

COMMISSION ON AGING
MEETING SUMMARY MINUTES

June 28, 2018

| Members Present | Members Absent |
|------------------------|---|
| Phyllis Rand | Deborah Royster |
| Jerry Morenoff | Jean Dinwiddle |
| Ryan Wilson | Sue Guenther |
| Morton Faller | Miriam Kelty |
| Nanine Meiklejohn | Liaisons |
| Amy Harbison | Austin Heyman, Office of Community Partnerships |
| Alan Kaplan | Stephanie Moore, Housing Opportunities Commission |
| Richard Jourdenais | Denise Isreal, Department of Transportation |
| Noelle Heyman | Phil Smakula, Department of Recreation |
| Isabelle Schoenfeld | Guests |
| Syed Yusuf | Bruce Adams, Director, Office of Community Partnerships |
| Amoke Alakoye | Kasey Kaseman |
| Karen Maricheau | Jeff Goldman |
| Tho Tran | Rashid Makhdoom |
| Monica Schaeffer | Beverly Rollins |
| Stephanie Edelstein | Mayra |
| Revathi Vikram | Sara Lovinger |
| Nguyen-Minh Chau | Deborah Johnson |
| Neal Brown | Tracy Rezvani, Consumer Protection |
| Marsha Weber | Tim Beese |
| Hillery Tumba | Alumni |
| Mary Petrizzo | Charles Kauffman |
| Barbara Brubeck | Mona Negm |
| | Vivien Hsueh |
| | Staff |
| | Jay Kenney, Dept. of Health and Human Services |
| | Erin K. Smith, Dept. of Health and Human Services |
| | Shawn Brennan, Dept. of Health and Human Services |
| | Tremayne Jones, Dept. of Health and Human Services |

Call to order—Chair, Isabelle Heyman called the meeting to order at 9:00 am.

Action—Approval of May minutes were approved unanimously.

Budget report and Finance Advisor Report— Syed Yusuf reported the balance for the month of June is \$ 5,562.31.

Committee/Task Group Reports

- **Aging in Place/Community Planning** -Noelle discussed the AIP/CP meeting that was held on June 12th. Intergenerational interactions were discussed. The goal of this effort is to change perceptions of seniors and recognize their assets, abilities and valuable contributions to communities. Accessory housing was also discussed as an opportunity to ease Montgomery County affordable housing concerns and increase intergenerational housing. AIP/CP committee has voted to change the name of the committee to Aging in Community.
- **Health & Wellness**-Alan discussed the H&W meeting that was held on June 5th. The Committee discussed affordable, quality, and assessable assisted living in Montgomery County. Guest Speaker Carol Cohen from Homecrest discussed the 3 buildings and section 8 housing
 - Stein and Moskowitz—235 1 bedroom independent living apartments for low income, some which are market rate.
 - Edwards Personal Care— 42 1 bedroom apartments for seniors looking to live independently, but still need varying levels of assistance.
 - Springvale Terrace and The Revitz both are independent living communities.Also discussed at the meeting was notebook for transition— bullets highlight what the H&W committee does. This notebook will be prepared for the incoming County Executive and County Council.
- **Public Policy**-Mort discussed the PPC meeting that was held on June 14th. County Expedited Bill 17-18, Property Tax Credit—Elderly Individuals and Related Military Services Members—Application. The bill was heard by the Council on June 12th.
- **Ageism Study**-Hillary briefly discussed the last two meetings that were held.

Chair, Isabelle addressed the audience on the ethnicity and culture in Montgomery County. Isabelle also thanked the guest panelists, moderator Bruce Adams Commissioner Revathi Vikram and Performance and Data Manager Erin Smith.

Dr. Erin Smith, Performance and Data Manager presented about “Demographics in Montgomery County, Maryland—Older People and Diversity”. Older people live everywhere in the County, but there are some hotspots. Senior Population Growth in Montgomery County will be greater than the State as a whole. Between 2015 and 2040, the Montgomery County older population is projected to grow from 205,841 to 315,566, more than a 53% growth rate. This is a higher growth rate than the overall senior population growth rate in Maryland, which is expected to grow from 1,194,480 to 1,802,830 (50% over the same timeframe). Montgomery County is a diverse county, by 2040 nearly 60% of 55+ adults will be part of a minority group.

Dr. Jay Kenney, Chief, Aging and Disability presented a presentation to the audience titled “What is the WHO/AARP Age-Friendly Communities Program?”

- A global initiative
- 20+ nations
- 180+ communities in the US
- **AARP** is the umbrella organization in the US.
- Encourages states, cities, towns and counties to prepare for the rapid aging of the U.S. population by paying increased attention to the environment, economic and social factors that influence the health and well-being of older adults.

Dr. Kenney discussed the background/history of Age-Friendly Community.

- November 2009 Senior Summit
 - Senior Subcabinet
 - 8 work groups
- 2012 Adoption of Commission on Aging Senior Agenda
- 2012 Commission on Aging Summer Study: Approaches for Aging in the Community
- December 2015 Summit on Aging

The Summit on Aging was held on December 3, 2015 at the Silver Spring Civic Center. The Summit was held to celebrate the accomplishments since 2008, to review recommendations from focus groups, county-wide survey of seniors, and stakeholders, to prioritize FY17 and beyond, to enroll in AARP’s Age-Friendly Communities and to enroll in Dementia Friendly America.

Age-Friendly Montgomery County. The Vision. Montgomery County: a wonderfully diverse *Community for a Lifetime*, where all residents can remain and thrive as they age

and be a powerful resource in making our County a better, stronger, more inclusive community for everyone.

Age-Friendly Communities have “Domains of Livability,” improvements that influence the health and quality of life older adults. Montgomery has 10 domains

1. Civic and Social Involvement Planning
2. Communication and Outreach
3. Employment
4. Elder Abuse Prevention
5. Health and Wellness
6. Home and Community Based Services
7. Housing
8. Open Space and Buildings
9. Senior Public Safety
10. Transportation and Mobility

Age-Friendly Montgomery: A Community for a Lifetime A Three-Year Action Plan was submitted to AARP August 2017 and was approved October 2017. The current status: Ongoing planning and assessment of process and outcomes to date and planning for future years.

Revathi Vikram addressed the COA on the topic of the meeting and introduced Bruce Adams, Director, Office of Community Partnerships as the moderator for the meeting. Panelist: Amoke Alakoye, Dr. Anna Maria Izquierdo-Porrera, Vivien Hseuah, Rebekah Martin, Mona Negm Jessica Sol and Tho Tran.

Isabelle these are Erin’s notes (Please edit accordingly)

- African-American
 - Medicare
 - Limitations to what one can afford
 - Caregivers
 - Respite Care
 - Villages
- Salvadorian
 - Access to Care
 - Many do not have Medicare or other insurance

- Especially women who came later in life
 - Language barriers
 - Not everything translates
- Junctures of Care
 - Advanced Directives
 - Do not represent the will of the patient
 - Autonomy is more of an American idea, Latin American community tends to more benevolent
 - Cognitive
 - Testing often occurs in English and cognitive incapacity is determined on these tests
- Ethiopian
 - Finding older people is hard and having them discuss the issues is difficult
 - Have found Ethiopian doctors
 - Access is still a problem for the Ethiopian community
 - Do not have Medicare and many are not able to pay for healthcare
- Salvadorian
 - Caregiver issues
 - Respite care is hard because of the language challenge
- Ethiopian
 - Caregiver issues
 - Many issues arise because of the language barrier
 - Many of the caregivers not able to deal with the needs of the seniors
 - Trust is also an issue

Transportation

- Korean
 - Driving
 - Many have never driven (especially older females)
 - And many come when they are older
 - Fear of the unknown
 - Many do not trust bus drivers or taxi cabs
 - They also cannot communicate with the drivers and that causes them to not use the transportation
 - Korean Community Caregivers
 - Provide transportation
 - Many have Medicaid
 - Transportation services
 - Limited amount of what is covered

- Cannot travel out of a jurisdiction
 - Caregiver funding is limited.
- Ethiopian
 - Shuttle
 - Seniors do not come unless they see the shuttle
 - The shuttle bus has a limited capacity and the bus has to do two/three rounds
 - Sometimes the bus breaks down
 - Language issues also pose a barrier
 - Volunteers are helpful in navigating language barriers
- Salvadorian
 - Language barrier is an issue (scheduling is always in English)
- African-American
 - Oldest-old have difficulty
 - System Navigation can be very difficult for the Oldest-Old
 - Home caregivers are very hard
- Vietnamese
 - Language issues
 - Hard to determine if they can go someplace or how much it will cost
 - Volunteers
 - Will book uber or taxis
 - Some will volunteer to drive older people
 - Shuttle drivers to get people to and from Virginia

Communications

- Vietnamese
 - When they contact VAS, they always hear about programs and services through friends / family
 - Limitation is the materials are in English
 - Have a meeting to explain to older people about programs and services in Vietnamese
 - Also translate sections of the Beacon into Vietnamese
- Korean
 - Social groups will provide information in Korean
 - Translate information to Korean and sometimes explain vocally because many Korean older people cannot read
- Ethiopian
 - Churches communicate much of the information
 - Many listen to the radio and watch television

- Salvadorian
 - Radio America – many do not read, so many listen to the Radio America or El Sol. El Sol is for younger people. Radio America is for older people
 - Who goes into the house. EMS goes into the house. How do we get information to the right people, think about who goes into the house.
- African-American
 - Word of mouth
 - African American men sometimes are reluctant to participate
 - When people go then they can see how it is and maybe more likely to go

Universally

- Grandchildren sometimes tell grandparents the news from the internet
- Some older people are starting to use the internet.
- Gilchrist Resource Center
 - Seven different languages
 - Resources for older people

Housing

- Vietnamese
 - Some live in housing
 - Isolation
 - Transportation
 - Sending newsletters → often worry about the price and they have to move out
 - People only know about Section 8
 - Very complicated and it has to be reapplied for
 - Others live with relatives
 - Many want to apply for housing rental supplement program
 - Want more programs that can help them
- Salvadorian
 - Echo housing concerns about Vietnamese communities
 - Women tend to live with families
 - Young-old men → renting a room or a couch
 - Moving from place to place (this is very common among young-old sending money back to their families)

Elder Abuse

- African-American
 - Look at the environment in the home
 - Go into the home for something else
 - Bringing information or a gift

- Hispanic Older People
 - Home visiting program
 - Two sisters
 - One has mental health issues and one is bed bound
 - Mental health patient was not taking medicine. But she is making a choice so APS would not intervene

- Korean
 - Very taboo topic
 - very shameful especially when it is an adult child
 - Not aware of what elder abuse is and what constitutes abuse
 - Need to increase public awareness

- Vietnamese
 - Very shameful
 - Also very hesitant because the abuser is powerful
 - Good relationship with community volunteers is helpful.
 - Two things:
 - Educate and empower seniors
 - Learn what to do
 - Also non-family abuse is important to know about

Mona's Reflections

- Very little information about Muslim seniors in Montgomery County
 - Reach out to those who are underserved
- Tremendous diversity
- How do we best coordinate all the resources?
 - Formed coalition of service providers
 - Focused on health and long-term care
 - Caregiving
 - Health and wellness
 - Memory loss (dementia)
 - Advanced care
 - Focused on the Imams because they are most connected to older people
 - Having community forums for isolated older people and others about
 - Caregiving
 - Health and wellness
 - Going into homes and visiting
 - Sharing information

Vivien's Reflections

- Chinese American Senior Services
 - Communication/transportation
 - Started with 35 people and have grown to 2500 people, started with one site, now have five sites
 - Identified two or three leaders and start the process going
 - Chairperson
 - Lunch person
 - Started with people not speaking English, many start making friends, they want to go, and then they make a community
 - Once they start coming they can learn about what the County has to offer and about what they have done with the County's resources
 - They can share information with other seniors and then they feel comfortable with buses
 - Provide assignments and make them feel purposeful
 - Give them something interested that they are interested in. let them find the things they want because it is important to learn what they want to do.

Questions and Answers

- To what extent are the translated materials are used?
 - Salvadoran
 - Needs to be in Spanish at 3rd grade level
 - Many things are translated but not interpreted
 - Vietnamese
 - Need more information about housing and transportation
 - Korean
 - Do not understand the system, need help translating the forum
- To what extent do Latino seniors watch the television shows on Montgomery County television?
 - Not as much as radio
- What suits your community better, developing your own resources or having the County translate the resources?
 - Ethiopian
 - Should come from the community
 - Vietnamese
 - Bring the resources to them and let them do it
 - African-American
 - Try not to assimilate but be part of two communities
 - Salvadoran

- Our communities enrich the broader population
- Come together to work on the materials
- Issues of trust? What can the County do to help you reach the people?
 - Want more support?
 - Idea that the County needs to support all of its older people
- Cultural exchange of young people to be a bridge between older adults and program
- Senior Fellow?
 - Reaction positive
- Collaborative task force among diverse communities
 - Reaction positive

New Business- Isabelle discussed the FY20 budget. COA's budget priorities for FY19 were preserving and expanding affordable housing for seniors and maintaining services for vulnerable older adults and addressing selected reductions in the County's budget affecting older adults. Budget priorities for FY20 will be discussed, ranked and finalized at the September meeting.

Adjourn