

Commission on Aging & Disabilities Meeting

Meeting Date: November 13, 2019

Start Time: 10:00 am

Location: Multi-Purpose Room, Westminster Senior & Community Center

Chairperson: Hermine Saunders

Vice-Chair: Jim McCarron

Topic	Discussion
Attendance	Dan Bowler, Val Cioeff, Bob Coen, Doc Doxzen, Art Frotton, Gail Gannon, Lauren Hickey, Heather Hughes, Diann Linton, Pam Malkin, Jim McCarron, Rich Ottone, Heather Robb, Commissioner Ed Rothstein, Celene Steckel, April Stup, Leslie Thomas, Leslie Wagner, Carol Wheatley, Lou Yeager, Marisa Zaccagnini
Acronyms	AAA - Area Agency on Aging, ADA - American's w/Disabilities Act, ADL - Activities of Daily Living, AIP – Aging in Place, BCC – Board of County Commissioners, BOAD - Bureau of Aging and Disabilities, COAD – Commission on Aging and Disabilities, CDSMP – Chronic Disease Self-Management Program, CTS – Carroll Transit System, CIL - Center for Independent Living, MDH - Maryland Department of Health , FFP – Federal Financial Participation, LTAC – Long Term Advisory Council, LTCO - Long Term Care Ombudsman, M4A - Maryland Association of Area Agencies on Aging, MAP - Maryland Access Point, MFP -Money Follows the Person, MOU – Memorandum of Understanding, MWOA - Medicaid Waiver for Older Adults, NED - Non-Elderly Disabled, NFCSP - National Family Caregiver Support Program, OAA - Older Americans Act, OHCQ - Office of Health Care Quality, SALGHS - Senior Assisted Living Group House Subsidy program, SHIP - State Health Insurance Program, SIP - Senior Inclusion Program, SMP - Senior Medicare Patrol, SPDAP - Senior Prescription Drug Assistance Program, VTV – Village to Village, WEAAD – World Elder Abuse Awareness Day.
Call to Order and Establishment of Quorum- Jim McCarron	Jim McCarron called the meeting to order and everyone introduced themselves. A quorum was established with 11 members present.
Commissioner's Comments – Commission Ed Rothstein	Commissioner Rothstein has attended several Veterans Day events recently and noted that the senior centers have done a fantastic job. He encouraged everyone that if they meet a veteran to ask them if they are in the VA system and if not to refer them to the Veteran Services Program at the Bureau of Aging & Disabilities. He heard a Veteran state at a recent event that when told “Thank you for your service” to respond, “You’re worth it.” With the winter weather upon us he also encouraged everyone that if they see someone in need of shelter to refer them to the Cold Weather Shelter by calling the Bureau of Aging & Disabilities or 911. He will be hosting a Town Hall on December 9 th in the morning and evening at the South Carroll Senior & Community Center.
Approval of Minutes – Jim McCarron	Jim requested approval of the September 2019 minutes as submitted. Heather Robb motioned 1 st and Dan Bowler 2 nd for approval. All were in favor to approve as submitted.
Old Business – Jim McCarron	<u>Maryland Statewide Commission on Aging Summit Report</u> – Marisa Zaccagnini, Carol Wheatley, Jim McCarron and Bob Coen all attended. Marisa's report: I. Senator Ben Cardin <ul style="list-style-type: none"> • Stated that one of the state's highest priorities is to protect Medicare and Social Security, as well as Medicaid programs. <ul style="list-style-type: none"> ○ Medicaid is under much more of a threat.

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- This is a problem related to increasing costs in healthcare.
- Prescription drugs are a huge culprit.
- The state representatives are aiming to place a cost of living adjustment on how much prescription medications can increase in a year.
- Long-term care is an issue for our country and there is no “long-term care strategy”.
- People prefer to age in place and Senator Cardin is working on making this a reality.

II. Mike Watson, Age-Friendly Communities Expert/AARP

- Noted that we are aging as a country and 40% of Mayors have not established a task force to address age-friendly communities.
 - What makes a community a great place to live?
 - 8 domains of livability (AARP)
 - Age-friendly network consists of 401 communities and it is a “5-year process”.
 - Enrollment
 - Conducting a survey and listening sessions
 - Create an action plan
 - Implementation
 - Progress/Status update
 - *Often the action plan is being created while being implemented at the same time. The idea of building the plane while it is flying.
 - Communities are often built around vehicles and do not encourage walkability. Transportation is one of the most important domains.
 - Recommended to title the community what works best for you.
 - i.e. “Carroll Together”
- www.aarp.org/livable is the online resource to learn more about AARP’s 8 domains of livability.

III. What Happens to Us as We Age? Healthy Aging Panel

(Marie Bernard, MD [NIA], Andy Monjan, Ph.D, MPH [NIA], Molly Wagster, Ph.D [NIH])

- Sleep & Aging
 - ¾ sleep is reduced from 25% to 9% as we age, which has detrimental effects to our wellbeing (falls, mood changes, etc.).
 - We must treat the underlying comorbidities to address sleep issues and insomnia.

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- Sleep is a pillar of health!
- Mental sharpness and maintaining vitality are of top performance.
- Knowledge of how the world functions improves as we age.
- Communication slows in the brain and connectivity of cells decrease.
- It is important to improve diet, exercise and do cognitively stimulating activities to maintain cognitive functioning.
- Physical activity is important in keeping you from becoming disabled or having repeated falls.
- Aspirin is not recommended to prevent heart attack in an otherwise healthy adult.

IV. Age-Friendly Communities (Hyattsville, Maryland and Montgomery County, Maryland)

- Age-Friendly Hyattsville – It is helpful to engage outside agencies to raise issues and bring before the government, engage community residents, organize and prioritize work. Timeline:
 - 2011 Hyattsville Aging in Place began
 - 2015 Community forum was held and Mayor attended.
AARP representative was invited to attend.
Mayor invited them to develop a survey for citizens.
 - 2016 Survey was developed.
 - 2017 January
Results of the survey were gathered and application was submitted/accepted by the city.
 - August
15 volunteer residents of the city got together to form a work group to look at the 8 domains of livability.
*It is important to prioritize these domains in a way that makes sense to your community.
 - 2017 October
The workgroup determined priority areas and formed subcommittees to begin meeting. The subcommittees were the various domains identified.
 - 2019 January
The city's plan was accepted by the AARP Network and has 3 years to meet its goal.
- Since then...*
- A Lead Coordinator has been hired.
 - Contracted with Enterprise Community Partners to develop an affordable housing strategy.
 - Hired an assistant planner to oversee the housing contract.
 - Partnership with Habitat for Humanity and Hyattsville AIP.
 - Publications in local newspapers, etc.

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	<ul style="list-style-type: none"> • Exploring grants for transportation. <p>Age-Friendly Hyattsville Model: https://www.hyattsville.org/758/Age-Friendly-Initiative</p> <ul style="list-style-type: none"> • Age-Friendly Montgomery County <ul style="list-style-type: none"> ○ It took Montgomery County AAA approximately 10 years to establish Aging in Place. ○ They began in 2007 and hosted a “Senior Summit” in summer of 2008 to gather ideas, had over 300 people in attendance. ○ <i>See Age-Friendly Montgomery County presentation handout.</i> <p>Commissioner Rothstein would like to identify the problem with medication costs and why local older adults are not able to afford and then find solutions.</p> <ul style="list-style-type: none"> ○ Demographic ○ Why can't afford – uninsured or underinsured ○ Education regarding prescription plan you are in currently ○ Information about the medications ○ Name brand vs. generic
<p>New Business – Jim McCarron</p>	<p><u>Carroll Together/AIP Sub-Committee Update, Jim McCarron</u> – At their last sub-committee meeting, AARP presented on Age Friendly Communities and Cheri Ebaugh presented on local environmental issues for those aging in place. Current discussion included:</p> <ul style="list-style-type: none"> • Reduce cost of adding on to homes for older adults – special provision • Interest free/tax free for home modifications • Community needs to define problem and gather information on solutions and present to Board of County Commissioners • Incentive for adult children to stay local in parents' home <p><u>Communities for Life Update, Dan Andersen</u> – No update.</p> <p><u>Voting for 2020 Chair and Vice-Chair, Celene Steckel</u> – Jim McCarron was voted in as Chair and Dan Andersen as Vice-Chair for 2020. Celene announced that Gail Riley has resigned, Hermine and Bob Coen's 2nd term will expire December 31st. Bob will continue as a member of the Aging In Place/Carroll Together sub-committee.</p> <p><u>Holiday Breakfast Celebration, Leslie Wagner</u> – A Holiday Breakfast Celebration to recognize the work of the Commission on Aging & Disabilities will be held on Tuesday, December 17, 2019 from 9:30 to 11:00 am in the Multi-Purpose Room of the Westminster Senior & Community Center. Please RSVP to Leslie Wagner.</p> <p><u>Change in Meeting Location, Celene Steckel</u> – Ideas were Non-Profit Center, Finksburg Library, Reagan Room at County Office Building and Health Department. Leslie will investigate all the locations and report back.</p>

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<p>Partners in Care Presentation – April Stup, RSVP Director</p>	<p>Partners in Care (PIC) is a 501(3)(c) community of neighbors helping neighbors with 3,200 members of which 800 are volunteers. PIC uses members’ gifts and talents in a time banking system, where an exchange is utilized for volunteer hours provided and used. Current programs include transportation, repairs and member care. Volunteers are provided an orientation and must undergo a background check. In addition, vendors and contractors are vetted and available for members if more detailed work is needed. PIC provides services in Anne Arundel County, Frederick and Easton with the Upscale Boutique located only in Anne Arundel County. The boutique provides one hour earned for every bag of clothing and household items donated with 100 volunteers needed weekly to operate. Learning Socials are also made available for members and cover a variety of subjects including crockpot cooking class, ask the undertaker, laughter therapy, decluttering, etc. Funding for the administrative positions are provided by federal, state and local grants, including a Local Development Community Grant funded by the Arundel Mills casino. More information is available at partnerincare.org. Carroll County previously was part of a regional RSVP program. RSVP money is available but would need to be coordinated.</p>
<p>Bureau of Aging & Disabilities – Celene Steckel</p>	<ul style="list-style-type: none"> • Staffing <ul style="list-style-type: none"> ○ Leslie Thomas is the new Senior Inclusion Program Coordinator. ○ Ethan Harden, Housing and Livability Inspector is moving to Risk Management. ○ Nancy Ensor, Caregiver Coordinator and Senior Care Case Manager has retired. • Medicare Plans Open Enrollment is underway and closes December 7th. • Senior Call Check is a Maryland Department of Aging Program where older adults can opt in to receive daily, pre-arranged phone calls. If not answered three times, then a registered contact is notified. • Tomorrow is the 10th Anniversary Celebration for the South Carroll Senior & Community Center. • Senator Van Hollen and Comptroller Frosh will be presenting on Consumer Rights and Protection at the Westminster Senior & Community Center in December. Celene will forward a flyer.
<p>Area Reports – COAD Members</p>	<p><u>Bob Coen, Adult with Disabilities</u> – At the MS Support Group on November 18th a local acupuncturist will be attending. They meet at the Tevis Center for Wellness on Stoner Avenue.</p>
<p>Next Meeting Date</p>	<p>The next meeting date is Wednesday, January 8, 2020 at 10:00 a.m. with the location to be determined.</p>