

# HEART'S GENERAL MEETING MINUTES- submitted by Janet Zimmerman,

**Addie Kaufman**, Co-President, called the meeting to order at 12:02 pm. The meeting was held at The Meeting House in Oakland Mills. 98 members registered for today's luncheon. Today's meeting is our last meeting of the 2024-2025 year.

## General Business and Committee Updates

### Approval of March 11, 2025 General Meeting Minutes

**Janet Zimmerman**, Secretary, stated that the minutes of the meeting were published in the April newsletter. There were no questions or corrections. **Darla Scharf** made a motion to approve the minutes; **Patti Neidig** seconded the motion. Members voted and the minutes were approved.

**Treasurer's Report:** **Ellen Hill**, Treasurer, reported the current balances: Checking = \$33,184.88; other interest-bearing checking (savings) = \$7,183.70; Scholarship = \$1,748.78. Some checking account money will be used in the near future to subsidize scholarships.

## Budget

**Sharon Kramer**, Budget Manager, presented the proposed budget for FY26. Revenue baseline total is \$45,040.00. Expenses are budgeted at \$45,040.00, providing for a zero-based budget. Five (5) scholarships are included. There were no questions. **Sally Ann Cooper** made a motion to adopt the budget; **Debra Deere** seconded the motion. Members voted and the budget passed.

## Guest Speaker

**Emily Leclercq** from The Howard County Office of Aging & Independence (under the Maryland Department of Aging) provided information on MD Access Point (MAP). MAP can help older adults explore options, learn about resources, connect with community, and plan & prepare. Information provided by MAP includes: short and long-term planning, transportation options, in-home care options, alternate community living options, aging in place resources, legal resources, caregiver resources, health and wellness options, 50+ center and local day programs, and benefits eligibility assistance. Options Counseling includes planning for long-term needs including knowing your options, planning wisely, and taking action before a crisis happens. It is for older adults, family/friends who provide care, and for those being discharged from the hospital or rehab with long-term care needs. It allows older adults to understand options so they may prepare financially for the costs, make sure loved ones understand their preference and goals, get organized, make decisions before a crisis, and to find services from the location where needed. Residents may contact MAP to schedule an options counseling session. Benefits screening is another service and includes: tax credits, energy screening, SNAP (food stamps), home and community-based services, housing assistance, medical assistance, and Medicare related services. SHIP (State Health Insurance Assistance Program) can help with Medicare as well as health and prescriptions drug plans questions and needs. Health and wellness programs include: Living Well (Chronic Disease self-management; Diabetes self-management), Seniors Together (peer support groups), Nutrition & Lifestyle counseling and exercise consultation, Stepping On and fall prevention programs, regular offering of exercise and other activity-based programs at the 50+ Centers, and volunteer opportunities. Howard County now has six 50+ Centers, each with a fitness center. They are the hub for all senior services. Each center is different. Hours have been extended to 8:30-7:30 and Saturdays until 12:00. Each center has its own newsletter, available on the website ([www.howardcountymd.gov/CLP](http://www.howardcountymd.gov/CLP)). Membership is free, although some programs and activities require pre-registration. There is availability of a nutritionist and exercise specialist, both for a small fee. A new program, the Older Adult Home Modification Grant, is a service that may assist older adults in modifying their home for better accessibility and safety. Guidelines are on the website. Howard County residents have availability of The Loan Closet of Howard County for durable medical equipment. There is a showroom to help with ideas for individual needs. Low vision equipment is included. There is also a Caregiver Support Program, a program for Brain Health and Dementia Education (MD has the highest incidence of dementia in the US). Other programs include a Digital Inclusion (technology) program and the Maryland Senior Call Check Program. Emily provided hard copies of the *Howard County Office on Aging and Independence Resource Guide for Older Adults, Persons with Disabilities and Caregivers* from the Office of Aging and Independence. It is also available online. The website was recently updated. MAP Phone number = (410) 313-1234 and is available Monday – Friday from 8am to 5pm.

<https://www.howardcountymd.gov/aging>

# GENERAL MEETING MINUTES CONT.- submitted by Janet Zimmerman,

**Vice President's Message: Ronnie Bohn**, Vice-President, attended the MRSPA general meeting last week at Turf Valley. Several HEART members assisted with registration. The pension system is in good shape and a COLA is expected in July. HEART had an 8% increase in membership this past year! HCPSS had a scholarship winner. London Rochelle, a para at Hammond High, is seeking her undergraduate degree. MRSPA has a new logo.

**Sally Smith**, our area director for MRSPA, commended HEART for our membership increase. Our goals and activities are aligned. Travel tours are available through MRSPA.

**Recruitment & Retention- Susan Sellner**, Chairperson, created today's theme for honoring first responders. The committee provides end of year mailings, recruitment brochures, and information at the June 6 Gala event for this year's HCPSS retirees. First-time members were given a welcome gift from the committee.

**Thanks for Stepping Up:** Karyn Littlejohn is our new webmaster. New MRSPA Delegates include Bonnie Taylor, Joanne Scheler, and Marlyn Oatts.

**Socializing with HEART - Sue Mascaro** announced Performances at Toby's: August 22 will be *Saturday Night Fever*; December 4 will be *Elf, the Musical*. Wednesday June 4 is our next Endless Summer Happy Hour at Glory Days from 3-7pm. RSVP to Sue by June 3. Members are encouraged to bring new members

**Necrology-** HEART received word of the passing of Edith Sanner Parlette of Clarksville on November 14, 2024. Edith began in HCPSS in 1968, at the elementary level, becoming a Team Leader, then advanced to Assistant Principal. She finished her educational career as the Principal of Cedar Lane School in 1985.

**Scholarship Committee- Lisa Davis** announced five (5) scholarships were awarded based on 8 applicants. Awards will be presented to the students this month at their school's ceremonies and then the names will be announced to HEART. Lisa also announced the winner of the 50/50 drawing. Proceeds support the scholarship fund. Nancy Dixon won \$115.00 and graciously donated it back to the scholarship committee. Thank you, Nancy! Scholarships are open for application and due by April 1. Donations are always accepted. Anyone who donates by check or Zelle will be eligible for a special drawing.

**Serving the Community-** HEART continues to sponsor *Comfort Cases* and the *Howard County Food Bank* with donations. Members donated generously to both organizations today. Comfort Cases provides a backpack with books, journals, pajamas, a stuffed animal friend, and other essentials for youth required to move to a foster home. Comfort Cases was founded to provide a more humane touch for the children.

**Bonnie Taylor** asked members to collect pull tabs or metals for the Philadelphia Ronald McDonald House. 500 pounds paid the house's utilities for a year.

**Jim Evans** provided an update about benefits. This is a big year coming up. The medical has gone out for bid. Presentations will be in July. This is the 5<sup>th</sup> year. Bids are for medical, vision, and dental this year. Jim reviewed the proposals of 10-11 years ago which would have not allowed members to use Howard County General Hospital and other issues. HEART rallied and persevered to not allow this to happen. This is why it is important to support HEART, including increasing our member numbers as well as to advocate for & maintain our benefits.

**Gail Zitney** thanked **Susan Sellner, Sharon Kramer, Bonnie Taylor, Ann Drnec, and Donna Brakens** for the success of today's luncheon.

## Drawings

A drawing was held for members born in May, June, and July, and gifts provided.