

**Health and Wellness Committee
Montgomery County Commission on Aging
November 5, 2024
9:30-11:00 AM**

<https://us06web.zoom.us/j/82621804920?pwd=RnhpUmYxTVJvdjdMT2w2WEIkRzRrQT09>

Agenda

1. Welcome/Introductions
2. Approval of meeting notes
3. Review of Mental Health Resources Fact Sheet
 - Current Status
 - Next Steps
4. Updating existing H&W Fact Sheets
 - Hearing loss
 - Social isolation
5. Loss of Spouse Fact Sheet -- Marcia Pruzan
6. Continued Discussion of new topics for H&W committee work for coming year
 - Workforce implications for healthier “aging in place”
 - Preventive care promotion - health programs to promote wellness and reduce more serious illnesses
 - Adult Social Day Care versus Adult Medical Day Care

Update on Longevity Ready Maryland Workgroups – Shawn Brennan
7. Adjourn

Next Meeting: December 3, 2024, 9:30-11:00 AM