

Senior Advisory Committee
Meeting Minutes Thursday, March 16, 2017
2:30 pm, CA Headquarters Boardroom

The meeting was called to order at approximately 2:30 pm.

Members/Liaisons Present:

Sharonlee Vogel (Chair), Mary McGraw, Roger Chang, John Eberhard, Arleen Tate, Paul Verchinski, George Laniado, Rusty Toler, Michelle Miller, Patty Dugan, Dale Virginia Wasmus (CA) taking notes.

Absent/Excused: Jean Salkeld, Bernice Kish, Katharyn Sunderman, Courtney Barkley

Introduction of Guests: Shawni Paraska, CA's Director of Community Health

Approval of Agenda: A motion was made and seconded to approve the agenda.

Approval of Minutes: A motion was made and seconded to approve the January 19, 2017 meeting minutes.

New Business: Shawni Paraska gave a presentation about the Howard County Health Assessment Survey. The SAC presented written questions prior to the meeting for Shawni which were answered in a memo and attached to the original March Minutes.

- Shawni reviewed the major findings of the survey.
- In 2014, 44% of the population had a normal BMI.
- In 2016, 40% people had a normal BMI.
- The incidence of high blood pressure is on the rise in the County.
- There were some positive differences in the health of people that participated in CA programs versus the general population. Reported that CA members participated in more physical activities; had lower incidence of high cholesterol, diabetes, hypertension than non-members.
- CA and the Howard County General Hospital will partner on several preventative endeavors.
- John Eberhard suggested having someone from Howard County Hospital present at a SAC meeting.
- Shawni invited the SAC to CA's Team Member Health Fair being held on Tuesday, March 21, 2017, from 1 to 4pm at Wilde Lake's Slayton House

50th Birthday Update –

Michelle Miller passed out a calendar of events that was published in the *Business Monthly* in January.

- Columbia Flier has many good articles about Columbia's 50th Birthday kick-off celebration taking place on Saturday, 3/19/17.

- The Birthday Celebration Opening will be 3/19/17 starting with an opening ceremony at 11 am at The Mall in Columbia, and there will be many events and entertainment throughout The Mall.
- There will be over 800 performers from the 12 local high schools performing together at Merriweather on Sunday, 4/23/17.
- Founder's Day at HCC will be celebrated on Tuesday, 5/9/17. The morning program is open to the public followed by an invitation only luncheon with the Rouse Scholars Students.
- A luminaria will be set-up at the Lakefront during Columbia Festival of the Arts.
- The Birthday Celebration will end on Sunday, 9/30/17.
- For more information and the most up to date calendar, visit www.columbiaMD50.com

Chair's Report:

- CA's new package memberships go into effect on 5/1/17, for new memberships sold.
- If you have an existing membership, the new a structure will become effective on your anniversary date.

Sharonlee Vogel: HC Commission on Aging

- Howard County Commission on Aging will meet in two weeks.
- Tiffany Calendar reviewed the Howard County Health Survey results last month at the County Commission meeting.
- No meeting of Maryland State Commission on Aging.
- Starr Sowers left Howard County Government about three months ago. Katherine Swanson is Acting Administrator in a temporary position.

Patricia Dugan: Columbia Association

Patty put information on the CA website about the Howard County Property Tax Credits under "Helpful Resources".

Mary McGraw – Village in Howard: We now have approximately 140 members. Next week there is a field trip to the Supreme Court.

Member Sharing:

Paul Verchinski: Paul wrote an article for Oakland Mills. A workshop will be held on 4/8/17 – Renew/Rehab/Replace.

Arleen Tate: Volunteered at Hawthorne Center for the community shredding event.

John Eberhard: Has planned six upcoming trips through The Village in Howard. The potential trips were sent to the SAC members in an email. A copy is attached to these draft Minutes.

George Laniado: Was reappointed for another two year term by Town Center Village Board. One of his Town Center Board Members asked the SAC to help in expanding handicapped parking availability in the county. The Chair explained this is not a SAC nor CA area and said she would take this to the County Commission on Aging for review or resourcing.

Rusty Toler: Sent an email to Andy Stack (CA Board) asking him to oppose the CA funding of the Inner Arbor Trust but never received a reply.

Rusty provided information on the AARP Fact Sheets. He briefed the committee on the devastating impact of the proposed American Health Care Act on Maryland's older adults. As co-chair of the Maryland Commission on Aging, Sharonlee noted Commission's role was limited to review and analysis of existing programs not input on proposed legislation.

Meeting Schedule: The next SAC meeting will be held on Thursday, 4/20/17 at CA Headquarters.

Adjournment: A motion was made and seconded to adjourn the meeting at 3:45 pm.