

Testimony in Support of the Black Physicians Health Network (BPHN) – Submitted by My Active Senior

As the Founder and CEO of *My Active Senior*, I am honored to share this testimony in support of our partnership with the Black Physicians Health Network (BPHN) and the tremendous impact their funding has had on Black seniors in Montgomery County. Thanks to the funding we received through BPHN, we were able to expand our reach into some of the most underserved affordable housing communities throughout the county—communities that are often overlooked and under-resourced. There is no other opportunity that allows us to serve Black seniors at this scale and with such intention. Through this partnership, we've been able to:

- Host wellness events and health-centered celebrations that directly engage and uplift hundreds of Black seniors.
- Provide access to educational programming, preventative health screenings, and supportive services—right where seniors live.
- Build trust and relationships with community members who feel seen, heard, and valued—many for the first time in a long while.

What makes this work even more impactful is that *My Active Senior* is currently the only organization in Montgomery County targeting senior residents in affordable housing communities with this level of consistency and care. Without BPHN's support, this work would not be possible.

One of our seniors, Ms. Geraldine from Silver Spring, shared, *"These events give me something to look forward to. It's not just about the food or the music—it's the feeling that someone cares about us. My blood pressure has been better, and so has my spirit."*

At a time when seniors—especially Black seniors—are facing increased isolation and health disparities, this partnership is not just important, it is critical. Continued investment in these programs ensures that our seniors are not forgotten and that equity remains at the center of our county's mission.

Thank you for believing in this work and for continuing to support organizations like ours that are changing lives.



Shememe Williams

CEO | *My Active Senior*

Cell: 301-300-6330

Office: 866-594-6249

 MyActiveSenior.com