

**LHIC Health Aging Work Group Meeting**  
**5.26.16 – 9:30 a.m.**  
**Howard County Health Department**

**Members Present:**

Courtney Barkley, HC Office on Aging	Attiya Mir-Bloomstock, FIRN
Peggy Hoffman, HC Office on Aging	Sheila Palmiotto, HC Health Department
Jillian Anderson, Healthy Howard	Shawni Paraska, Columbia Association
Renee Bitner, HC Health Department	Amy Skaggs, HC Health Department
Jill Kamenetz, HC Office on Aging	Charles Smith, HC Dept. of Citizen Services
Mary McGraw, The Village in Howard	Starr Sowers, HC Office on Aging
Elizabeth Menachery, HC Health Department	Paul Verchinski, HC Citizens Association
Andrew Monjan, Transition Howard County	Sharonlee Vogel, HC Commission on Aging

**Staff Present:** N/A

**Meeting Minutes:**

Peggy Hoffman, Division Manager of HC Office on Aging, opened the meeting at 9:40 a.m. and referred to the agenda to start introductions of all workgroup attendees. Peggy spoke on the following:

- Meeting dates/Times/Locations 2016-2017 (handout provided)
- Creating an LHIC User Account (handout provided)
  - Visit LHIC website for great information to include discussion area on website
    - Group can have a subgroup within Aging Workgroup.
  - LHIC Member Portal has Healthy Aging Group – the portal will have meeting minutes and upcoming dates/times/location
- Mission Statement – Peggy stated it would be good to get organizational suggestions for mission statements in summary document.
  - Identify Organizations – the workgroup attendees identified the following:
    - Library
    - Howard Community College
    - Transportation – Neighbor Ride
    - 50+ Centers
    - HCPSS
    - Employer groups such as Wal-Mart, HCPSS
- What is your organization doing to promote healthy aging?
  - Andrew Monjan, Transition HC - provides education material, works with HCC to host annual forum. Started with forum involving NASA on climate change and viewing satellites. Latest forum on Healthy Eating/Healthy Food Fest. Next forum will be community sustainability and sustainable health.

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- Mary McGraw, The Village in Howard - helps people age in place. Started in 2001 with system of membership. Neighbor to neighbor services – run to grocery, dry cleaners, social clubs, etc. Will go through database to figure out ages. 108 in membership currently.
- Paul Verchinski, HC Citizens Association – Driven by interest that board members have since 1961. 2013 forum - *Aging Successfully in Community*. Last month forum to talk to people with panelists going through aging process 60-90 years old to share issues they are having. Senior housing in HC re: code for 55+ community housing (Bethany Glen – Marriottsville Rd). Would like building code changes, livable homes tax credit. They are an umbrella organization maintained by Dept of Planning and Zoning. Association is a very loose agenda. Very robust list serve and monitored by County Executive.
- Sheila Palmiotto – Bureau of Community Health/HCHD prevention services within Cancer Program over 40 for underinsured and uninsured and AERS program. Immunizations at 50+Expo. Renee Bitner shared that AERS is a team of social workers that go to people’s homes and assess and support if they can remain at home. AERS also develops a plan of care and connects people to resources. No age limit in AERS, no cost for services, capacity is growing. Clients come from various resources – family members, MAP.
- Shawni Paraska, Columbia Association – *Activities for Mature Adults* handout was provided. Shawni stated 70% of exercise classes can accommodate older population. CA Intercultural areas - book clubs, cultural fest
- Attiya (Tia) speech language pathologist and FIRN volunteer– treats speech language in geriatric population. Biggest concern is after treatment to transition/return patient safely back to community – educate support system/family members to understand functional deficits and sustain viable living back in community. Tia stated she’d like to learn more about community resources for her clients to connect with.
- Mental Health Authority – psychogeriatric specialist. Work is involved with matching individuals with services in HC. Mental Health Committee is 35 years in existence. Coordination of Care Committee. Access to Older Adult Committee
- Charles Smith, Dept of Citizens Services – identifies need in community - what is in community and how to tap in to resources. Charles does literature reviews and shares with Office on Aging.

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- Peggy Hoffman, Office on Aging – MAP, Caregivers support program (aging and disability resources), Respite funding, individual counseling, annual conference, 50+ center activities, trips, Senior Center Plus – 4 hour day program for cognitive or physical condition. Early onset dementia program “Kindred Spirits”.
  - MAP – the senior/person has the right to make a good or bad decision. MAP has two Korean bilingual staff
- Courtney Barkley, Office on Aging - In 2007 Office on Aging included health and wellness division to offer evidenced based program. Chronic disease based programing - better balance, health screenings, mental health talks, peer support groups, volunteer ops
- Jillian Anderson, RN, Healthy Howard CCT – Program to avoid readmission to hospital. Home visit, with community health worker, assess and identify resources needed. Participants are very low income. To identify for the program the person would have to be a HC resident and have two chronic illnesses and also be a Medicare recipient. Up to 90 day intervention/short term intervention for person who is not utilizing resources well.
- Sharonlee Vogel, HC Commission on Aging (50+ Commission) – Lead advocate for programs and policies and making recommendations to Office on Aging, LHIC, etc. Does not report findings to state.

Peggy shared that next meeting the group will brainstorm barriers/gaps/challenges associated with healthy aging and identify up to 3 items to tackle within a year. Charles mentioned there are 35,000 older adults in Howard County and we (resources) are just touching a small amount in county. Charles urged the group to think about what can be done to make environment safer.

Action Items:

- Peggy will find out where group discussion board is on LHIC website.
- Workgroup attendees should brainstorm barriers/gaps/challenges associated with healthy aging.

Respectfully submitted by,  
Amy Skaggs