



Montgomery County Commission on Aging
Meeting Agenda
June 26, 2025
9:30 AM to 12:00 PM

Virtual via Zoom Link:

<https://us06web.zoom.us/j/82378694890?pwd=YU5RaHJQTjNTSzMvZ2lObHNqY204Zz09>

Phone Call-In: 301-715-8592 Meeting ID: 823 7869 4890 and Passcode: 297852

***NOTE:** If you need access to Sign Language Services, please contact Tremayne Jones
one week prior to the meeting at (240) 777-1262 or at Tremayne.jones@montgomerycountymd.gov

- 9:30 AM Welcome and introduction of new Commissioners
- 9:45 AM Advocacy 101: Making Real and Lasting Change Q&A with Council Member Andrew Friedson and State Senator Ben Kramer
- 10:15 AM A & D and AAA Updates
 - Overview of approved FY 26 Montgomery County Operating Budget
- 10:30 AM Old Business
 - Approval of Minutes
 - Report Back on Caregiving Public Forum
- 10:45 AM Committee Reports
- 11:00 AM New Business
 - FY 2027 Priority Setting
 - Commissioner Buddy System
- 11:30 AM Advocacy 201: with Delegate Gregory Wims and Delegate Lily Qi
- 11:45 AM Adjourn

Attachments:

April 2025 CoA Meeting minutes
FY26 Requested Budget for Aging & Disability Services
FY26 CoA priorities

News You Can Use To:

Flip the Script on Ageism: Older adults often experience “elderspeak” in their interactions with other people, even though it’s been sixty years since the Older Americans Act became law, according to Clarissa Shaw, a dementia care researcher at the University of Iowa College of Nursing, people understand almost intuitively what “elderspeak” means. It’s communication with older adults that sounds like baby talk. Although the use of elderspeak can be well intentioned, it reveals the speakers’ fundamental need to exert control, which can trigger potentially injurious resistance among those on the receiving end. Kristine Williams, a nurse gerontologist at the University of Kansas School of Nursing, developed a training program called CHAT, for Changing Talk: three hourlong sessions that include videos of communication between long-term care facility staff members and patients, intended to reduce elderspeak. The intervention worked, both in terms of the reducing prevalence of elderspeak among staff and the resistive behaviors among residents. Objecting to elderspeak need not become adversarial. Residents and patients — and people who encounter elderspeak elsewhere, because it’s hardly limited to health care settings — can politely explain how they prefer to be spoken to and what they want to be called, especially as cultural differences come into play. You can read more about the study [here](#).

Learn What to Say to a Caregiver: As we heard at the Annual Forum, informal caregiving is a job most of us were never trained to do. Taking on that role changes everything. Most caregivers work behind the scenes, managing the day-to-day needs of a loved one or friend while trying to work and nurture their own families. If you know a caregiver, there are several ways to offer help. Instead of asking the caregiver what they need, offer actionable empathy. For example, give them the benefit of your time by offering specific and practical ways to help, such as picking up groceries. Engage in active listening and resist casting them as heroes when they share their stories. Simply checking in can help caregivers feel connected. A heartfelt message, without expecting a call or text back, is best. You can read more about how to speak to caregivers [here](#). You can also check out a [new documentary](#) from WETA revealing America’s caregiving crisis through intimate stories and expert insight.

Learn About Caregiving Around the World: A new book by economists Jonathan Gruber and Kathleen McGarry compares how 10 relatively wealthy countries approach the challenges of providing long-term care. In their chapter about the U.S., Gruber and McGarry emphasize a remarkable fact: About one-third of long-term care for the elderly in the U.S. is informal, provided by family and friends, despite limited time and resources. Overall, long-term care is 2 percent of U.S. GDP. But the whole world is aging rapidly. The share of the population over 65 is growing rapidly everywhere, and within that, the share of the elderly that are over 85 is growing rapidly. The authors believe that, in the U.S., the issue is not so much drastically changing how much it spends on long-term care, but how it spends. The Dutch have a relatively more extensive system of elder communities — the “congregate housing” for the elderly who are not desperately unwell, but simply find self-reliance increasingly hard. You can read more about this research [here](#).

Celebrate Alzheimer's Awareness Month: June is Alzheimer's Awareness Month. As Alzheimer's and other dementias affect more older adults in Maryland, it's essential to strengthen policies and resources for comprehensive care and support. Early detection is key, and the free AD8: Washington University Dementia Screening Test is now available on Maryland Access Point (MAP) to help identify signs of cognitive decline. Individuals, caregivers, and health care providers can access AD8 at marylandaccesspoint.211md.org with trained MAP counselors ready to assist. Maryland's Caregiver Navigation Grant initiative further supports families by improving access to resources, guiding care decisions, and providing essential dementia care information. Visit MDOA's Brain Health page for more details at aging.maryland.gov.

Understand the Impact of Proposed Federal Budget Cuts on Older People: On Wednesday May 21, the Alliance for Aging Research hosted a morning briefing with *The Hill*, "Health Safety Net Programs: Will Older Adults Fall Through?" Concerns about the federal budget, staffing, and programming cuts took center stage while opportunities were also discussed. Federal health policy has seen major shifts leaving millions of families and older Americans with new questions about their healthcare access. Speakers explained their perspectives on the impact of federal health agency RIFs (Reduction in Force); how proposed cuts in Medicaid, SNAP, and other essential programs will affect older Americans; and opportunities for positive change, such as PBM accountability and the EPIC Act's "pill penalty" fix. You can watch the briefing [here](#).

Learn about the New Age-Friendly Hospital Measure: On May 27, *Health Affairs* held a special lunch and learn virtual event featuring a conversation between Clifford Ko and Katherine Ornstein on how the new Age-Friendly Hospital Measure aims to improve the quality and experience of inpatient care for older Americans. This event was sponsored by The John A. Hartford Foundation as part of the [Age-Friendly Health](#) series. You can watch the webinar [here](#).

Have a "Great" Adventure at Black Hill Discovery Center: If you're looking for an adventure to take with your grandchildren or school age relatives this summer, look no further than Black Hill Discovery Center in Boyds. On Friday, August 22, you can board the pontoon boat for a cruise around Little Seneca Lake looking for the creatures that are stirring around the lake and hear some stories about the lake as you boat along. The fee is \$8. [You can register here](#). Or, if you'd prefer, you can take a 55+ lake tour by kayak on Sunday July 20 (and every other Sunday during summer). Registration is required and there is a fee. [Learn more about kayak tours here](#). Make 2025 the "Summer of Discovery".