

## **Age-Friendly Hyattsville Work Group Meeting**

January 26, 2024; 11:00 a.m. to 12:30 p.m.

**Work Group Attendees:** Rosezella Canty-Letsome (W-1); Edna Little (W-4); Lori Simon-Rusinowitz, Associate Professor, Health Services Administration and Center on Aging, School of Public Health, University of Maryland; Lisa Walker (W-2); Winifred Weaver (W-1); Scott Wilson (W-1)

**Staff Attendees:** Maria Guevara, Youth Programs, Community Services; Marci LeFevre, Age-Friendly Program Lead, Aging and Wellness Services Manager, Community Services; Ronald Lewis, Youth Programs, Community Services; Pedro Sandoval, Case Manager, Community Services; Josabeth Segura, Youth Programs Manager, Community Services; Jazmin Shorts, Manager, Community Services; Quianna Taylor, Senior Services and Wellness Coordinator, Community Services

### **Guest Presentation – Link Generations**

Lori Marks, Executive Director of Link Generations, shared an overview of Link Generations, a nonprofit that educates middle and high school students about aging and facilitates intergenerational programs that connect youth and older adults. Programs are developed in partnership with local high schools; students who participate in programming accrue credits toward their community service graduation requirements. Programs are conducted by Zoom, an effective practice initiated during COVID with participating Montgomery County villages.

Having grown up with her grandparents in an intergenerational household, Lori noted that she founded the regional organization to combat ageism and social isolation and foster understanding and engagement among younger and older generations. While programming is primarily based in Montgomery County, the organization is beginning to offer services in Howard County and is considering expanding its offerings to other counties.

Students participating in the program learn how aging affects older adults' hearing, vision, and mobility. In some programs, students learn about dementia and how to communicate with adults with memory loss. They're then paired up with older adults in small groups and participate in conversations held via Zoom on themes selected by students. Qualitative data collected from students and older adults suggest that the programming:

- Increases understanding among generations.
- Fosters connection and decreases loneliness and social isolation.
- Promotes listening, sharing of experiences and challenges, and learning resilience.

Youth Programs and Aging and Wellness Services staff discussed some of its intergenerational activities held for youth and older adults, which have been popular and given each generation a sense of purpose. Staff expressed interest in exploring partnership opportunities with Link Generations. An idea to explore included pairing older adults with youth in need of role models, mentors, and support.

A follow up meeting between City of Hyattsville staff and Linked Generations will be scheduled for February to discuss partnership opportunities. Lori Simon-Rusinowitz suggested reading *Listening is an Act of Love* (a Story Corps publication)

## **Age-Friendly Programming**

Recent and upcoming workshops being planned by Age-Friendly Work Group members and City staff were discussed. Updates included:

### Falls Prevention Workshop

- The Falls Prevention Workshop will be held on 1.29 at the Hyattsville Municipal Building; 45 community members are registered. Dr. Sara Pappa of Marymount University and Habitat for Humanity of Metro Maryland will present.

### Upcoming Workshops

- On February 26, a Lunch and Learn workshop, Demystifying Medicare, will be presented by Mark Gottlieb and a potential speaker from the AARP Maryland State Office. The event will be held from 11 a.m. to 1 p.m. at the Hyattsville Municipal Building. Lori Simon-Rusinowitz offered to share information on the pros and cons of Medicare Advantage Plans, a component that would be helpful to address in the workshop. For more information and to register, contact [seniors@hyattsville.org](mailto:seniors@hyattsville.org).
- Lunch and Learn community workshops being planned for March and April will tentatively address the topics of Long-term Care and the aging brain (with possible inclusion of a memory scan). We Need to Talk (AARP session on helping loved ones discontinue driving) is another topic being explored.

## **Key Updates**

### Hyattsville Aging in Place (HAP)

- Community members are invited to attend a Corridor Conversations virtual event, Healthy Eating, which will be held from 2 p.m. to 3:30 p.m. via Zoom. The event will feature Nutritionist Isa Carrizales from Giant Foods. For more information or to register, contact (301) 887-3101 or [HAPCares@gmail.com](mailto:HAPCares@gmail.com).

### Hyattsville Senior Services and Wellness Activities

- Upcoming Seniors on the Go! trips were discussed and include outings to the National Great Blacks in Wax Museum (Baltimore) on 2.22 and the Smithsonian Museum of African American Culture and History on 2.29. The Baltimore trip will include older adults and interested younger community members. For more information and to register, contact [seniors@hyattsville.org](mailto:seniors@hyattsville.org).

### Community Services Case Manager Update

- Pedro Sandoval, Case Manager with the Community Services Department, was introduced and discussed his new role with the City, his work experience, and passion for assisting community members in need of support. In addition to handling referrals, Pedro will coordinate the City's monthly food and diaper distributions.

### Community Services Manager Update

- Jazmin Shorts, Community Services Manager, was introduced and discussed her new managerial role with the City that includes coordinating Call A Bus services for older adults and students participating in Youth Programs.

## **Other Business and Announcements**

### Upcoming Age-Friendly Work Group Meetings

- Friday, February 23, 2024, at 1 p.m. [Note time change for month of February only.]

## **Adjournment**

- The meeting was adjourned at 12:45 p.m.