

Age-Friendly Social Participation Implementation Group
Web-Ex
APRIL 21, 2023

Meeting Recording: Available upon request by emailing agefriendly@howardcountymd.gov

Attendees: Ann Benjamin, Lillie Gallant, Andy Monjan, Matt Madera, Pat Thomas, Seema Agarwal-Harding, Terri Hansen, Morgan Spliedt

Agenda:

- 1) Welcome & Introductions
- 2) Sub-Group Report Outs
- 3) Next Steps
- 4) Next Meeting

Meeting Notes:

- 1) Welcome, Introductions, Announcements
 - a. Matt Madera – 50+ Center Division Manager
- 2) Sub-Group Report Outs
 - a. SP1 – to enhance outreach to the community – Meets 2nd Tuesdays at 1:30pm
 - i. Commissioner Ron Berk attended SP1 subgroup meeting
 - ii. Pat looked at Contact List and group felt starting with the faith-based communities was a good idea. They will go back to the groups that were reached out to prior to the pandemic.
 - iii. Pat met and talked with DCRS Director Jackie Scott who shared the contact list and Pat will be talking with Matt next to discuss outreach.
 - iv. Looking at ways to contact communities that serve the LGBT communities, people living with disabilities.
 - v. Technology – having information center like CRISP (health care data) where people could look up info.
 - vi. Google Doc from planning era of SP that has a lot of useful documents. Ruth Coleman is the person who set this up.
 - b. SP3 – expand types and range of 50+ Center programs, activities
 - i. 50+ Centers have extended hours in some centers (evenings, weekends)
 1. Looking to identify where the need is for wanting evening and weekend programs.
 2. Working closely with Department of Recreation and Parks to promote opportunities and to help them expand their Active Aging programming.
 3. Trying to demonstrate a partnership, county-wide resource
 - ii. Meetings with the Chinese School of Howard County, and the Village of Howard County to learn about ways to welcome them into the 50+ Centers and ways to move programming “outside the walls” of the 50+ Centers.
 - iii. Senior Planet Classes are offered within the 50+ Centers as well as programming elsewhere (i.e., Library, Community Centers, etc.)

- c. SP4 – develop and promote Age-Friendly Ambassador Program
 - i. Will always meet from 1:30-3pm, generally on 2nd Fridays – Next meeting is May 12 (Morgan will set this up)
 - ii. Recognizes that most of the work groups overlap – either directly by task or by resources needed or people to reach out to. Collaboration and communication are key.
 - 1. Interested in going back to adding the creative/arts communities to the contact list.
 - iii. At meeting on April 5, Andy has agreed to take minutes at subgroup planning meetings.
 - iv. Group reviewing the National Academies Report (social isolation, loneliness, and the distinction between the two, and consequences of being isolated and/or lonely). SP4 sub-group will read the report to understand what we know about social isolation and loneliness. Report focuses on impact of adults aged 50 and greater. At next meeting on May 12, the SP4 sub-group members will bring their take-aways from the report to inform group activities for implementation.
 - 1. Age-Friendly Ambassadors may need to be aware of some of these distinctions and consequences of social isolation and loneliness, and how to intervene appropriately to benefit the clients.
 - v. Group is still interested in talking with an HR representative (Terri will connect group to someone in HR)
 - vi. Training Package from Leadership Howard County is due at the end of May. SP4 Group will use this package and make it even more robust and relevant to effectively training Ambassadors.
 - vii. AARP Livable Communities have excellent resources on Age-Friendly Ambassador-type programs. The Planning Work Group spent a lot of time looking at those programs and used what they learned to inform the Action Plan.
 - viii. SP4 B – Lead Ambassadors – this subgroup will focus on the primary Ambassadors at this point, and then grow and incorporate the role of Lead Ambassadors
 - 1. SP4 will work with SP1 - Interested in contacting organizations to learn about what are practically important for Ambassadors to learn about
 - ix. Evaluation of program – looking at in terms of quantitative data and how to collect feedback of those involved in the program (recipients)/qualitative data too. We will also discuss how to use this information to expand and improve the Ambassador program.
 - 1. National Academies Report references some evaluation tools that may be relevant. We would need to look into how to use the evaluation tools.
 - 2. Knowledge Response and Assessment Measuring Tool is another option to consider.

3) Discussion

- a. World Tai-Chi Day – April 29 at the Lakefront (Kiddamaqundi) – Ann knows all the details

- b. County-wide Health Fair at N. Laurel 50+ Center was successful! Go Mae for organizing! Morgan will ask Mae for more info on this.
- c. Seema was speaking with the Indian community, and they feel there are not enough opportunities that they feel they can participate. Barrier identified: Limited food offerings – need more culturally-diverse meals.
 - i. Seema spoke with a caterer who is open to providing lunches/meals at the 50+ Centers
- d. Education is needed on nutritional supplements, reality, how to judge the worth.
 - i. Terri will invite Nutrition Program Manager to speak with the group (next meeting) and discuss opportunity to expand food options/offerings.
- e. Neuroaesthetics Report “Your Brain on Art: How the Arts Transform Us” – Susan Magsamen and Ivy Ross – Johns Hopkins School of Medicine – includes several recommendations that the SP group may want to consider in looking at how we offer our branding to people coming into the centers.
 - i. May also consider inviting Susan to speak with us.

Next Meeting: – Friday, May 19 at 1:30pm-3:00pm via Webex.