

Commission on Aging Montgomery County, Maryland



New Member Orientation Booklet 2021

CoA Buddies

Wayne Berman	Laurie Pross
Jean Dinwiddie	Mona Grieser
Joyce Dubow	Virginia Cain
Karon Phillips	Sibo Ncube
Barbara Selter	Nkiru (Niki) Ezeani
Hillery Tsumba	Betsy Carrier
Marsha Weber	David Engel
Janice Zalen	Kendall Matthews

Purpose of the Orientation Booklet

The purpose of this *Orientation Booklet* is to acquaint new Commission members with the Commission on Aging and its members, activities, and rules and regulations. More comprehensive information about the CoA can be found in the *Operations Handbook* that is provided to every Commission member.

Nondiscrimination Policy

The Commission does not discriminate based on race, creed, color, ethnicity, national origin, religion, sex, sexual orientation, gender expression, age, height, weight, physical or mental ability, veteran status, military obligations, or marital status.

Welcome



Dear new member of the Commission on Aging:

Congratulations and welcome to the Montgomery County Commission on Aging! Thank you for volunteering and your interest in issues affecting older adults in our County.

The Commission's work is ever more significant as our older adult population continues to grow and to become more diverse. Older adults are the fastest growing age group in the County and many face significant issues such as housing costs and living with at least one physical disability.

Commission activities include monthly meetings of the full commission, the Executive Committee, and each of its four other committees. We engage in concentrated studies of age-relevant issues including affordable housing, hearing loss issues, and the need for financial assistance to help cover the high cost of assisted living. We also co-produce the monthly County Cable Montgomery program, *50+ in Montgomery County*, which informs the community about issues, programs, and activities for older adults.

All CoA meetings are open to the public. In addition, to help inform the Commission's priorities and advocacy, full Commission and committee meetings frequently include invited guests who share their expertise on important topics. Meetings are also attended by representatives from other Montgomery County commissions, boards, committees, departments, and agencies, and interested stakeholders.

Commissioners are in frequent contact with the County Executive, County Council members, department directors and staff, State and Federal legislators, members of the public, and others to advance programs, services, and policies on behalf of County older adults. We provide oral and written testimony on legislative, budget, and program issues and priorities pending before the County Council; we meet with the County Executive, members of the Council, and County executive branch directors; we have ongoing communication with department staff; and we collaborate with other County boards, committees, commissions, and stakeholders on issues of mutual interest.

There is much to learn as a new Commissioner. Your colleagues stand ready to help you as you begin your new role. Should you have any questions or concerns, please do not hesitate to contact me or any other Commissioner who may be able to help point you in the right direction.

Again, welcome to the Montgomery County Commission on Aging. We look forward to working with you!

Sincerely,

Barbara Selter
Chair

Current Commission Members and Staff

Officers

Barbara Selter, Chair
Edgar Rivas, Vice Chair
Janice Zalen, Secretary
Richard Jourdenais, Budget and Finance Advisor

Committee Chairs

Aging in Community: Wayne Berman and Monica Schaeffer
Communications: Jean Dinwiddie and Beverly Rollins
Health and Wellness: Neal Brown and Marsha Weber
Public Policy: Morris Klein and Ryan Wilson

Executive Committee

(Comprised of CoA Officers and Committee Chairs)

Commission Members

Wayne Berman, Neal Brown, Virginia Cain, Elizabeth Carrier, Jean Dinwiddie, Joyce Dubow, David Engel, Nkiru Ezeani, Arunima Ghosh, Mona Grieser, Richard Jourdenais, Morris Klein, Kendell Matthews, Nanine Meiklejohn, Ruby Moone, Sibon Ncube, Karon Phillips, Laurie Pross, Edgar Rivas, Beverly Rollins, Monica H. Schaeffer, Barbara Selter, Katie Smith, Mary Sweeney, Tho Tran, Hillery Tsumba, Marsha Weber, T. Ryan Wilson, Arthur Williams, Janice Zalen

County Staff CoA Assignments

Pazit Aviv: Aging in Community
Shawn Brennan: Full CoA Activities; Executive Committee; Public Policy Committee
Tremayne Jones: Administrative Duties
Jennifer Long: Communications
Tina Purser-Langley: Health and Wellness

Patrice McGhee: Director, Area Agency on Aging
Odile Brunetto: Chief, Aging and Disability Services

Liaisons

Monique Gardner, African American Health Program; Sara Swarr, Montgomery County Department of Recreation; David Engel, GROWS; Denise Israel, Montgomery County Department of Transportation; Lorraine Driscoll, Montgomery County Department of Housing and Community Affairs; Marcia Pruzan, Age-Friendly Montgomery; Jim Resnick, Montgomery County Fire and Rescue; Arlee Wallace, African American Health Program; Chuck Kaufmann, CoA Alumni Association

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About the Commission

History

The Commission on Aging was established by Montgomery County in 1974 pursuant to a requirement of the Federal *Older Americans Act of 1965*, that there be an Advisory Council to the Area Agency on Aging. (42 U.S.C. Sec. 3001 et. seq.; MC Code Article III, Sec. 27-34.) It operated under the auspices of the County Council until August 1987 when its operation was transferred to the Executive Branch. In creating the Commission, the Council declared:

It is hereby declared to be the public policy of the County to promote and initiate programs to improve conditions of the aging or elderly in the County; to work toward elimination of restrictions which impede older citizens from full participation in the mainstream of community life; and to assist and stimulate all levels of government and the community to be more responsive to the needs of the County's older citizens.

Vision

To enable older adults to live quality lives, regardless of their abilities, so that Montgomery County is their community for a lifetime.

Mission

Recognizing Montgomery County's diversity and that older adults are the fastest growing demographic in the County, the CoA will serve as a valued voice for older adults.

Diversity, Equity, and Inclusion Commitment

We are committed to being a just, inclusive, anti-racist, anti-agist, and equitable community that values and honors the unique qualities, wisdom and lived experience of all people. We are steadfast in our commitment to foster a diverse, equitable, and inclusive community, where all are able to meaningfully contribute and thrive.

Purpose

The CoA serves as an advocate for the health, safety, and well-being of the County's older residents. It supports both safety net services for the frail elderly and programs to meet the interests and needs of older adults who want to age in their communities.

Values

Everything the CoA does is guided by compassion, collaboration, reliability, integrity, and respect.

Goals

The goals of the CoA are to:

- Advocate for the safety net for older adults regardless of budgetary pressures;
- Monitor County government programs to increase responsiveness to the needs of older adults;
- Focus attention on the capacity of older adults to participate fully in community life;
- Advocate for the range of support services for older adults who choose to remain independent in their community and/or their own homes ("Aging in Place").

The Commission's Work

The Commission identifies significant issues where its voice on the needs of older adults can make a difference. It advises the County Executive, County Council, the Department of Health and Human Services (including Aging and Disability Services and the Area Agency on Aging), as well as other County departments on the interests, needs and problems of older adults in the County. The CoA conducts public hearings and reviews and comments on community policies, programs, and actions that affect older persons with the intent of ensuring maximum coordination and responsiveness to older persons.

With the exception of its co-sponsorship of the *50+ in Montgomery County* cable television program and discrete community outreach and education efforts, the Commission does not administer or operate programs, or adopt or enact regulations or legislation.



Commission Membership

The Commission on Aging consists of no fewer than 18 members appointed by the County Executive, subject to confirmation by the County Council. Members must be County residents of whom a majority shall be age 60 and older. Members include: those who participate in or who are eligible to participate in programs under the *Older Americans Act*; local elected officials or their designees; individuals who are or who have been active in government, business, industry, labor, community service, religious, social services, education, the professions; and representatives of major organizations or agencies concerned with aging.

The term of office of each of the appointed CoA members is three years. A member must not serve more than 2 consecutive terms. Members shall continue in office until their successors are appointed and approved.

CoA members are allowed three absences during a year. They are expected to actively participate in at least one committee.

CoA members receive no compensation for their services. All CoA meetings are open to the public.

Powers of the Commission

The Commission shall have the power and it shall be its duty:

(a) To research, assemble, analyze, and disseminate pertinent data and educational materials relating to activities and programs which will assist in meeting the needs and solving the problems of the aging; to cooperate with public and private agencies, organizations and individuals in identifying and solving the problems of the aging; and to develop and conduct, as appropriate, in cooperation with County government, other services and programs dealing with the problems and needs of the aging.

(b) To review plans of primary concern to the aging that are developed by other Commissions, agencies, offices, and departments of the County government.

(c) To develop an information and referral system for all services in the County related specifically to the needs of the aging.



(d) To institute and conduct educational and other programs, meetings, and conferences to promote the welfare of the aging. In the performance of its duties, the Commission shall cooperate with all interested citizens, community, business, professional, technical, educational, health and civic organizations.

(e) To cooperate with the County

Executive and all governmental agencies concerned with matters within the jurisdiction of the Commission.

(f) To study and investigate by means of public or private meetings, conferences and public hearings, conditions which may result in unmet needs or in discrimination or prejudice because of age.

(g) To advise and counsel the residents of the County, the County Council, the County Executive and the various departments of County, State and Federal governments on matters involving the needs of the aging, and to recommend such procedures, programs, or legislation as it may deem necessary and proper to promote and ensure equal rights and opportunities for all persons, regardless of their age.

(h) To work to remove the unmet needs or discrimination or prejudice on the basis of age in such areas as housing, recreation, employment, education, community services, and related matters.

(i) To adopt such rules and procedures as may be necessary to carry out the purposes of this article; to keep a record of its activities and minutes of all meetings; such records and minutes shall be on file and shall be open to the public at reasonable business hours upon request.

(j) To prepare and submit to the County Executive a budget to include the recommended appropriation for its own operation. In submitting a recommended budget for carrying out the operation of the Commission, the County Executive shall take into consideration the recommendations of the Commission, and if requested by the Commission, grant a hearing to the Commission.

How the Commission Does Its Work

The CoA becomes aware of older adult issues in any number of ways: HHS staff raise them at a general meeting, individual commissioners or committees bring them to the attention of the other commissioners; or invited guest speakers discuss them with members of a committee. How the CoA acts on the issue is largely a matter of how quickly it has to respond, and also the magnitude and importance it places on the issue.

Because of the limited timeframe that the State legislature is in session or when the County's budget is being formulated, the commission usually acts quickly to prepare a statement or a response to those issues with time constraints. Such documents are usually prepared by or sent to the Public Policy Committee by another committee for the Public Policy Committee's review to ensure its legal and substantive accuracy. After the PPC finishes its review, the document is then sent to the Executive Committee for its approval. At that time, based upon the need for an urgent response, the Executive Committee can decide whether the document should go before the CoA or whether it (the Executive Committee) has the authority to approve it.

On other matters where time is not a critical factor, issues may either arise in a committee or be referred to a committee or a task force to study. That committee/task force reviews the topic by doing its own research and by meeting with experts to discuss it. After completing its investigation, the committee/task force will prepare a report of its findings. This report is then forwarded to the Public Policy Committee for review, to ensure recommendations are consistent with previous CoA positions, and for legal and substantive accuracy. After Public Policy finishes its analysis, the report is either returned to the committee/task force for suggested revisions or submitted to the Executive Committee for its review.

The Executive Committee will discuss the proposed report and either submit it to the entire CoA for review or request that the committee/task force make revisions. If it is returned to the committee/task force, usually that committee/task force will again submit its revised draft to the Public Policy Committee for a second review. Public Policy will then again either return it to the committee/task force suggesting further revisions or re-submit it to the Executive Committee.

Once the Executive Committee approves the report, it is then submitted to the entire CoA for its review and approval. If a quorum of the current CoA members approves the document then it is distributed. If it is not approved, the CoA members can decide to return it to the committee/task force that prepared it for more revisions, or table the study, or decide not pursue the study.

Committees and Task Forces

Committees

The CoA uses a committee process to develop positions on budget and legislative priorities. Committee members examine issues in depth and make recommendations to the Executive Committee (which is comprised of the CoA officers and all committee chairs), and to the full

Commission. CoA members are expected to actively participate in at least one committee. The CoA's current committees include:

Executive Committee

- Consists of the chair, vice-chair, secretary, budget and finance advisor, chairs of committees, and the immediate past chair of the CoA.
- Reviews and coordinates the activities of the CoA.
- Develops and proposes priorities, policies, and recommendations, including those related to the County budget, for consideration and approval by the CoA, and implements approved CoA priorities, policies, and recommendations on behalf of the CoA as appropriate.
- Ensures that there is a process in place for tracking and monitoring the implementation of approved CoA priorities, policies, and recommendations.
- Implements procedures, including new member orientation, to ensure that every CoA member is aware of his or her responsibilities.
- Works closely with the Director of the Area Aging and staff for guidance on much of its functioning.

Aging in Community

- Identifies issues that enable older adults to age either in their own homes or in other environments in the community and provides recommendations to the CoA for advising County leaders.
- Advises CoA on advocating for the development and implementation of a transportation and mobility plan that addresses the diverse transportation needs of older adults in the County.
- Monitors implementation of County housing and zoning policies so that older adults have greater choices in dwelling types.
- Recommends action to the CoA on relevant issues related to Aging in Place/Community such as Villages, outdoor spaces and buildings, employment, and safety & security as needed.

Communications

- Makes recommendations for the CoA to advise the County government on communication and outreach services to meet the needs of the growing and diverse population of older adults.
- Heightens visibility of the CoA through projects such as older adult public information campaigns.
- Collaborates with other Commission committees to identify information and awareness needs of County older adults, develop communication messages, and propose communication approaches, including through the use of technology.
- Supports outreach and communication to stakeholder groups.
- Advises CoA leadership concerning outreach and communication related to advocacy and to combat ageism, including outreach to diverse older adult communities.

- Produces a monthly cable program for older adults, entitled *50+ in Montgomery County* (formerly *Seniors Today*) (<https://www.montgomerycountymd.gov/ccm/seniorstoday.html>).
- Advises other CoA committees, as needed, and the Commission about the needs of older adults through outreach and communications with diverse communities.

Health and Wellness

- Focuses attention on both the physical and mental health needs of older adults, including home- and community-based services and elder abuse prevention.
- Assesses and evaluates health and wellness issues.
- Develops and provides recommendations to the CoA about health and wellness issues to advise County leaders.

Public Policy

- Examines policies, programs, and proposals of the local, State, and Federal governments for their effect on the lives of County older adults.
- Recommends advocacy positions to the Commission.
- Cooperates with legislators and other government officials on design and development of policies and services to enhance the lives of County older adults.
- Collaborates with other Commission committees on advocacy efforts, especially finalizing letters and reviewing CoA reports.
- Provides direction and support to the CoA on visits with County Council visits, communication with elected officials, and the annual Legislative Breakfast.

Task Forces

When topics or situations arise that do not fall under the purview of one committee, the CoA may decide to conduct a swift and/or pointed investigation. In those cases the chair may request that a special task force be established, consisting of CoA members who volunteer to participate. Task forces are not permanent and generally only research specific topics. Although they are not subject to the same reporting requirements as the full CoA and the committees, they often issue reports to the Executive Committee and the full CoA for review, and if necessary, approval. Every year, task forces are formed to interview and select new CoA members, nominate new CoA officers, and to review nominations for the Neal Potter Award.

General Commission Calendar

January

The CoA prepares its *Annual Report*; reviews pertinent County, State, and U.S. proposed legislation; interviews CoA applicants, monitors the Maryland General Assembly

February

CoA members review proposed legislation and interview of CoA applicants continue

March

The County Executive unveils proposed budget priorities on or around March 15; The CoA reviews that budget and identifies priority items that are included and not included in the budget; the CoA prepares testimony detailing its budget priorities; appointment and orientation of new CoA members.

April

CoA members meet with County Council members individually; the CoA chair provides budget priorities testimony (oral and written) to the full County Council at one of a series of budget hearings.

May

The CoA holds its annual Public Forum (formerly known as the Stakeholders Meeting); the County Council approves a budget; the CoA thanks the County Council for passing a budget; the CoA monthly meeting includes a presentation from the AAA Director and the Aging and Disability Director on the budget process and on CoA priority items that were or were not funded.

June

The CoA holds its annual planning meeting and identifies preliminary budget priorities for the following fiscal year; reviews CoA Member Handbook.

July (discretionary session as directed by the chair)

The CoA votes on its budget priorities for the following fiscal year.

August

No meeting of the full CoA

September

Appointment of a CoA officer nominating committee and CoA membership interview panel; identify CoA priorities for County Council policy priorities, CoA Commissioners meet with Montgomery County department directors to discuss budget needs and presents its budget priorities (written and oral) to the HHS Director.

October

The CoA prepares and provides testimony to the HHS committee of the County Council. Prepares for the annual Legislative Breakfast.

November

The CoA testifies on CoA State priorities at the Montgomery County State Delegation Public Hearing (written and oral testimony); hosts a Legislative Breakfast with Montgomery County State Delegation and U.S. Members of Congress representing Montgomery County to discuss CoA budget priorities including a discussion of CoA priorities for the delegation; distributing legislative packets, and providing testimony about proposed legislative initiatives

December

Appointment of new CoA officers and holiday luncheon; the CoA presents a written statement of budget priorities to the County Executive and tries to meet with him.

In Addition

The Age Friendly Montgomery Advisory Group meets about every other month.

The HHS Director meets quarterly with the chairs of the Commissions pertinent to HHS.

Council Bills are introduced throughout the year and the CoA testifies as indicated.

CoA Interactions with the County Aging and Disability Staff

Montgomery County's Area Agency on Aging resides within the County's Aging and Disability Services, which is part of the County's Department of Health and Human Services. The CoA acts as the Advisory Council to the AAA.

AAA staff attend each monthly full Commission, and the monthly committee meetings. They provide information and resources to CoA members so that they can carry out their activities. They also provide administrative support to the Commission and maintain its webpage.

CoA Collaborations and Partnerships

The Commission collaborates with other boards, committees, commissions, the Age-Friendly Montgomery Initiative, and stakeholder groups. Several such entities send liaisons to Commission meetings, and some Commission members serve as liaisons to other boards, committees, and commissions. The Commission looks for opportunities to collaborate with other groups on common issues. In addition, most Commission members are active in other organizations supporting older adult services.

Protocol for Meeting with Councilmembers and the County Executive

In March of each year, the CoA reviews the County Executive's budget for items affecting older adults, particularly those that the CoA has identified as priorities. Members then meet in teams of two or three with Councilmembers and/or their staff to advocate for those priorities and discuss other issues of concern. All CoA members are expected to participate in at least one such meeting. As a resource, members receive a one-to-two page set of talking points prepared by the Public Policy Committee and approved by the Executive Committee.

Health and Human Services staff schedules the appointments and CoA members sign up to participate. A good practice is for each team to include a member who is familiar with the issues and/or the meeting process. Meetings take place at the Council building or virtually and usually last about 30 minutes.

HHS prepares packets containing the CoA Annual Report, CoA membership list, the CoA budget priorities statement, and other relevant material. Each CoA member will receive a packet, and the team will also receive a packet to give to the Council member with whom they are meeting. Members can pick up these packets at the HHS office.



Before the meeting, the CoA team gets together for a few minutes to discuss strategy (e.g., who will speak to which issue). Following the meeting, the team provides a short summary of the discussion to the CoA chair, who shares it with other Commission members.

As with any such advocacy, CoA members are representing the Commission on Aging, not their personal opinions or those of other organizations with whom they are affiliated.

Appendices

Montgomery County Organizational Chart

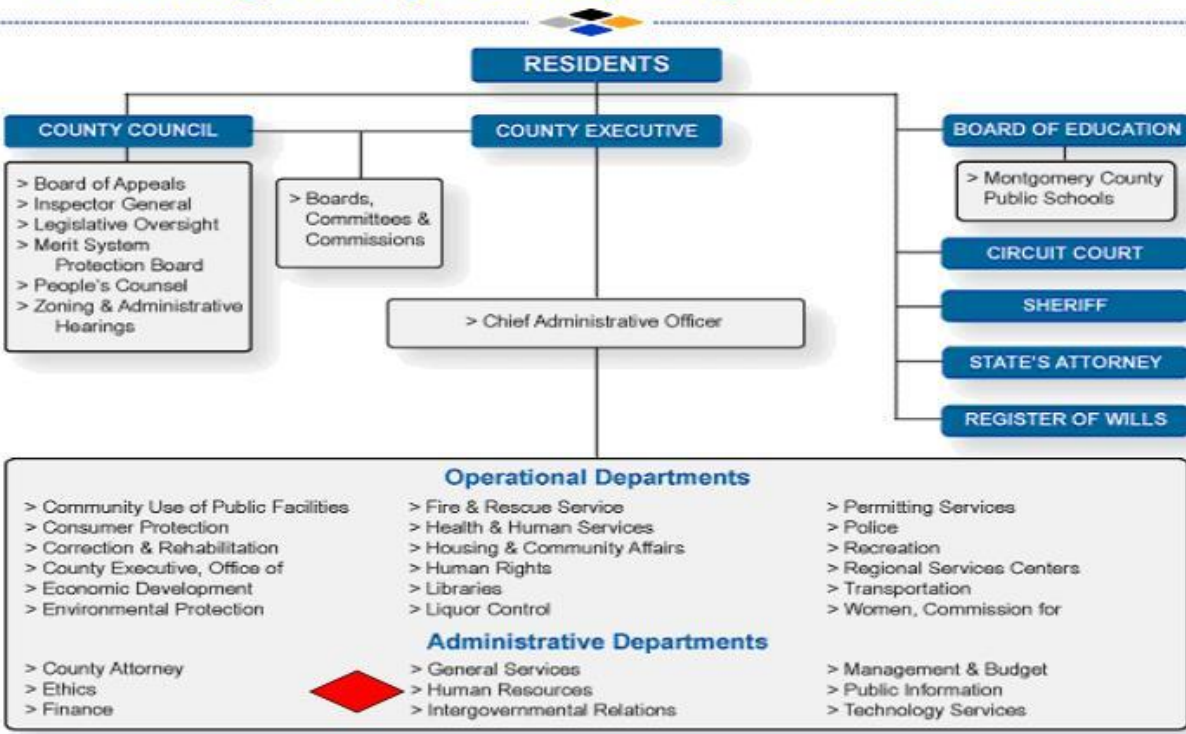
Department of Health and Human Services Organizational Chart

Aging and Services Organizational Chart

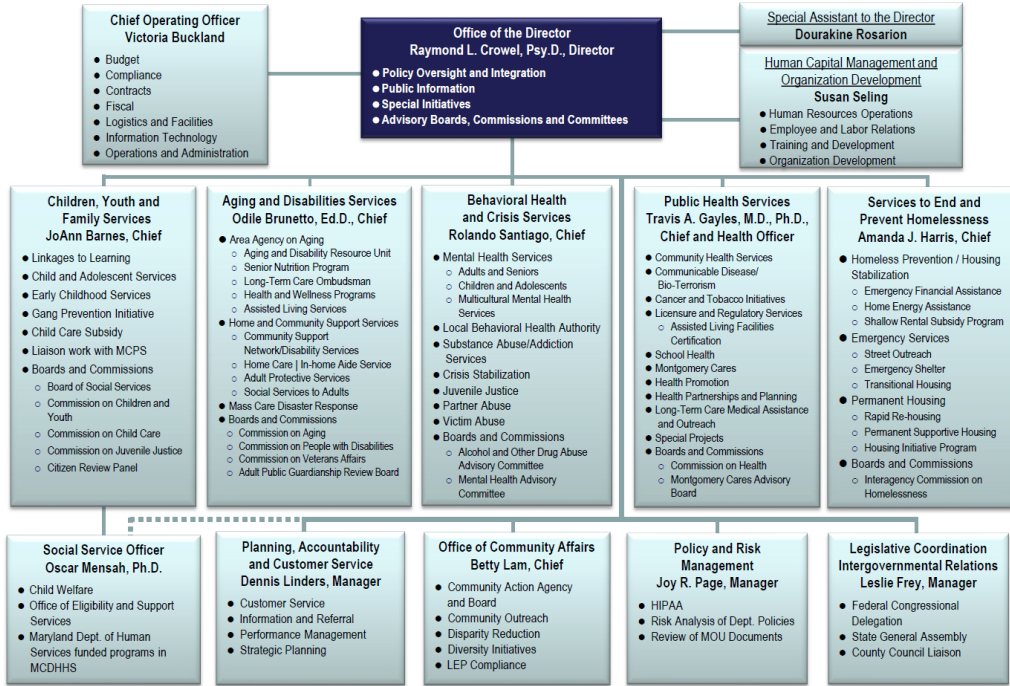
Acronyms

Current CoA Member Bios

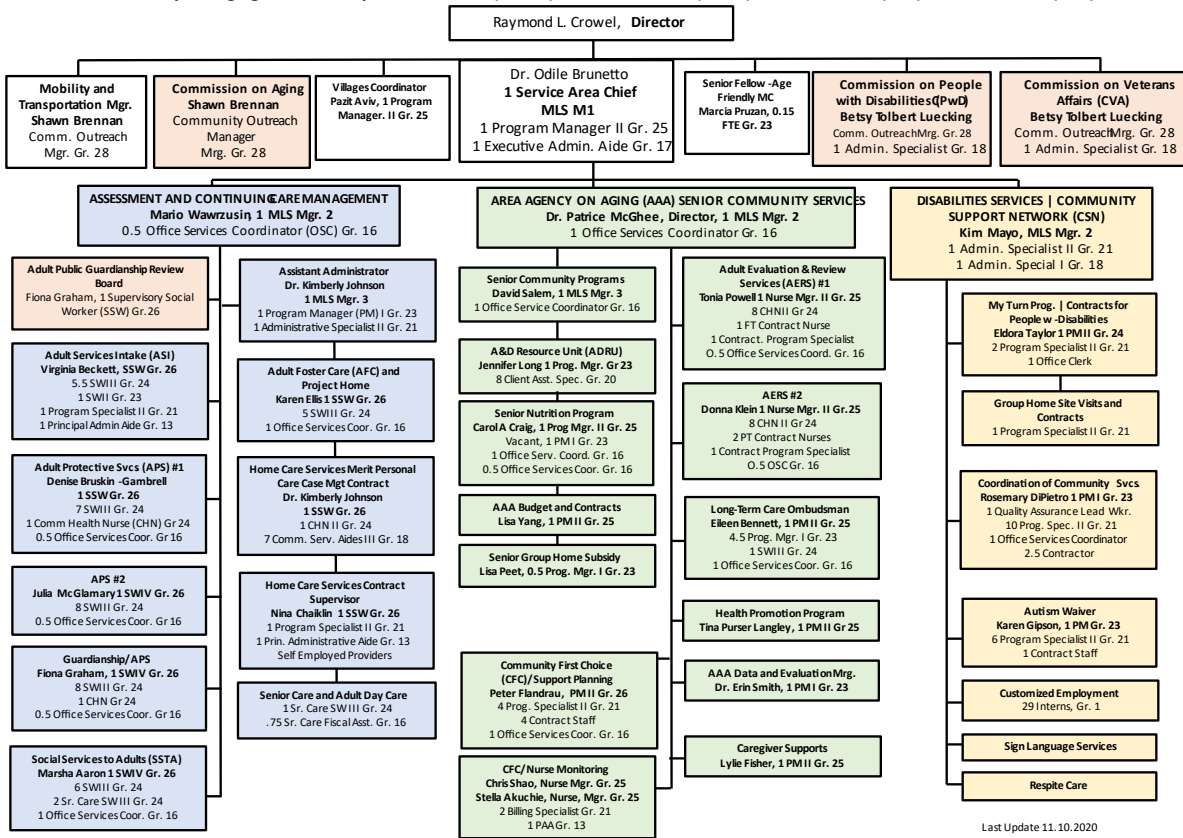
I. Montgomery County Organization Chart



Department of Health and Human Services – Organizational Chart



DEPARTMENT HEALTH AND HUMAN SERVICES (DHHS) / AGING AND DISABILITY SERVICES (A&D)
Point of Entry for Aging and Disability Resource Unit (ADRU) 240- 777-3000 (Voice) 240- 777-4575 (TTY) 240- 777-1495 (FAX)



Acronyms

AAHP	African American Health Program
ADRU	Aging and Disability Resource Unit
AIC	Aging in Community (Committee)
AAA	Area Agency on Aging
AAHI	Asian American Health Initiative
A&D	Aging and Disability (Services)
CASSA	Chinese American Senior Services Association
CoA	Commission on Aging
CPD	Commission on People with Disabilities
EC	Executive Committee
HCA	Housing and Community Affairs
GROWS	Grass Roots Organization for the Well-being of Seniors
H&W	Health and Wellness (Committee)
JCA	Jewish Council for the Aging
JSSA	Jewish Social Service Agency
KCSCGW	Korean Community Service Center of Greater Washington
LHI	Latino Health Initiative
AMSS	American Muslim Senior Society
MoCo	Montgomery County
MDOA	Maryland Department of Aging
MDH	Maryland Department of Health
SNP	Senior Nutrition Program
PPC	Public Policy Committee
VAS	Vietnamese American Services

Current CoA Members



Montgomery County
Commission on Aging
Biographical Information for:

Wayne Berman

Work Experience

After 43 years as a Transportation Specialist at the Federal Highway Administration, I retired in May 2017. I worked in the fields of traffic engineering and transportation planning and managed a team of 10 technical experts who supported State and local programs to reduce traffic congestion and improve mobility for people of all ages. I was responsible for the distribution, management, and technical assessment of Congressionally-mandated transportation projects with a budget of over 20 million dollars annually. My work required technical, managerial, and communication skills as well as the ability work with a team of 25 other professionals to accomplish the mission of the Office.

Volunteer Activities

- Montgomery County Commission on Aging
Co-chair, Aging in Community Committee
- Senior Leadership Montgomery Class of 2019
- Jewish Council for the Aging, Life Member
Past Chair of the Transportation Committee
Past Recording Secretary
Fund Raising Support (Past Chair of “Buy-a-Bus Brunch” Program)
- Montgomery County Long Term Care Ombudsman
- B’nai Israel Congregation Men’s Club
President

Membership in Other Organizations

- Transportation Research Board/National Academy of Science
Emeritus Member
- Institute of Transportation Engineers
Life Member

Senior Issues of Importance

- Transportation and accessible services for seniors
- Cost of long-term care services and facilities
- Aging-in-place with support and community



Montgomery County
Commission on Aging
Biographical Information for:

Neal Brown

Work Experience

Retired from the Federal Government after over 40 years of service. Directed the Community Support Programs Branch for the National Institute of Mental Health and the Substance Abuse and Mental Health Services Administration. Lead a national movement over decades to shift mental health care from large psychiatric institutions toward a less expensive, community-based rehabilitative model where individuals can receive a comprehensive array of services, including counseling, employment and medical assistance. Helped organize a network of community groups, consumers and their families to promote change and to help individuals with psychiatric illnesses get housing, jobs, and a full life.

Volunteer Activities

- Montgomery County Commission on Aging
Co-chair, Health and Wellness Committee
- Fellowship Health Resources – mental health and rehabilitation provider
Member, Board of Directors
Chair, Quality Care Committee
- American Councils for International Education
Evaluate scholarship applications for high school students from around the world for youth programs in the United States

Issues of Importance

- Health and mental health
- Social isolation



Montgomery County
Commission on Aging
Biographical Information for:

Virginia S. Cain, Ph.D.

Work Experience

2017-Present: Independent Consultant in health, statistics, and health disparities
2005-2017: Director of Extramural Research, National Center for Health Statistics, CDC
2000-2005: Deputy Director, Office of Behavioral and Social Sciences Research, NIH
1995-2000 Special Assistant, Office of Behavioral and Social Sciences Research, NIH
1993-1995 Research Program Officer, Office of Research on Women's Health, NIH
1979-1993: Sociologist; Psychologist, Demographic and Behavioral Sciences Branch,
National Institute of Child Health and Human Development, NIH

Volunteer Activities

- 2019-Present: AAAS STEM Volunteer Community in Montgomery County Public Schools
- 2018-2019: Leadership Montgomery, Senior Class 2018—Montgomery County Food Council Project

Membership in Other Organizations

- American Association for the Advancement of Science
- Population Association of America
- Leadership Montgomery

Senior Issues of Importance

- Health, physical and mental
- Social isolation
- Financial security
- Transportation
- Housing



Montgomery County
Commission on Aging
Biographical Information for:

Betsy Carrier

Work Experience

Carrier Consulting

Health Policy and Association Consulting

2011 – 2019

Health policy consultant and volunteer coach with broad understanding of the health care marketplace and safety net issues. Expertise in Medicaid, delivery system reform, health care reform, and safety net providers.

Vice President for Education and Member Services

National Association of Public Hospitals & Health Systems (now America's Essential Hospitals)

Washington, DC

1994 – 2011

Managed the educational and membership functions for a trade association that represents large urban safety net hospitals and health systems.

Manager of Managed Care

American Postal Workers Union Health Plan

Silver Spring, Maryland

1983 – 1994

Designed the benefit configuration and policy guidelines for a federal employee health plan.

Volunteer Activities

- Board of Directors and Strategic Planning Committee Member, Montgomery County Primary Care Coalition. 2005-2011
- Advisory Committee, Maryland Women's Coalition for Health Care Reform. 2010 to 2015
- Member of H.E.A.L.T.H. Partners Steering Committee. 2011 to 2017
- Maryland Health Services Cost Review Commission, Work Group on Physician Hospital Alignment. 2014
- Maryland Hospital Association, Committee Member, Transitions Committee. 2014
- Member of Suburban Hospitals Community Advisory Committee. 2015 to 2019
- Founder and Board Member, Bradley Hills Village. 2014 to present
- Montgomery County Public School Reading Tutor. 2016 to 2021
- Fundraising Committee, Primary Care Coalition. 2020 to present

Membership in Other Organizations

- Bradley Hills Village
- AARP

Senior Issues of Importance

- How seniors can age in place
- Challenges and opportunities of matching services to gaps that seniors experience
- Improving end of life experiences for seniors
- Managing the effects of social isolation
- Wellness for seniors
- Creative solutions for housing seniors
- Transportation for seniors



Montgomery County
Commission on Aging
Biographical Information for:

Jean Dinwiddie

Work Experience

Licensed clinical pharmacist with experience in ambulatory care, prescriber education, pharmacy benefit management and specialty pharmacy product patient access programs. After working as a pharmacy technician for many years, she returned to school full-time to pursue her Doctor of Pharmacy degree, with a minor in geriatrics. Throughout her career, Dr. Dinwiddie has had most healthcare stakeholders as clients. As a long-term care pharmacy consultant, the patient was her client. At George Washington University, she provided physician education on cost-effective prescribing. As Director of Clinical Services at PharmaCare, a national pharmacy benefit manager, her clients were health plans. Dr. Dinwiddie retired from Lash Group, an AmerisourceBergen company, holding the position of Senior Director of Client Services, where the pharmaceutical manufacturer was her client.

Volunteer Activities

- Montgomery County Commission on Aging
 - Co-chair, Communications Committee
 - Member, Health and Wellness Committee
- Montgomery County Public Schools
 - Wilson Wims Elementary, Damascus Elementary
- Lamy Champion, University of Maryland School of Pharmacy
 - Individual Medication Check-Ups at Senior Centers
 - Presentations on Safe Use of Medication in Older Adults
 - Ask the Pharmacist Table at Health Fairs
- O Mahony Society
 - Tanaiste (Vice President)
 - Newsletter Editor
- Usher at Ford's Theatre

Membership in Other Organizations

- American Pharmacists Association
- O Mahony Society
- AARP

Issues of Importance

- Affordable and appropriate prescriptions
- Social isolation



Montgomery County
Commission on Aging
Biographical Information for:

Joyce Dubow

Work Experience

Retired from a 40-year professional career in health care that included positions in advocacy, public policy, health plan leadership, and government service. Prior to retirement, was a Senior Principal for health policy and strategy in AARP's office of the executive vice president for policy and strategy. Had responsibility for a portfolio related to AARP's health care reform initiatives with a focus on health care quality, health information technology, consumer decision making, and private health plans in the Medicare program. Served on the board and executive committee of the National Quality Forum; National Committee for Quality Assurance's Committee on Performance Measurement and its Standards Committee; and the board of directors of the Center for Advancing Health. Earlier in career, was the Director for Policy and Legislation in the federal Office of Health Maintenance Organizations at the Department of Health Education and Welfare (HEW); and the executive vice president of the Georgetown University Community Health Plan, a university-sponsored prepaid group practice plan.

Volunteer Activities

- Montgomery County Commission on Aging
Member, Public Policy Committee
- Public member of the American Board of Internal Medicine's Geriatric Medicine Board;
- Member of the Geriatric Measures Advisory Panel of the National Committee for Quality Assurance (NCQA) (that advises CMS on performance metrics);
- Board member of the Informed Patient Institute, (a not-for-profit advocacy organization that supports consumer decision making in health care through objective information);
- Board member of Holiday Park Senior Center.
- Volunteer in the Plant Room at Holiday Park Senior Center
- Co-leads therapeutic horticulture program at Landow House

Membership in Other Organizations

Master Gardeners of Montgomery County

Senior Issues of Importance

- Health care access and quality
- Entitlement programs (Medicare, Medicaid, Social Security)



Montgomery County
Commission on Aging
Biographical Information for:

David Engel

Work Experience

Currently an active Senior Real Estate Specialist (SRES) focused on working with challenging family situations and older adults. Licensed as an Associate Broker in Maryland with Taylor Properties. Formerly, the owner of Budget Communications, a full service printing, graphic design and direct mail distributor. Prior industry experience includes insurance, financial planning, and auto parts distribution.

Volunteer Activities

- Board member and Advocacy Committee Chair of the Grass Roots Organization for the Well-being of Seniors (GROWS).
- The Commission on Aging's Task Force to Counter Social Isolation and Loneliness of Older Adults.

Membership in Other Organizations

A member of The Gaithersburg-Germantown Chamber of Commerce.

Senior Issues of Importance

- Advocating for a larger share of the County operating budget to be allocated to Services for Seniors.
- Developing and improving the communication of the current and ongoing Services for Seniors to the older adults in Montgomery County.
- Advocating to provide low-cost hearing devices and services to underserved older adults.
- Implementing new programs and improving communications of existing County public, non-profit and private programs that focus on efforts to minimize social isolation and loneliness. That includes such things as improving call center support, continuing innovative transportation efforts and improving access to technology to every corner of the County.



Montgomery County
Commission on Aging
Biographical Information for:

Dr. Nkiru (Nikki) Ezeani

Work Experience

- CEO/Medical Director: Lomack Primary Care, Inc.
- CEO/Administrator: Compassionate Caregivers of Maryland, LLC – a home health care agency

Volunteer Activities

- African American Health Program, Montgomery County
- Survivor Voice International, Maryland
- Volunteer Clinical Preceptor for Nursing schools in the area

Membership in Other Organizations

- Nurse Practitioner Association of Maryland (NPAM)
- National Association of Nigerian Nurse Practitioners, USA
- Ezinne Women Association, Washington DC Metro Area

Senior Issues of Importance

- Homelessness
- Health
- Safety



Montgomery County
Commission on Aging
Biographical Information for:

Arunima Ghosh

Work Experience

Arunima is a Pathologist by profession currently working as in the management for a Biotech company. She also has a PhD in Molecular and Cellular Biology. Throughout her career, she has been involved in various social services involving senior citizens and their issues. She initiated a senior ride service for the Asia-Indian senior community, called” Sahajatri.” She also leads the senior’s program at Asian-American Inter Community Service.

Volunteer Activities

- Montgomery County Commission on Aging
- Rainbow Adult Day Care Services

Membership in Other Organizations

- Sanskriti DC
- Asian American Inter Community Service

Issues of Importance

- Mental health
- Abuse prevention
- Health



Montgomery County
Commission on Aging
Biographical Information for:

Mona Y. Grieser

Work Experience

Many years ago when Ms. Grieser was starting out in her professional career she worked with Native American tribes in Minnesota, primarily Chippewa and Sioux. The experience of seeing how unfortunate had become the lives of many of these tribes due to deliberately poor policy, and lack of access to basic needs, left a lasting impression and changed her career trajectory to one of helping others. After 40 years now, in International development Ms. Grieser is recently retired from managing large complex international development programs funded by USAID, UNDP, UNICEF, UNIFEM, the ILO and the World Bank. She is a recognized expert in social marketing, communication, and behavior change and has been responsible for the establishment of national public health, climate change, and water and sanitation systems in a number of countries. She has taught as adjunct professor in a number of universities. Her particular interest is focused on uncovering and addressing barriers to compliance with public policy and programs as a way to address financial, structural, and systemic obstacles impeding people from accessing and using the information, policies, and programs established for their well-being. Her programs are known for their inclusiveness, their sustainability, their resilience, and for the innovations she encourages. She has worked with both national and municipal governments, non-profits and the private sector and has won awards and recognition for her efforts. Within her work she is also known as a gender and environment specialist and has been a keynote speaker at diverse events: United Nation Development Programme's Environment Day; the International Montessori Association; and at the International Religious Faith conference in Delhi. Despite stints living overseas as adviser to national governments, she has always returned to her base in Silver Spring, where she and her husband have owned a home for 40 years and raised their children. She ran her own consulting firm in Maryland. She has managed large and small budgets and has managed staff in many cultures and nations as well as in the U.S. She volunteers for the Baha'i Faith, organizing programs for the poor internationally and locally, serving on national and local bodies of that Faith organization. It is in returning to the U.S. and serving the elderly in her own local Baha'i community that Ms. Grieser has recognized the many gaps in care for the aging, that make growing old in the U.S. one of the most difficult, and costly, stages of life for so many.

Volunteer Activities

Actively serve in the Baha'i community of Montgomery County.

Past Membership in Other Organizations

- International Social Marketing Association (ISMA)
- American Public Health Association (APHA)
- Society for International Development (SID)
- Global Society for Peace and Governance
- American Broadcasters Association (ABA)

Senior Issues of Importance

Any policy, program or activity that will improve the lives of the elderly, especially the most disadvantaged.



Montgomery County
Commission on Aging
Biographical Information for:

Richard (Dick) Jourdenais

Work Experience

Chemist – 23 years of experience in industry as researcher and administrator and, 13 years of experience as a regulatory consultant; retired 2010.

Volunteer Activities

- Commission on Aging
 - Budget Officer
 - Neal Potter Awards judge, 2020
 - Executive Committee, 2018
 - Chair, New Commissioner Interview Panel, 2018
 - Member, Officer Nomination Committee, 2017
 - Presenter at 2017 Legislative Breakfast
 - Active member of Aging in Community Committee, 2016-20; Co-chair, 2018;
 - MC DOT liaison for Microtransit “FLEX” pilot, 2019-20
 - Active Commissioner since 2016
- Ombudsman for assisted living and skilled nursing residents in Montgomery County since 2013.
- Assistant gardener in Brookside Gardens since 2010.

Membership in Other Organizations

American Chemical Society

Issues of Importance

- Quality care for residents in assisted living and skilled nursing facilities.
- Quality services for seniors who age in place.



Montgomery County
Commission on Aging
Biographical Information for:

Morris Klein

Work Experience

Morris Klein practices law in Maryland and the District of Columbia, concentrating in elder law, special needs law and estate planning. He holds the prestigious title of a “Certified Elder Law Attorney” by the National Elder Law Foundation. Mr. Klein is the 2019-2020 chair of the MSBA Elder Law and Disability Section, a position he also held in 2009-2010 and 2001-2002. He has also served as member of the Board of Directors of the National Academy of Elder Law Attorneys (NAELA) and co-chair of its Public Policy Steering Committee. He is also a NAELA Fellow and a member of the NAELA Council of Advanced Practitioners. He is a founding member and past president of the Maryland/DC Chapter of NAELA. He has also served as a member of the Board of Directors of the Special Needs Alliance, a select group of attorneys who advise on special needs issues. He was also a member of the Board of Directors of the Maryland First Disability Trust, a not-for-profit pooled trust for persons with special needs, and the local Alzheimer’s Association.

Volunteer Activities

- Montgomery County Commission on Aging
Co-chair, Public Policy Committee
- Coalition for the Capital Crescent Trail
Vice Chair
- Coalition for the Capital Crescent Trail
Vice Chair
- Maryland State Bar Association Elder and Disability Law Section
Chair

Membership in Other Organizations

- National Academy of Elder Law Attorneys
- Special Needs Alliance
- AARP

Issues of Importance

- Long-term services and supports
- Guardianship and alternatives
- Public policy



Montgomery County
Commission on Aging
Biographical Information for:

Kendell Matthews

Work Experience

- Montgomery County Public Schools- Retired, 2007
- Assistant Principal- 1995-2007
- Teacher-Consulting Teacher, Staff Development Teacher ,Classroom Teacher, 1973-1994

Volunteer Activities

- COA Social Isolation and Loneliness of Seniors - Taskforce, 2020-Present
- Aging and Disability Services: Diversity, Equity, and Inclusion Committee, 2021-Present – Notetaker and Resource Packet
- When We All Vote-2020-present
- Greater Stonegate Village, Inc., Co-founder, President - Health and Wellness Committee, 2015-present
- Trinity Episcopal Church, Washington, DC, Junior Warden - 2013-2015 and 2016-2018 (Two-Terms)
- Trinity Volunteer Corp- America Corp Program -2007-2016, Treasurer

Membership in Other Organizations

- Potomac Valley Alumnae Chapter Delta Sigma Theta Sorority, Inc. - Historian, Social Action - 1986- present
- Potomac Valley Alumnae Chapter Fund Inc., Financial Secretary, 1992-present
- Jack and Jill of America Montgomery County.Org- 1989-2020
- Delta Kappa Gamma, Society International , Sigma Chapter- 1998-2018
- Montgomery County Section National Council of Negro Women - Education, Health, Committees, 2020-present

Senior Issues of Importance

- Health and social services programs- Social Isolation, Food Insecurity, Home Health Care, Respite Care, Recreational programs
- Affordable Housing
- Accessible Transportation
- Expansion of Senior Villages throughout the county



Montgomery County
Commission on Aging
Biographical Information for:

Nanine Meiklejohn

Work Experience

During most of her 45-year career, Nanine Meiklejohn was a legislative representative for the American Federation of State, County Employees (AFSCME). She specialized in employment and training, unemployment insurance, welfare, and Social Security policies and became a lead advocate on workforce issues for the labor movement. She also represented the union on the Strengthen Social Security Coalition, working to stop efforts to cut Social Security benefits and to promote proposals to increase benefits and extend the program's solvency. Ms. Meiklejohn started her career as a policy analyst at the National League of Cities/US Conference of Mayors. She also served as the Legislative Director of the Coalition on Human Needs where she initiated a weekly Federal legislative report and conducted regular meetings of human needs organizations to plan advocacy on pending federal legislation.

Volunteer Activities

- Montgomery County Commission on Aging
Member, Aging in Community Committee
Member, Public Policy Committee
- National Capital Area Union Retiree Club
President

Membership in Other Organizations

- AFSCME Retirees
- Alliance for Retired Americans
- AARP

Issues of Importance

- Affordable housing for older adults
- Retirement security
- Nursing home quality and caregiving



Montgomery County
Commission on Aging
Biographical Information for:

Ruby Reese Moore

Work Experience

Retired from the Montgomery County Public Schools after 40 years as a High School Guidance Counselor. Dr. Moore is noted for establishing the first Career Center in the school system and organizing the Brotherhood Of Super Stars (BOSS). Following this retirement, Reverend Moore was asked to become Chaplain at the University of Maryland Memorial Chapel, University of Maryland College Park, a position she served in for 25 years. In these two careers, she touched the lives of thousands and thousands of students, parents, citizens, and others. As a member of the Evangelism Commission of The Baptist World Alliance, Reverend Moore and was granted the opportunity to preach on six of the seven world continents. It was on the African Continent that she was inspired to organize The Sweet Hour of Prayer Ministry where she currently serves as Pastor.

Volunteer Activities

Montgomery County Commission on Aging
Member, Public Forum Workgroup

Membership in Other Organizations

- Montgomery County African American Health Initiative
- American Minority Veterans Research Project
Health Committee
- American Association of Retired Persons (AARP)
Healthy Living
- Black Ministers Conference of Montgomery County Maryland
Hospice
- National Movement for Civil and Human Rights
Community and Health Development
- Bereavement Counseling
Chaplain Services

Issues of Importance

- Health insurance
- Affordable medications
- Increase in Social Security benefits
- Elimination of income taxes for senior citizens
- Caregiving and transportation for seniors



Montgomery County
Commission on Aging
Biographical Information for:

Sibo Ncube

I have always had a desire to serve my community. As a young girl growing up in Zimbabwe, with encouragement from my father, I volunteered at the library for many summers and discovered a love for public service. Life took me through many twists and turns, and from my humble beginnings I eventually immigrated to the United States in 1996 to pursue a higher education and better opportunities for myself and my two sons. It was a struggle to live in a foreign country with no existing network, limited resources and the responsibility of raising two boys as a single mother.

Work Experience

Driven by the goal of always striving for a better life, in 2012 I established Trusted Touch Healthcare, a homecare agency licensed in Maryland and located in Rockville. The company has allowed me to support my family, and I have also been able to provide a service that allows the elderly dignified home bound care throughout the DMV, and particularly in Montgomery County where most of my clients reside.

Volunteer Activities

I have developed deep roots within the community through organizations such as the Aging-in-place Village Associations, Maryland Healthcare Industry Associations, Women Business Owners of Montgomery County, Arc of Montgomery County Family Respite, Hoe and Hope Garden Club Metropolitan Area, and – and as a Rockville resident and businesswoman – I am an active member of the Rockville Chamber of Commerce.

Membership in Other Organizations

- Village Associations
- Maryland Healthcare Industry Associations
- Women Business Owners of Montgomery County
- Arc of Montgomery County Family Respite
- Hoe and Hope Garden Club Metropolitan Area
- Rockville Chamber of Commerce

Senior Issues of Importance

- Support Montgomery County business community and civic leaders
- Medical aid in dying
- Identifying resources for seniors and their families within the County
- Being involved in building a better community through business development, human services and adequate public transportation for the elderly, environmental issues, public safety



Montgomery County
Commission on Aging
Biographical Information for:

Karon Phillips

Work Experience

Dr. Karon Phillips is a public health gerontologist working in the Washington, D.C. area working as a program manager and as a community engagement consultant. She is also serving as an adjunct professor for both the University of Maryland-Baltimore County and the University of Maryland University College. Dr. Phillips has significant experience conducting and coordinating a variety of coalition building and programmatic activities to promote healthy aging. She has extensive training in community-based interventions for older adults. Her experience includes developing community-based partnerships and directing the implementation of programs and services focused on health promotion, including chronic disease self-management and falls prevention, across several senior affordable housing communities. Along with the addition of new programs and services, she has developed and led numerous research projects and multi-site needs assessments. Dr. Phillips completed her Master of Public Health (Health Policy and Management concentration) and her PhD in Aging Studies from the University of South Florida. Her current research interests focus on the study, and ultimate elimination, of health disparities among older minority populations through cultural competence, improving health literacy, and community-based interventions.

Volunteer Activities

- Montgomery County Commission on Aging
Member, Aging in Community Committee
- Girls on the Run, Montgomery County
Race Committee
- Community Bridges
Mentor

Membership in Other Organizations

- Delta Sigma Theta Sorority, Inc -Montgomery County Alumnae Chapter
- American Public Health Association
- American Society on Aging

Senior Issues of Importance

- Minority aging
- Health promotion
- Social engagement



Montgomery County
Commission on Aging
Biographical Information for:

Laurie Pross

Work Experience

- 1970/71/72: Administrative Assistant- Summer Russian Language Immersion Program
Norwich University, Northfield, Vermont
- 1971-73: Teaching Assistant, French, University of Virginia, Charlottesville, Virginia
- 1973-75: Supervisor, Evening Clinic, Medical College of Virginia (VCU), Richmond, Virginia
- 1975-79: Coordinator, General Medicine Services, Medical College of Virginia, Richmond,
Virginia
- 1980-83: Administrative Manager, Department of Psychiatry, The George Washington University,
Washington, DC
- 1983-84: Administrative Resident-(for Master's program), Goodwin House, Alexandria, Virginia
- 1984-1990: Fiscal Operations Director, Department of Pathology, The George Washington University,
Washington, DC
- 1990-98: Administrator, Department of Pathology, The George Washington University,
Washington, DC

Volunteer Activities

- 1999-2002: The Washington Home and Community Hospices, Washington, DC (Volunteer of the
year
in 2001)
- 2000-2005: The Veterans Administration Medical Center, Washington, DC
- 2005-2206 Holy Cross Hospital (Palliative care), Silver Spring, Maryland
- 2006-2010: Kensington Park Senior Living, Kensington, Maryland
- 2009-2019: Bethesda Cares (food assistance for the homeless), bethesdacares.org
- 2016-2022: Board of Directors, Villages of Kensington (created brochure and instrumental in website
content and design), villagesofkensingtonmd.org
- 2019-2022: Residences at Thomas Circle, Washington, DC
- 2019-2022: Board of Directors and Treasurer, Washington Area Villages Exchange,
[Washington Area Villages Exchange](http://WashingtonAreaVillagesExchange)

Membership in Other Organizations

American Society on Aging
Compassion and Choices
GROWS

Senior Issues of Importance

Age-Friendly
Medical Aid in Dying
Aging in Place
Social Determinants of Health
Diversity, Equity and Inclusion



Montgomery County
Commission on Aging
Biographical Information for:

Edgar Rivas

Work Experience

Retired as a gerontologist after more than 35 years of service. Mr. Rivas worked as a service provider, planner, and policy analyst at the national, state, and local levels in the field. His expertise included long term services and supports, economic security, inclusiveness of at-risk communities and community development. His work ranged from the House Select Committee on Aging, to national aging organizations (AARP, ASA, AAHSA, etc.) and state & area agencies on aging. Prior to his work in aging, Mr. Rivas worked with individuals with cognitive and physical disabilities as an educator and community access advocate. He was an early proponent of using the outdoors for educational and recreational activities for individuals with disabilities.

Volunteer Activities

- Montgomery County Commission on Aging
 - Vice Chair
 - Member, Public Policy Committee and Health and Wellness Committee
 - Liaison to County Suicide Prevention Task Force
 - Participant, Public Forum Planning Group
- Aging in Community/Villages Efforts
 - Board Member, Village to Village Network
 - Board Member, Washington Area Villages Exchange
 - Vice President, Potomac Community Village Board
- Natural History/Outdoors Work
 - Canal Classroom Corps & Billy Goat Trail Steward – National Park Service
 - Canals for All, Canal Pride & Mont. Co. Teen Works – C&O Canal Trust
 - MD Master Naturalist — Montgomery County Parks

Issues of Importance

- Health and home- and community-based services
- Aging in community/Village Movement
- Economic security



Montgomery County
Commission on Aging
Biographical Information for:

Beverly Rollins

Work Experience

Ms. Rollins is retired from the U.S. government with more than 32 years of service. She worked in several positions with the Social Security Administration, primarily as an executive analyst for senior level executives. She was asked to join the staff of the Social Security Advisory Board, an oversight organization for the Social Security Administration, where she served as Executive Officer for 17 years. Before joining the Federal government, Ms. Rollins worked as an Economic Service Worker for the WV Department of Welfare and also as a social worker for HeadStart in her hometown of Grafton, WV. She earned a bachelor's degree in Social Work from West Virginia University, a master's degree in General Administration for the University of Maryland, and a master of arts degree in Thanatology from Hood College. She also holds a certificate in Gerontology from Hood College.

Volunteer Activities

- Montgomery County Commission on Aging
Co-chair, Communications Committee
- Montgomery Hospice
Patient Visitation
- Association for Death Education and Counseling
Assistant Editor of Newsletter
Member, Communications Committee
- AARP
Member, Capitol Hill Strike Force

Membership in Other Organizations

- National Hospice and Palliative Care Organization
- Association for Death Education and Counseling
- American Society on Aging
- Alzheimer's Association
- AARP
- Daughters of the American Revolution

Issues of Importance

- Retirement income adequacy
- Caregiving
- End-of-life issues



Montgomery County
Commission on Aging
Biographical Information for:

Monica Schaeffer, Ph.D.

Work Experience

Monica is a health psychologist/gerontologist, author, and workshop designer/facilitator who enjoys her encore career as Principal of LivelyHood Consultancy, equipping both individuals and organizations with tools/strategies to thrive in the 21st century's *longevity economy*. Monica is also a certified Ethical Wills/Legacy Letter Navigator. Previously, Monica was President and co-founder of the Visionary Institute for Total Ageless Living (VITAL, Inc.) and was selected to participate in the MD State's Baby Boomer Initiative Council where she chaired the Committee on Workforce and Civic Engagement. Monica has been a consultant to several organizations, including the Maryland Department of Aging and the Bioethics Department, Clinical Center of the NIH. Monica's interest in promoting the health, safety, and well-being of individuals began at the NIH during her tenure as the Assistant Director for Training and Information with the Division of Safety.

Volunteer Activities

- Montgomery County Commission on Aging
Co-chair, Aging in Community Committee
- WHO/AARP Age-Friendly Initiative for Montgomery County
Member, Employment Workgroup
- U.S. Holocaust Memorial Museum, Washington, DC
Docent

Membership in Other Organizations

- Encore Network of Encore.org
- American Society on Aging (ASA)
- Gerontological Society on Aging (GSA)
- Phi Beta Kappa

Books and Articles

- A Gener-ager's Perspective on Aging's Broken Record: <https://www.nextavenue.org/a-gener-agers-perspective-on-agings-broken-record/>
- Auntie Nellie's Magical Pockets: Easy and Fun Ways to Help Children Cope with Everyday Stress
- Who's Your Hubby?: Tips for Living Happily with 10 Hubby Types

Issues of Importance

- Multigenerational workforce and housing models
- Age-Friendly community initiatives; well-being in the 21st Century
- Generativity and living one's legacy



Montgomery County
Commission on Aging
Biographical Information for:

Barbara Selter

Work Experience

Ms. Selter has recently retired from MAXIMUS, Inc after more than 22 years of service, where she served as a Vice President and National Market Lead for the Long Term Services and Supports (LTSS) practice area. She has over 30 years professional experience in business process reengineering and in the implementation of systems for state and federal agencies, focusing on the use of technology to optimize health and human service delivery. As Vice President, MAXIMUS Health Services, Ms. Selter specialized in health administration and e-health solutions including Long Term Services and Supports, Electronic Benefits Transfer (EBT), electronic commerce/commercial payment, identity authentication, and smart card technologies. Ms. Selter has worked extensively with Medicaid Directors across the country to implement LTSS-related health care reform initiatives including efforts to automate financial eligibility requirements for Medicaid waiver services, assisting states with the implementation of the Home and Community Services regulation, using technology to support aging in place, and identifying ways to develop the direct care workforce to better support the elderly. Ms. Selter facilitated the national Dual Eligibles Work Group, which brought together CMS, State, and project personnel to share best practices in the implementation of the Financial Alignment Demonstrations for Medicare-Medicaid Eligibles, an effort to integrate health care delivery for persons dually eligible for Medicare and Medicaid. Prior to joining MAXIMUS, Ms. Selter worked for Price Waterhouse Coopers and Booz Allen & Hamilton, where she focused on improving consumer engagement in health and human service programs.

Volunteer Activities

- Montgomery County Commission on Aging
Chair
Member, Health and Wellness and Aging in Community Committees
- Board Member, Leah's Dream Foundation – Provides scholarships for young women to attend high school in Ghana to empower them to be self-sufficient through higher education and apprenticeships
- College Bound – Organization that provides coaching to low-income, minority students to support their acceptance and entry into higher education

Membership in Other Organizations

- National Association of States United for Aging and Disabilities
- National Association of Medicaid Directors
- American Society on Aging
- AARP

Issues of Importance

- Creating support programs and using technology to assist seniors with aging in place
- Development of the Direct Care Workforce to address shortages in home care
- Development of affordable, supportive housing for the elderly



Montgomery County
Commission on Aging
Biographical Information for:

Katie Smith

Work Experience

Katie Smith has over 10 years of experience in public policy and community engagement initiatives that gained the support of presidential administrations, the U.S. Congress, State and local elected officials, and public and private stakeholders.

Her most recent career opportunity allows her to assume the role of a government affairs professional for the American Federation of State, County and Municipal Employees (AFSCME). In that role, she analyzes legislative developments and initiatives in 15-plus areas covering Social Security and retirement security, civil and human rights, voting rights and election security, judicial nominations, the *Fair Labor Standards Act* (overtime and minimum wage), women's issues (paid family and sick leave and fair pay), the Department of Labor's Employment Training Administration's programming and appropriations (employment service, job training, and workforce development), and 2020 Census appropriations and preparation.

Prior, Katie worked in the U.S. Senate as the Deputy Scheduler for Senator Debbie Stabenow of Michigan; as a Legislative Aide for Senator Michael F. Bennet of Colorado; and as a staffer on the Health, Education, Labor, and Pensions (HELP) Committee under the chairmanship of the late Senator Edward M. Kennedy. She also served six years on the Montgomery County Commission for Women.

Volunteer Activities

- Montgomery County Commission Aging
Host of *Seniors Today*
Member, Communications Committee
- Capital Partners for Education

Senior Issues of Importance

- Retirement and income security – strengthening and expanding Social Security
- Long-term care services and support
- Community and education services – transportation, social activities, and health and wellness promotion



Montgomery County
Commission on Aging
Biographical Information for:

Mary L. Sweeney

Work Experience

Mary graduated from the University of Maryland with a BA in Music, Piano Performance and then attended Catholic University where she received a BS in Music Therapy. She spent five years working as a Music/Recreation Therapist in various nursing and rehabilitation centers in the metro area before going into marketing senior care services. She later received her Master's Degree in Health Care Administration from the University of Maryland Global Campus. She has worked in a variety of settings including: Skilled nursing facilities, assisted living facilities, home care services and continuing care retirement communities. For the past ten years, Mary has worked as the Sales Coordinator at Revitz House, an affordable independent living senior community which is part of Charles E. Smith Life Communities in Rockville, Maryland. Mary is a long-time resident of Montgomery County. Favorite pastimes include horseback riding and playing/composing music.

Volunteer Activities

- Montgomery County Commission on Aging
Member, Aging in Community Committee
- Grass Roots Organization for the Wellbeing of Seniors (GROWS)
Board Member
Member, Advocacy Committee
Co-chair, Public Awareness Committee
Co-chair, Development Committee
- Montgomery County Senior Advisory Committee
Member
- Greater Washington Alzheimer's Association Memory Walk
Co-chair

Issues of Importance

- Affordable housing and assisted living
- Food insecurity
- Social isolation



Montgomery County
Commission on Aging
Biographical Information for:

Tho Tran

Work Experience

The Founder and Executive Director of Vietnamese American Services (VAS). Ms. Tran has 15 years of working in the development field as Project Manager for MDF Indochina, Population Services International (PSI) Vietnam, Save the Children and World Vision Vietnam. Her expertise is in the areas of capacity building, project/program management, monitoring and evaluation, and business development, both in Vietnam and in the U.S.

Through Vietnamese American Services (VAS), Ms. Tran has helped more than three thousand Vietnamese community members, many of them are seniors, disabled and low-income residents in Maryland with access to healthcare, social benefits, English classes and employment, cultural and professional network to improve their quality of life. Ms. Tran has been a certified counselor application for Maryland Health Connection since 2014. In 2016, under her efforts, VAS was certified as an entity application by Maryland Health Connection and has also served as an outreach partner for the Prince George's County and the Montgomery County's Afford Care Act program for many years.

In 2018, Ms. Tran received the Asian Leadership Award, honored by the Montgomery County for her services serving the Vietnamese American population.

Volunteer Activities

Montgomery County Commission on Aging

Membership in Other Organizations

- Montgomery County Asian Pacific American Advisory Group
- Montgomery County Asian American Health Initiative Committee

Issues of Importance



Montgomery County
Commission on Aging
Biographical Information for:

Hillery Tumba

Work Experience

Hillery Tumba is an accomplished communications strategist who specializes in the full range of communications services from formative research and analysis to strategic communications planning to high caliber project management and campaign implementation. Her career demonstrates her commitment to health communications and engaging communities in their health care through information and education.

Ms. Tumba currently serves as the Director of Organizational Strategy at the Primary Care Coalition where she leads the communications, advocacy and government relations, and fund development organizations within the organization. Before she joined the PCC, Ms. Tumba was a Director at Reingold, Inc., a strategic communications firm based in Alexandria, VA where she was responsible for developing and implementing campaigns for a variety of clients. Ms. Tumba brought creative vision and technical execution to the campaigns she managed and has won numerous awards for health communications.

Volunteer Activities

The Coordinating Center for Home and Community Care
Board Member

Membership in Other Organizations

Leadership Montgomery Emerging Leaders Graduate

Issues of Importance

- Prevention of elder abuse
- Inter-generational relations
- Wellness and independence in later life



Montgomery County
Commission on Aging
Biographical Information for:

Marsha E. Weber

Work Experience

Ms. Weber was born and raised in Detroit Michigan. She worked in private practice as a psychotherapist initially with teenagers and substance abuse and then expanded to work with couples and families.

Ms. Weber moved to Maryland in 2000 and pursued her interest in working with the senior population. She began working as a Service Coordinator/ Resident Counselor in a Bethesda, MD Independent Senior Building. She provided similar expertise with seniors in Independent Senior Buildings in D.C. and Gaithersburg.

Ms. Weber is currently working with the Village, Olney Home for Life and is overseeing Friendly Call and Visiting Services. She also coordinates educational and informational programming.

Volunteer Activities

- Montgomery County Commission on Aging
Co-chair, Health and Wellness Committee

Membership in Other Organizations

Grass Roots Organization for the Well-Being of Seniors (GROWS)

Issues of Importance

- Education and information availability to all seniors
- Advocacy for those who need a louder voice
- Support services for those seniors aging in place



Montgomery County
Commission on Aging
Biographical Information for:

T. Ryan Wilson

Work Experience

Ryan Wilson is an attorney who practices law in Howard, Montgomery, and Prince George's counties in Maryland. His practice focuses on small business issues, estates planning, probate, and elder law, including Medicaid long term care planning. Mr. Wilson is licensed to practice law in Maryland and California, and he is working becoming licensed in the District of Columbia and Virginia. He is a member of the Maryland State and Montgomery County bar associations. He is also a member of the National Academy of Elder Law Attorneys. His clients include small business owners, people making estate plans or going through probate, and families caring for elderly relatives.

Prior to opening his own practice, Mr. Wilson worked for AARP as a lobbyist and policy analyst handling financial services and consumer protection issues and the Maryland General Assembly as a legislative counsel and policy analyst. He earned his law degree from the University of Oregon. He earned his bachelor's and master's degrees from San Francisco State University.

Volunteer Activities

- Montgomery County Commission on Aging
Co-chair, Public Policy Committee

Membership in Other Organizations

- National Academy of Elder Law Attorneys
- Estate Planning Council of Montgomery County, Maryland
- Maryland State Bar Association
- Montgomery County Bar Association
- Grassroots Organization for the Wellbeing of Seniors
- Arts for the Aging, Member of the Board of Trustees
- Paint Branch Park Condominium, President of the Board

Issues of Importance

- Financial exploitation
- Diminished capacity
- Long-term care



Montgomery County
Commission on Aging
Biographical Information for:

Arthur L. Williams

Work Experience

Retired from the U.S. Department of Defense after 35 years of service, Mr. Arthur L. Williams was a civilian with the U. S. Army working as a Mathematician, Operation Research Analyst, and Computer Scientist. For more than 50 years, he has served on numerous community boards and councils in Montgomery County, including two terms on the Montgomery County, MD, Commission on Health. He is past Chair of the HIV/AIDS Coalition and served on the Mobile Medical Executive Committee. He was President of Home Study, Inc., serving young people in 15 Montgomery County, MD, indigent African American communities and served as the Montgomery County representative on the state Commission on Children and Youth. He also served on the Silver Spring Redevelopment Committee.

Volunteer Activities

- Montgomery County Commission on Aging
Member, Health and Wellness Committee
- NAACP, Montgomery County Branch
Lifetime Member, Executive Committee Member
- 1977-2 Action Group
Founding Member, Chair
- African American Health Program
Founding Member, Executive Committee Member

Issues of Importance

- Health and wellness
- Racial equity
- Homelessness



Montgomery County
Commission on Aging
Biographical Information for:

Janice Zalen

Work Experience

Retired from The American Health Care Association (AHCA) as a Senior Director of Special Programs. During her 15 years at AHCA, Ms. Zalen championed disaster planning efforts for nursing facilities, advocated for Medicaid expansion efforts relating to long term care, and responded to government policies and procedures relating to nursing facilities.

Volunteer Activities

- Montgomery County Commission on Aging
Secretary
Member, Public Policy Committee
- Montgomery County Department of Health and Human Services, Aging and Disability Services
Long-Term Care Ombudsman Program
Long-Term Care Ombudsman Volunteer
- Silver Spring Village
Administrative Volunteer

Membership in Other Organizations

National Association for Local Long-Term Care Ombudsman

Issues of Importance

- Quality care in all long-term care settings
- Environmental changes that facilitate senior access, e.g., improved lighting and sidewalks
- Affordability of long-term care services