

COMMISSION ON AGING

OCTOBER 24, 2024

9:03 a.m.-11:43 a.m.

ATTENDANCE:

David Engel, Chair, Yvette Monroe 1st Vice Chair, Wayne Berman 2nd Vice Chair, Niki Ezeani, Treasurer, Laurie Pross, Secretary, Arunima Ghosh, Asst. Secretary

Commissioners: Linda Bergofsky, Virginia Cain, Betsy Carrier, Jean Dinwiddie, Joyce Dubow, Norman Goldstein, Mona Grieser, Morris Klein, Kendell Matthews, Kathleen McGuinness, Anna Maria Izquierdo-Porrera, Richard Ricciardi, Beverly Rollins, Barbara Seltzer, Marie Sloan, Katie Smith, Kate Stein, Mary Sweeney, Arthur Williams

Alumni: Marcia Pruzan, Marsha Weber, Edgar Rivas

County Staff and Liaisons: Odile Brunetto, Pazit Aviv, Dr. Patrice McGhee, Dr. Kimberly Y. Johnson, Tremayne Jones, Tara Clemons-Johnson, Ama Lee, Shawn Brennan, Stacy Sigler, Ingrid Lizama, Denise Isreal, Karl Pitt

Guests: Steve Gurney, Joy Loverde, Don McCullogh, Marcus Bolston, Liz Barnes, Melisa Bell, Becky Donahue, Claudia Warren Taylor, Kuowha Wang

David Engel called the meeting to order at 9:03 a.m. and welcomed everyone.

LIAISON AND OTHER REPORTS:

AAA REPORT:

Director, Area Agency on Aging (AAA)

COA Report_ October 2024

Key Vacancies Remaining

- Assessment, Evaluation and Review Services New Unit
 - (1) AERS Nurse Manager
 - (6) AERS Community Health Nurses (CHNII)
- Community Outreach Manager
- Ombudsman Program
 - (1) Program Manager I
 - Program Manager II

Long-term Care Ombudsman Program

- Karrie Craig has accepted the position as the new Maryland State Long-Term Care Ombudsman

Development and Implementation of a Branding Plan for Aging & Disability Services

- A&D Slogan – Focus Groups

MDOA Long-term Care and Dementia Care Navigation Grant

- Montgomery County received notification of the FY2025 Grant Award for the Long-Term Care and Dementia Care Navigation Program.

National Caregiver Month- November 2024

- It aims to recognize and celebrate the contributions of caregivers, who provide care for family members, friends, and neighbors.
- Caregiver's Mental Health: Balancing care for self and your loved one in partnership with National Family Caregiver Support Program and Sante Mental Health Group
- Responding to Dementia-Related Behaviors in partnership with the National Family Caregiver Support Program and Alzheimer's Association

LIAISON REPORTS:

DEPARTMENT OF TRANSPORTATION:

Early voting for the 2024 Presidential general election will be held from 7 a.m.-8 p.m. from Thursday, Oct. 24 through Thursday, Oct. 31, including Saturday and Sunday. Montgomery County Department of Transportation (MCDOT) Ride On bus service has several routes available to transport voters to the early voting centers.

Montgomery County Ride On and Metrobus routes that will serve early voting centers:

- **Activity Center at Bohrer:** Ride On route [59](#) (closest)
- **Bauer Drive Community Recreation Center:** Ride On route [48](#)
- **Damascus Community Recreation Center:** Ride On route [90](#)
- **Executive Office Building:** Ride On routes [44](#), [46](#), [47](#), [54](#), [56](#)
- **Germantown Community Recreation Center:** Ride On route [98](#)
- **Jane E. Lawton Community Recreation Center:** Ride On route [34](#) (closest)
- **Marilyn J. Praisner Community Recreation Center:** Metrobus routes [Z6](#) and [Z7](#)
- **Mid-County Community Recreation Center:** Ride On routes [26](#), [39](#) and [49](#)
- **Nancy H. Dacek North Potomac Community Recreation Center:** Ride On route [301](#)
- **Potomac Community Recreation Center:** Ride On route [37](#)

- **Sandy Spring Volunteer Fire Station:** Ride On routes [52](#) and [53](#) / Metrobus routes [Y2](#) and [Y8](#)
- **Silver Spring Civic Building:** Ride On routes [12](#), [13](#), [14](#), [15](#), [16](#), [19](#) / Metrobus route [F4](#)
- **Wheaton Library & Community Recreation Center:** Ride on routes [9](#) and [31](#) / Ride On [Flex](#) / Metrobus routes [Y2](#), [Y7](#) and [Y8](#)
- **White Oak Community Recreation Center:** Ride on route [10](#) / Metrobus routes [Z6 and Z8](#) (closest)

The [Ride On Trip Planner app](#) is a free regional public transportation planner that will find your fastest route.

Latino Health Initiative:

Ingrid Lizama described the celebration of Historic Heritage Month where 60 community vendors participated and it received a boost to its ratings from 50+.

African American Health Initiative:

Art Williams stated that this program is in transition due to staffing changes. Ama Lee noted that the Self-Care Toolkit for All is now available on the AAHP website.

RECREATION:

Stacy Sigler announced that the Department had received several awards, including the Centenarian Award. It has or will celebrate Fall, Halloween, Hispanic Heritage Month and will participate in both the Beacon Expo and Senior Olympics.

AGE FRIENDLY:

Shawn Brennan informed the group that 4 distinct 2-hr long mini-summits took place in October 2024 featuring regional and national speakers. These can be accessed online now.

PAZIT AVIV:

She noted that 170 people attended the in-person WAVE conference on October 15th. Villages have been invited to meet with Councilmembers on November 20th.

The Commission on Aging Pre-Session Legislative Briefing will be held on December 12th between 9-10:30 a.m. on Zoom.

PRESENTATION ON SOLO AGING:

Steve Gurney has hosted many programs dealing with this topic, which is one of his webinar's most popular and he noted that AARP has followed this trend as well. He introduced the principal speaker, Joy Loverde, the author of the book on caregiving and Eldercare Who Will Take Care of Me When I'm Old? The author advised not reading the book but rather using it! The book is divided into 3 sections: A Worksheet, Questionnaires, and Low Cost/No Cost Resources and covers several important areas of planning such as personal readiness, the impact of where you live, the influence of chronic diseases and the importance of not putting off decisions. The term "solo aging" is considered by some to be offensive while "living alone" is considered neutral. Age Friendly is offered as a model in its intergenerational approach in opposition to silos where people are segregated according to age. A discussion ensued regarding whether "Aging in place" is now just a phrase. Steve Gurney offered the perspective that, by using the term "community participants" rather than "members", some Villages are beginning to tackle the issue of inclusivity. Dr. Anna Maria Izquierdo-Porrerra reminded the group that women who are caregivers, who are in the "sandwich generation" and whose family income is reduced as a result of caregiving-these are the people whose needs must be taken into consideration.

David Engel announced that he presented the CoA's top priorities to the HHS Committee of the County Council along with other Boards, Committees, and Commissions and highlighted the Nursing Home Oversight Priority. The presentation also included distributing the reports from the Ambassador Program and the May Public Forum on Housing.

Minutes from the September CoA meeting were approved.

The nominating Committee (Wayne, Kate and Barbara) have interviewed many good candidates for the 2025 slate on the Commission.

Many expressed their admiration for David Engel's performance as Chair of the Commission, many stating it will be difficult to fill his shoes!

The question regarding recording of CoA meetings arose again.

COMMITTEE REPORTS:

AGING IN COMMUNITY:

Betsy and Wayne described a program presented by Lisa Giovani and Somer Cross on the topics of attainable housing and MPDU's.

HEALTH AND WELLNESS:

Barbara and Virginia reported that this committee is continuing to revise the Social Isolation and Access Hears factsheets. The resource sheet on the loss of a spouse/partner is in process. The need for an Implementation manager is still being considered as is the topic of adult medical and social daycare.

COMMUNICATIONS:

Beverly and Jean will be rotating off as Chairs of this Committee at the end of December 2024. Many kudos to both for jobs well done indeed! Linda Bergofsky and Marie Sloan will take over in January 2025. The Ambassador program has gone a long way towards answering the problem of Montgomery County residents not knowing how to navigate the aging landscape. In November 50+ will do a program with the League of Women Voters; in December there will be an emphasis on staying connected.

PUBLIC POLICY:

Kate brought up possible topics for the summit: in home care and caregiving, potentially together.

Linda is leading a CoA Tiger team (Task Force) on the subject of nursing home inspections.

Linda also brought up the usefulness of needs assessments which Kimberly Johnson supported. A recent survey of 500 older adults was conducted but since there are over 150,000 older persons in Montgomery County, that sample size may be inadequate.

A discussion ensued pertaining to the Committee Evaluation Report Board (CERB) and the requirement that the CoA respond to its 15 points. It is meant to be an administrative support and could even be useful as a sales tool to promote our priorities. Comments are encouraged.

The meeting was adjourned at 11:43 a.m.