

Health and Wellness Advisory Group
September 16, 2014; Holiday Park
Meeting Summary

Attendees:

Odile Brunetto (Montgomery County AAA), Sara Demetriou (Suburban Hospital), Wendy Friar (Holy Cross Hospital), Emily Glazer (Montgomery County HHS), Mel Greberman (Public Health Resources), Phil Smakula (Montgomery County Dept. of Recreation)

Falls Prevention: Emily reported on the 35 falls prevention events offered during September (Falls Prevention Month), which were organized and publicized by GROWS, Mont. Co. HHS, and others. She distributed copies of the listing in the Beacon – for which the Beacon spent \$2,000, Brook Grove \$1,000, and GROWS \$1,000. Wendy suggested developing an assessment tool to survey attendees to find out if they found the programs worthwhile, what they learned, what was lacking. Emily will explore drafting a simple instrument to distribute at the events. There was discussion about starting the planning for Falls Prevention Month earlier, as the summer a challenging time to organize the initiative.

Medication Management: Emily reviewed the discussion from the July 15 H&W Advisory Group meeting (with 5 guest speakers) and the July 31 follow up conference call. There was discussion about picking a month to focus on medication management for seniors, providers, and caregivers –possibly including MTM (Medication Therapy Management) speakers, reaching out to providers to see what’s out there. Mel reiterated his interest in using libraries. Medication packaging is a real issue. Expired medications can be turned in for proper disposal at several venues as part of the “Take Back Medications” day on September 27. We will explore existing awareness weeks or months established to address medication issues.

Commission on Aging: Odile reported on the two recent Summer Studies – one was on the need to improve advocacy for older adults in Montgomery County planning. The World Health Organization (WHO) has put together a packet/checklist to develop good places to live for seniors. The second Summer Study was on family caregiver support. A part-time staff person (Senior Fellow) to assist with caregiver supports is approved in the current FY15 budget. Councilman Leventhal is meeting with all HHS related Commission chairs and asking for priorities. Holy Cross currently provides 29 support groups/month for caregivers and people with low-levels of dementia.

Other:

- Phil provided an update on the Recreation Department. One of the highlights was that Holiday Park is now open on Wednesday evenings with a variety of program offerings. He also said the Recreation Department is interviewing bilingual staff throughout the County. The Harris Teeter Store in Olney will be advertising the

Longwood Senior Program on their prescription bags. There will be a new community center/senior center in Potomac (20854) in 18 months.

- There was brief discussion about Villages (12 active; 5 almost established, getting their 501c3's; and another 11-12 at the developmental level). The County has a brochure about Villages, a website and newsletter, offers training and technical assistance, has a PowerPoint presentation.
- There was also brief discussion re Mobility/Transportation. Odile reported that Shawn is looking into what we have, and how we can streamline it. She has created a PowerPoint presentation. There is a new booklet called "Get Up and Go," with a targeted mailing to 65-75 year olds in several zip codes near community centers.
- To address the Committee's interest in both the Villages and Mobility/Transportation, Emily offered to invite Pazit Aviv and Shawn Brennan to a future Advisory Group meeting.
- Emily reported that Partners for Livable Communities, with support from ETRADE, has organized a workshop (on September 24) for a few nonprofits in Montgomery County to engage new partners in public health initiatives for older low- and moderate-income seniors in Montgomery County.
- Bone Builders has 18 classes now, and Senior Shape has 8+ classes.
- Mel reported that Silver Spring Town Group wants to put on some programs.
- Wendy reported that the new Holy Cross Hospital in Germantown will open October 1. There is an Open House on September 21. The hospital will be on the campus of Montgomery College, has 93 beds, and is a state-of-the-art hospital in a green building, with all private rooms, lots of windows, and more.
- HOC is revamping Alexander House with Lee Development and Elizabeth House, that will have a community "common space" with mixed (age) housing.
- Sara distributed several flyers about upcoming community programs sponsored by Suburban Hospital, including programs on smoking, stress, vaccinations, and children with disabilities.