

Senior Advisory Committee
Meeting Minutes Thursday, November 19, 2015
2:00 pm, CA Headquarters

The meeting was called to order at approximately 2:15 pm.

Members/Liaisons present:

Michelle Miller, Sharonlee Vogel, Bernice Kish, Kathryn Sunderman, Courtney Barkley, John Eberhard, Arleen Tate, Mary McGraw, Paul Verchinski and Rusty Toler, Roger Chang

Excused/Absent: Jean Salkeld, George Laniano

Approval of Agenda: approved as submitted

Approval of minutes: October 2015 minutes were amended to add Arleen Tate attended the Korean Thanksgiving event.

Chair's Report: Sharonlee reminded the SAC of the committee's mission - to advise CA on the wants and needs of Columbia's seniors. At each meeting, she would like each member to report out what information they have heard from the community during the previous month that pertain to senior interests.

Sharonlee said that Nancy McCord of the CA Board said the Board was not in favor of dedicating one court as strictly a pickle ball court when the new tennis structure is built, since a tennis court can be striped for pickleball use. Michelle said she has asked the Teen Center and Tennis department to look into whether the upstairs of the Teen Center can be used as a pickleball court during the day when the youth are in school.

New Business:

Presentation: Courtney Barkley, Howard County Office on Aging, Health and Wellness Division Manager.

The Division's focus is on people with chronic conditions and they offer evidenced based programs. Programs include:

1. Living Well (Chronic Disease Self-Management): a 6 week program that teaches participants how to better manage their chronic conditions. Typical class size: 8-15 participants. Classes are offered in Korean and Chinese.
2. Living Well (Diabetes Self-Management): a 6 week program that teaches participants how to better manage their diabetes. Typical class size: 8-20 participants. Classes are offered in Korean and Chinese.

3. Better Balance: This class have been proven to be effective for people with a chronic condition affecting balance or those who feel unsteady on their feet. Class includes walking, bar, and seated exercise. Meet 2 days per week.
4. Matter of Balance: An eight week falls prevention program. Typical class size: 10 – 12 participants. Offer about 2-4 classes per year.
5. Cycle for Health: a non-competitive, volunteer-led, bicycling club for adults of all ages and abilities. Three different level rides are offered each week throughout the riding season.
6. Step to Health: a non-competitive, volunteer-led, walking club for adults of all ages and abilities.
7. Exercise Counseling: Under the direction of a certified exercise specialist, participants learn how to best start a new exercise program, how to exercise with their chronic condition, or how to pick the best exercise class or home exercise routine for them.
8. Fitness Guidance: An opportunity for participants to learn how to safely and effectively use the cardio and strength equipment.
9. SeniorsTogether: peer outreach program provides older adults with an opportunity that promote peer interaction. Groups include low vision; caregivers; chronic pain; bereavement support groups.
10. Paws4Comfort: provides friendly pet visits to residents of nursing homes, senior centers, and assisted living facilities.
11. 50+ Expo: a premier event geared toward adults age 50+, held annually in October. Featuring over 160 exhibitors.
12. WomenFest: a health and wellness event for women of all ages, held annually in April. Featuring about 100 exhibitors.

Election of At-large Members: John Eberhard, Jean Salkeld and Rusty Toler were unanimously re-approved to serve as at-large members.

Old Business: Michelle handed out a written update on progress made in FY16 on the implementation of the Older Adult Plan.

Liaison Reports:

Sharonlee Vogel: State Commission on Aging: new Secretary promoting daily activity and health and wellness.

Howard County Commission: will be setting goals for the year. Meeting more frequently with the Office on Aging

Courtney Barkley: Office on Aging:

Caregiving Conference was successful with 115 participants.

Thanksgiving Celebration - over 300 participants

The Office on Aging is working on implementing Creating an Age Friendly Community

Michelle Miller: CA is currently working on the Budget for FY17 & FY18. Public hearings held in January. A straw-vote approved the first step in hiring on Older Adult Program Manager.

Milton Matthews is not in favor of a dedicated pickleball court in the new indoor tennis facility. Michelle said she has asked the Teen Center and Tennis department to look into whether the upstairs of the Teen Center can be used as a pickleball court during the day when the youth are in school.

Kathryn Sunderman, Owen Brown; she is asking for quarterly meetings with the 50+ population in Owen Brown.

Mary McGraw: The Village in Howard is celebrating its one year anniversary on Saturday, January 23, at Oliver's Carriage House. Currently have 95 members

Sharonlee Vogel: Long Reach

CA will be studying to use a parcel of land in Long Reach for an indoor tennis facility.

Re-imagining Long Reach study is underway by the County.

Rusty Toler - at-large: Concern in Owen Brown by some residents about what will happen when the Owen Brown Tennis Bubble is taken down.

John Eberhard- at-large: putting together group outings through the Village in Howard and recruited people to join The Village.

Paul Verchinski- Oakland Mills: held sessions for Seniors - Channel Your Inner Geezer, getting back into the workforce.

Oakland Mills is advertising for two part-time covenant advisors.

Bernice Kish: -Wilde Lake: construction going in the Village Center and now focus is on building housing.

Wilde Lake has a Senior luncheon twice a year.

Roger Chang- Kings Contrivance; heard several people are interested in tax-credit for aging in place.

Arleen Tate- Hickory Ridge: Potential development of condos and townhomes close to the village center.

There was discussion about Haven on the Lake and the feedback that the SAC has heard is that it is too expensive. Roger Chang is a member of Haven on the Lake and gave a testimonial about the health related benefits and his belief that the value is tremendous.

The SAC voted to begin the meetings at 2:30 pm and last until 4:00 pm - starting in January.

Meeting Schedule: The next SAC meeting will be held on Thursday, January 21 at 2:30 pm, at Slayton House in Wilde Lake.

Adjournment: The meeting was adjourned at approximately 4 pm.