

**FREDERICK COUNTY SENIOR SERVICES ADVISORY BOARD MINUTES**  
**Monday, October 12, 2020, 1:00 PM**  
**Virtual Meeting**  
**301-600-1234**

<b>COA MEMBERS</b>	<b>SSD STAFF</b>	<b>EXCUSED</b>	<b>UNEXCUSED</b>	<b>GUESTS</b>
Rev. Dr. Wayne Blazer	Kitty Devilbiss	M.C. Keegan-Ayer		Shannon Aleshire
Tom Lawler	Kathy Schey	George Carroll		Emilee Blackburn
Sally Livingston	Carolyn True	Donna Kuzemchak		
Bud Otis		Sue Ramsburg		
Thea Uhlig-Ruff				
Sandra Wastler				
Kathy Schey				

- I. **Welcome & Introductions** –Thea Ruff called the meeting to order at 1:00 pm and welcomed all attendees.
- II. **Action on the Agenda** – No new items added to the agenda.
- III. **Approval of Minutes** – The minutes of the March 9th were approved at today’s meeting. Motion to approve: Sandy Wastler. Second: Tom Lawler. Motion passed.
- IV. **Elected Officials’ Comments** – No elected officials were present at today’s meeting.
- V. **Our Mental health with Isolation during the Pandemic - Shannon Aleshire, CEO Mental Health Association** Thea gave a brief overview of Shannon’s work and community contribution in Frederick County. Shannon gave a summary of the Mental Health Associations role since their inception in 1965. She is present at today’s meeting to talk specifically about the mental health as it relates to the current Covid-19 crisis. As a nation, there has been an increase in anxiety, depression, social

isolation, and overdoses since March. She described this as a public health crisis and has physical health impacts. Social isolation increases risk of premature death from all causes. Shannon reviewed recent statistics.

Shannon went over some tips to help with the loneliness and social isolation. First thing is to stay healthy which includes eating good foods, being physically active, and getting enough sleep. It is a good idea to adopt a mindfulness practice. Another good idea is to remain cognitively active. There are many activities available on-line by various organizations. The library is offering curbside delivery to access books and other resources. It is a good idea to plan for connections and disconnections. Stay connected to family and friends and perhaps disconnect from various news and social media outlets. It is important to maintain a balance of what you ingest via media. It is a good time to develop new skills and new hobbies. There may be opportunities to volunteer for local agencies.

Re-entry anxiety may affect individuals when it comes to going back to work or going back out to public places. It is a good idea to prioritize re-entry activities. Physician visits should be a priority if you have hesitation on leaving your home. You can plan ahead and call a business you are considering a visit to if you are feeling anxious about what their protocol currently are. Outside activities are a good idea if weather permits.

MHA has thirteen different programs which provide a variety of services. They have a 24-hour call center which is available at 211 or 866-411-6803. They also have a walk in crisis unit virtually and in person. It is available 10am – 10pm, Monday through Friday and 10am -6pm Saturday and Sunday. This service is free of charge and is physically located at 226 South Jefferson Street, Frederick.

**VI. Old Business** – No old business to discuss at today’s meeting.

**VII. New Business** - No new business to discuss at today’s meeting.

**VIII. Committee Reports**

**Nominations – Tom Lawler.** Tom stated that there is currently one member renewal, Sally Livingston, and two potential candidates for membership on the Advisory Board. The two individuals are Penny Van Rens and Barbara Angleberger and both were interviewed by the Nominations Committee. There was some discussion on the home addresses of the candidates as it relates to the member geographic requirements of the Board. Motion to approve both candidates for SSAB membership: Tom Lawler. Second: Wayne Blaser. Motion passed. Candidates’ names will be forwarded for county approval. The positions of Chair and Vice Chair are up for review at the end of 2020. Tom requested anyone interested in nominations for either of these position contact him at [tflawler@gmail.com](mailto:tflawler@gmail.com). Thea and Tom are both ineligible as they are leaving the Board June 2021. Sandy has served as Chair (2 years) and Vice Chair (1 year). The new Board will be voted on at the

next meeting which will be in the first quarter of 2021. Tom will send information out via email.

- IX. Announcements** – No announcements at today’s meeting.
- X. Public Comment** – No public comment at today’s meeting.
- XI. Adjournment** - Meeting adjourned at 1:36 pm.

Susan M. Ramsburg, Recording Secretary