

QUEEN ANNE'S COUNTY COMMISSION ON AGING
Meeting Minutes for Thursday, April 16, 2025
Kramer Building – Centreville, MD

ATTENDEES

Members

Ida Hein
Janet Melson
Loretta Morris
Megan Pinder
Janet Salazar
Bonnie Walter

Advisory Members

Stephen Palmer

Absent Members

Becky Barbee
Toni Breeding
Betty Davis
Kelly Johnson
Mary Jo Volpicelli

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 was made by Janet Salazar and seconded by Loretta Morris. The minutes were approved.
- The Financial Report was reviewed and motioned to be approved by Janet Salazar and seconded by Loretta Morris. The report was approved.
- Bonnie mentioned the attendance section in the by-laws and would like to consider amending the current section on attendance. She said it is important for members to attend for planning of events. Loretta Morris asked if it could be motioned to change the by-laws. Bonnie replied that perhaps it could be brought up at the next meeting.
- Bonnie reviewed the letter that was sent to the regional CoA's. Annie Sparks was not able to attend the meeting but left the Regional CoA Meeting Save The Date flyer, and a draft agenda for the members to review.
- For the Regional CoA Meeting lunch, Bonnie is hoping that the organization that catered for the Regional Meeting in 2019 would be able to cater for this one also.
- Bonnie said that the commission needs new members that are enthusiastic about being on the commission.
- Megan Pinder suggested HeartFields Assisted Living could cater the event. Bonnie thanked Megan for suggesting HeartFields but did not want her to feel obligated. Megan said that it would not be an issue.
- Bonnie asked the board what their thoughts were on the Draft Agenda and the questions for the panel. Janet Salazar said that the agenda looked good and the question for the panel were great as well. Bonnie said that they would have to decide on one topic and see if that presenter would be available. Stephen said that if they pick a subject and they then can find a presenter and if they pick a panel discussion, they would be able to find someone for that also. Bonnie said that they could do a panel or could have someone who specializes and the field of one of topics to speak instead of a panel and have the opportunity for questions. She said since there hasn't been a Regional Meeting for several years and some of the participants from the other CoA

have may not have been to a Regional Meeting which might make them uncomfortable being on a panel. But a presentation is done on a topic that is an interest to everyone. Bonnie asked the board how they felt about it. Janet Melson said because this is a Regional Meeting would the Chairperson get up and talk. Bonnie said that the meetings are usually informal. Janet said that maybe they should finalize a topic and presenter for the presentation first and then address the panel. Janet Salazar suggested having MD Department of Aging Secretary Carmel Roques speak, Janet says she does a wonderful job when she speaks on the concerns of the seniors in Maryland. Stephen said that an invitation could be sent to her office, and she might be able to attend or send a representative. Bonnie feels that the Secretary is very outgoing.

Janet Salazar made a motion to send an invitation to Secretary Roques to be a presenter at the Regional Meeting and Janet Melson seconded it. Bonnie thanked Janet Salazar for the suggestion.

- Stephen suggested a back-up presenter be considered. Longevity Ready Maryland could be a topic for the Secretary and if she isn't available maybe she could send someone in her place that could talk on Longevity Ready Maryland.
- Janet Salazar asked if there would be an area where there could be small group discussions. This might be better to do tables with different topics instead of a panel discussion. Bonnie said that people might be more comfortable at tables with different topics. Janet said that maybe AARP could come and speak if the Secretary was not available or could not send a representative, or would that be too much of an advertisement for AARP? Janet Melson said maybe a Mental Health presenter. Steve said there was enough money in the budget to pay for a presenter if a decision is made before the end of the fiscal year. Loretta Morris said that Mental Health would be a good presentation with people having dementia. Janet Melson said that MD has a high rate of seniors with dementia. Megan suggested For All Seasons Mental Services as a second option.
- Bonnie asked how they felt about having the topic tables instead of a panel. The tables are an opportunity for people to voice their opinions. Janet Salazar said that maybe there could be a person taking notes on the discussions, this would be a way of sharing ideas. Bonnie suggested that a member of QAC CoA be present at the table taking notes. Bonnie said that it was a way for the other CoA's to take this information back to share with the members that were not able to attend. Bonnie said that folks would be more comfortable asking questions in a small group instead of a large group. Stephen said that there would be 4 to 5 people such as himself on the panel where people could ask questions of the folks on the panel. Stephen said that the panel discussion was suggested because they didn't think that the group would be that big. Janet Salazar said that either of those ideas would work. Bonnie said with Save the Date letter that was sent out it did not specify how many people.
- Janet Melson asked which option they were going with, the panel or the table. Janet Salazar said maybe do the panel with 5 experts and at the next one do the topic tables. Since it is the first one being done and years and not being certain how well it be attended. Maybe doing panels would be a better fit at this time. It was asked what subjects the panel would speak about. Stephen said if you put out there for 5 people to speak on different subjects you could find 5 experts to speak on the subjects. Janet Melson asked if it would be open-up to other counties. Stephen said as the host county it would open to its experts. Loretta said the regional CoA's may have different way of doing something for example: the way their transportation department does things compared to ours. Things should be kept informal so a moderator would not be needed.
- Bonnie said that she would like to keep the Regional Meeting experts informal and address what is happening statewide for seniors not just county issues. Janet Melson said that she liked Stephen's idea with the Regional CoA maybe having a different take on how something might be done in QAC.
- Bonnie suggested tabling the decision on whether to have a panel or a table of topics for the next meeting on 6/18/25.
- Ida Hein would like "resources to help seniors with the cost of living" as a topic of discussion at the Regional Meeting. Ida said that she didn't realize that QAC offered so much to seniors.

- **Bonnie suggested Julia Stokes do a MAP (Maryland Access Point) presentation at the Regional Meeting.**

NEW BUSINESS

- **Potential schedule options for June, July and August meetings. Usually, two months are taken off for the summer. May's meeting is the Senior Summit. Loretta motioned to take only July off for the summer and have a meeting in August to prepare for the Regional Meeting. Ida Hein seconded the motion. It was voted unanimously to not have a meeting in July and resume the meetings in August.**
- **In June the board will vote on whether to have a panel versus a small topic table at the regional meeting.**
- **If everything goes well at the June meeting it could be decided whether to have a meeting in August.**
- **Discuss attendance change in the by-laws.**

SITE COUNCIL REPORTS

- **Grasonville**
Beginners Line Dance is on Mondays at 12:30 PM. \$5 Special Bingo is on 5/22, \$5 due at sign-up. Journey Together Emotional Support Group will meet on 4/23 at 11 AM. The Center will show appreciation to their volunteers on 4/24 at 1:30 PM. Rock Painting on 4/30 at 1 PM. Cheryl Bush will have a 4-week Dining with Diabetes program for the month of May. This class will be every Thursday starting at 9:30 AM. Arthritis Exercise is every Monday, Wednesday, and Friday at 11 AM.
- **Kent Island**
Kent Island Senior Center will be hosting the Spring Fling this year. Drum Fit is going well. The Volunteer Appreciation Luncheon will be on 4/25 from 11 AM – 1 PM. Cash Bingo is every Tuesday at 1 PM. CARFIT will be doing a training on May 7th from 10 AM-2 PM. This program is designed to help older drivers ensure their vehicles fit them safely.
- **Sudlersville**
Everything is going along well at the center. Sudlersville Senior Center will have their Volunteer Appreciation Luncheon on 4/23 from 12 PM-1 PM. Corn Hole is played on Wednesdays at 2 PM. The Quilters meet on Tuesdays at 9 AM. Shuffleboard is on Fridays at 2 PM.
- **Active Aging Center**
Mexican Train Dominoes are played on Mondays at 10 AM. The card game Cribbage is played on Mondays also at 1 PM. Aqua Zumba is 10 – 11 AM on Wednesdays. The Caregivers Group meets once a month on Tuesdays at 1 PM. AAC will celebrate their volunteers with a luncheon on 4/29 starting at 11:30 AM. Some upcoming events at AAC are Mother's Day Celebration Lunch on 5/8 at 11:30 AM and a Pot Painting Workshop at 10 AM on 5/13.
- **These are just a few of the events and happenings at the Senior Centers and the Active Aging Center.**
- **Older Americans Month is celebrated in May. The Senior Summit is how QAC Dept. of Aging celebrates this. This year will be the Senior Summit's 20th Anniversary.**

AREA AGENCY ON AGING

- **Shore Update contacted Annie wanting to talk to folks who would be interested in being featured in the Shore Update for Older Americans Month. Annie would not give out any names to the Update but would forward contact information to the Update, and people could reach out to them**

if they wanted to participate. Queen Anne's at Home would be reaching out to the Update to participate.

COMMISSIONER'S REPORT

- **Commissioner Moran was not able to attend this month's meeting.**

- **The meeting adjourned at 11:10 AM.**
- **The Senior Summit on 5/16 will be considered the meeting for May.**
- **June's meeting will be on Wednesday, 6/18 at 10:00 AM at the Kramer Building.**

Submitted by Wendy Gilbert, recording secretary.