# Cambridge Chapter Minutes, February 10, 2025

The February 10, 2025 meeting of the Cambridge Chapter of the National Federation of the Blind of Massachusetts was held as a hybrid meeting at Cambridge Citywide Senior Center and Zoom. The meeting was called to order at 6:04 PM.

## In Attendance:

Sage Collier

Marc Kelley

ElizabethAnn Johnson

Adam Roberge

Maggie from Vanda

Rick Camann

Cullen Gallagher

Mika Pyyhkala

David Ticchi

Hellen Kobek

Ellen Bartelt

Sengil Inkiala

Kristina Constent

Jen BOse

Masha Sten-Clanton

Al Sten-Clanton

Rashad Saadieh

Stephen Yerardi

Olufunke Osho

Kyra Sweeney

Kyle Shachmut

Shirley Dorris

## NFB Pledge

Kyra led the NFB Pledge.

## Approval of Minutes

Stephen moved acceptance of the January minutes; the motion was seconded and passed unanimously.

## Treasurer’s Report

Mika presented the Treasurer’s Report.

As of the last report from Scott at Cambridge Savings Bank on January 17, we had raised $7,435 for our walk. Our account balance was $2,895.79.

Kyra moved that we accept the Treasurer’s Report; the motion was seconded and passed unanimously.

## Affiliate President’s Report

Shara presented the following updates.

If members had not booked a room for the upcoming State Convention, the deadline was extended to Wednesday. Members must also register for the convention. If a confirmation email was not received upon registering, members should contact Shara.

The General Sessions would be streamed, and a few presenters would speak virtually.

Shara emphasized the importance of paying dues, as they would need to be paid in order to vote during the convention. There would be two or three resolutions to vote on this year.

The Washington Seminar was a success, with meetings with all of our representatives. A new priority was added to the presentations, urging Congress to protect the laws and funding we depend on from any possible cuts.

Members were encouraged to contact their legislators to support these issues.

[Link To Fact Sheets](https://nfb.org/programs-services/advocacy/legislative-priorities)

Shara also announced that we would have a local day on the hill in Boston in April to advocate for the resolutions we pass at the State Convention.

## Vanda Non-24 Presentation

Maggie from Vanda pharmaceuticals presented on Non-24 Sleep-Wake Disorder. She provided an overview of Non-24, a sleep disorder prevalent in the blind community, explaining that it disrupts the body's ability to regulate a consistent 24-hour sleep-wake cycle. Symptoms include difficulty falling asleep at night, excessive daytime sleepiness, and an irregular sleep pattern that shifts over time. She noted that while some individuals are born with the disorder, many develop it later in life as vision deteriorates.  
Maggie explained that sleep regulation depended on light perception, which influences the production of melatonin and cortisol. She emphasized that diagnosis is based on symptoms rather than a specific test and recommended keeping a sleep diary to discuss with a healthcare provider.

## Ride Flex

Rashad brought up a change in the law that could eliminate the Ride Flex program. The law would require that Uber and Lyft conduct drug and alcohol testing on drivers, which could result in us losing this program. Rashad suggested that we file an objection as an affiliate. Kyra would check with Al Elia to see if this was something we could do. Members could submit an objection on their own, the deadline to do so was February 13.

## Auction Contribution

For the auction this year, the convention committee decided to ask each chapter to donate items to make the auction shorter. Shirley agreed to work on getting restaurant gift card donations, along with a hotel stay as our chapter’s contribution to the auction.

## Adjournment

The Meeting was adjourned at 7:45 PM. The next meeting would be March 10.