

MINUTES
COMMISSION ON AGING
Martin's West
6817 Dogwood Road
Baltimore, MD 21244
Thursday, May 17, 2018

Present: Cyndy Allen, Virginia Billian, Don Gabriel, Allan Hirsh, Bill Lambert, Eula Marshall, Mabel Murray, Roy Moreland, Sheila Roman, Marlene Siegel, Melody Truffer, Cathy Ward

Excused: Frances Bond, Sherita Thomas

Guest: Elizabeth Weglein

Staff: Laura Riley, Joanne Williams

I. The Meeting Came to Order at 9:15 a.m.

II. Approval of the Minutes

- Minutes approved as submitted

III. Announcements

- Baltimore County Executive, Kevin Kamenetz passed away
- Former Commission on Aging member and the second BCDA Director, Barbara Gradet passed away
- BCDA wins National awards for Reimagine Aging campaign

IV. Brainstorming Session—BCDA 2019 Initiative

Possible Reasons for Isolation	Possible Solutions to Isolation
Fear of saying they are depressed –mental health stigma	Social Gatherings
Afraid to complain	Church
Medication	Listening; open to other ideas and opinions
Age	Story telling – technology free
Lack of trust	Spend time with family
Disconnected from younger individuals; wisdom is devalued	Conference of intergenerational activities
Intergenerational isolation within elders and millennials	Senior Centers – behavioral health on site; group counseling
Language barriers	Civility

Possible Reasons for Isolation	Possible Solutions to Isolation
By choice?	Friendly visitors for the homebound; Home Team program could be extended
Government intervention	Senior proms in senior centers
	Volunteers to outreach
	Schools and faith based organizations coordinate efforts
	Medical professionals make referrals to the County
	Exercise
	Senior Center Event gatherings
	Library Partnerships; book outreach
	Give incentives to Home Associations to keep track of the elderly
	Assistance from Leadership

V. Summarized Solutions to Isolation

- Social Connections through...
 - ✓ Senior Centers—behavioral health support, intergenerational activities
 - ✓ Specialized Events—intergenerational events, targeting projects, technology events
 - ✓ Villages

VI. Meeting Adjourned at 10:45 a.m.