

**Maryland Commission on Aging**  
**Maryland Department of Aging**  
**301 West Preston Street, Suite 1007, Baltimore MD 21201**  
**October 14, 2015**  
**Minutes**

**Members Present:** Stuart Rosenthal—Chair, the Honorable Mayor Jordan Harding, Maria Jimenez, Rose Maria Li, Louise Lynch, Dot Principe

**Members Absent:** Sharonlee Vogel, Sandie Callis, Honorable Barbara Frush, Chandhok (Jesse) Singh, Mary Ellen Thomsen, Michael McPherson

**Staff Present:** Deputy Secretary of Aging Stephanie Hull, Judy Holland

**Greetings and Opening Remarks:** Chair Rosenthal greeted members and staff and thanked them for attending the meeting. He also welcomed new Commission member Dot Principe.

Ms. Principe said that she was excited to be a part of the Commission and it is a tremendous opportunity. She said that she loves to volunteer and being a member of the Commission will allow her to open more doors. She attended the September 24, 2015 training and thought it was fabulous and she enjoyed meeting everyone. Ms. Principe currently resides in Upper Marlboro, MD and is the mother of 10 children and has 22 grandchildren.

Following Ms. Principe, each member of the Commission introduced themselves and talked about their involvement with the Maryland Commission on Aging.

Chair Rosenthal acknowledged that Deputy Secretary Hull would be retiring at the end of the month and thanked her for supporting the Commission over the years. He said that the Commission would miss her and wished her much success in future endeavors.

**Minutes:** Ms. Lynch made a motion to accept the minutes of June 10, 2015 with proposed amendments. Ms. Li seconded. Motion carried.

**The Mind Study:** Donna DeLeno Neuworth, Community Relations Coordinator, MIND, Johns Hopkins School of Medicine, Department of Psychiatry spoke on the MIND Study (Maximize Independence at Home). The MIND Study is an affordable, family centered care coordination model; systematic, home-based needs assessment to identify and address patient and caregivers needs and bridge medical, family and community based support. The MIND Study, in collaboration with Johns Hopkins School of Medicine, is an 18 month home research support program to help caregivers.

The study involved 303 people 70 years and older with memory disorders, primarily dementia and mild cognitive impairment. One hundred and ten of them received an in-home visit from a

memory care coordinator and nurse that assessed a range of care needs including diagnosis of memory problems, review of medications, behavior problems, daily activities, and untreated medical problems such as hearing or vision problems, and high blood pressure or diabetes. The care team then developed a personalized care plan and worked with the family over time to oversee progress and attend to new needs that arose.

The study found that persons with dementia receiving the MIND program had fewer unwanted and costly institutional placement; a substantial delay in time before institutional placement; improved quality of life and reduced unmet patient care needs. In addition, caregivers receiving the MIND program had time savings and reduced perceived caregiver burden.

According to Neuworth, there are two MIND at home research projects occurring at this time. The first is the CMS Demonstration for persons who are dually eligible for Medicare and Medicaid; persons who live at home in Baltimore City, Baltimore County, and or Howard County. Neuworth said they are actively trying to recruit 600 participants but are having a difficult time achieving that goal. She asked the Commission to help identify persons who are eligible for this MIND study. The second study is the NIA Trial for persons with dementia and caregivers who have any kind of insurance and live at home in the Baltimore region. This study currently has a waiting list.

Both studies include free home assessments, information on home safety, education on managing behaviors and care skills, and caregiver support and problem solving.

Neuworth thanked the Commission for the opportunity to talk about the MIND study and to please contact her if they have persons who may be eligible for the study.

**Evaluations:** Chair Rosenthal said he was pleased with the results of the survey for the Commission on Aging Training held on September 24, 2015. He added that, out of 35 responses, 25 to 35 were fully pleased with the program and speakers, and the rest were somewhat pleased, with only 1 person expressing any dissatisfaction, and that was with the afternoon panel. According to Rosenthal the training was a great event and it is something that the Commission can build upon during the year. Each Commissioner received a copy of the evaluation results.

Deputy Secretary Hull said, at the training, there was a tremendous amount of energy in the room. She felt that people were ready to take on new projects and become stronger advocates.

Ms. Lynch said that the Commission could have never accomplished half the things they do (including the training) without Rosanne Hanratty and that she is a vital part of the staff.

**Potential Topics for 2016 Training:** Chair Rosenthal asked those in attendance to recommend topics for the 2016 training.

Ms. Lynch suggested that we provide training on how to build local partnerships and coalitions, especially with the business community.

Ms. Jimenez added that the Commission could develop a “to do list” on how to build partnerships. She also suggested that we incorporate information on how to integrate models to enhance blending services with building partnerships.

Mayor Harding added that there are many great programs for seniors in the state of Maryland and that we should do a better job of promoting what we have to offer. Chair Rosenthal said that the County Commissions should utilize the State Commission's website more. He requested that Ms. Hanratty touch base via email with all the participants from the training and the local commissions and remind them that our Commission's page on the Department of Aging website is available for them to post minutes of their meetings, events and activities.

Chair Rosenthal said that another training topic that had been suggested was Health and Wellness for older adults, as Secretary Kramer is an advocate for encouraging healthy lifestyles. He asked Ms. Li to recommend a speaker to present to the group on this subject.

**Discussion Topics for 2016 Commission Meetings:** Ms. Li suggested that a topic for discussion could be how to understand long-term care insurance policies. She recommended that the speaker not be a salesman for a particular product, but someone who can explain the many different products and options.

Chair Rosenthal noted that next month's commission meeting will feature representatives from the Maryland Association of County Organizations and the Maryland Association of Municipalities, who are coming to speak with the Commission at the invitation of Mayor Harding.

The Commission will continue to discuss potential topics for next year's meetings at our November meeting.

**Closing Remarks:** Deputy Secretary Hull said that this has been an exciting time for the Commission and she feels the Commission has made tremendous progress in supporting the interconnectedness of local commissions. She added that she has enjoyed working with the commission. She said that Secretary Kramer's platform is keeping people healthy and in their homes as long as possible. She sees initiatives in supporting healthy lifestyles, developing volunteers, and developing fiscal efficiencies and new business opportunities. The Deputy Secretary thanked the Commission members for their commitment and commended their dedication.

**Adjournment:** Chair Rosenthal thanked Deputy Secretary Hull for her leadership, and presented her with a cake and a card signed by commission members. The meeting was adjourned at 11:57 a.m.