



Montgomery County Commission on Aging
Meeting Agenda
March 27, 2025

9:15 am to 11:45 am

Virtual via Zoom Link:

<https://us06web.zoom.us/j/82378694890?pwd=YU5RaHJQTjINTSzYvZ2lObHNqY204Zz09>

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

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| 9:15 AM | Welcome |
| 9:30 AM | Q & A with Marc Elrich, County Executive |
| 10:00 AM | A & D and AAA Updates |
| 10:20 AM | Liaison Reports: JCA, Senior Nutrition Program |
| 10:30 AM | Old Business <ul style="list-style-type: none">- Approval of Minutes- CoA Co-Chairs report on action items- Overview of FY26 budget and planning for meetings with County Council members- Update on Public Forum Planning |
| 11:15 AM | Committee Reports |
| 11:45 AM | Action items/Adjourn |

Calendar of Upcoming Events - Meet your fellow Commissioners and Support our Liaisons.

- April 5 - The Arc Montgomery County's Respite Resource & Health Fair, Activity Center at Bohrer Park, 506 S Frederick Ave, Gaithersburg, MD 20877, 10 AM — 2 PM, Free
- May 1 – City of Gaithersburg Active Aging Expo, Activity Center at Bohrer Park, 506 S Frederick Ave, Gaithersburg, MD 20877, 9 AM — 2 PM, Free
- May 17 – Gaithersburg Book Festival, Bohrer Park, 506 S Frederick Ave, Gaithersburg, MD 20877 10 AM to 6 PM, Free
- May 30 – Montgomery County Observes Older Americans Month, White Oak Senior Center, 1700 April Lane, Silver Spring, MD 20904 (details forthcoming)
- June 17 – World Elder Abuse Day, Holiday Park Senior Center, 3950 Ferrara Drive, Silver Spring, MD 20906

News You Can Use To:

Assess Your Risk for Alzheimer's Disease: People who are concerned about memory function can now utilize an updated, easy-to-use screening tool known as AD8 (Ascertain Dementia 8) to help identify signs of dementia or mild cognitive impairment. The evidence-based screening tool asks users eight brief questions related to memory, orientation, judgment, and function and can detect early cognitive changes associated with several brain-related illnesses, including Alzheimer's disease, vascular dementia, and Lewy body dementia. AD8 is offered in several languages and can be self-administered or given by family members, loved ones, health care providers, and caregivers. In addition, Maryland Access Point (MAP) counselors across the state have been trained on how to administer the helpful tool. Call 1-844-MAP-LINK (1-844-627-5465) or visit marylandaccesspoint.211md.org to reach a MAP counselor near you. To learn more, visit Aging.Maryland.Gov/Brainhealth.

Manage Your Diabetes: The Maryland Living Well Center of Excellence offers an online Diabetes Self-Management class designed to help you enhance your blood sugar management skills, create healthier menu and exercise plans, and gain the knowledge to ask your doctor informed questions. The class starts on **March 24th** and will meet virtually every Monday at 6:00 pm through April 28th. [Click here](#) to register.

Learn How to Build a Longevity-Ready Maryland: The growing population of older adults in Maryland introduces both challenges and opportunities. One of the defining influences in the years to come, this significant demographic shift will impact how families, communities, and economies function. The public is invited to review Maryland's multisector plan for aging and learn how we intend to fundamentally transform how we approach aging in Maryland. On **Thursday, April 3 from 1:00 to 2:30 PM**, Maryland Nonprofits in collaboration with the Maryland Department of Aging will be hosting a webinar town hall to discuss Maryland's multisector plan for aging. Don't miss the opportunity to join the conversation and help pave the way for a Longevity Ready Maryland. You can register [here](#).

Recognize Volunteers in Your Community: Do you know an older volunteer who has made outstanding contributions to improve the lives of others in the community? Now is your chance to nominate them for the 2025 Maryland Senior Citizens Hall of Fame Award. Each year, the Executive Board of the Maryland Senior Citizens Hall of Fame inducts 25 outstanding older volunteers into their Hall of Fame. Nominations must be received by **April 7, 2025**. The induction luncheon will be held on October 16, 2025 in Clarksville, MD. Visit mschf.org/nominate for more information.

Learn about the Newest PACE Program in Montgomery County: Program of All-Inclusive Care for the Elderly (PACE) is a Medicare and Medicaid program that helps people meet their health care needs in the community instead of going to a nursing home or other care facility. You are invited to the grand opening of the Trinity Health PACE program in Montgomery County on **April**

10 beginning at 4:30 PM. Lucia Zegarra, public health and community leader, will serve as emcee. The program will be located at 200 Perry Parkway, Suite 1, in Gaithersburg. Please RSVP to thpaceinfo@trinity-health.org.

Save the Date for the Public Forum: The Commission on Aging will be sponsoring a public forum “Revaluing Care: Building Policies, Programs, and Connections to Support Caregiving in our Community” on Wednesday, **May 21, 2025**, from 9:00 am to 3:00 pm, at the Bohrer Park Activity Center, Gaithersburg, Maryland. It will bring together public policymakers, County staff, national experts, and members of the caregiving community to explore the experiences and challenges faced by “unpaid” family caregivers in the County. Registration information will be coming soon. In the meantime, check out these other caregiving resources:

- [National Alliance for Caregiving Policy Brief: The Role of Medicaid in Supporting Family Caregivers](#)
- [HCBS Services Clearinghouse: State Efforts to Integrate Family Caregivers and Direct Care Workers](#)
- [Veterans Health Administration Caregiver-2-Go Stories of Love, Support and Strength](#)

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