

**Health and Wellness Committee
Montgomery County Commission on Aging
December 5, 2023
9:30-11:00 AM**

Zoom Link:

Monthly:

[https://us06web.zoom.us/meeting/tZYrdeigrj8jGNQDKQeeq8MRKymIFq38uwsH/ics?icsToken=98tyKuGqqDkrEtSRuRuHRpwQBlijod_zziCIEjY1suDTUBiVCOi7EHftPPpRuQ4DF](https://us06web.zoom.us/join/https://us06web.zoom.us/meeting/tZYrdeigrj8jGNQDKQeeq8MRKymIFq38uwsH/ics?icsToken=98tyKuGqqDkrEtSRuRuHRpwQBlijod_zziCIEjY1suDTUBiVCOi7EHftPPpRuQ4DF)

Meeting ID: 826 2180 4920

Passcode: 614515

One tap mobile

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Agenda

1. Welcome/Introductions (Virginia Cain, Barbara Selter, Co-Chairs)
2. Approval of November meeting notes
3. Discussion: Senior Center Staff on mental health activities at Senior Centers
Stacy Sigler- Recreation Supervisor, Senior Programs
4. Discussion of goals and priorities from *Strategic Alignment - A Collective Vision for Behavioral Health in Montgomery County, Maryland* (please see *Seniors: Goals, Objectives, and Priority Action Steps* starting on page 27 of the report)
(Tina Purser Langley)
5. Discussion of list of research items from CoA Health and Wellness small work group on Mental Health issues (item 8 on notes from small group meeting)
(Marcia Pruzan)

6. Discussion of next steps for H&W Committee work on Mental Health
7. Adjourn

Next Meeting: December 5, 2023, 9:30-11:00 AM via Zoom