

Montgomery County Health and Wellness Advisory Group
January 13, 2015, at Holiday Park Senior Center
Meeting Summary

Attendees: Odile Brunetto (*Montgomery County AAA*); Sara Demetriou (*Suburban Hospital*); Emily Glazer (*AAA*); Mel Greberman (*Public Health Resources*); Marcia Pruzan (*Commission on Aging*); Phil Smakula (*Montgomery County Recreation*); Lindsey Vajpeyi (*Alzheimer's Association*); Beth Zeidman (*Vital Living Network*)

At the request of the Advisory Group, Pazit Aviv, Village Coordinator for Montgomery County HHS Aging & Disability Services, spoke about her work and the Village movement.

She provided an overview of the Villages in the area, described the complexities of developing a Village (that it “takes a village”), and the types of technical assistance she provides. She spoke about aspects of sustainability, the challenges re insurance, and her outreach efforts to diverse communities. She talked about the history of the Village movement, and gave examples of the ways Villages get started and evolve. She emphasized the importance of capitalizing on community assets and building partnerships. She referenced WAVE, the Washington Area Villages Exchange. Finally, she mentioned plans for a conference on May 12 in White Oak. For further information on Villages, please feel free to contact Pazit at 240-777-1231 or pazit.aviv@montgomerycountymd.gov.

Emily summarized the January 12 conference call on medication management. Although there had been a suggestion to undertake a research project with measurable outcomes, Marcia was among the participants who suggested a more realistic goal for the Advisory Group and the County – to develop a simple initiative that might include a speaker’s kit with slides and resources, and basic tips, that could be shared with Commission on Aging stakeholders via a link. Phil cautioned re the necessary lead time to develop and implement such an initiative, suggesting that we might want to consider planning for a Spring 2016 campaign.

Odile reported on the deficits in both the County and State budgets. She said that the FY16 budget will require 3% reductions, and that there is a hiring freeze, but mentioned that Mr. Leggett is supportive of older adults. He would like to convene another Senior Summit, but no date has been set. The priorities that emerged from the Senior Subcabinet survey were housing, transportation, and low-income older adults. Leggett will release the budget on March 15th.

Marcia said she continues to remind the Commission on Health about the concerns of older adults.

Phil reported on the 3% cut for the Recreation Department that is largely taken from current vacant positions.

Sara reported on an assessment of the Senior Shape aerobics and weight training program that is held at 6 centers, and distributed copies of the report on the findings. She is looking at

different assessments that might be undertaken in the future. She also distributed a flyer about a presentation called “Exercise – A Powerful Medicine.”

This was Lindsey’s first meeting with the Advisory Group. She reported on the Alzheimer’s Association efforts to reach diverse populations. She also mentioned that there is a new support group in Germantown, and that she is looking for office space in Montgomery County.