



Commission on Aging
Health & Wellness Committee
October 7, 2025 Meeting Minutes

Meeting Location

Remote via Zoom

<https://montgomerycountymd-gov.zoom.us/j/87688595357?pwd=cUqRGUajdbICLSHb4rVOozcDNL63Xo.1>

Mission

The H&W Committee focuses attention on both the physical and mental health needs of older adults, including home and community-based services and elder abuse prevention. The Committee assesses health and wellness issues and provides recommendations to the Commission on Aging in its role as an advisor to the County.

Attendance

Members Present (In-person and remote)

- Linda Bergofsky
- Albert Woodward
- Eleanor Tanno
- Virginia Cain
- Wayne Berman
- Ora Johnson
- Lisa Sun
- Laurie Pross

Proof of Quorum

No quorum requirements have been established for Committee meetings

Staff Present

- Tina Purser-Langley (HHS)

- Sara Swarr (Recreation)
- Stacey Sigler (Recreation)

Guests

- Kuttawa Wang
- Suzanne Bowler
- Irwin Larrier
- Swikriti Subedi
- Albertha Coley

Guest Speakers

- Rhonda Baird

Handouts

- None

Call To Order

The meeting was called to order at 9:30 AM.

Welcome and Introductions

Laurie welcomed those in attendance and each person introduced herself/himself to the group.

Review and Approval of Previous Meeting Minutes

Minutes from the September 2025 meeting of this committee were not yet available for review and will be sent under separate cover within a week or so.

Review and Approve Meeting Agenda

The agenda was approved unanimously.

Meeting Minutes Agenda Items

1. Rhonda Baird, the Executive Director of Resilient Health Communities gave a presentation on Stronger Memory.
 - a. Developed a number of years ago at Goodwin Living, Stronger Memory was then studied and its effectiveness corroborated by researchers at George Mason

University. The program was designed to prevent/ameliorate already existing cognitive impairment.

- b. Stronger Memory is intended to be used in conjunction with an overall lifestyle approach that emphasizes reduction of stress, the elimination of smoking, increasing hydration and exercise, the promotion of lifelong learning and volunteerism. The specific focus of the Stronger Memory program itself is 3-pronged: 10-minutes each spent on: reading aloud, cursive writing, and simple math problems done quickly-each done 3-5 times a week. These “brain boosts” were illustrated by poems read aloud and examples of “10 things we love about aging!”. Attendees practiced the techniques using an abbreviated time line.
- c. Rhonda Baird’s non-profit Resilient Health Communities is a local, grassroots organization which was created in November of 2024 and is working closely with local partners, is remaining true to its roots by staying independent financially, aiming to be scalable and sustainable. This model chooses to empower older adults with simple tools while remaining accessible to all and volunteer-driven.

The next meeting will be Tuesday, November 4, 2025 at 9:30 AM.

Adjournment

The meeting was adjourned at 11:45 AM.