



COMMISSION ON AGING
HEALTH AND WELLNESS COMMITTEE
MARCH 4, 2025

ATTENDANCE

Tina Purser-Langley
Marcia Pruzan
Wayne Berman
Laurie Pross
Don McCullough
Betsy Carrier
K. Wang (community guest)
Marsha Weber
Becky Donahue, Winter Growth

Laurie called the meeting to order and welcomed everyone at 9:34 a.m.

Prior to the main portion of the meeting, which was devoted to a presentation, the Committee briefly discussed the Factsheets that had been developed by this group during 2024. It was determined that they all are now ready to be sent to the Executive Committee for review/approval and eventual formatting. Tina and Laurie are to review existing palliative care and hospice information from the End of Life and Palliative Care Coalition and JSSA to determine whether a new fact sheet is needed specifically to address the difference between palliative care and hospice. Laurie is to invite a speaker from the palliative care field for the April meeting. Laurie is to consider inviting Patricia Dubroff as a speaker for the May meeting to discuss caregiving. Other topics considered were: spirituality and integrative medicine.

PRESENTATION:

Becky Donahue, Outreach Manager, Winter Growth:

Becky gave an overview of adult medical daycare and respite services. She explained that Winter Growth is a nonprofit organization providing adult medical daycare, assisted living, respite care, and caregiver support. The adult medical daycare program, which offers a higher level of care than social daycare, including nursing staff, assistance with activities of daily living, and therapeutic activities, has a capacity for 61 participants. Becky noted that about 80-85% of their participants have some form of dementia. She described the facility layout and programming, emphasizing the person-centered care and the stimulating environment. The discussion touched on staff training requirements and the importance of compassion in caregiving roles. Becky emphasized the importance of respite care for caregivers, citing statistics that 70% of caregivers over 70 who die before those for whom they are caring. She explained that Winter Growth offers adult medical daycare and short-term overnight respite services to provide “breaks” for caregivers. The daily rate for daycare is \$111, with additional costs for transportation. Overnight respite costs \$285 per day. Various funding options are available, including Medicaid, VA benefits, and county programs like Senior Care and Arc of Montgomery County, to help offset costs for eligible families.

The next meeting of the Health and Wellness Committee will occur on April 1, 2025.