

Commission on Aging
November 21, 2024
9:30 A.M.- 11:45 A.M.

Virtual via Zoom Link:

<https://us06web.zoom.us/j/82378694890?pwd=YU5RaHJQTjNTSzMvZlIObHNqY204Zz09>

Phone Call-In: 301-715-8592

Meeting ID: 823 7869 4890 and Passcode: 297852

Agenda

- 9:30 A.M. Welcome—David Engel, Chair
- Roll Call
- 9:35 A.M. AAA / A&D updates
- 9:45 A.M. Liaison Reports – Recreation, Transportation, AAHP, LHI, AAHI, JCA, Age Friendly, SNP, HHS, SEPH, Villages, Office of Com. Partnerships, Park and Planning, Vol. Center
- 10:00 A.M. Caregiving Presentation,
- **Ruth Kershner**, LCSW-C, Caregiving Support Program Manager
 - **Marla Lahat**, Exec. Director, Home Care Partners, IHAS update
- 11:00 A.M. Commission on Aging Old Business
- Approval of October CoA minutes, discuss action items
 - New Commissioners, Officers, Committee Chairs
 - Legislative Breakfast update
 - December meeting update
 - Public Forum 2025
- 11:20 A.M. Committee Reports
- Aging in Community
 - Health and Wellness
 - Communications; 50+ in Montgomery
 - Public Policy
- 11:35 A.M. New Business
- 11:45 P.M. Adjourn

Any Liaison reports can be submitted to david@davidengelrealty.com.
They will be distributed to the CoA.

***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

Attachments:

Agenda Full CoA Meeting
Minutes from Full CoA October 2024 meeting
Timeline on CoA Advocacy – OHCQ, Nursing Home Oversight
CoA Priorities

Chair notes and articles:**Happy National Caregivers Month!!!**

Our CoA full Commission meeting **November 21st at 9:30 am (ZOOM)** will feature speakers Ruth Kershner, Montgomery County Caregiver Program and Marla Lahat, Executive Director, Home Care Partners, an IHAS contractor. The full agenda is attached.

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Please note the following information and thank you to the contributors of the content:

The Montgomery County Villages meet and greet with the County Council **November 20th 9-11am** 4th floor, Council Office Building. 100 Maryland Avenue. Rockville, MD
RSVP warren.hansen@montgomerycountymd.gov or 240-777-7962

The County Executive has appointed five new Commissioners for the CoA. We have scheduled an **Orientation meeting November 20th, at 1:00 p.m.** to go over Big Picture items, Useful Tools, and Expectations. We apologize for the short notice, but we need to squeeze in this orientation after they are approved by the Council and before the full CoA meeting which is being held a week earlier than is typical because of Thanksgiving.

Here is the Zoom link for the meeting:

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CoA full Commission Legislative Pre Session Briefing (ZOOM link to be sent out soon) with the Montgomery County Delegation **December 12th at 9 am to 10:30 am**

Delegation by District <https://www.montgomerycountydelegation.com/contact.html>

Delegation District map: https://montgomeryplanning.org/wp-content/uploads/2016/09/ld_county_page.pdf

Elder Life Seminar Sat, Nov 16, 2024 9:00 AM - 12:00 PM

Even though this is in two days (and outside Mont. Co.), I am including it as an idea (spark!) for a Public Forum based on these topics and [*Planning for Life Transitions As we Age.*](#)

https://lp.constantcontactpages.com/ev/reg/gd6uwcs?source_id=c010f63c-8874-4142-bba2-5d0c0fb182e5&source_type=em&c=4cjjvAecjqSkgVdxKuSjEf_sUa5Pu5Hy-aylrHm_d8OQNIF_phUxiA==

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National Family Caregivers Month – celebrated each November – is a time to recognize and honor family caregivers across the country. **Caregiver Action Network** (CAN), the nation’s leading family caregiver organization, selects each year’s theme for National Family Caregivers Month and spearheads the celebration of National Family Caregivers Month nationally.

I Care..., will highlight the importance of self-recognition and self-identity, an element of caregiving that we know is a significant barrier to caregivers accessing the information and resources necessary to support them throughout their caregiver journey.

I Care... will allow CAN **to reach caregivers where they are and highlight specific disease states and therapeutic areas and the populations who are uniquely impacted**, all while connecting them with resources for their unique caregiving circumstances. We are hoping that this will lead a broad audience to see themselves in this campaign.

I Care... will raise awareness of family caregivers as we learn that a woman lovingly cares for her grandma who had a stroke by taking her to play bingo so she can see her friends from church. Or a man thoughtfully takes his dad for a mango smoothie on the way home from each chemo treatment because it’s the one thing that helps his nausea.

“The gap between those providing care and those who self-identify as caregivers keeps them from accessing the resources that could help them,” said Marvell Adams Jr., CAN CEO. “We’re hoping that caregivers will see themselves in this campaign and, as a result, connect to the information and resources to support them.” More information on the campaign can be [accessed here](#).

Homelessness is on the rise amongst the elderly.

A study found that the [rate of chronic homelessness in a community decreases](#) as investment in permanent supportive housing increases. In addition, the faster a community increases the number of permanent supportive housing beds, the faster the rate of chronic homelessness drops.

<https://marylandmatters.org/2024/11/10/more-people-aged-65-face-homelessness-state-housing-officials-report/?emci=ad360869-e8a0-ef11-88d0-6045bdd62db6&emdi=088b2d08-f6a0-ef11-88d0-6045bdd62db6&ceid=558882>

<https://www.mymcmedia.org/point-in-time-survey-shows-number-of-homeless-people-continues-to-grow/#:~:text=Between%202020%20and%202024%2C%20the,federal%20funding%20pandemic%20relief%20dollars.>

Guaranteed income programs are gaining traction nationwide to combat poverty and provide financial stability for families.

Across the country, many local governments and states are experimenting with guaranteed income programs. These programs are cash payments aimed at addressing poverty. Counties and municipalities’ programs vary greatly. More than 100 local governments are planning to launch these initiatives. Baltimore City, **Montgomery**, and Prince George’s County have implemented guaranteed income programs.

<https://conduitstreet.mdcounties.org/2024/10/24/guaranteed-income-programs-feds-following-locals/>

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How Realistic is a 100-Year Life Expectancy and Why Does it Matter?

<https://vimeo.com/1022649818?share=copy#t=0>

Since the 1990s, the field of aging research has advanced alongside medical interventions that have helped many live longer than generations before us. For scientists, journalists, and consumers alike, this has sparked a fascination with life expectancy: at the rate of modern medical innovations, will more of us live into our 100s and beyond?

To explore further, AFAR presented a conversation between public health and gerontology expert S. Jay Olshansky, PhD, and longevity global economist Andrew J. Scott, DPhil, moderated by AFAR Scientific Director Steven N. Austad, PhD.

A recently published paper in Nature Aging co-authored by Olshansky explores the limits to human lifespan and the far reaching impact of extending healthspan through biomedical research on aging. Scott's recent book, The Longevity Imperative, argues that in order to accommodate existing trends and future growth in longevity, substantial changes to our health system, economy, and financial sector—as well as in how we manage our careers, health, finances, and relationships—are necessary. Both experts advocate for the longevity dividend of adding years of health to years of life: studies have estimated that an increased life expectancy by one year will be worth \$38 billion dollars to our economy over the next 50 years.

And both stress that living significantly longer (not to mention, healthier) will require a breakthrough in geroscience—the development of therapies that target aging processes themselves.

AFAR sees this as an important call to accelerate geroscience and an opportunity to reset the longevity discussion around healthspan, our years of health as we grow older.

From the Chair: Last but not least, this article makes me think about those in our Nursing Homes not getting the equitable oversight and care they deserve. When will the Moore administration do something positive for those most vulnerable? We can do better! **Governor Moore Signs Historic Agreement to Advance Innovative and Equitable Health Care, Lower Health Care Costs for Marylanders**

<https://www.baltimoresun.com/2024/11/02/moore-agreement-healthcare-equity-affordability/>

<https://governor.maryland.gov/news/press/pages/governor-moore-signs-historic-agreement-to-advance-innovative-and-equitable-health-care-lower-health-care-costs-for-marylan.aspx>

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