

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

June 18, 2020, 10:00 a.m. (virtual)

**Members Present:** Anne Herbster, Chair; Norma Brailsford, Commissioner; Krishna Kumar, Commissioner; Mike Laux, Commissioner; Elaine Koubek, Commissioner; Councilmember Beryl Feinberg, Liaison

**Absent:** Jack Sprague, Commissioner; Lynn Wagman, Commissioner; Alicia Seymour, Commissioner

**Staff:** Alexis D'Angelo; Trish Evans; Chris Klopfer; Martha McClelland; Andrea Rogers; Fran Jablonski

**Chair, Anne Herbster** opened the meeting at 10:00 a.m. with introductions and checking on how everyone is doing.

**Chris Klopfer, Senior Sports and Fitness Supervisor** reported on Project HOPE, Helping Our People Exercise. It is a program developed by Chris and her trainers to work with our Counselors and Outreach and Support Staff to reach seniors that are having physical and emotional difficulty with isolation. **Chris Klopfer** has six trainers, two trainers specialize in pre and post rehabilitations and one is a nutrition consultant. **Andrea Rogers** created a referral form for the Counselors or Outreach Staff to complete with the client to then send to **Chris Klopfer** to be matched with a trainer. Every referral will be kept confidential. The trainer will contact the client and develop a basic plan that they could do on alternate days and will continue in the future. The trainer will check on them weekly. Currently, this program will be offered for free. The virtual classes have been very popular, so the cost of the summer classes should compensate for this program for now.

**Trish Evans** gave updates on Villages. Town Center Village is doing well. They have held two trivia evenings and were very successful. Twinbrook Village held their first monthly meeting last week. They are about to be established and launch fully in the fall. The Pump House Village will be holding an event on July 5 at Redding Road and Grandin Avenue. King Farm Village is moving ahead. They are continuing with monthly coffee and book club. The Pen Pal Program has thirty volunteer participants. Letters have gone out to recipients and are waiting for responses. Most of them have gone to residents at Collingswood Nursing Home. We have volunteers from Girl Scout groups and many others. We are looking for more recipients. **Commissioner Elaine Koubek** offered to get the information to her marketing staff at Brightview. **Trish Evans** will draft some information to get to the activity's directors at different local retirement communities.

**Andrea Rogers** said he is checking on seniors that would normally stop her in the hallway to talk to her when we were open. She is concerned about their cognitive abilities diminishing due to isolation. She is trying to stay in their lives and talk to them. She helps them with their recertifications. **Martha McClelland** has been making regular well check calls with seniors to see how things are going too. She is helping her low-income clients recertify. She also told the Commission that she has been selected to be on the Zero Action Plan Committee.

**Alexis D'Angelo** reported that we are currently serving 180 seniors now and it could increase. We are seeing cognitive changes in several of them and we are trying to keep correspondence going. Summer classes are starting next week. There will be a food drive on the June 20 at the Farmers Market in Town Center. The Program Assistance Fund is being used to buy diapers, fresh produce and other needs. Meals on Wheels and Julie Ridgely won the Recreation and Parks Foundation Awards for their assistance in feeding the seniors. Julie started the food drive. They will receive their awards at the July 6 Mayor and Council meeting between 7:00 and 7:30 PM. Montgomery County will give us twenty-five more meals. **Andrea Rogers** has been making cloth masks to go out with meals. We are using Senior Commission funds to purchase material and elastic to make the masks. **Chair Anne Herbster** will reach out with **Alexis D'Angelo** to **Mary Lou Berg** to put a blast out on Channel 11 that if anyone knows someone in need to please call the Outreach number.

**Councilmember Beryl Feinberg, Liaison** gave some highlights of the upcoming Mayor and Council meeting on June 22. The meeting will start at 6:00. Some of the items will be Police Department Fair and Impartial Policing Strategies. There will also be the final discussion and adoption of the Zero Action Plan. There will also be discussion about what to do about RedGate Park. There will be discussion about the staffing goals for the Community Services Department. The next meeting will be held on July 6. Some of the highlights from that meeting will be update on Emergency Management Services and Social Justice, Racism and Bias. There will be meetings on July 13 and 20 and August 3 and then recess until September 14. Then there will be discussion regarding Charter Review Commission. Discussing such items as stagger turnover, should we continue with four-year term limits, should the timing of our elections be in connection with the General Election? Each Councilmember can select 1 person to be on the Commission. The Mayor will choose the Chair. The last meeting of this commission was held in 2012. Changes can be voted on by the Mayor and Council anytime and can enact charter review change anytime. Anyone can be appointed to this commission and anyone currently serving on another commission can apply. When applying they need to list the other commissions they are serving on or any volunteer work they are doing. It is a unique opportunity to get involved in City government.

**Alexis D'Angelo** reported that **Terri Hilton** would like to have an online forum with seniors and the Commission during a normal meeting. It could be offered in the Fall Guide. After some discussion it was decided to hold it on September 17 at 11:00 AM and hold the normal meeting at 10:00 AM. It will be offered in the Fall Guide and we will make flyers to inform the seniors. At the next meeting the Commission will outline and plan what they want to do for this forum. There will be no meeting in July. The next meeting will be on August 20.

**Liaison /groups:**

**Rockville Seniors, Inc., (RSI):** Nothing reported

**Pete Sante Fund:** Nothing reported.

**United Seniors of Maryland (USM) Forum:** Nothing reported

Meeting adjourned at 11:30 AM

**Next meeting:** August 20, 2020 **VIRTUAL – BUILDING CLOSED UNTIL FURTHER NOTICE**