



Tammy Bresnahan
Associate State Director of Advocacy

Tammy Bresnahan is the Director of Advocacy for AARP Maryland. Tammy has over 25 years' experience in Maryland state government specifically in health and social services programs. From 2003-2011 she was the Executive Director of Government Affairs for the Maryland Department of Human Resources. As Executive Director she advised the Department's cabinet secretary on all legislative and regulatory initiatives for Maryland's Human Services programs. In 2011 she joined the staff of AARP MD and has represented AARP Maryland before the Maryland General Assembly, state, federal and local governments advocating for programs and services for Marylanders 50+. She has an extensive background in Caregiving, long term care, retirement security, Social Security and Medicare.

Tammy has been recognized by Governors O'Malley and Ehrlich with Governor's Citations for leadership while in state service. She has also been recognized by the Maryland State Bar – Family and Juvenile Law Section as the 2010 Unsung Hero for Children. In March 2017 she was recognized as one of Maryland's Top 100 Women and was also recognized by AARP and was presented the Lyn Bodiford Award for Excellence in Advocacy for Exceptional Service to the 50+ by AARP.

In addition to her full time work at AARP, Tammy also has a commitment to her community. She was appointed by Governor Hogan to the Maryland Commission for Women in 2015. She served four years and currently is in her seventh year on the Commission. She is on the Advisory

Council for Delmarva Public Media. Tammy also mentors women and girls on legislative advocacy and how to become an effective advocate.

Tammy has a Bachelor of Science Degree from Salisbury University in Political Science.

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