



**CITY OF MELROSE**  
**BOARDS & COMMISSION**  
**AGENDA • JANUARY 13, 2025**

Council Chamber, First Floor, Melrose City Hall  
562 Main Street, Melrose, MA 02176

Regular

7:00 PM

## **I. CALL TO ORDER**

Kimberly Vandiver  
Manjula Karamcheti  
Cal Finocchiaro  
Maya Jamaledine  
Leila Migliorelli  
Robb Stewart

Chair  
Vice Chair

Ex Officio Member

## **II. PUBLIC COMMENT**

tcifuni@cityofmelrose.org is inviting you to a scheduled Zoom meeting.

Topic: City Council Subcommittee Meetings

Time: Jan 13, 2025 07:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://cityofmelrose-org.zoom.us/j/97865284910?pwd=CCAAjyBNnTRbtLkjdfaWbwKUZxpk2A.1>

Meeting ID: 978 6528 4910

Passcode: 808887

## **III. APPOINTMENTS/REAPPOINTMENTS**

1. **(ID # 12245):** Appointment of John Tozza to the Beebe Estate Board of Trustees

*From:* City Council

ASSIGN TO COMMITTEE

2. **(ID # 12330):** Reappointment of Lee Phalen, 102 Clifford Street, to the Board of Assessors for a three-year term; said term to expire on the last day of February, 2028.

*From:* City Council

ASSIGN TO COMMITTEE

3. **(ID # 12331):** Appointment of Regina Gibbons, 358 Lebanon Street, to the Commission on Women

*From:* City Council

ASSIGN TO COMMITTEE

## **IV. ADJOURNMENT**

**CITY OF MELROSE***In City Council**January 13, 2025***AN ORDER****(ID # 12245)**

Appointment of John Tozza to the Beebe Estate Board of Trustees

**BE IT ORDERED**

Appointment of John Tozza, 23 David Drive, Saugus, for a three year term, said term to expire the last day of February, 2028.

**HISTORY:****12/16/24****City Council****ASSIGN TO COMMITTEE**

In the Boards & Commission  
Ordained Roll Call

Passed January 13, 2025

Tanji Joy Cifuni, City Clerk

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Leila B. Migliorelli, President  
Boards & Commission

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Jennifer Grigoraitis, Mayor

Appointment/Reappointment (ID # 12245)

Meeting

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Date

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Date



## CITY OF MELROSE

## OFFICE OF THE MAYOR

JENNIFER GRIGORAITIS

*Mayor*

City Hall, 562 Main Street  
Melrose, Massachusetts 02176  
Telephone - (781) 979-4440

To: Melrose City Council  
From: Mayor Jen Grigoraitis  
Re: Appointment of John Tozza to the Beebe Estate Board of Trustees  
Date: December 5, 2024

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I respectfully request the Council's approval of the appointment of John Tozza to the Beebe Estate Board of Trustees. Mr. Tozza has been an active member of the Melrose community, and he currently resides in Saugus. Because of his residency status, I am waiving the residency requirement as laid out in ARTICLE II Multiple-Member Appointive Organization § A-201 Offices and standards<sup>1</sup>.

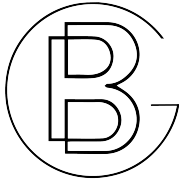
Mr. Tozza served the community over several decades most notably while owning and operating his family's business, Marty's Furniture. The family also owned the building and had several commercial tenants. Mr. Tozza served as the building landlord responding to commercial tenant needs and concerns, including maintenance and renovations. This experience aligns perfectly with the Beebe Estate Board of Trustees' need to have a trustee who can also serve as the Beebe Estate building manager (in a volunteer capacity). The Board has been without a designated building manager since 2020. Per statute/charter, Beebe building maintenance and repairs are managed by the Board. The Beebe Estate is not included in DPW collective bargaining agreements so outside vendors must be coordinated by the Board.

Although Marty's Furniture closed in 2020 and the building was subsequently sold, Mr. Tozza remains an active member of the Melrose community, serving as a member of the Melrose Rotary Club and as a volunteer with the Melrose Chamber of Commerce. He is also a past member of the Board of Directors for The Bridge.

I am confident that Mr. Tozza will be an extremely valuable addition to the Beebe Estate Board of Trustees and resource to the tenants of the Beebe Estate in the capacity of building manager.

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<sup>1</sup> <https://ecode360.com/27327890?highlight=waived&searchId=14139656206870827#27327890>



BILL BUTLER GROUP

To Mayor Grigoraitis and the Melrose City Councillors,

On behalf of the trustees of the Beebe Estate in Melrose, I am writing to express my strong support for John Tozza as a candidate for the Board. Having worked alongside John in other volunteer organizations, including Rotary and Friends of Memorial Hall, I can confidently say that his dedication and skill set would be invaluable.

John's contributions to these groups have been nothing short of extraordinary. He consistently demonstrates a knack for problem-solving, leadership, and rolling up his sleeves to get things done. Whether it's organizing events or tackling logistical challenges, John's proactive approach has made him an indispensable asset to every organization he's been a part of.

What makes John's candidacy particularly compelling is his eagerness to serve not just as a trustee, but also in the capacity of Building Manager. This role is critical for ensuring the smooth operation and maintenance of the Beebe Estate as well as consistent point of contact for the building's tenants.

John brings a unique combination of expertise owning the successful furniture local retailer, Marty's Furniture and a genuine commitment to community service. His track record speaks for itself, and I am confident he would bring the same level of energy, professionalism, and heart to the Beebe Estate Board.

Thank you for considering John Tozza for this role. His appointment would undoubtedly be a tremendous benefit to the Board and the broader community we serve.

Sincerely,

Bill Butler  
Co-chair Trustee, Beebe Estate

December 5, 2024

Mayor Jennifer Grigoraitis  
Melrose City Hall  
562 Main Street  
Melrose, MA 02176

Dear Mayor Grigoraitis:

It is with extreme pleasure and interest that I would like to join the Beebe Estate Board of Trustees.

I have known Bill Butler, Co-Chair for the Trustees, for several years having served with him as a member of the Melrose Rotary Club, and I was honored when he first approached me about possibly serving on the board.

Having previously owned and operated my family's business, Marty's Furniture, while raising my family in Melrose, I am eager to give back to the community which gave me so much over many decades. As the former owner of the building at 99 Washington Street that is now home to Radio Factory Lofts, I believe my experience in building management and tenant relations will be valuable to the work of the Trustees in overseeing, management and maintaining the Beebe Estate.

I am eager to use my skills, knowledge and community relationships to support the work of the Trustees. Please do not hesitate to contact me directly at [REDACTED] if you have any questions.

Thank you for your consideration and the opportunity to serve the City of Melrose.

Sincerely,

John Tozza

# CITY OF MELROSE

*In City Council*

*January 13, 2025*

## **AN ORDER**

**(ID # 12330)**

Reappointment of Lee Phalen, 102 Clifford Street, to the Board of Assessors for a three-year term; said term to expire on the last day of February, 2028.

## **BE IT ORDERED**

Reappointment of Lee Phalen, 102 Clifford Street, to the Board of Assessors for a three-year term; said term to expire on the last day of February, 2028.

### **HISTORY:**

01/06/25      City Council

**ASSIGN TO COMMITTEE**

Appointment/Reappointment (ID # 12330)

Meeting

In the Boards & Commission  
Ordained Roll Call

Passed January 13, 2025

Tanji Joy Cifuni, City Clerk

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Leila B. Migliorelli, President  
Boards & Commission

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Jennifer Grigoraitis, Mayor

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Date

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Date

# CITY OF MELROSE

*In City Council*

*January 13, 2025*

## **AN ORDER**

**(ID # 12331)**

Appointment of Regina Gibbons, 358 Lebanon Street, to the Commission on Women

## **BE IT ORDERED**

Appointment of Regina Gibbons, 358 Lebanon Street, to the Commission on Women for a three year term, said term to expire the last day of February, 2028.

### **HISTORY:**

01/06/25      City Council

**ASSIGN TO COMMITTEE**

Appointment/Reappointment (ID # 12331)

Meeting

In the Boards & Commission  
Ordained Roll Call

Passed January 13, 2025

Tanji Joy Cifuni, City Clerk

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Leila B. Migliorelli, President  
Boards & Commission

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Jennifer Grigoraitis, Mayor

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Date

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Date

*REGINA GIBBONS*

*358 LEBANON STREET*

*MELROSE, MA 02176*

Mayor Jen Grigoraitis  
Melrose City Hall  
562 Main Street  
Melrose, Ma 02176

December 28, 2024

Dear Mayor Grigoraitis,

First, let me say that your vision for the future of this city inspires me.

When as an Elder in this community I might have given myself permission to assume the role of spectator rather than board member, your enthusiasm (and that of the team you have attracted) compel me to become a more active participant in life of this city.

I understand that there is a vacancy on the Melrose Commission on Women. May I offer my wisdom and expertise to you and to the board? As a seasoned health care provider and long-time advocate for women's health, I recognize the varied needs of women and girls across all the seasons of our lives *and* throughout our daily lives; responsibilities, victories, challenges, wins and losses.

Please consider me for appointment to the Commission on Women, that I may add my voice to this impressive sisterhood.

May the Returning Light of this season guide us safely through 2025 and beyond,



Regina Gibbons

**REGINA GIBBONS, MBA, M.Ac. Lic.Ac.****358 Lebanon, Melrose, MA****Employment****2020 – Present                      Ancient Wisdom & Integrative Care, Belmont & Malden, MA****Licensed Acupuncturist**

Clinician, owner and manager. Responsible for direct patient care, records and documentation. Provide specialized care treating anxiety disorders, chronic migraine pain, sleep, menstrual and mood disorders. Patient Care Plans emphasize health education, empowerment and home-care tools for sustained well-being based on our modern scientific understanding of Classical Chinese Medicine.

**2004 – Present                      Tree of Life Tai Chi Center LLC, Watertown, MA****Certified Eight Active Ingredients of Tai Chi Instructor**

Offer group instruction in both the Eight Active Ingredients of Tai Chi based on *The Harvard Medical School Guide to Tai Chi (Wayne & Fuerst, 2013)*, and the Cheng Man-Ching Yang Style Tai Chi Form to all ages and abilities in community-based setting.

**Past Employment****2014 – 2022                      Tree of Life Tai Chi Center LLC, Somerville MA****Instructor: Eight Active Ingredients of Tai Chi Teacher Training Program**

Co-facilitated Tai Chi teacher training program, along with Peter M. Wayne, PhD and others based on the tai chi protocol outlined in *The Harvard Medical School Guide to Tai Chi (Wayne & Fuerst, 2013)*. Responsible for the development and presentation of both the foundational Traditional East Asian Medicine didactic content and a tutorial on small business insurance, taxation and regulations. Collaboratively responsible for imparting the embodied therapeutic principles of Tai Chi and Qi Gong to a diverse group of adult learners. Responsible for reviewing and evaluating trainees' sample teaching and written exams.

**2013 – 2020                      Katherine A. Gallagher Integrative Therapies Program  
Massachusetts General Hospital Cancer Center, Boston MA****Clinical Acupuncturist**

Provided direct acupuncture care to Hematology/Oncology patients as a member of a multidisciplinary team in various out-patient and in-patient settings, coordinating care with Oncology care teams. Responsible for maintaining accurate electronic medical records.

**Past Employment - continued**

2013 – 2020                      **Katherine A. Gallagher Integrative Therapies Program  
Massachusetts General Hospital Cancer Center, Boston MA**

**Certified Eight Active Ingredients of Tai Chi Instructor**

Offer group instruction in the Eight Active Ingredients of Tai Chi based on *The Harvard Medical School Guide to Tai Chi (Wayne & Fuerst, 2013)*, emphasizing stress management, proper alignment, flexibility and rehabilitation to cancer patients, cancer survivors and their respective caregivers.

2018 – 2019                      **Movements Disorders Unit, Department of Neurology  
Massachusetts General Hospital, Boston, MA**

**Tai Chi Instructor: Mass General Parkinson Center Tai Chi and Speaker Series**

Led monthly Tai Chi classes for a diverse group of people with Parkinson's Disease and their supportive partners as a part of any interactive educational lecture series presented by the Movements Disorders care team at Massachusetts General Hospital.

2000 – 2018                      **Wellspring Medical Associate, Marblehead, MA**

**Licensed Acupuncturist**

Clinician, owner and manager. Responsible for direct patient care, records and documentation. Provided specialized care treating anxiety disorders, chronic migraine pain, sleep disorders, menstrual and mood disorders. Responsible for administrative, financial and marketing duties of clinic and for supervising student assistants.

2004 – 2015                      **Town of Marblehead Council on Aging, Marblehead, MA**

**Tai Chi Instructor**

Offered instruction in the Eight Active Ingredients of Tai Chi based on *The Harvard Medical School Guide to Tai Chi (Wayne & Fuerst, 2013)* in community-based setting to adults 55 and over and their care-givers, emphasizing stress management, proper alignment, balance transfer, internal strength relaxed and efficient breathing.

2008 – 2013

**Massachusetts General Hospital  
Community Health Associates, Revere, MA**Clinical Acupuncturist

Provided direct acupuncture care to an ethnically and culturally diverse patient population as part of a multidisciplinary team in an integrative clinic. Provided contemporaneous electronic medical records, allowing for seamless integration with Primary Care providers.

1983 – 2002

**Regina Gibbons, MBA, E.A. Marblehead, MA**Accountant and Business Consultant

Consulted with small business owners regarding proper financial statement preparation, tax reporting, compliance with State and Federal employment regulations. Assisted clients with financial and managerial decision-making. As Enrolled Agent was licensed to represent individual and corporate clients in proceedings before the Internal Revenue Service.

**Education**

2002 Master of Acupuncture, New England School of Acupuncture, Watertown, MA

2002 NCCAOM Approved Graduate Program/Chinese Herbology, White Pine Institute, Amherst, MA

2000 Diploma in Acupuncture, New England School of Acupuncture, Watertown, MA

1993 Master of Business Administration, Salem State College, Salem, MA

1979 Bachelor of Science/Business Administration, Cum Laude, Suffolk University, Boston, MA

**Professional Certifications:**

2011 Healing Community Trauma - Acupuncturists Without Borders

2003 Diplomate in Chinese Herbology - National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM)

2000 Diplomate in Acupuncture - National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM)

1999 Takayuki Koei Kuwahara, L. Ac. - Hari Style (Touching Needle) Acupuncture and Shonihari (Pediatric touching tools)

## Tai Chi Research Contributions

### Tai Chi Instructor for the follow Randomized Clinical Trials:

|             |                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|-------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2018 – 2021 | <p><b>Mindful Steps: Promoting Physical Activity</b><br/>National Institute of Health (NIH) Study (NCT03003780) based at Beth Israel Deaconess Medical Center (PI, Dr. Gloria Yeh) In-person mindful movement instruction as part of an existing web-based intervention to incorporate mind-body exercises to develop a multi-modal intervention to promote physical activity in patients with Chronic Obstructive Pulmonary Disease and Heart Failure.</p> |
| 2014 – 2018 | <p><b>Long-term Exercise After Pulmonary Rehabilitation (LEAP)</b><br/>National Institute of Health (NIH) Study (NCT01998724) based at Beth Israel Deaconess Medical Center (PI, Dr. Gloria Yeh). Taught formal Tai Chi protocols in a clinical trial evaluating Tai Chi for individuals with Chronic Obstructive Pulmonary Disease.</p>                                                                                                                    |
| 2012 – 2017 | <p><b>Breathing, Education, Awareness and Movement in Chronic Obstructive Pulmonary Disease (BEAM COPD)</b><br/>National Institute of Health (NIH) Study (NCT01551953) based at Beth Israel Deaconess Medical Center (PI, Dr. Gloria Yeh). Taught formal Tai Chi protocols in a clinical trial evaluating Tai Chi for individuals with Chronic Obstructive Pulmonary Disease.</p>                                                                           |
| 2015 – 2016 | <p><b>Healthcare Outcomes of Tai Chi in Senior Supportive Housing (Mi-WISH Study Mind body – Wellness in Supportive Housing)</b><br/>National Institute of Aging based at Hebrew Rehabilitation Center, Boston (PI: Lewis Lipsitz, MD)<br/>Taught formal Tai Chi protocols in a clinical trial evaluating Tai Chi for frail elderly.</p>                                                                                                                    |
| 2011 – 2012 | <p><b>Effects of Tai Chi on Frailty in Elderly Adults (TEACH)</b><br/>National Institute of Health (NIH) Study (NCT01126723) based at Hebrew Rehabilitation Center, Boston (PI: Lewis Lipsitz, MD)<br/>Taught formal Tai Chi protocols in a clinical trial evaluating Tai Chi for frail elderly.</p>                                                                                                                                                        |
| 2009 – 2010 | <p><b>Tai Chi for Osteopenic Women</b><br/>National Institute of Health (NIH) Study (NCT01039012) based at Beth Israel Deaconess Medical Center, Spaulding Rehabilitation Hospital, Harvard Medical School Osher Research Center (PI, Peter M. Wayne, PhD)<br/>Taught formal Tai Chi protocols in a clinical trial evaluating Tai Chi for osteopenic women.</p>                                                                                             |
| 2005–2008   | <p><b>Tai Chi Mind-Body Therapy for Chronic Heart Failure (NEXT-Heart)</b><br/>National Institute of Health (NIH) Study (NCT00110227) based at Beth Israel Deaconess Medical Center, Harvard Medical School Osher Research Center (PI, Dr. Gloria Yeh)<br/>Taught formal Tai Chi protocols in a clinical trial evaluating Tai Chi for chronic heart failure.</p>                                                                                            |