

HCITY OF ROCKVILLE
SENIOR CITIZENS COMMISSION
ROCKVILLE SENIOR CENTER
1150 CARNATION DRIVE

April 20, 2023, 10:00 a.m. (virtual)

Members Present: Kevin Leary, Co- Chair; Anne Herbster, Commissioner; Stephen Smith, Commissioner; Krishna Kumar, Commissioner; Judith Jolie, Commissioner; Beryl Feinberg, Mayor and Council Liaison

Absent: Elaine Koubek, Chair

Staff: Alexis D'Angelo Swope; Trish Evans; Fran Jablonski

Guest: Lori Newman; Dick Rosano; Ariane Burns

Co-Chair, Kevin Leary started the meeting at 10:00 a.m. with welcome and introductions with everyone. He reviewed the agenda and explained **Lori Newman** and **Dick Rosano** are in the process of appointment to the commission. He asked for a motion to approve the March 17, 2023, minutes as presented, **Anne Herbster, Commissioner** made the motion to approve and **Krishna Kumar, Commissioner** seconded it. **Alexis D'Angelo Swope** said she would check with the City Clerk's office on the status of **Lori Newman** and **Dick Rosano** appointment.

Co-Chair, Kevin Leary and **Chair, Elaine Koubek** attempted to attend a Mayor and Council meeting. Due to scheduling conflicts, they have not been able to attend another meeting.

Ariane Burns, Capital City Nurses introduced herself. She oversees regional development. She is a Rockville resident and wanted to attend this meeting to see what this group does and is interested in participating in the community through this and may possibly join the Commission. She said she would like to understand more about the Commission and what it does before she commits. **Co-Chair, Kevin Leary** welcomed her and thanked her for attending the meeting.

Trish Evans reported next. She runs the Village Program for the City. There are currently five different groups and is working on a 6th and 7th: Newmark Commons and Potomac Woods. Lincoln Park Village held their 1st event, Family Pizza night. It was well attended, and they are looking for another activity. Maybe a game night. West Rockville Connects is rapidly working on starting to hand out business cards and welcome bags to new neighbors to encourage them to get involved. East Rockville is starting a community garden, growing native plants. Wootton Mill is a new village the west side of 270. They have had some very successful events. The next one is Cinco De Mayo. Town Center Village did a 1 ½ mile walking tour, led by a historian, who relayed what had been in the spot where their building was now and other historical information along the way. It was a cold day. All ages participated. She said the band East Side Live is back and will be playing again at an event in June. The date and time are to be determined.

Alexis D'Angelo Swope reported next. She said she received a grant in the amount of \$53,000 for vaccine uptake. (Health fair, Fall flu shot clinic and Fall Festival.) The center received kudos for the fitness programs and **Jerry Jones** and **Andre Hickman** for their good works. **Andrea Rogers** graduated from the Leadership Program through Maryland Recreation and Parks Association (MRPA). **Mariella Correia** and **Andrea Rogers** are preparing for the Senior Housing Expo on July 12 and **Betty Figure** is working on the Health Fair on May 24. There will be an Understanding Social Isolation Series starting on July 13. The first presenter will be Rika Granger and the topic will be Mental Health for Seniors. Summer Registration for members is on May 9 and non-members on May 11. There will be a Kentucky Derby Wine and Cheese social event on May 2. It is \$3.00 for members and \$5.00 for non-members. Light hors d'oeuvres and drinks will be served. There will be an ice breaker game. The event starts at 4:30. **Dick Rosano** requested to be kept informed of any upcoming events.

Co-Chair, Kevin Leary asked the Commission to go over the 2016 Needs Assessment and the 2021 Communication Plan before the next meeting and then will be able to move forward with Communication Housing Isolation Programming (CHIP). He said the Commission shared the results of the 2020 Forum with the Mayor and Council. He asked if **Dick**

Rosano would like to focus on Villages and **Lori Newman** is interested in Housing and Food Insecurity and the physical aspect of getting people more involved in the center. She has become a liaison between her community and the center. Her community is interested in an intergenerational village and would like to work with **Trish Evans** to get it started this summer. **Dick Rosano** is strongly supportive of anything regarding Villages and anything intergenerational. He was also concerned about a situation that he heard about; a senior being evicted from a senior living facility and would like to investigate and take this on. **Alexis D'Angelo Swope** would like to keep in touch with him about this. **Co-Chair, Kevin Leary** asked **Lori Newman** to focus on Housing and **Dick Rosano** to focus on Villages. **Ariane Burns** offered to help with anything she can. **Co-Chair, Kevin Leary** talked about putting something in Rockville Reports and or the newsletter giving kudos to **Jack Sprague**, former Commissioner, for his contributions and work while serving on the Commission. **Anne Herbster, Commissioner** said she could work with **Jack** and **Sheila Sprague** to put something together. **Co-Chair, Kevin Leary** talked about focus areas next. He said he and **Anne Herbster, Commissioner** are working on Communication. **Krishna Kumar, Commissioner** and **Judith Jolie, Commissioner** are working on Isolation. **Krishna Kumar, Commissioner** wrote five papers on Isolation and Social Isolation. **Alexis D'Angelo Swope** said there is a program coming up, "Understanding Social Isolation Series." The first one is on July 13, 2023, with Rika Granger, MS, LSWC-C and Community Services Manager. The topic will be Mental Health for Seniors. She said the after talking to Outreach that some seniors just don't want help. The ones that do want help could be invited to **Rika Granger's** workshop. **Judith Jolie, Commissioner** said she would like to meet with **Alexis D'Angelo Swope** and **Krishna Kumar, Commissioner** to come up with a short survey of no more than ten questions to get an idea of how many people are affected. She suggested distributing it and have it returned before the workshop. **Trish Evans** said that a one-on-one connection has a bigger impact. She worked with **Mariella Correal** with a senior that was alone and came to one of her events and now he gets out and attends more. **Mariella Correal** turned the lounge into a game, puzzle, social room. **Stephen Smith, Commissioner** and **Chair, Elaine Koubek** are working on Programming. **Stephen Smith, Commissioner** said that some of his ideas were already being done at the Center and would like to come up with a survey to see what programs the seniors would like. The survey would not ask for any personal information. Ask things like, what days most attend, purpose of attending or what they like to do, suggestions of new things they would like to do or programs they would like to have. **Lori Newman** offered to help with this. **Judith Jolie, Commissioner** said the survey needs to be concise and short. **Dick Rosano** said any expression through creation helps mental health. **Lori Newman** asked if we ever partner with VisArts. **Alexis D'Angelo Swope** said not currently but have in the past and will ask her co-worker about it. **Co-Chair, Kevin Leary** asked if the survey should incorporate both areas of focus. **Krishna Kumar, Commissioner** said it needs to be kept small. **Alexis D'Angelo Swope** suggested that maybe she could help with setting Survey Monkey with a QR code and in paper form. **Judith Jolie, Commissioner** said the surveys should be separate. **Stephen Smith, Commissioner** said he would like to see the previous survey. **Alexis D'Angelo Swope** said she would send that and some other documents to everyone. She also reminded everyone to think about what they wanted to spend the budget on and whether they wanted to do a Senior Forum this year and if so, decide on a date. She said they have done one every election year. She said that **Anne Herbster, Commissioner** did a great job moderating. **Krishna Kumar, Commissioner** said he would like to have an in-person meeting with everyone to interact with each other. **Alexis D'Angelo Swope** suggested attending the Wine and Cheese event or some other event.

Beryl Feinberg, Mayor and Council Liaison reported next. She said the Mayor and Council meeting this Monday will be routine. At the Community Forum you can speak for three minutes. There will not be a budget hearing. The main item will be the budget at 8:00 PM. The next meeting will be on May 1, 2023. There will be Community Forum and not Public Hearings. The Budget Hearing will be at 7:55 PM, soliciting further input from staff. No filling of vacant positions. Will be paying \$16.00 per hour minimum wage. There are delays in Capital Improvements program. At the May 8, 2023, meeting there will be a Vision Zero Program, Bikeways, and Master Plan presentation. The number of crashes and pedestrian injuries have increased. At the May 15, 2023, meeting there will be a Public Hearing on accessory apartments, single unit detached zones and floating zones. Hometown Holidays is the weekend of May 29, 2023, at RedGate Park and the Memorial Day parade will be held in Town Center. All events are free. There will be two musical stages and non-profits show case. **Alexis D'Angelo Swope** submitted a request for a proclamation that May be Older Americans Month.

Meeting adjourned at 11:20 AM. **Next meeting:** May 20, 2023 –Virtual – 10:00 AM