

Senior Advisory Committee  
**Meeting Minutes Thursday, October 19, 2017**  
2:30 pm, CA Headquarters Boardroom

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

**Members/Liaisons Present**

Michelle Miller [CA], Sharonlee Vogel, Bernice Kish, Patty Dugan, Genie Wessel, Roger Chang, John Eberhard, George Laniado, Rusty Toler, Paul Verchinski, and Dale Virginia Wasmus (CA) taking notes.

**Absent/Excused:** Mary McGraw, Katharyn Sunderman, Arleen Tate, Jean Salkeld, and Courtney Barkley

**Introduction of Guests:** Possible At-Large member Elizabeth Johnson and Dr. Robert McAllister, speaker.

**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 meeting minutes from September 2017 as submitted.

**Presentation: Dr. Robert McAllister, Care of Alzheimer's and Related Illnesses**

- 1906: Alzheimer's Disease is first described by Dr. Alois Alzheimer in his patient known only as Auguste D. The patient experienced memory loss, paranoia, and psychological changes. Dr. Alzheimer noted in the autopsy that there was shrinkage in and around nerve cells in her brain.
- 1974: Congress establishes the National Institute on Aging (NIA). To this day, the NIA supports Alzheimer's research.
- 1984: The NIA begins to fund Alzheimer's Disease Centers and establishes a nationwide network for Alzheimer's research.
- Discontinue the use of term "dementia" and instead refer to the disease as Cognitive Disorder, either mild, moderate or severe.
- This illness gets better and then gets worse with increased memory loss and losing a lot of abilities.
- Vantage House is remodeling and creating a 24-bed memory care unit.
- To prevent or delay cognitive disorders, stay physically active, keep your brain busy and maintain social interaction.
- There are certain markers in spinal fluid to diagnose Alzheimer's Disease.

**Chair's Report:** Rusty Toler's last meeting is today. There will be no SAC meeting held in December.

**New Business:**

At -large Appointment: John Eberhard's term is ending; he agreed to continue for another term. A motion was made and seconded to vote in John Eberhard for another term as an At-Large SAC member.

Rusty Toler read the letter that Tom O'Connor wrote in the Columbia Flier regarding all the Contingency Fund money should be returned to the villages. A motion was made and seconded that Sharonlee Vogel, Chair of SAC, will write a letter on behalf of SAC in agreement with returning money to the villages.

**Old Business:** - None

**Liaison Reports**

**Michelle Miller: Columbia Association:** On Friday, 11/10/17, from noon to 1 pm the second annual Veteran's Event will take place at Columbia's lakefront. Michelle attended a CA Capital Budget meeting last week. Some major projects in the draft budget: Renovations have been taking place at the Swim

Center and Phase II of a multi-year renovation is taking place at the Athletic Club. New spa and cardio equipment is slated for Haven. On Sunday, 10/22/17, the Oceania Culture Fest will take place at

the Miller Branch Library in Ellicott City from 1:30 to 4:30 pm.

At 3:40 pm Sharonlee Vogel had to leave the meeting and turned the meeting over to Bernice Kish, Vice-Chair of the SAC.

**Member Sharing**

Bernice Kish: Moved in to Vantage House and is very happy there.

Roger Chang: King Contrivance is having their Volunteer Dinner this Sunday. Roger started working again about one week ago.

John Eberhard: Is moving to Vantage House in November. He is still organizing trips for The Village in Howard.

Genie Wessel: Starbucks is officially now open along with Smoothie King in Wilde Lake Village Center.

There will be a Halloween event for children on 10/27/17 at 4:30 pm in Slayton House and then trick or treating in the Village stores. The weekend of November 10<sup>th</sup> and 11<sup>th</sup>, Artfully Wilde Lake will take place with a display of local artists, fine arts and crafts. The times are 5 to 9 pm on Friday and 10 am to 4 pm on Saturday. One of our Village board members is Laura Torres from HCGH.

She works with population health and case management in the county. She has offered Jillian

Anderson a Community Health Nurse who is the Case Manager for HCGH program for seniors.

Rusty Toler: Discussed about have the restroom facilities open more often at Lake Elkhorn.

Paul Verchinski: Shared that there will be a pre-submission meeting with Erikson to develop a new, second CCRC [Continuing Care Retirement Community] in Howard County on 11/8/17 at 8 pm.

**Adjournment**: At 3:55 pm a motion was made and seconded to adjourn this meeting.