



**Montgomery County Commission on Aging
Health and Wellness Committee
January 14, 2026 minutes**

ATTENDANCE:

COA Commissioners

Linda Berkofsky
Wayne Berman
Betsy Carrier
Virginia Cain
Robert Cosby
Vernell DeWitty
Kamilah Mantle
Nicole McDonald
Yvette Monroe
Sibo Ncube
Candy Schimming
Eleanor Tanno

Staff

Mamiko Hada, Asian American Health Initiative
Peter Illig, Transportation and Mobility Program Manager
Tina Purser Langley H & W Program Manager
Stacy Sigler, Recreation Program Manager

Guests

Don Resnikoff
KuoHwa Wang

COA Alum

Jean Dinwiddie
Joyce Dubow
Marcia Pruzan
Beverly Rollins
Rev Vikram
Marsha Weber
Janice Zalen

- 1) Welcome and Introductions: The new co-chairs are Jean Dinwiddie and Robert Cosby. Each attendee introduced themselves and shared their area of interest. The group agreed to study an area in depth and then produce a product, either a white paper or a fact sheet. The idea that the product should be practical rather than aspirational was discussed. We also want to focus on our work where we can make a difference.

2) Committee Focus:

a) The following topics were all mentioned as potential areas of focus:

Passage of the WISH Act regarding in-home care
Social Services for Leisure World
Home Care (mentioned several times)
Care for the Aging Parent
Respite Care
Rehabilitation post-stroke
Healthy Aging
Health Care Delivery and Access
Scaling County Exercise Programs
Using 50+ for Exercise Programs
County Senior Olympics
Transportation, Social Isolation
Changes to Services for Older Adults
Workforce Issues

b) Finish/Follow-up project: The Transitions Packet needs to be updated to include FactSheets produced last year (When a Spouse Dies, Mental Health). Jean will arrange a meeting with a small group of interested members to discuss.

3) In-person vs Virtual meetings: The group agreed to try to meet in person on a quarterly basis.

4) Possible speakers for future committee meetings: Patrice McGhee

Jean noted that most of the group appeared interested in home care. There was extensive discussion about the problems in the home care labor force. It was agreed to review the Workforce Task Force Recommendations and the Home-Care Forum write-up at our next meeting. involved in

5) Next meeting date: Wednesday, February 11, 2026