MINUTES
COMISSION ON AGING
Bykota Senior Center
Room 112, First Floor
Tuesday, September 10, 2019

Present: Cyndy Allen, Virginia Billian, Frances Bond, Lisa Budlow, Don Gabriel (via phone), Bill Lambert, Eula Marshall, Roy Moreland, Al Muehlberger, Sheila Roman, Marlene Siegel, Melody Truffer, Cathy Ward

Absent: Mabel Murray, Sherita Thomas

Staff: Dayna Brown, Phyllis Myers, Laura Riley

I. The Meeting Came to Order at 9:08 a.m.

II. Introductions

- New Commission on Aging Member—Lisa Budlow
- Lisa is the CEO of Comprehensive Housing Assistance, Inc. (CHAI)
- Recommended for appointment by Councilman Izzy Patoka, District 2

III. Approval of the Minutes

- Minutes approved as submitted

IV. Old Business

- No old business

V. New Business

- Everyone received the new Commission on Aging binders that will be given to all newly appointed Commission members as a welcoming guide to the Commission

Age-Friendly Baltimore County

- Cathy attended the Age-Friendly Baltimore County kick-off event in August; 114 people attended, the crowd included the County Executive, Maryland Attorney General Brian Frosh as well as other elected officials and various local business and organization
leaders in Baltimore County; attendees were asked to sign up for various committees

- The next step in the Age-Friendly Baltimore County process is creating an Advisory Board
- COA members were asked to sign up for a committee as well.
- Lisa offered CHAI location for a listening session

Aging Mastery Program (AMP)

- Al is taking part in BCDA’s AMP; it’s a 10-week evidence-based program that teaches seniors how to improve their overall well-being; AMP was created by the National Council on Aging; classes cover topics such as finance, exercise, and falls; BCDA will offer four more sessions in 2020

No Senior Eats Alone Day

- Thursday, September 12
- Breakfast and lunch served at senior centers; socially isolated seniors were the target audience
- CE Olszewski will participate at Liberty Senior Center

Johns Hopkins CAPABLE Program

- Community Aging in Place—Advancing Better Living for Elders
- This program is in the research phase and spans across 14 states
- A nurse, occupational therapist and handy man access the needs of low income seniors so they may continue to live in their homes
- Every dollar spent saves Medicare and Medicaid $10

VI. Director’s Updates

Power of Age Expo—October 30th

- Laura asked COA members to volunteer to work at the Seniors In Need booth
- Opening ceremonies begin at noon
- $2 cash or 2 canned goods to get in
- Ethel Rasmussen accepting donations for the Silent Auction; auctions raises between $10,000 and $13,000
- Event raises from $90,000 to $100,000; after expenses, proceeds go to the Seniors In Need fund
Fleming Senior Center

- The Fleming Senior Center celebrated their 40th Anniversary on August 24, 2019
- Bill and his wife attended

Census 2020

- Al is on the committee
- Census can be found online or individuals can phone in to participate
- There will be a booth at Expo to get people ready

CountyRide

- CountyRide received four new vehicles to replace the old ones
- Transportation is important to the new County Administration
- First project is a Towson Circulator
- MTA is working with Ride Share, Uber and Lyft

VII. Discussions

- Eula would like to revamp the book of tips for loved ones in a nursing home; Laura to speak with BCDA Ombudsman office
- Sports arena being built in Middle River area; developer wants to include something that will be geared toward seniors
- Roy is working with an elder law attorney to have an event in Dundalk that will help seniors with legal advice; BCDA will participate; Roy will report back to COA at the November meeting
- It was agreed upon by COA members to have the December Luncheon meeting at Basta Pasta in Timonium
- Cathy will facilitate the October meeting in Cyndy’s absence

VIII. Meeting Adjourned at 10:30 a.m.