



COMMISSION ON AGING
HEALTH AND WELLNESS COMMITTEE
JUNE 3, 2025
9:30-11:00 a.m.

IN ATTENDANCE:

Albert Woodward
Linda Bergofsky
Tina Purser-Langley
Eleanor Tanno
Lisa Kamilah
Yngrid Lindores (community participant)
Virginia Cain
Kendell Mathews
Laurie Pross
Lisa Sun
R. C. Randall
Sarah Mc Kechnie, Holy Cross-presenter

Laurie Pross called the meeting to order at 9:30 a.m. and welcomed everyone.

Our special speaker, Sarah McKechnie from Holy Cross, gave us a presentation on Senior Fit, the largest evidence-based exercise program for older adults over 55 in Montgomery County. It was established because of the Older Americans Act in 1998- an act that funds much of what supports the older population in the U.S. and is now funded only through 9-30-25. This exercise program currently aims to keep 2000 enrollees healthy, most of whom are in their 70s. Senior Fit offers 58 classes a week, many online, at Senior Centers, and some in person, though those fill up quickly. There are no one-on-one classes. The program's goals are broad: to increase endurance, strength, and flexibility; to improve mental health by reducing

stress, anxiety, and isolation; and to assist with weight management and balance. Because of its approach- focusing on the top five chronic conditions experienced by older adults- and the 18 years of experience Senior Fit has in this area, the program is financially supported by both Trinity (Holy Cross) and Montgomery County.

After Ms. McKechnie's presentation, Linda Bergofsky asked the group for suggestions and ideas on how to better share information about services for older adults, where to post notices on social media, whether to continue the Commission on Aging's Ambassador program, and whether to work more closely with Montgomery College. All discussions focus on reviewing budget priorities for 2027—a summer project.

Our next meeting will be in July 2025, with the date to be determined.