, &amp; Concerns

**Comments, Questions & Concerns:**

- Russ is wondering how the feedback was from the Belmont Health Fair Attendees. Lydia stated that we received amazing feedback on our programs and center. Belmont has a gym that is highly utilized by some of our seniors. Its a great beneficial relationship to collaborate with other COAs.
- Arlene loves the volunteer program, it allows the staff to get help and for the volunteer to feel more invested in the center. Arlene, suggested for there to be a information session on fall/winter season healthier options for the colder winter months.
- Dan asked about the middle school and library collab workshop on scams and AI. Lydia stated we will be having them come and do the workshop on Tuesday June 2<sup>nd</sup> at 4:30pm.
- Arlene mentioned that we will be having a presence in the Memorial Weekend Parade.
- Lydia stated that we are receiving two additional funds from the Marshall Home Fund, and Emergency Assistance. MHF donated \$10,000 for the Gogo Grandparent Transportation program.

Russ Arico  
Lydia McCoy  
Arlene Smith  
Dan Unsworth  
Helen Dempsey

Motion to Adjourn Meeting

**Motion to adjourn the meeting, all in favor the board approves.  
Meeting adjourned at 4:45 PM.**

Helen  
Dempsey

Minutes

COA Board Meeting Minutes respectfully created and submitted by Sheri C. Melenciano, **Program Coordinator of Senior Services**

Sheri  
Melenciano