

COMMISSION ON AGING  
HEALTH AND WELLNESS COMMITTEE

DECEMBER 2, 2025

9:30-11:00 a.m.

Zoom

<https://montgomerycountymd-gov.zoom.us/j/87688595357?pwd=cUqRGUajdbIcLSHb4rVOozcDNL63Xo.1>

ATTENDANCE:

Member 1- Eleanor Tanno

Member 2- Kendell Mathews

Member 3- Virginia Cain

Member 4- Wayne Berman

Member 5- Laurie Pross

Member 6- Nicole McDonald

Staff – Tina Purser-Langley

Guests- K. W. Wang and Nina Saini

Presenter- Allison Stearns, CEO of Caring Matters

Quorum: N/A as attendance fluctuates.

Laurie convened the meeting at 9:30 a.m. All participants were greeted and requested to introduce themselves to the group. The minutes of the November 4th meeting were approved as submitted.

Allison Stearns, the Chief Executive Officer of Caring Matters, delivered a presentation concerning her community-based, non-profit, non-medical organization established in 1989 as Hospice Caring. Rebranded as Caring Matters in 2018, this remarkable small organization, which relies heavily on volunteers, addresses the needs of patients and caregivers. It remains freely accessible to residents of Montgomery County and serves as a safeguard against fear and isolation during periods of stress and emotional distress. Caring Matters offers both practical and spiritual support to

individuals experiencing terminal illnesses, as well as to those connected to them during and following illness or death. As the organization is not constrained by Medicare definitions, individuals are not required to satisfy strict hospice criteria to qualify for services. Its primary outreach efforts include community education, caregiver resources, and bereavement support for adults and children, organized into groups based on the type of loss and the stage of life. Additionally, the organization is in the process of developing a Mentor training program for its more experienced volunteers. An annual Caregiver Retreat is also held to foster skills for rebuilding and self-care after grieving.

After Allison Stearns's presentation, Tina Purser Langley gave a brief overview of SAIL (Stay Active Independent for Life). She would like some volunteers to help lead a group.

This is the last meeting for which Laurie Pross will serve as Chair.  
The next meeting of this Committee will be on Tuesday, January 6, 2026.