



COMMISSION ON AGING
HEALTH AND WELLNESS COMMITTEE
APRIL 1, 2025

IN ATTENDANCE:

Eleanor Tanno, M.D.
Linda Bergofsky
David Engel
Wayne Berman
Chris Palmer-Presenter
Virginia Cain
Kendell Mathews
Janice Zalen
Tina Purser-Langley
Laurie Pross
Becky Donahue
Jane Markley-Community participant
Barbara Lynne-Community participant
Diane Reynolds-Community participant
Martha Johnson-Community participant
Anita Segreti-Community participant
Farrah Baxter-Community participant
Caroyn - Community participant
Maureen H.- Community participant

Laurie called the meeting to order at 9:30 a.m. and welcomed everyone. The minutes from the March 4th, 2025, meeting were approved as submitted.

Chris Palmer, author of the book *Achieving A Good Death*, presented the topic. He began with a definition: "A good death is a death aligned with a person's wishes, that is gentle, full of grace and dignity, expressions of gratitude, tenderness and reconciliation". Rather than trying to cover all the material in his book, Chris Palmer focused on three areas of his choosing:

1. The importance of all palliative care as the umbrella under which hospice resides. Hospice is a program specifically designed for those with a prognosis of 6 months or less to live. Hospice has been found to help the dying actually live better and longer. Palliative care practices support the accompanying requirement to plan.
2. The resurgence of ethical wills to pass on one's values or philosophy of life (What did my life mean?) is a continuation of a Jewish tradition and a way to pass on more than mere physical gifts.
3. Maryland residents now have environmentally safer, less expensive burial options. Compared with a traditional burial involving a casket and embalming, which costs \$10,000-\$14,000, these newer modalities cost approximately \$5000.

Chris Palmer entertained questions. The inevitable question came up regarding when to put together one's Advance Directives and when to get one's physician to fill out a MOLST. The topic of self-deliverance arose, as did the Final Exit Network; both are encouraged for further exploration.

After Chris Palmer's presentation, the remainder of the meeting was devoted to exploring future topics for discussion/ exploration by this Committee; the principal idea that surfaced was an interest in exercise.

The next meeting will occur on Tuesday, May 6, 2025.

The meeting was adjourned at 11:30 a.m.