

Commission on Aging
January 23, 2025
9:30 A.M.- 11:45 A.M.

Virtual via Zoom Link:

<https://us06web.zoom.us/j/82378694890?pwd=YU5RaHJQTjNTSzYvZ2lObHNqY204Zz09>

Phone Call-In: 301-715-8592

Meeting ID: 823 7869 4890 and Passcode: 297852

Agenda

- 9:30 A.M. Welcome– Wayne Berman and Linda Bergofsky, Co-Chairs
- Roll Call
- 9:35 A.M. AAA Director, A&D Chief updates – Dr. Kimberly Johnson, Dr. Patrice McGhee
- 9:45 A.M. Liaison Reports – Recreation, Transportation, JCA
- 10:15 A.M. Commission on Aging Old Business
- Approval of November CoA minutes, discuss action items
 - Co-Chairs Report
 - Review of letters written and actions since the last meeting
 - Review speakers and calendar for 2025
 - Public Policy Forum topic discussion and call for volunteers
- 11:20 A.M. Committee Reports
- Aging in Community
 - Health and Wellness
 - Communications
 - Public Policy
- 11:35 A.M. New Business
- Brief Orientation
 - Action Items
 - Nominations Committee
 - Forum Planning Committee
 - Arranging for February speakers
- 11:45 A.M. Adjourn

Attachments:

Minutes from November 21, 2023 CoA meeting
Public Forum topic proposals
Calendar of all meetings for remainder of 2025
Suggested topics for full CoA meetings

***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

Aging Research

Academia-driven support empowers local Villages to increase internal data collection capacity: A recent partnership between the University of Maryland Baltimore County (UMBC), the Maryland Department of Aging (MDOA), and the Washington Area Village Exchange (WAVE) explored practical ways Villages can evaluate internal data collection challenges and improve data collection capabilities over time. UMBC's Entrepreneurial Innovation Leadership class connected students with nine Maryland Villages through WAVE to document their data collection methods and create realistic approaches in evaluating their needs. The result was the [development of a data collection toolkit](#) that helps Villages identify where they are in their data collection maturity process and gradually increase their internal capacity to accommodate more data, reduce administrative burden, and improve service delivery. The partnership will continue in the next Design Thinking class, where online data collection application concepts will be further developed.

Comprehensive evaluations of dementia services across the nation will lead to advances in care: Maryland and Virginia have been chosen as target states to launch the [State Alzheimer's Research Support Center \(StARS\)](#), a national data resource and interdisciplinary collaborative network to examine the accessibility, affordability, and effectiveness of coordinated dementia care services across the U.S. MDOA is currently helping to identify stakeholders to participate in the pilot program which will enable comprehensive evaluations of dementia care services across the nation, and lead to the dissemination of best practice approaches in dementia care and policies to support service providers. StARS was developed by faculty at the Johns Hopkins School of Nursing Center for Equity in Aging in partnership with researchers at the University of Minnesota School of Public Health and Emory University Rollins School of Public Health.

Supporting artificial intelligence innovators to revolutionize data-sharing processes for aging in place: The Johns Hopkins Human Aging Project is promoting innovation in artificial intelligence (AI) technology to improve the health and well-being of older adults through its [Artificial Intelligence & Technology Collaboratory for Aging Research](#). It will provide access to funding and resources to leverage AI in ways that reach a broader range of underserved older adults to improve their ability to remain in their homes as they age, stay connected with others, and reduce or delay dependency. Preliminary program applications are currently being accepted until January 15, 2025.

News You Can Use to ...

Stay Healthy: The Maryland Department of Aging has updated an Alzheimer's disease and related dementia screening tool for individuals concerned about their memory or cognitive health and trained 150 counselors at Maryland Access Point (MAP) sites across the state on how to administer the revised tool. Known as AD8, the evidence-based screening tool is easy to use and can be self-administered or given by family members, loved ones, health care providers, or caregivers. AD8 (Ascertain Dementia 8) asks users eight brief questions related to memory, orientation, judgement, and function to help identify signs of dementia or mild impairment. Available in multiple languages, the tool can detect early cognitive changes associated with a number of brain-related illnesses, including Alzheimer's disease, vascular dementia, and Lewy body dementia. When someone answers yes to two or more of the questions, further evaluation is suggested. For assistance using this screening tool, call MAP at 1-844-MAP-LINK (1-844-627-5465). You can also access the tool online at <https://marylandaccesspoint.211md.org/explore-my-options/alzheimers-disease-related-dementia/assessment/>.

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Learn More about Programs that Support Older People: It's time to reauthorize the Older Americans Act (OAA)! OAA funded programs, such as Senior Centers, in-home care, job training, caregiver support, and more, are essential to older Montgomery County residents who rely on these services to stay healthy and independent. The National Council on Aging has a [fact sheet](#) on the OAA and offers an opportunity to [advocate](#) for re-authorization with our Federal elected officials.

While an anecdote is not evidence, reading [this story](#) about Joanne Erickson, a 70 year old woman who was evicted from her home of 23 years, may help us all appreciate how we must continue to work for a coordinated and all of government approach to affordable housing for older people.

When thinking about the crushing weight of student debt, most people don't consider older adults. But, according to the [Washington Post](#), "older borrowers are among the fastest-growing segments of the government's student loan portfolio and their Social Security benefits are subject to garnishment." Advocates are asking the US Department of Education to use a little-known federal statute that considers a person's ability to pay within a reasonable time and the inability of the government to collect the debt in full.

Starting in 2025, certain people with Medicare have a new right to appeal their placement on "observation status" in hospitals. This right will help ensure access to follow-up care in nursing facilities and relief from significant out-of-pocket costs. There are two types of appeals: (1) retrospective appeals for certain people who did not have an appeal process available at the time they were in the hospital or nursing facility, dating back to January 1, 2009, and (2) prospective appeals for people who are in the hospital and wish to appeal their reclassification from inpatient to observation, starting February 14, 2025. Information about these appeals is now available on the Center for Medicare Advocacy's website:

[Frequently Asked Questions](#)

[Retrospective Appeals Infographic](#)

[Observation status appeals resources](#)

Understand Trends in in How People Approach Aging: KFF Health News' "Navigating Aging" columnist, Judith Graham, spent six months this year talking to older adults who live alone by choice or by circumstance — most commonly, a spouse's death. They shared their hopes and fears, challenges, and strategies for aging solo. "Navigating Aging" focuses on medical issues and advice associated with aging and end-of-life care, helping America's 45 million seniors and their families navigate the health care system. Graham moderated a live event on Dec. 11, hosted by KFF Health News and The John A. Hartford Foundation. She invited five seniors ranging in age from 71 to 102 and from across the country — from Seattle; Chicago; Asheville, North Carolina; New York City; and rural Maine — to talk candidly about the ways they are thriving at this stage of life. You can watch the interviews and read other articles about "Going it Alone" [here](#).

Learn about Other County Boards, Committees, and Commissions: The Montgomery County Commission for Women will host its 45th Annual Women's Legislative Briefing (WLB), at 12:30 p.m. on Saturday, Jan. 25, at The Universities at Shady Grove (USG). USG is located at 9630 Gudelsky Drive in Rockville. This year's theme, EMPOW(HER): Breaking Barriers to Success, calls for collective efforts to foster environments where women and girls can achieve success without facing

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limitations based on gender. The WLB is open to the public and not limited to Montgomery County residents. Tickets are available to purchase [here](#).

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