



COMMISSION ON AGING

Health & Wellness Minutes

November 4, 2025

9:30-11:00 a.m.

Meeting location:

<https://montgomerycountymd-gov.zoom.us/j/87688595357?pwd=cUqRGUajdbICLSHb4rVOozcDNL63Xo.1>

Meeting ID: 876-8859-5357

Passcode: 765956

Attendance:

- Members Present (In-person and remote)
- Member 1- Linda Bergofsky
- Member 2-Kendell Mathews
- Member 3-Candy Schimming
- Member 4-Vernell DeWitty
- Member 5- Eleanor Tanno
- Member 6- Liz Barnes
- Member 7- Laurie Pross
- Member 8- Ora Johnson
- Member 9- Wayne Berman
- Member 10- Lisa Sun
- Member 11-Virginia Cain
- April Stubbs-Smith

Members Not Present- N/A

Proof of Quorum:

Quorum does not pertain as membership fluctuates from month to month.

Staff Present:

- Sta- 1-Tina Purser Langley
- Sta- 2-Stacey Sigler, Recreation

Guests:

- Guest 1-K. W. Wang
- Guest 2-Orfa, Nursing student

Guest Speakers:

- Guest Speaker - Marlene Luber

Handouts:

- Handout 1: Minutes from prior meetings of Health and Wellness Committee

Call To Order:

The meeting was called to order at 9:30a.m.

Laurie welcomed everyone and asked newcomers to introduce themselves.

We dispensed with reviewing the agenda and got right to the presentation by Marlene Luber. The Bone

Builders program is one of the most popular in the county and is now operating again at pre-Covid levels. The goals it sets for older adults: staying independent, assistance with balance to reduce the risk of falls, but also reduction of isolation and improvement of overall mental health are broad and in keeping with a more holistic approach to aging. Bone Builders encourages movement as part of a more active lifestyle for everyone. As we move more intentionally, we increase muscle mass, we increase flexibility, decrease stiffness, perhaps pain as well, increase our energy levels and improve our mental outlook. There is even some research to support the belief that movement may delay the progression of Alzheimer's disease. Marlene Luber's presentation also focused on the interpersonal benefits of the Bone Builders program and the modifications it has made to expand this free program's accessibility to those with mobility limitations and language/hearing issues.

This presentation sparked quite a bit of interest in exercise in general for older adults. A follow-up meeting will follow prior to the next meeting of Health and Wellness pertaining to this topic.

Next Meeting:

The next meeting will be on Tuesday, December 2, 2025 at 9:30 a.m.

Adjournment:

The meeting was adjourned at 10:40 a.m.

