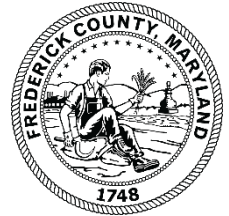




FREDERICK COUNTY COMMISSION ON DISABILITIES
Division of Aging & Independence
1440 Taney Avenue
Frederick, MD 21702
301.600.1234
TTY: Use Maryland Relay 711
www.frederickcountymd.gov/3440/Commission-on-Disabilities



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Vice Chair

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County Council
Liaison

Sean Lore
County Staff Liaison

Carolyn True
Division Director

The Frederick County Commission on Disabilities meets on the second Monday of each month except August and December, at 6:00 p.m. The public is invited to attend.

Sunday, January 11, 2026, 10 a.m. – 1 p.m.

AGENDA – ANNUAL RETREAT **FREDERICK COUNTY COMMISSION ON DISABILITIES** **The Freedom Center Inc.** **1890 N. Market St. Frederick, MD, 2nd floor**

- I. Information will be shared about required trainings and volunteer hour tracking. Will include discussion on timeframes, materials, and available training dates.
- II. Bob Gunter will lead a one-hour exercise on goal setting for 2026.
- III. Lunch- snack- break intermission.
- IV. Discussion regarding the altering and/or possible updating of FCCOD by-laws.
- V. Annual report writing. (See email attachment for 2024s copy as an example)
- VI. Member Comments
- VII. Additional business, as needed.
- VIII. Adjournment

Next Meeting Monday, January 12th, 2026

Individuals requiring accommodations for a disability or language translation should contact the Commission on Disabilities at (301) 600-1234 or dial 711 for Maryland Relay Services at least three (3) working days prior to the meeting.

This agenda is posted by the Commission on Disabilities on the Frederick County Government Internet website, <https://frederickcountymd.gov/3440/Commission-on-Disabilities>. This method will be used to provide reasonable advance notice of future meetings.

Our Mission:

To inform, educate and elevate “Disability Awareness” among people with disabilities and the community; and to promote an inclusive environment for all in our county.