

*St. Mary's County Maryland,  
Commission on Aging  
Annual Report for 2024*

***Developed by  
The St. Mary's County Maryland,  
Commission on Aging  
April 24, 2025***

## **Table of Contents**

1	Letter from the Commission Chair.....	3
2	Commission Overview.....	4
2.1	Purpose.....	4
2.2	Functions of The St. Mary's County Commission on Aging.....	4
2.3	Membership .....	4
2.4	Meetings .....	4
3	St. Mary's County Commission on Aging Activities and Accomplishments .....	5
3.1	St. Mary's County Commission on Aging Senior Legislation.....	5
3.2	St. Mary's County Commission on Aging Outreach and Communication .....	5
3.3	St. Mary's County Commission on Aging Tri-County Meeting .....	6
3.4	Senior Transportation .....	6
3.5	Veterans.....	6
3.6	Continuity Plan.....	7
3.7	Senior Engagement/Resources.....	7
4	Financial Statements.....	8
4.1	Outreach Expenditures .....	8
4.2	Tri-County Meeting Expenditures .....	8
5	Ongoing Projects.....	9
5.1	Outreach .....	9
5.2	Continuity Plan.....	9
6	Future Plans .....	10
6.1	Community Partnerships/Involvement.....	10
7	Challenges and Opportunities .....	11
7.1	Changes to the Composition of the Commission .....	11
7.2	Open Meetings Act .....	11
7.3	Formal Meetings .....	11
8	Appendix A Continuity Plan .....	12

## **1 Letter from the Commission Chair**

*We started off 2024 with a full commission and a few shifts in leadership hoping that progress and commitment lie ahead. Unfortunately, the active involvement of the commission grew to become an issue throughout the year. Effectively the commission experienced the change of three separate secretaries and ended 2024 without a person in that role on the board.*

*Going through the pain of these changes was difficult and cumbersome for a multitude of reasons but the primary issue was to keep the group on track and on focus for the goals we were trying to accomplish. After more loss of people and during the planning for the June Tri-County Commission on Aging Meeting, we started to pull together a Continuity Plan.*

*The idea was to capture the ideas and the elements of what the commission had done in the past, had talked about doing and capture ideas for the future. The plan was presented at the July meeting and is attached as an Appendix to this document.*

*Aside from the constant change in the structure of the board, with the amazing assistance of the St. Mary's County Department of Aging and Human Services, we were able to host and execute the Tri-County Commission on Aging Meeting in June.*

*The Commission on Aging participated in multiple committees, groups, action teams and initiatives in St. Mary's County Maryland including but not limited to: Hospice of St. Mary's, St. Mary's Commission for Women, St. Mary's County Homelessness, Prevention Board, Tri-County Homeless Coalition, St. Mary's County Transportation Group, St. Mary's County Healthy St. Mary's Partnership Behavioral Health Action Team, St. Mary's County Healthy St. Mary's Partnership Violence, Injury and Trauma Action Team, St. Mary's County Healthy St. Mary's Partnership Annual meeting, and an individual who was focused on Veteran's issues for at least part of the year.*

*As an active member of the St. Mary's County Homelessness Prevention Board and Tri-County Homeless Coalition, I feel it is imperative that everyone learn the differences between, "Senior Apartments"; "Assisted Living"; and "Nursing Home", and "Emergency Shelter" and have at least a fundamental understanding of how they are funded. We have no legitimate "Emergency Shelters" in St. Mary's County, Maryland [exception being the Wrapping Arm's 'Round Many (WARM) Faith based Winter Shelter Program]. We have at least three "nursing homes" where the first thirty days can be funded by Medicare. The rest of the "senior" facilities are private [corporate or investment funded] for-profit facilities. Only a few allow federal [section-8] funding set asides [available to seniors]. This changes the entire picture of "available" and "affordable" housing. It makes a world of difference in communities and a person's ability to stay in their own home. It also changes the landscape in a rural county where people want and need access to services. I was down for over a week because of a power source on a computer and issues with a cell phone line. This from someone with 35+ years working as a Project Engineer/Computer Scientist.*

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## **2 Commission Overview**

### **2.1 Purpose**

*The By Laws state: The purpose of the St. Mary's County Commission on Aging is to provide the Board of County Commissioners for St. Mary's County with advice and assistance concerning the administration and financing of county programs designed for the elderly residents of St. Mary's (including adult day-care), the operations and general performance of the St. Mary's County Office on Aging, the achievement of goals set for the elderly population and how best to work with the community in developing awareness and understanding of problems and concerns of the elderly population.*

### **2.2 Functions of The St. Mary's County Commission on Aging**

*To accomplish its purpose, the St. Mary's County Commission on Aging shall meet regularly, consider and advise on the following related to the elderly population:*

- 1. Any duty or responsibility assigned to the St. Mary's County Commission on Aging by statute, public local law or ordinance;*
- 2. Program operations;*
- 3. Policies, procedures and potential areas of improvement;*
- 4. Identification of needed improvements, safety issues, and capital projects regarding any physical facilities;*
- 5. Adherence to current Federal, State and Local regulations and standards;*
- 6. Use and implementation of quality control measures;*
- 7. Operating expenses and revenues;*
- 8. Public education; and*
- 9. Identification of needs and the best interests of the citizens of St. Mary's County;*

*The St. Mary's County Commission on Aging shall report annually to the St. Mary's County Board of County Commissioners.*

### **2.3 Membership**

*The St. Mary's County Commission on Aging is comprised of persons with overlapping three-year terms. Members of the St. Mary's County Commission on Aging are appointed by the St. Mary's Board of County Commissioners.*

*The St. Mary's County Commission on Aging shall elect a Chairperson, Vice-Chairperson and Secretary Annually. The details and duties for each of these roles is defined in the St. Mary's County Commission on Aging By-Laws.*

### **2.4 Meetings**

*Meetings of the St. Mary's County Commission on Aging will be made in accordance with the St. Mary's County Commission on Aging By-Laws.*

### **3 St. Mary's County Commission on Aging Activities and Accomplishments**

*The following paragraphs detail some of the activities and accomplishments of the 2024 Commission on Aging.*

#### **3.1 St. Mary's County Commission on Aging Senior Legislation**

*The Assistant County Attorney John Houser presented legislative bills which were of interest to the seniors in the community.*

#### **3.2 St. Mary's County Commission on Aging Outreach and Communication**

*We began 2024 with outreach events focused on tabling events that were held at the local libraries and senior center lobbies. Although it was determined that the events themselves were effective in getting the word out, it appeared that additional training on St. Mary's County Department of Aging and Human Services was required. A more significant challenge was the lack of volunteers for manning tables on a regular schedule throughout the year and difficulty in securing some public spaces for holding outreach programs.*

*After discussion, it was determined that one way to encourage outreach was to bring in speakers to the Commission on Aging Meetings relevant to the greater community, and have their presentations recorded. The Department of Aging and Human Services personnel would then work with the Commission on Aging to have the presentations posted on the Department of Aging and Human Services website.*

*This idea was immeasurably successful with the planned presentation in February of the St. Mary's Hospice followed with the presentation in March by Mr. Tony Sigmon, who presented on the St. Mary's County YMCA plans on behalf of the YMCA of the Chesapeake. That presentation sparked numerous news articles and other presentations that spread throughout the community.*

*The January [commission's] presentations to include an overview of the programs available to seniors through The Department of Aging and Human Services in St. Mary's County Maryland. The presentation was given by Sarah Miller from The St. Mary's County Department of Aging and Human Services and her team.*

*In February, Megan Schoolcraft and Rachel Okun from Hospice of St. Mary's County Presented. It was well received by the Commission, so much so that they were invited back to present at the Tri-County Commission on Aging meeting. St. Mary's County remains to be the only county in our Southern Maryland Region Communities that to have a private Hospice House.*

*In March, Mr. Tony Sigmon presented on behalf of the Y.M.C.A. of the Chesapeake and included the new programs being coordinated with the Department of Aging and Human Services and plans for the new Y.M.C.A building for St. Mary's County.*

*April brought a presentation from Rachel Huot, Coordinator for Elder care Services with the St. Mary's County Health Department who presented Substance Abuse and Mental Health Care for Seniors.*

*In July, Teresa Jones, Public Engagement Officer, Comptroller of Maryland presented an overview of the Comptrollers Role and Highlighted Tax Services and Unclaimed Property functions of the Office.*

*The August meeting brought the Amanda Meatyard, Youth Coordinator for the St. Mary's County Department of Aging and Human Services; Cynthia Brown, Division Manager, Department of Aging and Human Services; Alexis Zoss, Director of Social Services and Rev. Greg Syler, Church of the Ascension, Lexington Park, MD who presented the CIRCLES Community program. The program works through mentoring and community support bringing individuals and families from a place of poverty and lack of community to an umbrella of support and community involvement to help families rise above limitations that may have been holding them back. The program is a well-documented successful program across the United States that has been spearheaded in our Southern Maryland Community to change lives.*

*Sarah Miller from Department of Aging and Human Services presented "So You Want To Plan An Event" providing detail and information for the commission to understand how the Department of Aging and Human Services has planned events in the community.*

### **3.3 St. Mary's County Commission on Aging Tri-County Meeting**

*The Tri-County Commission on Aging Meeting was held June 2024 at the Garvey Senior Center. Each one of the three Southern Maryland Counties takes a turn at hosting the event and 2024 was St. Mary's turn.*

*The Meeting held at the Garvey Senior and Activity Center in Leonardtown, Maryland featured Secretary of the Maryland Department of Aging, Carmel Roques as the Keynote Speaker.*

*St. Mary's County Commissioner President Randy Guy presented, "Future Plan For Seniors"*

*St. Mary's County Department of Aging and Human Services presentations included Medicare; MAP and I&A Manager and staff was on hand to support comments, questions and discussion.*

*Each of the three counties [Charles, Calvert. And St. Mary's] were given opportunity to address the audience [including Secretary Roques].*

*The St. Mary's County Sheriff's Office provided a presentation on Scams [avoidance and awareness] and the St. Mary's County Hospice House presented on Hospice programs within St. Mary's County.*

### **3.4 Senior Transportation**

*Members of the St. Mary's County Commission on Aging attended meetings and provided input at events as they related to Senior transportation. There were a few events conducted throughout the year including a "How to Ride the Bus" event at the Loffler Center. Senior Transportation was also an identified issue with regard to the jump in licensure costs for drivers and registered vehicles within the State of Maryland. Although there was not much that could be done about the increase in costs, it was noted that it was an issue that affected the aging community.*

### **3.5 Veterans**

*Veterans Issues remain a significant issue to the community and unfortunately the person who had been attending meetings and providing input on this issue has left the commission. Issues*

*as they related to meetings attended by other members of the commission were presented where appropriate. It was noted that we really need a member of the commission to address all of the focus areas determined by the commission.*

### **3.6 Continuity Plan**

*It was early in the year when we started losing people from the commission and knew that we were going to lose others by the end of the year. There were fruitful and significant areas of accomplishment from previous years that we wanted to keep intact and carry forward no matter what changes to the structure of the commission. It was determined that the best way to do this was to develop a continuity plan that could be updated annually. A strawman plan was developed and presented to the commission for comment. Additional information was added throughout 2024. The final plan for 2024 is attached as an appendix to this document. It is recommended that the plan be reviewed annually.*

### **3.7 Senior Engagement/Resources**

*There were multiple discussions that came up throughout the year based on public interaction, perception, newspaper articles and the like that did not help keep the small group in focus. It became very clear that there needs to be a larger or more prevalent presence of the community served by the Commission on Aging at meetings, curricula and forums that address all issues in the senior, disabled [and soon to be affected] communities. Issues of trailer park zoning, senior housing, differences and availability of nursing care, verses senior apartments, verses assisted living facilities within St. Mary's County are all issues affecting the entire population of the community. We hear parts of it in spurts and complaints. It would be imperative for the community at large to find better means to capture public opinion, needs, ideas and potential implementations.*

*Multiple resources were identified but not necessarily captured in a manner that could be appropriately or adequately shared with the population that would use it. This includes access to planning committee information; A Community That Cares (ACTS); Brandywine Facility that loans out home needs equipment; St. Mary's County Health Hub and Health Center Access for Senior; State Information available in St. Mary's County. Elder Call lines for check in's; WARMLINES; 911 communications/actual numbers in Southern Maryland Peninsula communities; Hospice Resources for Grief Services; Counseling; Therapy; Mental Health; Homelessness, Warming Centers, Cooling Centers, Library offerings, Emergency Services and so many others. It was evident that we could do so much better.*

## **4 Financial Statements**

*The Commission started out with a budget for the first time. Funds were used initially to further the outreach activities of the Commission carried over from the 2023 Fiscal Year.*

### **4.1 Outreach Expenditures**

*At the January 22, 2024 Meeting, one thousand and fifty-eight dollars of the three-thousand dollar budget had been spent. Items purchased were logos, and items to hand out at St. Mary's County Commission on Aging Sponsored outreach events.*

### **4.2 Tri-County Meeting Expenditures**

*St. Mary's County Commission was responsible for planning and executing the Annual Tri-County Commission on Aging Meeting. Each county takes a year and 2024 was St. Mary's Counties turn. With much discussion, the balance of the Commission's budget was used to purchase items for and to pay for food and coffee items in support of the Annual Meeting.*

## **5 Ongoing Projects**

### **5.1 Outreach**

*As discussed previously, it has been determined at least for now that outreach events will continue to be in the form of presentations at the beginning of Commission on Aging Monthly Meetings. There was discussion at the end of the 2024 year and at the January 2025 meeting about expanding the visibility of the Commission on Aging and its outreach. We are looking forward to new members and having an actual committee to address this in the coming year.*

### **5.2 Continuity Plan**

*The continuity plan lays out several focus areas and ideas. It is the goal of the Commission on Aging to identify actual projects that can be executed relative to the focus areas of the plan such as working towards increasing the numbers of elder physicians and nurses in the greater St. Mary's County Community.*

## **6 Future Plans**

### **6.1 Community Partnerships/Involvement**

*Success at executing the ideas and focus areas of the Continuity Plan will involve building partnerships with existing organizations to work towards common goals. Some of this is already going on through connection with St. Mary's County Health Department Healthy St.*

*Mary's Partnerships and Tri-County Homeless Coalition that cross over into the broader St. Mary's County Community.*

*Continued involvement with the Assistant County Attorney to identify legislation that affects the Elder Community is an action and a foundation that we need to continue to build and maintain.*

*The commission would like to identify a person to at least report on or stay up to date on issues in Southern Maryland that affect all the focus areas identified in the continuity plan.*

*The commission would like to continue to build partnerships with organizations and entities that will help further the goals of the commission.*

## **7 Challenges and Opportunities**

### **7.1 Changes to the Composition of the Commission**

*The structure of the commission was a huge problem in 2024. We had new people that stopped coming and we had others who quit and some with expired terms or moved away causing us to elect two different co-chairs and three separate secretaries. It is understood that people have other commitments than this group and that life comes up but it is difficult at best to maintain a simple consistency and commitment to volunteering for a simple committee with so much turnover.*

*We were asked by the St. Mary's County Department of Aging and Human Services to host an event in 2025 that although was a great idea, we lacked the commitment of people to form a committee to make it happen. There was much discussion around this issue. Not because we do not support what was asked but discussion followed whether this was the best use of our budget and volunteer commitment.*

*When we look at the greater goals of the commission, who is our audience and who are we serving? What are we trying to accomplish? With little to no input from the county commissioners, it is very difficult to determine what direction is best. We are hopeful that the continuity plan and new people coming in 2025 will help with that guidance.*

### **7.2 Open Meetings Act**

*The open meetings act makes it difficult for any more than three members of the commission to be present at any one event conducted or held within the county.*

*Therefore, we find difficult to progress on issues identified during the formal meetings and this, in turn, impedes moving forward and progressing/completing annual goals and initiatives.*

### **7.3 Formal Meetings**

*For those members who would like to call into formal meetings, it is difficult to hear/see discussions/presenters due to the quality of the call-in link and equipment. In addition, outreach to the broader community is not available to those people who would prefer to call in rather than attend formal meetings in person. Therefore, it is suggested that a separate phone line be established for the public to call in and to listen/comment during the formal meetings.*

**8 Appendix A Continuity Plan**



COA Plan Ahead 2024.pdf

**ST. MARY'S COUNTY COMMISSION ON AGING  
CONTINUITY PLAN**

**JULY 2024**

**Developed By:**

**St. Mary's County Commission on Aging (2024)**





## TABLE OF CONTENTS

<b>COMMUNITY PROFILE</b> .....	7
<b>PURPOSE</b> .....	9
<b>GOALS AND OBJECTIVES</b> .....	10
<i>Legislation</i> .....	10
<i>Transportation</i> .....	10
<i>Housing</i> .....	11
<i>Community and Health Supports</i> .....	11
<i>Social and Civic Participation</i> .....	12
<i>Communication and Information Sharing</i> .....	12
<b>CONCLUSION AND FINAL NOTES</b> .....	13
<b>Appendix A: Commission on Aging Membership</b> .....	14
<b>APPENDIX B: COMMUNITY AND HEALTH SUPPORTS</b> .....	15
<b>TRI-COUNTY COMMISSION ON AGING PARTICIPATION</b> .....	15
<b>ANNUAL MEETING</b> .....	15
<b>LEADERSHIP QUARTERLY MEETINGS</b> .....	15
<b>HEALTHY ST. MARY’S PARTNERSHIPS</b> .....	15
<b>HOMELESSNESS PREVENTION BOARD</b> .....	15
<b>APPENDIX C: SOCIAL AND CIVIC PARTICIPATION</b> .....	16
<b>NONGENARIAN/CENTAURIAN BIRTHDAY PARTY</b> .....	16
<b>COMMUNITY AWARDS</b> .....	16
<b>APPENDIX D: COMMUNICATION AND INFORMATION SHARING</b> .....	17
<b>COMMISSION ON AGING PRESENTATIONS</b> .....	17
<b>SOCIAL MEDIA</b> .....	17
<b>BRANDING</b> .....	17



## EXECUTIVE SUMMARY

The members of the Commission on Aging (2024) realized that valuable processes and planning from previous boards needs to be carried over from year to year. One of the most complex problems that we faced as a Commission was membership transition from Year to Year and Board to Board.

The Commission has new members appointed for three-year terms in both January and July of each year. In the 2023/2024 board, the commission experienced a significant turnover in membership. This turnover significantly impacted the ability of membership to continue meeting the needs of the advisory board as was laid out in the existing By-Laws.

Elements of the process were significant enough to meeting the needs of the advisory board that it was determined to document said process to assure carryover of some elements implemented, enacted, and encouraged by the existing board so that overall longevity and alignment with St. Mary's County, State of Maryland, and National initiatives for all persons affected by acts, recommendations and implementation of goals discussed and applied from year to year.

It was so determined that to not lose initiatives and process that a living document would be created to address the nature of the Goals and Objectives of the Commission on Aging. It is encouraged and suggested that the document be reviewed at least annually for application to current board goals and objectives as they align with the purpose of the advisory board as outlined by the Commissioners of St. Mary's County and existing programs with The St. Mary's County Department of Aging and Human Services. It is not the intent to duplicate efforts but to provide means to continue the work of a Commission on Aging well into the future.

Additionally, it is imperative that a Commission has at least a framework of what has come before so that it can continue its work across appointments to the board independent of the membership structure and changes to it. This document outlines process, information and lessons learned in order to capture this continuity.

The membership of the current Commission on Aging is attached as an appendix to this document. The membership document will be maintained by the administrative staff person assigned to the Commission on Aging by the Department of Aging and Human Services.

## COMMUNITY PROFILE

St. Mary's County, Maryland is a community unlike any other community in the State of Maryland in that it is an end shore peninsula with ties and history that go back to the colonization of the New World. The County is generally identified as a rural community with deep ties to agriculture and aquaculture as it is completely bordered by water. Settled communities were originally oriented by their proximity to the water as the communities were served by water and not land transportation. Changes from Civil War, WWII, and modernization have created a unique situation where rural areas remain somewhat disconnected from each other. The County is serviced by two main state highways, with older state roads that reach out to rural peninsulas and former wharves. This peninsula structure is important in the fact that communities once connected easily by water are now serviced by land-based plans and programs.

Traditionally communities begin from city center and reach outward to more disconnected rural communities. In St. Mary's County, Maryland, the opposite is true where the outlying rural communities can be disconnected from city centers such as the existing Incorporated Town of Leonardtown, identified as the County seat.

Unincorporated areas such as Lexington Park serve as City Center without a center but directly support the needs of persons who work at and retire from jobs held aboard Patuxent River Naval Air Station (NAS) and Webster Outlying Field (WOLF) located in St. Inigoes, Maryland. Members of the community that existed before the establishment of these two facilities are impacted but, in some cases, remain disconnected from overall planning.

This complex problem creates former wharf communities with aging populations that can be unsupported or remain disconnected from County initiatives that support the Economic Development of St. Mary's County, Maryland. The base of these communities remains to be elderly and older populations that need to "go to Town" to be connected with resources. Aging in place creates a unique problem in that not all persons have access to care. Multiple issues make things difficult including Transportation, Housing, Community and Health Supports, Social and Civic Participation, Communication, and access to information.

The Naval Air Station was established in the 1940s and workload has fluctuated as the needs for defense industry support has increased. Local economic bases have shifted to a younger more active base population base, leading to need for additional supports including but not limited to access to technology, access to transportation, access to St. Mary's County Government, and access to health and wellness resources. The increase in population alone with existing supports has grown far beyond the means for the "rural" and "developed" communities.

When we talk about communities, it is wrongly assumed that everyone has access to cellular phone, internet, and other connectivity. There are communities that are underserved when it comes to what society has deemed as "normal". The St. Mary's County communities are served by volunteer Fire, and Rescue Squads that make the best attempt to serve existing populations but remain strained with lack of access to adequate healthcare and support services.

The County remains a “desert” for specialists, access to grocery stores and transportation directly affecting the aging community at large. Access to care for memory loss, Alzheimer Disease, bone deficiencies, congestive heart failure and other heart issues, diabetes, depression, anxiety, and overall wellness remain difficult at best. Persons have to rely on the assistance of family, friends, and other resources in order to remain connected to supports that exist within the County. Improvements in recent years has happened to an extent through the establishment of Senior Centers, access to care through The St. Mary’s County Department of Aging and Human Services, and the St. Mary’s County Health Department and other Community Partners although there is always room for improvement.

The population of the community has shifted from persons who worked in Agriculture and Aquaculture to advanced technologies that were never imagined for this area. Additionally, there has been a significant increase in Veteran populations that often require additional services through the VA, Disabled American Veterans, Navy Family Support Center, Navy and Marine Corp Relief Society and related support services. The community is rare in that the external community has significant resources available to Veterans and their families but there is still a sense of disconnection. The same thing is true when new supports are added but old, outdated and more substantial outreach efforts remain the most significant form of communication. It is extremely challenging to any and all agencies that perform outreach and in-reach to these peninsula communities.

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## **PURPOSE**

*This plan was developed by the 2024 Commission on Aging to encourage continuity and carry-over leadership for the Commission based on the By-Laws set forth by the St. Mary's County Commissioners. The Commission on Aging is an Advisory Board established to "...advise the Commissioners of St. Mary's County on matters related to the elderly population and assist in the content, administration and financing of county programs designed to serve the elderly residents of the County." The published By-Laws document further identifies:*

### **PURPOSE OF THE BODY:**

*The purpose of the Body is to provide the Board of County Commissioners for St. Mary's County with advice and assistance concerning the administration and financing of county programs designed for the elderly residents of St. Mary's (including adult day-care), the operations and general performance of the St. Mary's County Office on Aging, the achievement of goals set for the elderly population and how best to work with the community in developing awareness and understanding of problems and concerns of the elderly population (hereinafter "the Public Activity").*

### **FUNCTIONS OF THE BODY:**

*To accomplish its purpose, the Body shall meet regularly, consider, and advise on the following related to the Public Activity:*

- 1. Any duty or responsibility assigned to the Body by statute, public local law, or ordinance;*
- 2. Program operations;*
- 3. Policies, procedures, and potential areas of improvement;*
- 4. Identification of needed improvements, safety issues, and capital projects regarding any physical facilities;*
- 5. Adherence to current Federal, State and Local regulations and standards;*
- 6. Use and implementation of quality control measures;*
- 7. Operating expenses and revenues;*
- 8. Public education; and*
- 9. Identification of needs and the best interests of the citizens of St. Mary's County;*

The Body shall report annually to the Board of County Commissioners.

## GOALS AND OBJECTIVES

The following are specific Goals and Objectives that have been identified by previous and continuing Commission's on Aging.

### ***Legislation***

- Goal:** Review annual legislation issues to include support or discouragement of support for all issues that affect the aging population in our communities.
- Objective 1: Identify local and State of Maryland legislative initiatives that effect aging populations in St. Mary's County Maryland.
- Objective 2: Coordinate with County Attorney's office to address legislative issues that affect or will potentially affect the aging communities within St. Mary's County, Maryland.
- Objective 3: Coordinate with County Attorney's office to develop letters in support of or against issues that affect the aging population of St. Mary's County, Maryland.
- Objective 4: Develop means to report out on legislative issues that affect the aging population of St. Mary's County, Maryland.

### ***Transportation***

- Goal:** Identify forms of Transit existing, needed and lacking within our communities including access to said transportation for our aging community.
- Objective 1: Provide safe options for transportation in our communities.
- Objective 2: Support and inform aging populations of transit available in our communities.
- Objective 3: Develop communication with transit agencies and persons who can improve access to transportation for the aging communities including safety, lighting, and signage where appropriate.
- Objective 4: Support existing transportation options and encourage improvement and discussion to always be looking forward as infrastructure changes.
- Objective 5: Assure equity for all persons in all communities by encouraging involvement in existing transportation infrastructure and improvements to be made.

## ***Housing***

- Goal:** Encourage and develop any and all initiatives that will further the development of access to affordable housing for our aging populations including encouraging improvements in available housing and access to that housing across all communities within the St. Mary's County Peninsula.
- Objective 1: Support for existing and encouragement to build new nursing home beds.
- Objective 2: Support for existing and encouragement to build new Assisted Living units.
- Objective 3: Support for existing and encouragement to build Senior Apartments.
- Objective 4: Evaluate and encourage housing supports for elder veterans and their families.
- Objective 5: Identify and provide support for State of Maryland and National initiatives that create more affordable housing for older populations including but not limited to Nursing homes, Assisted Living, Senior Apartment units and pilot programs that encourage healthy living for aging populations.
- Objective 6: Communicate with and encourage participation in healthy living initiatives including membership on committees and boards that help with this goal.

## ***Community and Health Supports***

- Goal:** Encourage, promote, and inform community partners, agencies, and individuals of issues as they relate to access to Community and Health supports for the aging population of St. Mary's County, Maryland
- Objective 1: Encourage participation in community initiatives and programs that can provide Community and Health supports to the aging community.
- Objective 2: Inform the aging community of initiatives and programs within the community.
- Objective 3: Participate in surveys, requests for information, presentations, and events that further the implementation of programs and initiatives to improve and support Community and Health Supports for the aging population.
- Objective 4: Develop events that engage the Commission on Aging with the aging community including but not limited to efforts to recognize and appreciate community members and achievements of said community and the persons who support them.

## ***Social and Civic Participation***

- Goal:** Increase social activities and civic participation for members of the aging community in all locations across the St. Mary's County peninsula.
- Objective 1: Support efforts and activities included at existing senior centers.
- Objective 2: Identify and encourage new efforts and initiatives that encourage social and civic participation for our aging communities.
- Objective 3: Develop and encourage aging populations to attend and be informed of social and civic participation opportunities that exist and encourage new connection opportunities through sharing of information and development of plans as is feasible within the context of the Commission on Aging.
- Objective 4: Raise awareness to develop new opportunities for the aging communities to participate in social and civic participation in St. Mary's County, Maryland.
- Objective 5: Encourage participation in Advisory Boards for the Commissioners of St. Mary's County, Maryland especially the Commission on Aging.

## ***Communication and Information Sharing***

- Goal:** Develop plans, programs and initiatives that keep the community at large engaged with issues that affect aging populations in St. Mary's County, Maryland.
- Objective 1: Conduct surveys and polling of options available to the aging community including direct mail, social media, call trees, news sites and sources, and sharing of information with persons and caregiver communities.
- Objective 2: Build upon existing word of mouth sharing of information by identifying existing and new resource chains for sharing of information to the aging community.
- Objective 3: Encourage infrastructure initiatives that further the development of information sharing and access to all communities in St. Mary's County, Maryland including building partnerships with County agencies and programs that focus on the sharing of information.
- Objective 4: Provide transparency when and where appropriate so that all persons in St. Mary's County, Maryland are aware of or can engage in information that could or does affect the aging population.

## **CONCLUSION AND FINAL NOTES**

The previous pages identify a framework in which the Commission on Aging can carry over from year to year. The implementation of the Goals and Objectives from year to year may change and look different but the intent is to keep the objectives aligned with the By-Laws of the Commission on Aging so that they complement existing activities of The St. Mary's County Department of Human Services. It is hoped that partnerships with existing programs, entities, and sub-communities will be built upon far into the future in order to meet the changing needs of St. Mary's County, Maryland, and its populations.

Annual review of this document is encouraged in order to allow for adjustments to be made as Commission on Aging participation changes, and the dynamic of the served community expands and further need is identified.

## Appendix A: Commission on Aging Membership



### ST. MARY'S COUNTY COMMISSION ON AGING

DEPARTMENT OF AGING & HUMAN SERVICES • P.O. BOX 653 • LEONARDTOWN, MD 20650  
Phone: 301-475-4200, Extension 1051 Fax: 301-475-4503

#### 2024 Membership Roster

##### Members

Ms. Barbara O'Neal  
Chair

Ms. Rowena Bossio  
Vice Chair

Ms. Nicola Barr  
Secretary

Ms. Omonigho Olumese

Ms. Christine Morgan

Ms. Megan Schoolcraft

Ms. Shanika Queen

Ms. Shalonda Nelson

Ms. Dawn Hahn

Ms. Sheryl Tomlinson

Ms. Omonigho Olumese

Email: [omonolumese@gmail.com](mailto:omonolumese@gmail.com)  
Term to expire: June 30, 2027 (2<sup>nd</sup> Term)

Ms. Nicola Barr

Email: [nixbarr@gmail.com](mailto:nixbarr@gmail.com)  
Term to expire: June 30, 2027 (1<sup>st</sup> Term)

Ms. Barbara A O'Neal

Email: [onealbarbara7@gmail.com](mailto:onealbarbara7@gmail.com)  
Term to expire: December 31, 2025 (1<sup>st</sup> Term)

Ms. Megan Schoolcraft

Email: [mschoolcraft91@gmail.com](mailto:mschoolcraft91@gmail.com)  
Term to expire: December 31, 2026 (Partial Term)

Ms. Shanika Queen

Email: [queenshanikaa@gmail.com](mailto:queenshanikaa@gmail.com)  
Term to expire: June 30, 2027 (1<sup>st</sup> Term)

Ms. Rowena N Bossio

Email: [rbossio1@verizon.net](mailto:rbossio1@verizon.net)  
Term to expire: December 31, 2024 (1<sup>st</sup> Term)

Ms. Christine M Morgan

Email: [portobello4554@yahoo.com](mailto:portobello4554@yahoo.com)  
Term to expire: December 31, 2024 (1<sup>st</sup> Term)

Ms. Sheryl Tomlinson

Email: [bucksmom@aol.com](mailto:bucksmom@aol.com)  
Term to expire: December 31, 2026 (Partial Term)

Ms. Dawnn Hahn

Email: [dhahn@asbury.org](mailto:dhahn@asbury.org)  
Term to expire: June 30, 2027 (1<sup>st</sup> Term)

Ms. Shalonda Nelson

Email: [selfdirection2017@gmail.com](mailto:selfdirection2017@gmail.com)  
Term to expire: June 30, 2027 (1<sup>st</sup> Term)

## **APPENDIX B: COMMUNITY AND HEALTH SUPPORTS**

### **TRI-COUNTY COMMISSION ON AGING PARTICIPATION**

#### ***ANNUAL MEETING***

Calvert, Charles, and St. Mary's County Commission on Aging Members will meet annually to address issues affecting the region at large. Hosting of the Annual Meeting will shift to each Commission from year to year, creating a need for support in each county from year to year. St. Mary's County, Maryland held the 2024 event in June.

#### ***LEADERSHIP QUARTERLY MEETINGS***

Calvert, Charles, and St. Mary's County Commission on Aging Leadership may meet quarterly to address issues affecting the region at large. This is carrying on tradition from the 2023 Commission on Aging.

#### **HEALTHY ST. MARY'S PARTNERSHIPS**

A member of the Commission on Aging will try to attend monthly meetings of the St. Mary's County Healthy St. Mary's Partnership teams. Participation is encouraged across all four core teams and at the annual meeting. Participation is encouraged to gain information about healthcare issues that affect senior populations in St. Mary's County, Maryland.

#### **HOMELESSNESS PREVENTION BOARD**

A member of the Commission on Aging will try to attend monthly meetings of the St. Mary's County Homelessness Prevention Board. Participation is encouraged to better understand the needs of homeless and potentially homeless seniors including those in the veteran's community and those affected by changes passed down from HUD and local programs.

## **APPENDIX C: SOCIAL AND CIVIC PARTICIPATION**

### **NONGENARIAN/CENTAURIAN BIRTHDAY PARTY**

Commission on Aging members will support an annual birthday party for persons who live in St. Mary's County, Maryland who have reached the age of 90 years old.

### **COMMUNITY AWARDS**

The Commission on Aging will support community awards for persons in the senior community.

## **APPENDIX D: COMMUNICATION AND INFORMATION SHARING**

### **COMMISSION ON AGING PRESENTATIONS**

The Commission on Aging will work with the Department of Aging and Human Services Staff to host presentations of interest to the Senior Community including the recording of presentations and release of the recordings through Department of Aging and Human Resources Media Sources.

### **SOCIAL MEDIA**

The Commission on Aging will work with the Department of Aging and Human Services Staff to post information of interest to the Senior Community including presentations, meeting, and event information.

### **BRANDING**

The Commission on Aging will use wording, references, and data as set forth by the Department of Aging and Human Services when referring to their programs.