

Cynthia McGinty  
8 Summer Street  
Arlington, MA 02474

April 21, 2021

Stephen W. DeCoursey  
Select Board, Chair  
Town of Arlington  
730 Mass Ave.  
Arlington, MA 02476

I am writing to submit my application for the open seat on the AHA Board., I have valuable perspective from having been a tenant at Cusack Terrace for the past 10 years. I also have a B.A. in Elementary Education from Lowell State College and a certificate as a CNA (Certified Nursing Assistant), and as a Certified Activities Coordinator. As you will see from my experience listed below, I have a long track record advocating for the enhanced well-being of the tenants. I would like to extend this service by bringing my perspective and experience to the AHA Board and AHA community at large.

- Board President, Cusack Terrace Tenants Association, 2 years
- Board Vice-President, Cusack Terrace Tenants Association, 4 years
- Initiated and implemented many programs vital to the wellness of the tenants, including these activities:
  - Socialization and recreational activities, such as welcoming all new tenants with signs; birthday cards and celebrations; get well cards for those in hospital/rehab
  - Coordinated, cooked for, and hosted Community Meals
  - Organized special dinners for the holidays and milestone celebrations
  - Arranged for popular series of seminars with RD (registered dietician) to educate tenants about the importance of nutrition in health during senior years
  - Planned tenant entertainment by arranging performances by musicians and dancers
  - Coordinated twice-weekly food donations from Food Link, involving distributing food to the tenants
  - Facilitated healthy grieving, by maintaining contact via group cards to tenants who had moved to nursing homes; sympathy cards to the families of lost loved ones; and organized memorial services in our building to grieve tenants who have died
  - Hosted holiday craft gatherings
  - Coordinated Saturday morning coffee hour to help tenants form social bonds
  - Prepared and circulated petitions for quality of life improvements in the building (e.g., accessibility, safety, and well-being of the tenants)
  - Delivered packages and monitored presence of tenants — when not seen recently, instituted wellness checks
  - Planned activities following state Covid-19 guidelines

- Responsible for planning, planting, and maintaining extensive flower and vegetable gardens at Cusack Terrace (spending 10 hours/week doing so, as well as contributing personal funds in order to keep this patio and uplifting place for tenants to receive nature therapy and extend their living space). This has been especially important in the pandemic, as a way for tenants to safely socialize and also visit with family at a distance outdoors
- Development of ideas for future programs to improve the emotional, cognitive, and physical wellness of the tenants (e.g., horticulture therapy via raised bed gardens; writing programs to enhance memory and intellectual stimulation; physical fitness opportunities, such as yoga, stretching, Tai chi, and Wii fitness games)

As you can see from my long track record of dedication and commitment to enhancing the well-being of the tenants at Cusack Terrace, I am someone who is well able to formulate and carry out a variety of programs. I wish now to bring my background in education and relevant experience in coordination of activities central to enhancing the lives of tenants to the position of AHA Board member. My perspective as a tenant gives me important insights into the needs of the tenants and the buildings. I look forward to bringing all that I have to offer to the AHA Board, and to the buildings and people that comprise the AHA community.

Please contact me with any questions you may have. I can be reached via email at  
or by phone/text at

Thank you for your consideration.  
Sincerely,

Cynthia McGinty