

FREDERICK COUNTY SENIOR SERVICES ADVISORY BOARD MINUTES
Monday, July 11, 1:00 PM
Virtual Meeting held via WebEx
301-600-1234

SSAB MEMBERS	SSD STAFF	EXCUSED	UNEXCUSED	GUESTS
Barbara Angleberger	Kitty Devilbiss	Bud Otis		Public Input
Bruce DeShong	Brad Petersen			
M.C. Keegan-Ayer	Sue Ramsburg			
Sally Livingston	Kathy Schey			
Thea Uhlig-Ruff	Linda Subramanian			
Sandra Wastler	Carolyn True			

- I. Welcome & Introductions** – Thea Uhling-Ruff called the meeting to order at 1:00 pm and welcomed all attendees.
- II. Action on the Agenda** – No new items for the agenda.
- III. Approval of Minutes** – The minutes of the May 9, 2022, meeting was approved as corrected with the removal of Sally Livingston’s name.
- IV. Elected Officials’ Comments** – M.C. Keegan-Ayer – early voting until Thursday, July 7th at 8:00pm. Election day voting, 7am-8pm, check your polling place.
- V.** Thea introduced Bruce DeShong who is going to present “Technology and Senior Living”. Bruce presented information on the type of Technology that is out in the market now and what kind of products are available. He also gave some good examples of products that would help everyday lives of seniors. Some hinderances for seniors would be the knowledge to install the devices or software themselves, how to program them as well as trying to pick what is the best device for each one individually.

Fall Protection:	Many new devices are on the market to help with detecting falls of seniors.
Isolation/Loneliness:	Seniors are more isolated, have more mental and physical issues as they get older.
Safety & Security:	Setting up new devices, having to fix them if they stop working, most seniors must reach out to family, and others to help with this. SimpliSafe is one of the devices for alarms in homes.
Cell phones:	Bruce mentioned that only 40% of seniors are using smart phones due to technology hindrances.
Amazon Echo & Amazon Show:	Has better communication, calls are easier, it is a good tool for reminders.
Google nest:	Helps with home controls like the temperature in the home.
Telehealth:	Which is now more available, you can see the health care provider using phones, and computers. This helps with seniors who have mobility issues.
Entertainment/Technology:	Virtual Reality, staying home instead of going out to the facility.
Technology:	The ability to push a button for an alarm which then notifies Police/Alarm Company. Some have built in cameras.
Facilitating Socialization:	Has videos, and pictures. Uploading the pictures based on the phone numbers, easier to identify callers when the phone rings.
Socialization & Entertainment with speech:	Using an iPad to help, you cannot delete software. You will have email, internet/web/phone but no Wi-Fi. It works with a cellphone plan.
Medication Dispenser:	Only allows you to take the medicines once a day per the timing on the device that has been programmed. This is sometimes harder for seniors to understand when setting it

- up.
- Entertainment Simplified: Remote control set up, confusing for some seniors due to technology.
- Smart TV's: Amazon talk thru devise, closed captioned.
- Socialization and Healthcare: ElliQ is a new devise for talking and listening. This product is under \$300. Must require a subscription fee and the purchase of an in-home device.
- Automation: Delivers food, someday we will have robots doing this function.
- Mobility/Transportation: Self driving vehicles.
- Independent living: Living with robots that help with everyday life.
- Artificial Intelligence: Facial recognition. This will help with early detection of Alzheimer's and Dementia.
- Step Fusion Solutions: Clock/internet, reminders for your everyday life.
- Grants/Research Development: Hospitals, Universities, Private companies, etc.

Bruce concluded that we are on the cusp of Intelligence, with lots of new products coming out to the market. Some challenges for all these items would be the cost, and what a senior can pay or afford which can be a problem in for some seniors.

VI. Senior Services Division (SSD) Update, Kathy Schey – Kathy spoke about the activities that are in person and virtual at the Senior centers in Frederick. She also spoke about the monthly activities at various parks in Frederick County thru the xxx initiative. One is the Rock Band classic in Baker Park at the Bandshell in July. This includes a free boxed lunch and a Rock Band. Seniors must be 60 or older to participate for the luncheon. In August, a Carnival Day event will be at the Mt. Tabor Park at Rocky Ridge in Frederick County with a free lunch for seniors. Next is the Walkersville South Park event which will be on September 23rd. This event is a ride on the Walkersville Southern Railroad. Must register by September 16th and this event is free with a free lunch for those seniors in the 60+ age group. The Maryland Department of Aging has been very interested in these events and our Federal Partner, the Administration of Community Living maybe attending the Railroad event.

For years, the Senior Division has been interested in co-locating in the county to

support needs for aging in place seniors. We are pleased to announce that we have a location with Frederick Health at their Rt. 40 building on the golden mile. A Service Navigator will be available 5 days a week there. We also have an office in the Emmitsburg Town Center in the Health office, a Service Navigator will also be Available 4 days a week at this location.

We are translating our brochures into Spanish and have a tremendous staff who are Committed, passionate and dedicated. This division has really stepped forward with committed staff and constituents who want to be involved.

Kathy thanked the Advisory Board for your help supporting the Senior Center and Capital Improvements and senior interests.

The County bought a building on Himes Avenue, and we will be co-locating with the Health Department and Citizens Services. We will be able to refer clients/seniors to other offices in the same building.

- VII. Old Business- none**
- VIII. New Business— email of list of items in work session, and thoughts that we should move forward with. Question #9 for candidates.**
- VIII. Public Comment—No public comment at today’s meeting.**
- IX. Adjournment—Meeting adjourned at 2:30pm**

Linda Subramanian, Recording Secretary
Frederick County Senior Services Division