

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

Topic	Discussion Points	Decisions/follow-up
<i>Reports/Updates</i>	Healthy Montgomery - Sam Korper	Sam provided an overview of Healthy Montgomery (HM) and its goals. The next HM meeting is planned for September 8.
	Senior Health & Wellness Meeting/Senior Subcabinet – Myrna Cooperstein	Myrna provided an update about the work of the Senior Subcabinet's Health & 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.
	Commission on Health – Marcia Pruzan	Deferred until the October 2014 meeting.
	Data Task Force – Sam Korper	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><i>Driver Safety & Support Discussion</i></p>	<p>The Health & 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"> 1. To Drive or Not to Drive – Jewish Social Services Agency (JSSA) 2. AARP Safe Driver Program 3. Carfit – American Auto Association 4. Ride Smart Travel Training – Jewish Council on Aging (JCA) 5. Connect-A-Ride - JCA <p>Metro Access was discussed and Boston's "Boston Ride" was recommended as a program to review.</p>	
<p><i>MCC Presentation – Initiative for Older Adults & Tour of MCC Medical Center</i></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><i>Please see attached presentations for details.</i></p>
<p><i>Senior Center Plus(SCP)</i></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 & Wellness Committee.</p>	<p>Tammy will invite a speaker to discuss SCP during the November 2014 Health & Wellness Committee meeting.</p>
<p><i>Other Items</i></p>	<p>Lesley Marks offered to prepare a presentation for the Health &</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. <i>Please do not park at 451 Hungerford Drive.</i></p>	
Next Meeting:	<p>October 7, 2014, 9:00 - 10:30 am 401 Hungerford Drive Rockville, MD</p>	