

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

October 22, 2020, 10:00 a.m. (virtual)

Members Present: Anne Herbster, Chair; Lynn Wagman, Commissioner; Alicia Seymour, Commissioner; Krishna Kumar, Commissioner; Mike Laux, Commissioner; Elaine Koubek, Commissioner; Councilmember

Staff: Sheryl Roff; Terri Hilton; Martha McClelland; Fran Jablonski

Guest: Katie Ostrowski; Patricia Dubroof; Fauzia Iqbal

Absent: Norma Brailsford; Jack Sprague; Beryl Feinberg

Chair, Anne Herbster opened the meeting at 10:00 a.m. with introductions of guest, Katie Ostrowski, who is hoping to be appointed to the Commission soon, Fauzia Iqbal, who expressed an interest in the Commission and is more interested in doing a project with seniors; interviewing them to see what life lessons they have learned by events in their lives.

Chair, Anne Herbster asked the Commission to review the minutes and if anyone had changes. **Commissioner Lynn Wagman** made the motion to approve. **Commissioner Mike Laux** seconded, all in favor as presented.

Patricia Dubroof, former artist in residence in East Rockville and Art Therapist gave a presentation on a project she would like to do with seniors. It is a game created through art therapist, Gene Cohen. You use your own photos to create memories. You put the images on 5x7 cards and create a story on the back of the card. Each card becomes a conversation about people, places, animals, and special things. The game helps to learn something about each other. It works as an intergenerational program. It could also be a good volunteer program for a teen and senior. She has 100 games to donate and maybe it could be a program offered in the Winter Guide. **Terri Hilton** said **Patricia Dubroof** could bring some to the Wine and Cheese event tonight as a start. **Chair, Anne Herbster** thanked **Patricia Dubroof** for this presentation.

Sheryl Roff reported on upcoming events. Collingswood Nursing Home is having a park and watch on Friday. It is a free event. There will be 2 movies shown; The Greatest Showman and Jurassic Park. They will be providing food from Chick Fil La. The event starts at 7:00. On October 29 the Senior Center will be having a Boo Through event from 2:30 -4:30. There will be tents with different themes. Treats will be given at the beginning and the end. At the beginning they view the staff pumpkins and vote. The Senior Center is starting a Thanksgiving Food Drive. The notice will be put in flyers, e-newsletter, paper newsletter, website, Rockville Reports, requesting shelf stable food for Thanksgiving bags for seniors. The Senior Recreation Division will be doing a Veterans Appreciation presentation and lunch. The lunch will be delivered to their door or they may pick it up from the Senior Center on November 6. Senior Planet will be doing a seminar on November 12 from 10:00 – 11:30. The library will be doing a presentation, Making the Most of the Library on November 17 from 1:00 to 2:30. We are finalizing the details from the surveys and the results will be available soon. Most of the responses are they want the center and the fitness center to be open soon and isolation is also a big concern. **Chair, Anne Herbster** asked what the needs of the seniors and the center are and how to address them. She said the issues will be here 6-9 months or maybe even later into next year and the Commission should go to the City with some ideas. **Terri Hilton** said that it is the governor's decision when the center will open and have received no indication when that will be. There isn't even a target date. She announced **Alexis D'Angelo Swope** had Millie Rose on October 5.

Chair, Anne Herbster thanked **Martha McClelland** for calling in to the meeting. **Martha McClelland** reported on the task force she has volunteered for, Vision Zero. **Alyssa Roff**, the head of the task force, gave a presentation. She said the goal of Vision Zero is to have zero deaths of pedestrians, bikes, or vehicles. It is a nationwide program. For our City there are multiple divisions working on it. **Martha McClelland** is giving the senior pedestrian perspective. It is a major task force and would like to send the Commission summary materials since there is so much on the agenda today. **Chair, Anne Herbster** said that would be great, it is very relevant to seniors. **Martha McClelland** said she has also been working with seniors on Medicare open enrollment.

Terri Hilton reported the senior center received a \$6,750 grant from Manna to spend on shelf stable food. It will be used to provide supplemental bags with the frozen meals. We provide these bags every other week. Currently we are using program assistance funds to provide these bags, so this will help with that. One requirement is that \$4,000 of this money be spent before the end of November. **Chair, Anne Herbster** asked about other grants. **Terri Hilton** said the Recreation and Parks department has a grant writer looking for grants for the senior center. She said that she and her staff are looking at a technological device, GRAND PAD. It is a device that connect family and friends and lists Zoom classes. It comes with Internet built in. She already has the pricing for 50 devices and is waiting for a grant to purchase them. **Sheryl Roff** reported that there is a program through the Montgomery County Library Loan Program for seniors to obtain low cost internet, \$9.95 per month, depending on income. They need to apply. A flyer was put in each of their lunch bags last week. The application and information will be sent through email and e-newsletter.

Liaison /groups:

RSI: Terri Hilton, Sheryl Roff, Krishna Kumar are liaisons for RSI. **Terri Hilton and Sheryl Roff** met with RSI informally and they are cancelling the Holiday Bazaar. **Krishna Kumar** said he has nothing else to report from RSI.

Pete Sante Fund: Commissioner Lynn Wagman reported that there is \$100 in the fund right now. She said that **Jerry Jones** has been doing a great job helping seniors with referrals for home improvements and other items.

United Seniors of Maryland (USM) Forum: Nothing reported

Chair, Anne Herbster shared the compiled notes from the Senior Forum. She said isolation and technology are big issues. Internet connection is unreliable for some. Need for social interaction with social distancing. **Terri Hilton** said there is a Wine and Cheese event today at 4:00-5:30. She said that we also will be starting a Brown Bag Lunch on Mondays from 11:30 to 12:30. As it gets colder it will be harder to do these events. **Terri Hilton** reported on the 60+ Spotlight. **Trish Evans** has a different topic each month and it is filmed by Channel 11. There have been two productions. The first one was on our Counseling Program with our Counselor, **Frederika Grainger** and the services her program can help with. The next one was with our Senior Sports and Fitness Supervisor, **Chris Klopfer** and staying active during this time. The next one will be on how to Declutter Your Home with **Frederika Grainger**. Clutter can be a safety issue and she will give simple tips how to pare down and get rid of things your children don't want. Some of the upcoming topics may be: What is Your Plan Every Month, How to Age Well, Book Clubs, Mediators and more.

Krishna Kumar expressed his appreciation to **Alexis D'Angelo Swope and Anne Herbster** and the rest of the Commission for providing suggestions and ideas for what is in the Charter.

Chair, Anne Herbster thanked the guests, staff and Commission.

Meeting adjourned at 11:15 AM

Next meeting: November 19, 2020 **VIRTUAL – BUILDING CLOSED UNTIL FURTHER NOTICE**