

CITY OF ROCKVILLE  
SENIOR CITIZENS COMMISSION  
ROCKVILLE SENIOR CENTER  
1150 CARNATION DRIVE

May 15, 2025, 9:30 a.m. (Virtual meeting)

**Members Present:** Elaine Koubek, Co-Chair; Stephen Smith, Co-Chair; Alan Kaplan, Commissioner; Ellen Wicker, Commissioner; Dory Wink, Commissioner; Vicki Gottlich, Commissioner; Dick Rosano, Commissioner; Krishna Kumar, Commissioner; Anne Herbster, Commissioner; Barry Jackson; Mayor and Council Liaison

**Staff:** Alexis D'Angelo Swope; Trish Evans; Fran Jablonski

**Elaine Koubek, Co-Chair** started the meeting at 9:30 a.m. with welcome and check-in.

**Elaine Koubek, Co-Chair** asked if everyone had a chance to review the minutes and asked if there were any comments or changes. There were none. **Vicki Gottlich, Commissioner** made a motion to approve the minutes. **Dick Rosano, Commissioner** seconded it. All were in favor.

**Alexis D'Angelo Swope** thanked the Commissioners for attending the Mayor and Council meeting to accept the proclamation for older Americans month. She submitted a memo to Legal requesting to change the name of the Commission. She expects to receive a response soon and then it will go to the Mayor and Council's office to be scheduled on the calendar for a meeting. Spring classes have started, and summer registration went well. The Health Fair is on May 28, 2025, and the Housing Resource Expo is on June 6, 2025, and if the Commission would like to have a table at these events, please let her know. Hometown Holidays is May 24, 25, 26, 2025. She asked if they would like to use their budget for marketing materials for the event and future events.

**Trish Evans** thanked everyone who participated in the first Rockville Village Day, which attracted about 150 attendees, despite the challenging weather conditions. It was a huge success, with dancing, games, food, etc. The cost of the event was covered by sponsors. **Anne Herbster, Commissioner** highlighted a \$10,000 grant the Villages received from the city for expanding the work of Villages, which helps with social isolation and neighborhoods connecting. **Trish Evans** is trying to get a Village started in the Hungerford area. She said some little free libraries started in the West End area. King Farm Village and Town Center Villages are going well. Fallsgrove Village is just getting started. She encouraged the Commission to get involved. **Stephen Smith, Co-Chair** suggested a separate Village in Glenora Hills. He attended the Cinco de Mayo event and he and his wife were the only ones from Glenora Hills that attended. **Krishna Kumar, Commissioner** attempted to get his neighbors involved in starting a Village and there was no interest. **Trish Evans** said there will be a Village table at Hometown Holidays. **Anne Herbster, Commissioner** spoke to the mayor, who had a meeting with the Commission on Aging and would like to have **Trish Evans** and **Anne Herbster, Commissioner** attend the Commission on Aging meeting to bring in the work of Villages and the Commission. **Elaine Koubek, Co-Chair** would like to see more of the Commissioners attend Villages events and meet with people and get the word out about what the Commission does. **Trish Evans** said the Villages newsletter will be going out soon and it lists all the events and if you let her know in advance, she can connect a commissioner with the event they wish to attend.

**Barry Jackson, Mayor and Council Liaison** did not have much to report. The Proclamation for Older Americans Month was presented at the Monday night meeting. Several Commissioners and Village participants went up to receive the proclamation, making the point that aging is different now. He said that **Trish Evans** gave an amazing impromptu speech. He spoke on the Commission changing their name and received a positive, enthusiastic reaction. He said it should be easy to rename the Commission. He talked about what the Commission and Villages do. He went on to say that the Hometown Holidays event will be held the weekend of the 24<sup>th</sup>. All commissioners are invited to the Hospitality Tent from 3:30 to 5:00 PM. **Anne Herbster, Commissioner** inquired if the Gude Drive entrance was included in the budget. **Barry Jackson, Mayor and Council Liaison** said it was in the CIP budget. The Advisory Committee will meet one more time. The project is funded and anticipated to start next year.

**Elaine Koubek, Co-Chair** asked for reports on Communication, Housing, Inclusion/Isolation, Programming, Safety

(CHIPS). For Communication, **Anne Herbster, Commissioner** emphasized the importance of communication to the seniors. She would like the notification of the Commission's name change to be put in Rockville Reports as well as information about what the commission does. **Alexis D'Angelo Swope** mentioned the availability of a senior center email and proposed adding a form to the Commission's web page for gathering input. **Elaine Koubek, Co-Chair** and **Anne Herbster, Commissioner** said that attending different events and talking to people is a good way to get an idea of needs, take notes and let them know what the Commission does. **Alexis D'Angelo Swope** said she will request tables for the Commission at the Housing Resource Expo and the Health Fair. **Vicki Gottlich, Commissioner** said she would attend the Health Fair on May 28, 2025, and **Elaine Koubek, Co-Chair** said she would attend the Housing Resource Expo on June 6, 2025. The commission also discussed communication strategies, including enhancing the commission's website and utilizing electronic platforms for outreach to connect better with seniors.

The meeting concluded with a focus on addressing loneliness among seniors, with various members advocating for community initiatives, events and the promotion of supportive environments. The conversation brought attention to cultural differences in elder care and the need for educational efforts to promote better communication and support for seniors. The commission agreed on the importance of grassroots initiatives and the role of the Rockville Senior Center in providing social engagement opportunities to combat isolation effectively.

Meeting adjourned at 10:30 AM

Next meeting June 19, 2025 – 9:30 AM **(canceled due to holiday)**