

## Commission on Aging Health and Wellness Committee Minutes

March 7, 2023

In Attendance: Marsha Weber, Barbara Selter, Laurie Pross, Marcia Pruzan, Revathi Vikram, David Engel, Kendell Matthews, Wayne Berman, Betsy Carrier, Joyce Dubow, Nikki Ezeani

Staff: Tina Purser Langley

Guest: Patty Hagan, WinterGrowth

Motion to approve minutes: David moved to approve February 7<sup>th</sup> minutes and Wayne seconded. Minutes approved.

David reported that for the October Summit. A panel is being planned that will report on the work of the Health and Wellness Committee's project to develop the Life Transitions' Worksheets and Recommendations.

### **Report on Activities in Aging and Disabilities and use of ARPA Funds**

Tina Purser-Langley reported on the status of several activities that are using ARPA funds:

These activities are funded until September 2024

- Access Hears: Contract and purchase orders have been signed for the project. Meetings with senior centers are scheduled. Developing rollout plan with workshops regarding Access Hears. Using ARPA funds.
- Expand seniors' access to dental services: This project will focus on providing additional cleanings and dentures. Services will be delivered through the DHHS senior dental program. This program has contracts with several providers to provide basic dental services and dentures.
- Distribute 156 computer tablets loaded with evidence-based health and wellness software programs. Partnering with Asian American Task Force, as well as with senior apartment buildings and neighborhoods that experienced recreation center closures. Hiring a half-time, temporary contractor to manage this program. This position will be under the supervision of Health Promotion Manager.
- Enhance affordable recreation activities for seniors in areas affected by Senior Center and Community Center closures during the pandemic. Using ARPA Funds.

Other announcements from Tina:

- Expanding sites for Bone Builder program: This is an extremely popular all-volunteer program for individuals with osteoporosis and osteopenia. Volunteer instructors must complete a training program. Pre COVID 41 sites were conducting classes post COVID the program is now back in 22 centers and 2 online programs. Planning to open 5 more sites by fall.

- Active Aging Week- October 2-8. There will be a variety of programs offered that week.
- Webinar on 4/18- For National Decision Day- call will focus on end-of-life decision making, palliative care, and MOLST and POLST decision making.
- Contracting with Holy Cross for evidenced- based initiatives including: diabetes, chronic disease, tools for care givers and balance.
- JCA Kensington Club for Early Dementia- Funding for a year to open at the Germantown site.

Joyce Dubow asked whether there were financial eligibility requirements to obtain a computer tablet or chrome book through the Montgomery Connects program. For the tablets there will be financial eligibility requirements. This committee did not have information regarding the chrome book program.

### **Focus Group Session Regarding Some Wording Used in The Transition Project**

Marsha reported on information provided to Virginia Cain by two former colleagues at the National Center for Health Statistics. In response to Virginia’s query about use of the word “transitions,” they agreed that the use of “transitions” should not present a problem. It is commonly used and if used in this context, the word should be understood without difficulty.

Other general comments from these experts:

- They were not sure about using the word “gift,” as that might suggest a tangible item or money.
- Based on their experiences, they also thought there might be gender differences, and that men might be less likely to plan for transitions.
- The recommended technique to gain information about participants’ understanding of wording is the cognitive interview <https://wdi.umich.edu/wp-content/uploads/Cognitive-Interview-Guide.pdf>. The link provides a brief description of the process and a guide on how to use it.

### **Review of Life Transitions Project**

Marsha commented on the excellent progress that has been made on the project.

Suggested edits:

Life Transitions As We Age Document: Section on “ Be Aware of Financial Aspects”:

- Add Prescription drugs to the Medicare Part D Bullet
- Define hospice benefit and respite benefit, add adult day care
- Table on the second page- question was raised whether there should be reference to a table rather than the full table
- Review definitions of advanced directive, medical health care proxy and MOLST. Considerable discussion of precise definition of these terms. Tina will request review by an attorney and physician experts.

Financial/Legal Page:

- Under documents you may need: Delete legal residence. add “green card”
- Make personal budget into separate bullet and explain importance of having a budget and include elements of a budget: such as income, assets, debts, and reoccurring payments
- Documents needed: if referenced on this page should match what is on the spreadsheet
- Include information that it is important to name beneficiaries,
- Have Morris and Ryan review documents.

### **Consistency among All Components of the Documents**

- Titles should be consistent
- Reference to worksheet should be consistent
- Reference to 3000 number/senior site
- All pages should have the same header.
- Language to be developed that will be included in overall description: benefits to planning ahead, need for reviewing and updating information, and privacy of information
- Discussion whether there should be a statement to password protects information- pros and cons of using password vs. keeping info in a safe place was discussed, no final recommendation was made.

Rollout Plan/Target date: Goal is to have all documents available for the October Summit on Aging.

Meeting adjourned at 11:09AM

Next Meeting: Tuesday, April 4, 2023