

AGE-FRIENDLY COMMUNITY AND HEALTH SERVICES WORKGROUP MINUTES



Date: 06/16/2020
Time: 9:00 AM
Facilitator: Ayse Tokbay

In Attendance

Terri Hansen	James Gutman
Michele Millican	Ted Meyerson
Karen Basinger	Mary Jo Neil
Kathleen Krintz	Phyllis Meyerson
Ayse Tokbay	Heidi Weiss
Susan Hailman	Manuel Evangelista

Minutes Approved

Announcements:

Karen Basinger will be the new co-chair.

Old Business:

Finalize the Vision Statement – and discuss how are we going to get there.

Proposed Vision Statement for Health and Community Services work group:

Howard County envisions [or Howard County will be] a thriving, healthy community for persons of all ages by promoting health behaviors and access to resources and services, and by providing a safe and healthy environment for all Howard County residents to live their best life. This will be accomplished through:

- People working together, including caregivers [or individuals and caregivers], government, private, non-profit, faith-based, and community and social services providers
- An integrated and comprehensive system of health and support services, including but not limited to preventive care, medical, behavioral health, dental, and long-term care services
- Coordination of community-led informal support services
- Eliminating financial, physical, cultural, and linguistic barriers to access
- Education, coordinated services, support through navigation, and advocacy

(Words in blue are two options to be decided upon for that sentence.)

The vision statement will be on every agenda

New Business:

Compilation Report

- Ayse wanted to point out some things that may be relevant
 - Columbia Association – walking and exercise important
 - Health and Fitness
 - Yoga and low impact
 - Participating in Sports
 - Aging in place
 - Transportation – need more transportation especially for Doctor appointments.
- Susan stated we should ask the community what we should focus on.
- Ayse – Address issues related to diversity. Language barrier, access and utilizing services. Identifying needs and the failures when it comes to implementing them. Involve everyone.
 - Terri stated need solution – how do we do that? We must be certain not to make statements that are aspirational but are not necessarily realistic for people to follow through with. Tasks should be measurable, and we should give task ownership.
- Susan – Gathering people for focus groups—look to agencies and non-profits that are opening up. Get with the corporations to see what requests they received but they cannot meet.
- Terri stated need group members to work on questions to ask the organizations. Susan, Michele and Heidi will work on the questions and send their ideas to Karen who will forward to Charles.
- Ayse – in the Housing area it was noted that older adults want to age in place and remain in homes as long as possible.
- Terri mentioned that safe, accessible transportation is an issue with every community in the US, even cities. Transportation workgroup have had speakers come in explain what is out there. A speaker from University of Maryland on Methods for Managing paratransit services – Professor Paul Schonfeld, Ph.D. P.E., Department of Civil Environmental Engineering, Univ. Maryland. Howard County does not get its fair share of the funds as we are viewed as a rich county.
 - Karen – What type of services go into Montgomery County for the medical staff available there?
 - Terri stated RTA has certain days they go into Baltimore for doctor appointments and have been doing this for about 15 years but not to other jurisdictions.
 - Karen stated she does not believe RTA is well advertised.
- Ayse talked about Health from the report.
Health and Wellness was 3rd in importance
 - 13% of respondents have no healthcare provider
 - 97% have some form of health insurance
 - 3% are uninsured
 - 24% Compromise or sacrifice
- Someone mentioned there is a shortage of primary care physicians. James mentioned that it is nationwide.
- Ayse – noted that one report showed of hospital visits – 36% are for people 65 and older; fall-related deaths higher among African Americans and Non-Hispanics
- Ayse mentioned that exercise and activities has decreased. Location of where people are doing activities are shifting from outside locations to doing it in homes.
- Dental visits – direct correlation with income and when they go to the dentist. Need more resources for dental care. 7% of the population not seeing a dentist if over 2 years.
- Terri said we should look to bring someone in to speak about affordability of dental care.

- Ayse said dental work needs to be done before getting some medical procedures done. Need to explore further as this is an area in which there is an overlap of outreach and education. Priority areas are
 - Access to care
 - Healthy aging
 - Healthy weight
 - Chronic diseases
 - Behavioral health priorities
- Susan talked about aging in place, people maintaining their medication, independence living, Care within the community. As we age there are things that we need help with and can be done with out moving into a facility.
- Ayse stated multi stake holder integrated services, Government, caregiving, respite care, expanding programs, and more information. Expanding access, training for caregivers, health and wellness, medication training, and walking programs lead by volunteers.
- Michele asked what options we can do.
 - Terri – work in small groups, add positive questions, look at what you have done in light of the pandemic. Office on Aging and Independence has done a lot to provide services virtually, as an example.
- Ayse talked about social engagement.
 - Important to overall health
 - Addressing feelings of loneliness
 - Premature death due to isolation
 - Supporting art and culture programs
 - Helping seniors with technology
 - Senior Center programs for socialization
- Susan asked if Office on Aging and Independence does triage individuals with disabilities who do not use computers?
 - Older adults
 - Persons with Low vision

What are other communities doing to reach out to high risk seniors?.
- Ayse talked about the outdoor spaces and buildings section of the report. Most of the results were about open space and parks availability. Also, talked about communication and information.
 - Hearing what residents are saying and that they are being heard
 - Non-English speaking
 - Medicare - no one pays attention until you need it.
 - Different recommendations to reach communities
 - Employment
 - Focus on outreach and education
- Karen talked about the gap in services.
 - What we have and what is missing
 - Need to get out into the community
 - Lot of services have gone missing
 - Have a lot of information to deal with because of the pandemic
 - Different ethnic communities have trust issues
 - Families are stressed out
 - Need to think outside of Columbia – Service the whole County
- Terri stated July meeting will have a speaker, hopefully someone from a faith-based organization. People tend to be more comfortable with their faith-based community.

Homework Assignments:

Terri told the workgroup that now that you have the vision statement, go back through the report with the vision statement and make notes and share information.

Next Meeting:

July 21, 2020 at 9:00 AM - (via WebEx - invitation will be sent before the meeting).