



Montgomery County Commission on Aging
Meeting Agenda
September 25, 2025
9:30 AM to 12:00 PM

Virtual via Zoom Link:

<https://us06web.zoom.us/j/82378694890?pwd=YU5RaHJQTjINTSzYvZ2lObHNqY204Zz09>

Phone Call-In: 301-715-8592 Meeting ID: 823 7869 4890 and Passcode: 297852

***NOTE:** If you need access to Sign Language Services, please contact Tremayne Jones
one week prior to the meeting at (240) 777-1262 or at Tremayne.jones@montgomerycountymd.gov

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| 9:30 AM | Welcome and Co-Chairs' Remarks |
| 9:45 AM | Old Business <ul style="list-style-type: none">- Approval of July Meeting Minutes- Advocacy Training |
| 10:00 AM | AAA Director's Report |
| 10:15 AM | FY 27 Budget Proposals <ul style="list-style-type: none">- Communications- Aging in Community- Health & Wellness- Public Policy |
| 11:30 AM | FY 27 Policy Proposals and Next Steps |
| 12:00 PM | Adjournment |

The next full Commission on Aging meeting will be on Thursday, October 23. Our guest will be Leslie Smith-Ray from the Maryland Department of Aging. She will discuss Longevity Ready Maryland.

Attachments:

July 2025 CoA Meeting Minutes

FY 27 Draft Budget and Policy Proposals

News You Can Use To:

Access Important Vaccines: If you are a Maryland resident who has health insurance (including private insurance or Medicaid), the COVID vaccine and boosters will continue to be covered for both adults and children. For Marylanders, any vaccine that you could receive without a co-pay in 2024 will continue to be covered by your insurance with no out-of-pocket expense for the patient.

Anticipating the chaos on the federal level, earlier this year the General Assembly passed several bills that ensure vaccine coverage for Marylanders. HB 974 requires that insurance providers continue to cover the costs of all vaccines that were recommended by the Advisory Committee on Immunization as of December 31, 2024. HB 1315 ensures that all childhood immunizations that were on the CDC immunization schedule as of December 2024 are also covered.

Attend the Beacon's 26th Annual 50+ Expo: The Beacon Newspaper will be holding its Fall 50+ Expo on **Sunday September 28** at the Silver Spring Civic Building in downtown Silver Spring. The Expo will run from Noon to 4:00 PM.

Attendees can receive free health screenings, including blood pressure, blood glucose and cholesterol tests from Giant Pharmacy. Giant will also provide important vaccines, including the latest COVID-19 and RSV vaccines, regular and high-dose flu shots, Shingrix (shingles), pneumonia and tetanus vaccines. Please bring your Medicare and/or insurance card, if applicable.

Register for the Age-Friendly EcoSystem Summit: In partnership with Age-Friendly Montgomery and other local age-friendly communities, the George Washington University's Center for Aging, Health and Humanities will host the Age-Friendly Ecosystem Summit on four consecutive Thursday afternoons in October. On October 9, which is National Ageism Awareness Day, there will be a powerful opening session that unpacks the latest federal policy changes affecting services for older adults and caregivers. Experts will break down what's new, what's missing, and what's next on the horizon, helping you stay informed and ready to act in your community.

You can register [here](#) for one or more of the following sessions. All take place on Thursdays from 1:00 to 3:00 PM:

October 9: The State of Aging Policy: What's Changed and What's Next?

October 16: Reimagining Housing: Designing for Longevity

October 23: Aging with Confidence: Strategies for Financial and Social Well-being

October 30: Building your AI Awareness: Pearls and Perils

Become an Empowered Caregiver: The Calvert County Office on Aging and AARP are partnering to offer free virtual workshops designed to help caregivers navigate the challenges of supporting someone with dementia. You can attend one or more of the sessions listed below, which are held on Wednesdays at 6:00 PM

October 15: Communicating Effectively

November 12: Responding to Dementia-Related Behaviors

December 10: Exploring Care & Support

You can call 410-535-4606 ext. 8755 to register or email [Lisa Caudle](#) with any questions.

Understand the Connection Between Falls and Prescription Drugs: A recent New York Times article highlighted a growing body of research linking rising mortality rates after falls to increased use of certain prescription medications. Public health experts have warned about the dangers of falls for older adults for decades. In 2023, the latest data from the Centers for Disease Control and Prevention showed that over 41,000 Americans over 65 died from falls, as an opinion article in JAMA Health Forum noted last month. Even more alarming than that number, however, was another statistic: fall-related deaths among older adults have been increasing rapidly, despite guidelines and interventions aimed at preventing falls in the first place.

The risk of falls is multi-factorial—age being but one of the factors—but aging does not explain the increased lethality of falls over the last 30 years. What has changed is Americans' increasing use of medications — like benzodiazepines, opioids, antidepressants and gabapentin — that act on the central nervous system. These drugs, along with some cardiac medications and commonly used anti-histamines, are collectively referred to as Fall Risk Increasing Drugs, or FRIDs. The Beers Criteria, a directory of drugs often deemed inadvisable for older adults, recently published [recommendations for alternative medications and nonpharmacological treatments](#) for frequent problems, including cognitive behavioral therapy for sleeplessness and exercise, physical therapy and psychological interventions for pain. You can read the entire article [here](#).

Embrace Technology to Gain Brain Benefits: According to an article in [KFF Health News](#), older people should willingly use technology because it gives their brains a boost. Unlike the documented effects of unfettered access among children and teens, use of everyday digital technology has been associated with reduced risk of cognitive impairment and dementia among members of the digital pioneer generation. Michael Scullin, a cognitive neuroscientist at Baylor University and Jared Benge, a neuropsychologist at the University of Texas at Austin, were co-authors of a [recent analysis](#) investigating the effects of technology use on people over 50 (average age: 69).

In their meta-analysis of 57 studies involving more than 411,000 older people, published in *Nature Human Behavior*, almost 90% of the studies found that technology had a protective cognitive effect. The cognitive benefits may be attributable to the learning required to use new devices and overcome challenges of keeping software up to date; they may also be related to increased social connectivity and reduced social isolation. While analyses like this can't determine causality, it may help older people feel less guilty about using digital technology.