

QUEEN ANNE'S COUNTY COMMISSION ON AGING
Meeting Minutes for Thursday, August 22, 2024
Kramer Building – Centreville, MD

ATTENDEES

Members

Rebecca Barbee
Betty Davis
Rebecca Kennedy
Janet Melson
Loretta Morris
Janet Salazar
Mary Jo Volipicelli
Bonnie Walter

Advisory Members

Commissioner Moran
Cathy Willis
Rebecca Jester
Stephen Palmer

Absent Members

Martha Anthony
Toni Breeding
Alan Ettman
Kelly Johnson

CALL TO ORDER

The meeting was called to order by Bonnie Walter at 10:00 AM.

OLD BUSINESS

- A motion to approve the meeting minutes were made by Loretta Morris and seconded by Becky Barbee. The minutes were approved.
- The Financial Report was reviewed and motioned to be approved by Loretta Morris and seconded by Becky Barbee. The report was approved.
- The Regional CoA meeting discussion will be tabled until Leslie Ray is available to give a report on her information.
- Martha Anthony has joined the Veterans Group that meets every Monday at the QAC YMCA. She joined the group as a civilian member. They have outgrown the Y and are now looking for a bigger space to hold their meetings. They have 50 members in the group which is growing to which is why they need a larger meeting space. Cathy Willis wanted to know if the group meet every Monday, Martha confirmed that they do. They have a couple of projects going on which she is involved in. She couldn't make copies at the time of the projects but will bring the information with her to the next meeting. On March 29, 2025, will be the 50th year of the end of the Vietnam War. There will be a huge national ceremony celebrating the end of it. Queen Anne's County will commemorate the day with a celebration at Queen Anne's County High School. They are looking for Gold Star Mothers from any war to participate. This will be the first time that Queen Anne's County has will be having this type of ceremony. Kent and Talbot have been doing it for a while. Cathy said that they can help get out information via the Senior Centers and the Program Specialists. All the Aging divisions went to the Active Aging Center and did a presentation on what each of their divisions does. Cathy said once the multi-purpose room here at the Kramer Building is finished, they might be able to hold their meetings perhaps not every Monday, but at least once a month. Martha said that the presentation the department did was very helpful. Jack Farley, a disabled Vietnam veteran, will be the speaker at this event. They are looking to get names of people who died in the Vietnam War or any war that can be put on the Veterans Wall. Bonnie Walter wanted to know if the veterans group reached out past the Y and Centreville for veterans. Martha replied that they had. Cathy said that there are people from all over the county

that attend those meetings. Martha said that she could tell you from the Revolutionary War and on how many Queen Anne's County people were in war. It wasn't a large group for the Vietnam War, so they're reaching especially to the Vietnam veterans for this ceremony, but all veterans will be invited to attend. They would like to recognize the Gold Star Mothers since this is something that has not been done in Queen Anne's before.

- Bonnie suggested the information about the veterans be put in the quarterly newsletter for those who can't get to Centreville for the meetings. She said that she knows people are not aware of the meeting of the group at the Y on Mondays. She mentioned a resident of Terrapin Grove that is a veteran who must drive himself to Washington D.C. for a doctor's appointment, which he really shouldn't be driving that long of a distance by himself. Martha said that some members of the veteran's group could maybe volunteer to drive him to those appointments if needed. Martha said Fred McNeil and Jay Canty travel to D.C. once a month to the Veterans hospital to take supplies to the veterans. Martha said that she will put a packet together so that copies can be made to send to each Senior Center and the Active Aging Center. She also suggested that if anyone knew of any veterans it would be okay to give them her phone number and email address to them. Cathy said Fred McNeil said that is one of the things that they wanted to do was to offer veterans rides to appointments. With the elections coming up, they do offer rides to polls for the veterans.
- Bonnie said that information about the Veterans Group needs to be available to all senior housing complexes, Senior Centers, and all senior interest groups.
- Janet Melson wanted to know if veterans that women are included in the items that are dropped off to the veterans at the hospital. Martha replied that all veterans are included.
- Janet reported on the Town Hall, she currently has 2 RSVPs. She hasn't heard of any more yet. They have boxes for the questions at the libraries, the Senior Centers. Janet said that there were not any located at the Kramer Center. And would like to see one placed there. Bonnie would like the I & A Specialists to have them for when they have appointments with their clients. Those clients might not have access to the internet. Seniors don't read up perfectly and if the Town Hall questions could be presented to them at the appointments this could be a great help with getting the information to them. Bonnie asked at the front desk of the YMCA, if there was a box located there. They said that they didn't know about the box. Bonnie will stop by the at the Y again because she knew that a box had been left there. Cathy said the box should be where the sign is at the Active Aging sign in area. Janet mentioned that some of the flyers were to be dropped off at Symphony Village and Bay Cove. Martha said that she would take a box and some flyers to Symphony Village and Janet said that she could drop some off at Bay Cove. She asked if any were left on the buses for the riders. We will check with Stephen Palmer to see if there were. Becky Barbee was approached about the Town Hall and asked if they thought about the shut-ins like such as people who are getting Home Delivered Meals who might have some concerns. She asked how we deal with that concern.
- Janet said that new ads need to be put in the Shore Update about the Town Hall. She has worked with Annie Sparks and would like it to be motion on for a vote for using CoA money to put a half page ad in the Update on August 8th and a full size on September 12th as well as a web newsletter ad for a month and this would be for a total of \$1,133. Janet motion and Loretta seconded to use the \$1,133 for the ads. All members that attended the meeting voted to use the money.
- Janet thanked everyone that attended and helped with the Commissioners Tour of the Senior Centers. She said that it was wonderful to be able to go to the different Senior Centers especially Sudlersville Senior Center. She enjoyed the luncheon and meeting the people who attend the centers. One of the seniors that attend the Active Aging Center at the Y took a picture of the group who attended the tour.
- After the CoA meeting the Town Hall sub-committee will discuss dates and the RSVP list.
- Bonnie said that any contact that you have with the public that's a senior or even a founding member that comes in asking questions for senior needs to be pushed because you can hand them

a paper, but you got to also do the verbal with it. She said that they will talk about how to get people to speak up at the Town Hall at the sub-committee meeting.

NEW BUSINESS

- It was voted on and approved to use CoA money for Town Hall ads in the Shore Update.

COMMITTEE REPORTS

- The date for the QAC Town Hall Meeting will be on September 19, 2024. Final discussion and actions will be discussed at the 8/22/2024 meeting.

SITE COUNCIL REPORTS

- **Grasonville**

Rock Painting, Classic Movies, and Canasta are just some of what is happening at the Grasonville Senior Center. Arthritis Exercise is on Mondays, Wednesdays, and Fridays at 11 AM. Ceramics Class is every Tuesday at 10 AM. Drum Fit is a new program that people seem to enjoy; this class is every Tuesday and starts at 10:30 AM. The Day Time Karaoke that was held on 7/16/24 was well liked by all that attended. There will be a Gift Basket Bingo Fundraiser on Tuesday, July 23, 2024. The Book Club book for the month of August will be *Becoming* by Michelle Obama. Beginning August 6th at 12:30 PM, members are forming a Blues Jam on Tuesday afternoons. Blues Jam will be taking the stage twice a week. Upcoming events will be a Members Only Potluck which will be 8/22/24 at 12 PM. Music following lunch will be provided by Shore Shakers Band! And the Jones Boys will be at the center in September, the date and time of this event will be determined.

- **Kent Island**

The session of Chesapeake College classes began in July. Sit & Fit is a very popular free class that takes place on Tuesdays and Thursdays at 10 AM. The Drum Fit class had 10 people who attended and was well liked. This class is on Wednesdays and Fridays at 11:30 AM. Chit Chat Café is also doing well. Chit Chat Café is a book club that meets once a month to discuss a chosen book, this month's book was *The Book Woman of Troublesome Creek* by Kim M. Richardson. It was 50¢ Root Beer Float Day on 7/16/24. On July 10th was Fresh Conversations with Cheryl Bush. Cheryl discussed "Should You Worry About Vitamin D Deficiency." August 7th class will be on "Dairy Case Dilemma: Is it Really Milk?" The craft for August will be Pressed Flowers. Volunteers are needed to call Bingo on Tuesdays from 1:00 PM to 3:00 PM. On August 15, 2024, Kent Island Senior Center will have a Hawaiian Bash starting at 11:30 AM; wear tropical attire to win a prize.

- **Sudlersville**

Every 3rd Thursday of the month is the Emotional Support Group with Jane Anthony; the group meets at 12:45 PM. Christmas in July was the Special Bingo theme for the month of July. Grocery & Prize Bingo will be held on July 26, 2024, with a start time of 6 PM. The doors open at 5 PM. The crafts for the month of July were Edible Craft-Rice Krispie Treats, American Flag Picture with Straws, A Gourd Birdhouse and Popsicle Stars. The class for the craft making happens on Wednesdays. QAC Mobile Library is at the center some Thursdays, dates and times vary. The Card Club meets every Thursday at 1:00 PM. Also, every Thursday evening from 6:00 PM – 9:30 PM Pickin & Grinin Dance is at the center; this event has a cover charge of \$2. On July 26, 2024, at 10:00 PM, QAC Emergency Services will have a MOLST (Medical Orders for Life-Sustaining Treatment) Form Presentation.

- **Active Aging Center**

The Active Aging Center is doing great. There was a Murder Mystery Party on July 9th. Diabetes Prevention is every Friday from 9 AM – 10 AM. Medication Tips w/ Melanie occurs on the 1st Monday of each at 11:30 AM. Pool Lap Lanes are available Monday-Thursday from 9 AM – 10 AM. The Wellness Center is open for Active Aging Seniors Monday-Thursday from 10 - 11 AM. Aqua Zumba is every Wednesday at 10 AM. Noah Fate–Cloud is leaving his position as the Senior Center Aide at the Active Aging Center. They are now in the process of hiring someone to replace Noah and are also in the process of hiring a Senior Center Assistant like the position that Terri Baxter has at the present time. Some upcoming events at the Active Aging Center:

8/14 – Craft & Art Supply Swap 11 AM - 1 PM

8/21 – Site Council Meeting 10:30 AM – 12:00 PM

8/30 – Doormat Craft 10 AM - \$20 due at sign-up.

8/23/24

**All Senior Centers, Community Services & Public Housing Will Be Closed
For Staff Training**

HOUSING

- Bonnie said that it was very pleasant to have a positive attitude with Public Housing now. There were PTAC units not working at some units and Brian Barnshaw worked late getting the units up and running. Bonnie said that they have been happy with Mike Clark and staff. They have not met the Property Manager Lisa Gray yet. Cathy said that Lisa would be making the rounds soon. Lisa's main office is in Foxxtown, while Brian's is at Terrapin. Brian took the PTAC out of his office so that it could go into a resident apartment. Bonnie said that she gave a pep talk to some of the residents about them having complaints about housing at last year's Town Hall, she told them they should show up to learn something new. Bonnie noted that Brian has a smile on his face all the time, which is pleasant to see. Loretta told Brian that they have a Friday night dinner every week and invited him to stop by if he is working to get a plate.
- Cathy said that a new facility tech will be starting at the end of July. Bonnie said that they are doing a remarkable job. Bonnie said that more things have been done now than in the last 14 years. Cathy said that she is aware of it and doesn't want them to get burnt out. She told him he couldn't keep up with the pace that he has been going. They don't want him to burn out and to lose him.
- A letter was drafted to send to the members of the CoA that have not been attending meetings. A list of members who have attended and not attended meetings was made also. There are no county requirements on attendance and nothing in the CoA by-laws. You can't just tell them that they are no longer a member because of attendance, the letter was drafted by Annie, which said that according to the QAC Commission on Aging rooster, you have failed to attend and there's a place to fill in how many meetings according to the list for the last calendar year. It read that attendance and active members are necessary to meet the needs of the Commission on Aging. Without regular attendance of active members, the CoA is not able to assign projects or have input for motions, voting, etc. We hope to see you at the next meeting which will be on 8/22/24, 10 AM, where the final preparations will be made for the Town Hall meeting. Should you have a request to have a virtual option for Commission on Aging or do you have any other suggestions to make it feasible to attend, please reach out to me (Bonnie). There is the ability to have a virtual option for those who can't attend in person. So, most of the people not attending are professionals, and in this world a lot of people work that way. It would be up to the commission to decide if this would be an option. Bonnie said that the two subjects she was referring to have that option and did not take advantage of. She understands that the professionals might not have the time. In 2023 the professionals only attended 2 to 4 meetings and events this year it's only been 1. Cathy said that some non-professional members who only attended 3 or less. Cathy said that she can't tell these

folks to resign. Bonnie wanted to know if a letter of contact could be sent out asking the members of their intent on continuing to be members. Cathy said that she liked that. Cathy said attendance could be put in the by-laws. It was motioned by Janet Melson and seconded by Loretta Morris. It was voted on and approved by the attending members.

LEGISLATIVE

- **Cathy said that she wanted to give huge kudos to Home Ports in Kent County since they got a grant to support Aging in Place. Home Ports got the largest part of the grant at \$23,000 to fund a Volunteer Coordinator. Cathy believes the information about the grant was sent to Queen Anne's at Home. She thought that Queen Annes's at Home would like to see what Home Ports has done with their grant. So, if when the MD Dept. of Aging has another grant as such, maybe Queen Anne's at Home can mirror what they did.**
- **The Governor has put cuts in the budget. The Dept. of Aging locally was not affected. The state was affected and one of the new programs that hadn't even started yet was the Long-Term Care Dementia Care Navigation, but QAC Dept. of Aging had already received the award for the grant. There were also cuts to the Dept. of Health. These cuts will not affect the programs here.**
- **The state is working on something called Longevity Ready Maryland. A program that the Governor mandated to start at the beginning of the year. There are state ordered work groups that citizens and staff can be put on. He said now is the chance for Marylanders to make an impact on healthy longevity. They are looking for participants that will serve on it. You apply and check off what county you live in and tell them whether you are interested in a leadership role or just to be on the work group. The work groups will be virtual with a minimum of twice a month starting in September through November and meetings last 2 hours. The Secretary of MD Dept. of Aging said there isn't any representation from Southern MD or the Eastern Shore of MD. Cathy said if anyone is interested, she can send out the information to them. The deadline for this is July 26th.**

AREA AGENCY ON AGING

- **Anne Van Benschoten said that this year's Senior Summit was very successful with 450 people attending. The replies from the surveys were positive with only a couple of complaints about access to the bathrooms and the food line being long. They loved that all the vendors were in the same area and that the seniors seem to be having a great time. They also liked the theme this year. Everything seemed to flow well together.**
- **Next year will be the 20th year for the Senior Summit and the theme will be the Roaring Twenties. Thanks for everybody for coming and participating. Cathy gave kudos to Anne and staff for all their hard work. Julia Stokes was the coordinator of this year's summit and had a lot of great ideas and did a wonderful job.**
- **Everything went well with the Farmers Market program; they have moved from coupon checks to cards. Unfortunately, because of this change Godfrey's Produce is not able to accept the cards this year. Lowery's Produce was accumulated a day ago on how to use the new system. The cards can be used in other counties such as Kent and Talbot. The new system seems to be doing well. And will probably be back next year. QAC was #1 for redemption rate last year.**
- **Anne touched on the grant for the Long-Term Care Dementia Care Navigation Program, we will be doing a lot of staff training, MAP will be doing some Dementia screenings, and there will be a lending library on some dementia and cognitive tools that can lent out our groups. There will be a Caregiver's Support Group which will be at the Active Aging Center, there has been a lot of feedback from them starting a group there. They will start there and work their way around the county. Cathy asked if this is the same as the Caregiver's Support Group they currently have. Anne said it would be separate. This one will be primary cognitive dementia. They have cognitive toys and books.**

- The Caregiver's Conference will be on November 15th at the Grasonville Senior Center. Lon Kieffer, aka, DOC, "Defender of Caregivers" will be the guest speaker and there will be vendors.
- Loretta said there was an incident with transportation to the Beach Blanket Bingo, someone called and to make arrangement for transportation to the event for her and someone else. She was told the buses were full. The bus was a 32-passenger bus and they only had 5 people to pick at that location. The driver said that he couldn't take them because they were not on his list. So, they had to drive to the event. Cathy asked who told them the bus was full, Loretta said it was Transit. The issue was that the sign up for transportation was different from the sign up for the event. Cathy said that she would like to know about any issues when they happen, and not wait until before CoA meetings.
- Bonnie asked if the picture taken at the Commissioners Tour could be used as advertisement for the CoA. Cathy said that a Press Release could be done and will investigate it.
- Light at the cross-island trail is still an issue. Cathy will email Commissioner Moran about it.
- Bonnie thanked Janet for all her efforts with the Town Hall.

COMMISSIONER'S REPORT

- Commissioner Moran was not able to attend the meeting.

CONCLUSION

- The meeting adjourned around 11:20 AM.
- The next meeting will be on 8/22/24 at 10:00 AM - Kramer building.

Submitted by Wendy Gilbert, recording secretary.