



**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

**COA Alum**

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

**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

- 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