

**Health and Wellness Committee  
Montgomery County Commission on Aging  
September 3, 2024  
9:30-11:00 AM**

**Zoom Link:**

<https://us06web.zoom.us/j/82621804920?pwd=RnhpUmYxTVJvdjdMT2w2WEIkRzRrQT09>

**Agenda**

1. Welcome/Introductions
2. Approval of meeting notes
3. Update on Mental Health Resources Fact Sheet
  - Report From Muslim Mental Health Meeting – Tina Purser Langley
  - Current Status/Next Steps
4. Updating existing H&W Fact Sheets
  - Current Status/Next Steps
5. Discussion of new topics for H&W committee work for coming year
  - Solo aging
  - Downsizing – work with AIC on better defining this topic from the H&W perspective
  - Workforce implications for healthier “aging in place”
  - Fall Prevention
  - Preventive care promotion - health programs to promote wellness and reduce more serious illnesses
  - Adult Social Day Care versus Adult Medical Day Care
  - Dementia Care
  - HCBS “Lite”
    - Innovative solutions for providing care services for populations with limited, non-medical needs
    - Supporting the “gap population” and people not financially and/or physically eligible for Medicaid waiver programs
  - Other ideas ??????
6. Discussion of in-person meeting for October
7. Adjourn

Next Meeting: October 1, 2024, 9:30-11:00 AM