

**Health and Wellness Committee
Montgomery County Commission on Aging
February 4, 2025
9:30-11:00 AM**

Zoom Link:

<https://us06web.zoom.us/j/87688595357?pwd=cUqRGUajdbICLSHb4rVOozcDNL63Xo.1>

Agenda

1. Welcome/Introductions
2. Approval of meeting minutes
3. Final updates of Fact Sheets
4. Presentation on Access Hears; Khoi Le, Executive Director
5. Topics for Future Consideration:
 - Adult Medical-Social Daycare: A possible cross-topic with Aging in Community
 - Palliative Care- What It Is, What It Isn't and Why You Might Want It
 - Integrative Geriatric Medicine-Dr. Misha Kogan-GW Geriatrician who would give a presentation on "lifestyle Geriatrics".
 - Spirituality in Medicine- Dr. Christina Puchalski, world-renowned physician who has spent her career integrating spirituality into the practice of medicine, particularly with serious illness.
6. Additional/Alternative Topics for Consideration?
7. Adjourn

The next meeting will take place on March 4, 2025