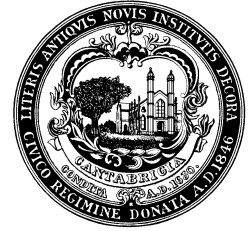


City of Cambridge

# Commission for Persons with Disabilities

51 Inman Street · Cambridge, MA · 02139-1732

617-349-4692 voice · Relay via 711 · 617-349-4766 fax



Keisha Greaves  
Chair

Danielle Jones-McLaughlin  
Secretary

Loring Brinckerhoff  
Avril dePagter  
Rayna Jhaveri  
Melissa Miguel  
Deepti Nijhawan  
Emma Pan  
Zach Solomons  
Daniel Stubbs

Rachel Tanenhaus  
Executive Director/  
ADA Coordinator

Kate Thurman  
Deputy Director/  
Assistant ADA Coordinator

**The Cambridge Commission for Persons with Disabilities is holding an abbreviated meeting online via Zoom on September 12, 2024 from 5:30 – 7:00 PM**

PLEASE MAKE EVERY EFFORT TO JOIN BY 5:30 PM

## AGENDA

**\*Please keep your microphone muted when you are not speaking\***

- |   |         |  |
|---|---------|--|
| 1. Introductions  | 2 min.  |  |
| 2. Announcements  | 2 min.  | CCPD staff / Board                         |
| 3. City Collaboration with the MBTA<br><i>See page 4 of this agenda packet for presentation</i>                 | 30 min. | Andy Reker,<br>Community Development Dept. |
| 4. Approval of August Minutes<br><i>See page 27 of this agenda packet</i>                                       | 2 min.  | CCPD Board                                 |
| 5. Chair's Report<br><i>Re-examining Advisory Board Working Groups<br/>Review of CCPD Member Survey Results</i> | 25 min. | Keisha Greaves                             |
| 6. Staff Report   | 15 min. | Rachel Tanenhaus                           |
| 7. Public Works Update  | 7 min.  | Melissa Miguel                             |
| 8. CCPD Member Community<br>Conversation  | 5 min.  | CCPD Board                                 |
| 9. Public Input<br><i>See pages 2&amp;3 of this agenda packet for instructions on providing public comment</i>  | 3 min.  | general public                             |

### **CART/closed captioning will be provided for this meeting**

Captions can be turned on within the Zoom platform. Additionally, you may stream CART in a separate URL at <https://bit.ly/CCPDcaptioning>

(captions will not appear until the meeting has started)

The City of Cambridge Commission for Persons with Disabilities, does not discriminate, including on the basis of disability. The Commission for Persons with Disabilities will provide auxiliary aids and services, written materials in alternative formats, and reasonable modifications in policies and procedures to persons with disabilities upon request.

**The next CCPD meeting will be held on Thursday, October 10, 2024 from 5:30-7:00 PM**

Members of the public: See instructions on pages 2 & 3 on how to watch the CCPD meeting and provide public comment via Zoom

# Instructions for Joining the September 12, 2024 CCPD Meeting as a Member of the Public

## Join Online:

Registration is required to view the meeting or to participate in public comment. Register online at [https://cambridgema.zoom.us/webinar/register/WN\\_UZALBxLKTdKhnpHx1hnk4g](https://cambridgema.zoom.us/webinar/register/WN_UZALBxLKTdKhnpHx1hnk4g)

After registering, you will receive a confirmation email containing information about joining the webinar. For more information regarding Zoom technology visit:

<https://www.cambridgema.gov/Departments/citycouncil/zoomonlinemeetinginstructions>

## Join by Phone:

If you do not have access to the internet, you may also call into the meeting using a phone by dialing any of the following numbers and entering the Webinar ID (registration is not required). For higher quality, dial a number based on your current location:

+1 309 205 3325

+1 312 626 6799

+1 646 931 3860

+1 929 436 2866

+1 301 715 8592

+1 669 900 6833

+1 719 359 4580

+1 253 215 8782

+1 346 248 7799

+1 386 347 5053

+1 564 217 2000

+1 669 444 9171

When prompted, enter the webinar ID: **820 0611 2055**

**NOTE:** your microphone will be automatically muted until you are called on to speak during the public comment period of the meeting. See instructions on the following page for how to “raise your hand” to indicate that you would like to speak during the public comment period on the agenda.

## Instructions for Providing Public Comment During CCPD Meetings via Zoom

Anyone wishing to address the Cambridge Commission for Persons with Disabilities (CCPD) during the Public Comment section of the agenda may indicate that by "raising their hand" virtually within the Zoom platform. The host (CCPD staff) will call on members of the public to speak in the order in which their hands were raised. Please note that while you may raise your hand at any point during the meeting, you will not be called on to speak until the Public Comment period of the meeting.

To raise your hand:

- On a Mac or PC:
  - Click "raise hand" in the webinar control panel
  - Alternatively, you may use the keyboard shortcut to raise and lower your hand:
    - Windows: press "Alt+Y"
    - Mac: press "Option+Y"
  - When you are called on by the host to speak, you will be prompted to unmute your microphone (you must unmute yourself, as the host does not have the ability to unmute individuals).
  - After you have spoken or once your 3 minutes are up, your microphone will be muted by the host
  
- If you are calling in by phone:
  - Press \*9 to raise and lower your hand
  - When you are called on to speak during the public comment period, you will need to press \*6 to unmute yourself (press it again to mute yourself)
    - Note: your phone number will be visible to only the host of the meeting (CCPD staff). Because your name will not be displayed, we will call on you when it's your turn to comment by using the last four (4) numbers of your phone number to identify you. For example, "The person calling in from the number ending in ####, you may now provide public comment."
    - After you have spoken or once your 3 minutes are up, your microphone will be muted by the host

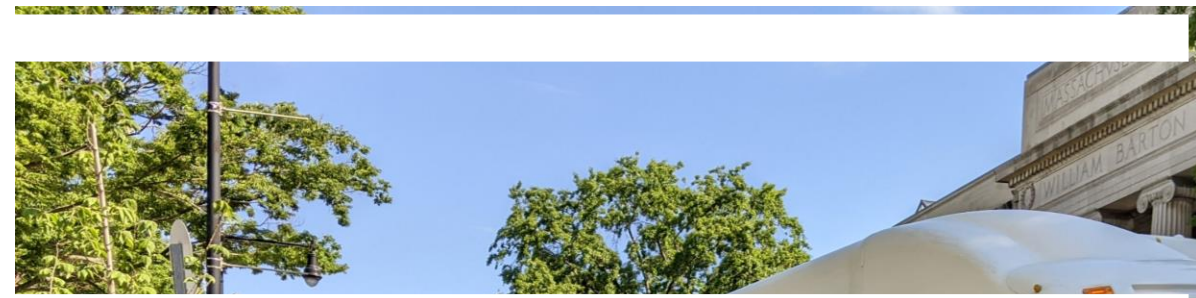
**Once they have the floor, members of the public are asked to identify themselves**, and each speaker is limited to not more than three (3) minutes. Although the public comments should, whenever possible, address one or more items on the agenda for that particular meeting, if time permits, the Chair may allow a speaker to comment on matters that may not directly address an item on the agenda, but do concern the Commission.

Thank you for your patience as we work together to make virtual meetings accessible for everyone!

City of Cambridge  
Community Development Department

# Public transit program

September 2024





# Let's talk about public transit in Cambridge

- **New transit services**
- **Bus stop designs**
- **MBTA Track Improvement Program + shuttling**
- **Your questions**



# New transit services

Service expansions



# We're working to expand public transit

City staff are working to expand public transit – this includes expansions on existing services and advocating for new forms of public transit. Some upcoming changes

- Grant-funded expansion of “Door2Door” service in Cambridge and other cities – new types of trips, earlier hours, and later hours – launching soon
- Additional service on Charles River TMA’s EZRide began in July and fare-free service continues
- Additional trips on MBTA Bus Route 109 and extension from Sullivan to Harvard Square in December



# New bus stop designs

Bus stop improvement program, newer bus stop designs





# Bus stop improvements

Each year, we have some money to make bus stop improvements at specific locations.

- Adding bus stop amenities – benches, shelters
- Design or build curb extensions for bus stops

One topic that I'm interested to hear feedback from this group is about our new bus stop designs where we have separated bike lanes.

Separated bike lanes are the ones where the bike lane is next to the sidewalk and then has a buffer from larger vehicle traffic. There are many designs to the vehicle buffer. Often the buffer is paint and flexible plastic posts or granite curb and parking.

# Some statistics about bus stop benches and shelters

The city has 258 bus stops

- 240 for MBTA
- 18 for EZRide

Many bus stops have seating:

- 59 stops have benches [~23% of stops]
- 55 stops have shelters [~21% of stops]
- 104 stops have seating, i.e. either bench or shelter [~40% of stops]

# Some statistics about bus stop amenities

The city has 258 bus stops

- 240 for MBTA
- 18 for EZRide

Many bus stops have street furniture nearby:

- 15 stops have bike parking [~6% of stops]
- 44 stops have pedestrian-scale lighting [17% of stops]
- 61 stops have trash or recycling bins [~24% of stops]
- Future analysis of tree shade during summer middays



# Some statistics about bus stop designs

We have 26 stops with newer designs for locations with separated bike lanes

- 13 “floating” islands
- 10 “shared” stops
- 3 “step-out” stops

Another 47 stops have the bus enter the bike lane to serve the stop at the curb

# An example of a “Floating” island design



## Key

1. Sidewalk
2. Bicycle lane (at sidewalk level)
3. Tactile warning panels
4. Crosswalk
5. Waiting area
6. “Front” bus stop sign
7. “Yield to ped” marking



# An example of a “Shared” stop design



## Key

1. Sidewalk
2. Bicycle lane (at sidewalk level)
3. No tactile warning panels
4. Crosswalk
5. Waiting area on sidewalk
6. “Front” bus stop sign
7. “Yield to ped” marking



# Another view: “Shared” bus stop design

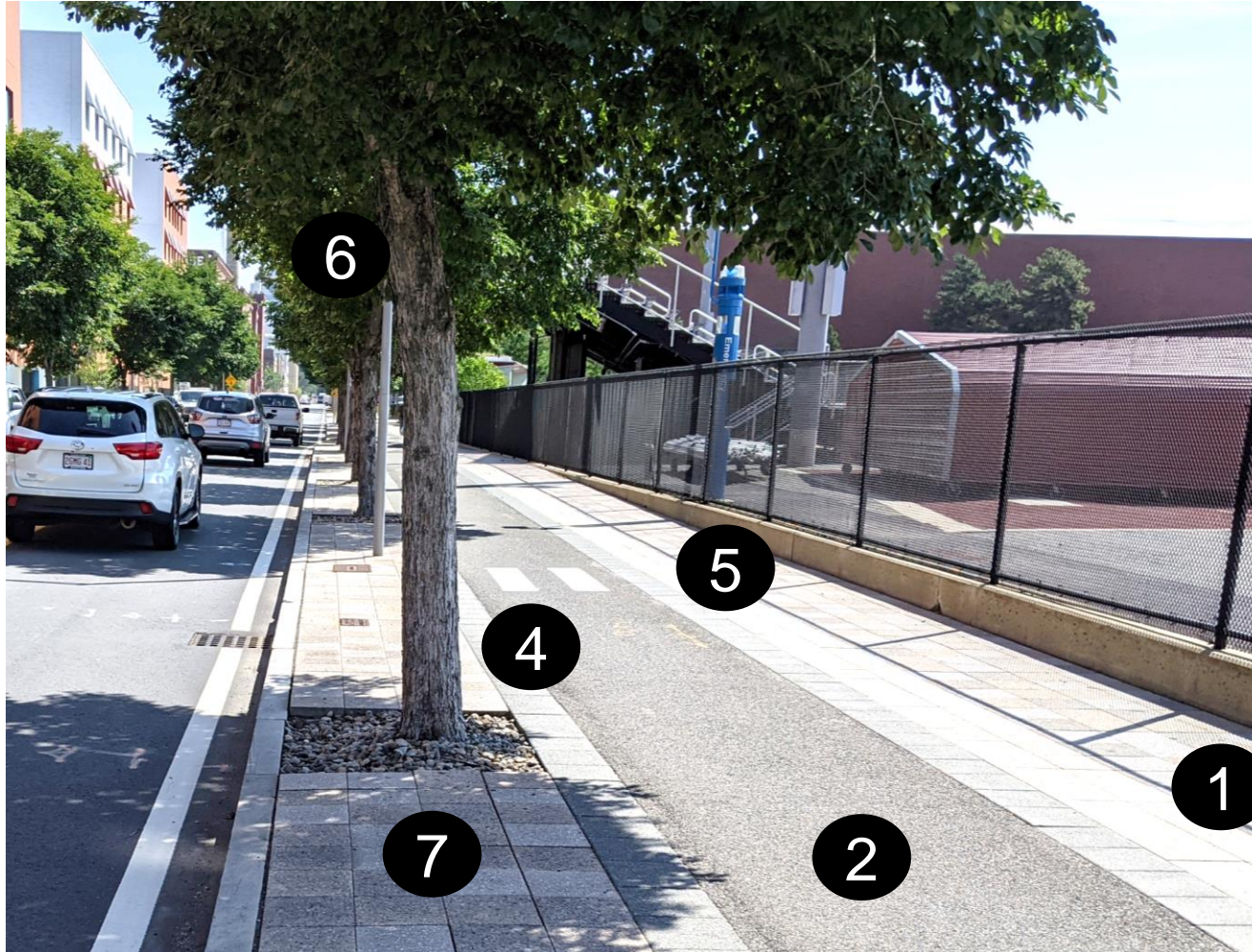


## Key

1. Sidewalk
2. Bicycle lane (at sidewalk level)
3. No tactile warning panels
4. Crosswalk
5. Waiting area on sidewalk
6. “Front” bus stop sign, off image
7. “Yield to ped” marking, off image
8. Narrow buffer between bike lane and curb



# An example of a “Step out” stop design

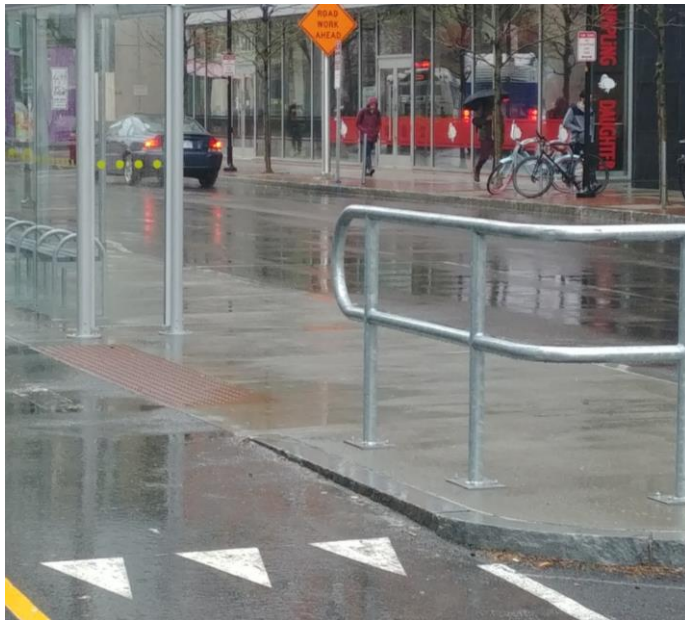


1. Sidewalk
2. Bicycle lane (at sidewalk level)
3. No tactile warning panels
4. Crosswalk
5. Waiting area on sidewalk
6. “Front” bus stop sign
7. Small buffer between bike lane and curb



# Other features

We are considering other street design features, to be installed, with engineering judgement, if appropriate.



*Barriers to direct passengers to crosswalks*



*Additional or different markings*



*In-street pedestrian crosswalk signs*



# MBTA Track Improvement Program

Program of subway closures to rapidly repair tracks and remove speed restrictions by December 2024



# MBTA subway closures in Cambridge

As many of you may know or have experienced, the MBTA has closed the Red and Green Lines in Cambridge several times this year to repair or replace subway tracks. This is so that all subway tracks are in good repair by the end of 2024.

In Cambridge, the MBTA closed or plans to close parts of the subway during:

- **February – Red Line closure Alewife to Harvard (9 days)**
- **July – Red Line closure Alewife to Kendall (16 days)**
- **August – Red Line closure Kendall/MIT to JFK/Umass (7 days)**
- **November – Green Line closure Union Square or Medford to Park Street (via Lechmere) (14 days)**
- **December – Red Line closure Harvard to Park Street (7 days)**



# Your questions + other topics



## Questions from you

- **What transit challenge is energizing you most these days?**
- **What outcome, result or solution are you most proud of as City Transit Planner?**
- **For Cambridge residents with transit accessibility needs (e.g. temporary or long-term disability): how do they come to learn about the resources, services & support available to them? What is the process of communication?**
- **What future vision, hopes & dreams do you have for the city's transit system?**

Thank you for your time and your thoughts

Andy Reker  
Transit Program Manager  
Community Development Department

[areker@cambridgema.gov](mailto:areker@cambridgema.gov)

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**Thank You**



# Appendix

# Locations of “floating” bus stop designs

- Hampshire St @ Cambridge St
- Cambridge St @ Hampshire St
- Cambridge St @ Springfield St
- Western Ave @ Putnam Ave
- Western Ave @ Howard St
- Western Ave @ Kinnaird St
- Huron Ave Opp Larchwood
- Huron Ave Opp Park Ave - Fountain Terrace
- Fresh Pond Golf Course
- Ames St @ Broadway
- O’Brien Highway At Twin City Plaza/Rufo Road
- North First At Lechmere East
- North First At Lechmere West





# Locations of “shared” bus stop designs

- Belmont St @ St. Mary's St
- Concord Ave @ Blanchard Rd
- Concord Ave @ Moulton St
- Concord Ave Opp Spinelli Pl
- Concord Ave @ Spinelli Pl
- Concord Ave Opp Moulton St
- Concord Ave @ Wheeler St
- Concord Ave Opp Fawcett St
- Concord Ave Opp Wheeler St
- Concord Ave Opp Smith Pl



# Locations of “step-out” bus stop designs

- Vassar St @ Pacific St Extension
- Vassar St Opp Pacific St Extension
- Galilei At Broadway

Draft

Cambridge Commission for Persons with Disabilities (CCPD)

# Minutes for Thursday, August 8, 2024 CCPD Meeting

Online via Zoom

Meeting was called to order at 5:36 PM

## Present:

Members: Loring Brinckerhoff, Avril dePagter, Keisha Greaves (Chair), Rayna Jhaveri, Melissa Miguel, Danielle Jones-McLaughlin (Secretary), Deepti Nijhawan, Emma Pan, and Zach Solomons

Absent: Dan Stubbs

Staff: Rachel Tanenhaus and Kate Thurman

Guest speaker: Kathleen Salas, Spaulding Rehabilitation Adaptive Sports Center

## Announcements:

- Welcome to our newly appointed members, Rayna Jhaveri and Emma Pan!

## Presentation on Spaulding Adaptive Sports Center (SASC):

Kathleen Salas, PT, MHA, Boston Coordinator of Spaulding Adaptive Sports Center (SASC) spoke about SASC's history and offerings. To learn more or pre-register for adaptive recreation opportunities, visit <https://sasc.spauldingrehab.org/>.

Kathleen can be reached at [ksalas@mgb.org](mailto:ksalas@mgb.org)

Summary of her presentation:

- The goal of SASC is to bridge the gap from rehabilitation to health and wellness. When patients go to Spaulding Rehabilitation Hospital to rehab after spinal cord injuries, brain injuries, etc., they receive intensive inpatient services. A physician started the Boston adaptive sports program 22 years ago after recognizing that patients still need support and wellness after their acute rehab, and the SASC has grown significantly in the years since. SASC now has locations in Boston, on the North Shore, and on Cape Cod.
- Adaptive sports are activities, rules, and/or equipment modified for success of each client, regardless of physical or nonapparent disabilities and may include specialized sporting gear & adaptations; adapted rules; and individualized coaching
- The four pillars of SASC are:
  - Programs
    - SASC offers both virtual (via Zoom) and in-person classes and sports
    - Programs offered include cycling, mountain biking, wheelchair basketball, golf, tennis & pickleball, therapeutic horseback riding, rock wall climbing, air rifle & archery, therapeutic drumming, skiing, sled hockey, yoga, kayaking, swimming, running, fishing, and more
    - They offer virtual adaptive yoga, pump & cardio conditioning, adaptive boxing, dance with Parkinson's, and stand balance classes
  - Education
    - SASC staff go into schools with adaptive wheelchairs and other equipment to meet with special education (SPED) directors, school physical and occupational therapists, etc. to discuss the need for adaptive sports and physical education

- Kathleen also speaks with physical and occupational therapy students about the importance of recommending exercising, health, wellness, activity, sport, etc. to patients with chronic disabilities just like they do to non-disabled patients.
  - Advocacy
  - Research
    - Dr. Cheri Blauwet, a Paralympian, physician & administrator at Spaulding, has done extensive research on the benefits of adaptive sports
- The SASC is primarily staffed by recreation professionals, but they also have some physical and occupational therapists who work with them and attend classes and events. Currently, the program costs \$25 per session, which covers equipment, staffing, etc.
- Kathleen spoke about the “right to risk” that all individuals have. She said that there tends to be a focus on liability and wanting to keep disabled participants safe. While safety is important, people with disabilities (PwD) have the right to take risks just like anyone else. Kathleen spoke about SASC’s goal of modifying the risk, modifying equipment to make sports safe for disabled participants and finding a balance so they don’t get stuck in a fearful, clinical mindset and hold people back.
  - While Spaulding inpatients do require medical clearance to participate, other community members are required to sign a waiver but do not need to submit medical documentation
- She spoke about barriers to adaptive sports and recreation and SASC’s efforts to reduce them, including costs and transportation. SASC offers a 50% discount to participants who are unable to pay the full \$25 fee for sessions. Kathleen noted that the hospital deeply supports their mission
- Benefits of adaptive supports include:
  - Psychological
  - Psychosocial
  - Emotional
  - Body confidence & awareness
  - Less depression & anxiety
- Participants are required to pre-register for sessions, which they can do from the [Spaulding Adaptive Sports Center website](#). They will then receive an email to let them know if there is space and enough equipment for them to join the session.
- SASC received a grant from the Centers for Disease Control to develop Mentor, an 8-week virtual program with small groups that focuses on mindfulness, exercise, and nutrition to optimize resilience. Mentor provides participants with five hours of programming a week, access to an app to track steps, calories, and whatever individual’s goals are. They get health coaching and exercise & mindfulness classes with the University of Alabama each week.
- Kathleen mentioned that Spaulding Cambridge has a rowing program that offers Functional Electrical Stimulation (FES), which is used to stimulate paralyzed muscles. The Cambridge site also has a fully equipped gym in the basement.
- Friends and family members of disabled participants are welcome to attend SASC sessions as space permits. There is no charge for friends and family, just for the participant.

## Minutes:

A motion to approve the June minutes was seconded and then passed unanimously by all present

## Chair’s Report:

- Keisha encouraged members to email or text her with ideas for guest speakers, agenda items, etc.
- She is going to send out a survey to CCPD members about what they would like to use meeting time for, etc.
  - Rachel reminded everyone that Open Meeting Law prohibits any discussion between a quorum of members (6 or more) outside of public meetings.

- Rayna asked if CCPD is looking for ideas on how to gather information without running afoul of Open Meeting Law. Such ideas are welcome and encouraged!
- Deepti suggested making guest presentations shorter so there's more time for members to share ideas, create projects, and do the work. She suggested limiting guest speakers to 30 minutes
- Rayna added that it would be helpful to know the format, what the objective is, how long the meeting's going to be, when people are meant to be listening, when they are meant to be sharing or speaking, when decisions are made, etc. She would like to get a sense of structuring the time in a way that is useful to the group
- Rachel noted that we are required to post the agenda 48 hours ahead of meetings and that presentations are also generally posted ahead of time.
- Keisha let Rayna and Emma know that members had a board retreat last year where people formed small working groups. Rachel suggested adding agenda time at the September meeting to discuss the small working groups, which are active, what members are interested in, etc.
- Rayna offered her expertise in operations management to help make the meetings engaging, fun, and a worthwhile use of people's times. Feedback on how to improve the experience for members was encouraged.

## Public Works Update:

Melissa Miguel explained to new members that she oversees street and sidewalk reconstruction in the City. She noted that the Department of Public Works (DPW) has a miscellaneous sidewalk contract that is dedicated to fixing accessibility issues on sidewalks around the City that are not scheduled for construction under other contracts. For example, residents can report a problem with a curb ramp that needs repair either to Kate and Rachel or via SeeClickFix, and it will get added to the repair list under the miscellaneous sidewalk contract.

Please see attached document "August Update – DPW" for details on current construction projects on which Melissa reported.

- Each construction project has a dedicated webpage with updates, which can be found at <https://www.cambridgema.gov/Departments/publicworks/cityprojects>
  - Under the contact tab for each street, you can enter your email address if you would like to receive construction notifications
  - Search the street of interest in the keyword field

## Staff Report:

Rachel reported that the City's transit planner, Andy Reker, will be joining September's meeting to speak about how the MBTA intersects with the City, etc.

Meeting adjourned at 7:00 PM

Respectfully submitted,  
Kate Thurman

# AUGUST UPDATE - DPW

## ➤ On-going construction:

### River Street/Carl Barron Plaza

- Utility work along the corridor, and foundation work at Carl Barron Plaza, continue.
- Curb and sidewalk work is proceeding on Fairmont Ave(the “shared street”), Fairmont St, Rockwell St, Laurel St and Kelly Rd.)
- A visually impaired resident of Manning Apartments has some concerns/questions about the project (and the greater Central Square area). Rachel and Jerry Friedman will do a site visit to hear more specifics so that we can address them.

### Willard Street

- Utility work is complete as is full-depth roadway construction.
- Curb, sidewalk and landscape is underway.
- Final completion will be this fall.

### Port Infrastructure Project:

- The Park and Phase 1 Utility/Roadway project will be bid in the fall of 2024 for construction starting over the winter when the basketball courts and park have less use.

### Chapter 90, Contract 24

- Huron Avenue – Glacken Field to Aberdeen is complete. Aberdeen to Fresh Pond Parkway is complete. Punch list work remains.
- Gas Co. has finished their work on Aberdeen Ave.
- Chestnut Street - water main installation complete. Roadway binder paving complete. Sidewalk reconstruction to follow.
- Webster Ave – Binder paving complete. Sidewalk work is ongoing.
- Elm St – Tree protection installed. Water main relay continues.

## ➤ Upcoming projects:

### Mass Ave Partial Construction

- We are still planning for a “Rindge to Linnaean” Public Open House in the fall. Date has not been set yet.
- A construction project to remove sections of the roadway median (except where needed at crosswalks), and perform some early utility work, is scheduled to be put out to bid this fall.

**Chapter 90, Contract 25** - Newport Construction low bidder. Anticipated construction starts late summer 2024.

- **Project Page:** Folks can sign up for email notifications under the contact tab:
  - <https://www.cambridgema.gov/Departments/publicworks/cityprojects>
- Search the street of interest in the search bar then click the contact tab
- Streets included in Contract 25:

- Green St- Pearl to Landsdowne
- Maple Avenue- Broadway to Cambridge-
- Centre St – Dana to Hancock
- Montgomery St – Harvey to Rindge
- Sciarappa St- Charles to Winter

**Chapter 90, Contract 26** – First round of community meetings are complete. Next round will begin in Sept. where the city will present a 75% design plan based on community feedback, local, state and federal ordinances and standard engineering practices.

Project Page: Folks can sign up for email notifications under the contact tab:

- <https://www.cambridgema.gov/Departments/publicworks/cityprojects>
- Search the street of interest in the search bar then click the contact tab
- Streets included in Contract 26:
  - Chetwyn Road – Newell St to End
    - Will be a shared street
  - Gray Street – Martin to Linnaean
  - Haskell – Rindge to Mass Ave
  - Norfolk – Broadway to Somerville City Line
  - Shepard – Garden to Mass Ave
  - Kirkland Rd – Kirkland St to Dead End
    - Will be a shared street
  - **Two additional streets recently added to this contract:**
    - **Avon Hill Street -Linnaean to Upland**
    - **Hillside Ave- Avon Hill St to Washington Ave**