

**HEALTH AND WELLNESS COMMITTEE OF THE COA**

**Meeting Notes**

**September 2, 2014 9am-11:00am**

**Muslim Community Center**

**15200 New Hampshire Avenue**

**Silver Spring, MD 20902**

**In Attendance: Myrna Cooperstein, Sam Korper, Tammy Duell, Arva Jackson, Emily Glazer, Shawn Brennan, Pazit Aviv, Mona Ngem - MCC, Sanajana Quasem - MCC, Lesly Marks, Erin Howard-guest**

<b>Topic</b>	<b>Discussion Points</b>	<b>Decisions/follow-up</b>
<b>Reports/Updates</b>	<p>Healthy Montgomery - Sam Korper</p> <p>Senior Health &amp; Wellness Meeting/Senior Subcabinet – Myrna Cooperstein</p> <p>Commission on Health – Marcia Pruzan</p> <p>Data Task Force – Sam Korper</p>	<p>Sam provided an overview of Healthy Montgomery (HM) and its goals. The next HM meeting is planned for September 8.</p> <p>Myrna provided an update about the work of the Senior Subcabinet's Health &amp; Wellness Committee. September is Falls Prevention Month. Numerous programs and activities are planned around the County to educate and raise awareness about this important health issue.</p> <p>Deferred until the October 2014 meeting.</p> <p>Sam has identified COA members and community members who he plans to invite to participate in the task force. Any COA members who are interested in participating should contact Sam.</p>

<p><b><i>Driver Safety &amp; Support Discussion</i></b></p>	<p>The Health &amp; Wellness Committee recommends additional work to help identify strategies the County can use to support drivers including older drivers.</p> <p>Shawn Brennan provided an overview of a few of the transportation programs that are available in Montgomery County:</p> <ol style="list-style-type: none"> <li>1. To Drive or Not to Drive – Jewish Social Services Agency (JSSA)</li> <li>2. AARP Safe Driver Program</li> <li>3. Carfit – American Auto Association</li> <li>4. Ride Smart Travel Training – Jewish Council on Aging (JCA)</li> <li>5. Connect-A-Ride - JCA</li> </ol> <p>Metro Access was discussed and Boston's "Boston Ride" was recommended as a program to review.</p>	
<p><b><i>MCC Presentation – Initiative for Older Adults &amp; Tour of MCC Medical Center</i></b></p>	<p>The Committee thanks Mona and her team for hosting the meeting, providing an informative and educational presentation about MCC's initiatives for older adults and for providing a tour of MCC's medical center. The services MCC provides are comprehensive and impressive.</p>	<p><b><i>Please see attached presentations for details.</i></b></p>
<p><b><i>Senior Center Plus(SCP)</i></b></p>	<p>Based on the concerns raised by the County's recreation staff about the increasing care needs of senior center members and guests, SCP is a topic of interest to the Health &amp; Wellness Committee.</p>	<p>Tammy will invite a speaker to discuss SCP during the November 2014 Health &amp; Wellness Committee meeting.</p>
<p><b><i>Other Items</i></b></p>	<p>Lesley Marks offered to prepare a presentation for the Health &amp;</p>	

	<p>Wellness Committee's December 2014 meeting to focus on affordable housing models for older adults who have care needs that have been successful in other states.</p> <p>Parking concerns and limitations at 401 Hungerford Drive discussed. <b><i>Please do not park at 451 Hungerford Drive.</i></b></p>	
<p>Next Meeting:</p>	<p>October 7, 2014, 9:00 - 10:30 am  401 Hungerford Drive  Rockville, MD</p>	