

10 QUESTIONS: Pam McCoy

By Lisa Biedenbach. To suggest a member to profile for "10 Questions," call Director of Operations Lisa Biedenbach, 513-217-4915, or email lbiedenbach@centralconnections.org.

How long have you been a Central Connections member?

I have been a member since Central Connections relocated to Central Avenue. I joined because I wanted to keep physically fit and emotionally stable and thought it would help me during a tough time when my late husband was sick. I found many people here in a similar situation of needing an outlet.

What wellness programs do you participate in?

Making art is relaxing. Silver-Sneakers is wonderful for keeping up my physical abilities. Chair yoga helps my balance. Here I have made my circle of friends bigger. These friends encourage me, and the fellowship is great.

What is your role as chair of the Membership Committee?

My main role is to be an encourager, to put a positive face on what Central Connections does in the community. Feedback has been mostly positive, with a few concerns that have been addressed during meetings with the administrative staff who have been receptive to ideas submitted. When I hear of all the things Central Connections does, I stand in amazement.



Pam McCoy, chair of the Membership Committee, says if you don't have a little Italian in you, you are missing something great!

How can members support Central Connections?

Members can look for the positive things being done, and if there are any concerns, share them with the Membership Committee to pass along to staff. Be a positive member and spread the word about positive things within the community.

What is your work experience?

I decided to teach because I love children and desire to make a difference in their lives. What children need most is love. I graduated from Hofstra University in New York City. I worked as a reading specialist and taught second grade in various parts of the country for 18 years. Most recently I taught in Edgewood School system. My husband,

Bob, a Middletown native, and I met in eighth grade when his father, employed by Armco, was transferred to New York City and my family had moved from Brooklyn to Long Island. As an Armco employee himself, Bob was transferred a lot, and so we lived in Illinois, Louisiana, Texas, Tennessee, and Ohio. This experience of living in different parts of the country has made me open to different ideas, cultures, and ways of living.

How else do you spend your time?

I love to read and garden and grow flowers, experimenting with annuals and perennials.

Who is your family?

My son in Greenville, SC; my sister-in-law in Trenton; a brother in South Carolina; 2 sisters in New York; and my grand-dog.

Where have you traveled?

I love history so have visited Williamsburg, Virginia; Washington, DC; Charleston; and battlefields all over the USA. I like learning trips.

What is one thing most people do not know about you?

I grew up in Brooklyn to Italian immigrants from Rome and Naples. Italian was my only language until I went to kindergarten. I have gone through cancer treatment twice.

What is on your bucket list?

My husband, Bob, gave me the top item on my bucket list before he died—a trip to Italy to see my roots in Venice, Rome, Florence, and Tuscany. 🌿