

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

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

Members/Liaisons Present:

Michelle Miller, Sharonlee Vogel, Bernice Kish, Patty Dugan, Courtney Barkley, Elizabeth Johnson, Mary McGraw, Arleen Tate, Genie Wessel, Roger Chang, John Eberhard, George Laniado, Paul Verchinski, and Dale Virginia Wasmus (CA) taking notes.

Absent/Excused: Jean Salkeld

Introduction of Guests: Sharonlee introduced Ruthann Devine and Dawn Seek of Home Care Assistance

Approval of Agenda: A motion was made and seconded to include two changes to the agenda.
Change #1: Delete voting on At Large member Jean Salkeld as she is not at this meeting.
Change #2: Add voting on Elizabeth Johnson, At Large member

Approval of Minutes: October 2017 minutes were approved as submitted.

Presentation: Ruthann Devine and Dawn Seek from Home Care Assistance is introducing the Cognitive Therapeutics Method. Dawn gave some background information about the program. Ruthann who is a nurse explained how this program promotes brain health and helps to improve people's quality of life. The program is consistent with the ACTIVE study funded by National Institutes of Health. Dawn and Ruth will order 11 copies of the book *Cognitive Therapeutics Method*, and drop the books off at CA Headquarters for the group.

Chair's Report: The Village of Long Reach is looking for a new village manager. Pearl Atkinson-Stewart has been named by the Owen Brown Village Board to be their representative to the Senior Advisory Committee replacing Katharyn Sunderman.

New Business: A motion was made and approved to vote Elizabeth Johnson as an At Large Member.

Old Business:

Liaison Reports:

Mary McGraw-The Village in Howard: Mary and Elizabeth Johnson attended a three day National Village Conference. There are over 20 villages in the country. The Village in Howard currently has 140 members.

Michelle Miller: Columbia Association: Michelle announced that CA's Art Center will hold its annual Singular Sensations show on Thursday, 12/7/17 from 6 – 8 pm.

Patty Dugan: Columbia Association: Columbia Community Exchange held a tool swap workshop, and it was very well attended. The Time Banking Holiday Party will be held on Thursday, 12/7/17, at the East Columbia 50+ Center. It is a potluck dinner, and everyone is invited. In January 2018, they will offer another Skill Share Fair.

Courtney Barkley: Office on Aging and Independence: The 50+ Expo was a success. There will be a wrap-up meeting in December 2017. In 2018, they will be offering a new program "Stepping Up Your Nutrition".

Member Sharing:

Bernice Kish: Has been busy showing off her condo during Vantage House's sneak peek. Over 100 people came through her condo on tours.

Roger Chang: Attended Kings Contrivance volunteer dinner.

John Eberhard: Busy moving in to Vantage House and will start planning the trips on behalf of The Village In Howard in the beginning of January 2018.

Elizabeth Johnson: There have been at least a dozen recent reports of a senior fraud scam happening in Howard County. One person lost approximately \$860. Seniors are fasted growing segment in Howard County.

Paul Verchinski: Attending the Oakland Mills volunteer dinner tomorrow night. Paul announced that the documentary "Columbia at 50" is being shown at the Millers 50+ Center.

Arleen Tate: Arleen is planning on attending the 50+ Luncheon on 11/30/17 at Hawthorne Center.

Genie Wessel: Feet First Sports is now open in the Wilde Lake Village Center. It was here for many years and moved to Hickory Ridge Village Center while Wilde Lake was being redeveloped. Dredging at Wilde Lake will be ongoing through the end of the year. There will be a detour on the pathway so that people can still walk, bike and run around the lake. Questions or concerns should be referred to CA Watershed Manager, John McCoy at John.McCoy@columbiaassociation.org or 410-312-6336.

Breakfast and More with Santa is Saturday, 12/2/17 at Slayton House. There are two seatings, 9am and 11:30 am. Tickets will be available on November 1, 2017.

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