



Maryland Continuing Care Residents Association
Protecting the Future of Continuing Care Residents
The Voice of Continuing Care Residents at Annapolis

SUBJECT: House Bill 202 – Public Health - Social Isolation and Loneliness Pilot Grant Program - Establishment
COMMITTEE: House Health Committee
The Honorable Heather Bagnall, Chair
DATE: February 10, 2026
POSITION: **Favorable**

The Maryland Continuing Care Residents Association (MaCCRA) is a not-for-profit organization representing the residents in continuing care retirement communities (CCRCs). Maryland has over 20,000 older adults living in 38 licensed CCRCs. The principal purpose of MaCCRA is to protect and enhance the rights, well-being, and financial security of current and future residents while maintaining the viability of the providers whose interests are frequently the same as their residents. MaCCRA supports efforts to enhance transparency, accountability, financial security, and preserve existing protections in law and regulation for current and future CCRC residents statewide.

On behalf of the MaCCRA, we support House Bill 202. According to the National Institute on Aging: Research has linked social isolation and loneliness to higher risks for a variety of physical and mental conditions: high blood pressure, heart disease, obesity, a weakened immune system, anxiety, depression, cognitive decline, Alzheimer’s disease, and even death. People who find themselves unexpectedly alone due to the death of a spouse or partner, separation from friends or family, retirement, loss of mobility, and lack of transportation are at particular risk. Conversely, people who engage in meaningful, productive activities with others tend to live longer, boost their mood, and have a sense of purpose. These activities seem to help maintain their well-being and may improve their cognitive function, studies show.

According to AARP: With 1 in 3 older adults affected, social isolation has reached epidemic levels. The mental and physical health effects of isolation are serious – the equivalent of smoking 15 cigarettes a day.

Clearly social isolation and loneliness are increasingly becoming a major health problem. This is why MaCCRA, on behalf of the over 20,000 CCRC residents who are older adults, support efforts to decrease instances and conditions which contribute to social isolation and loneliness.

We ask for a favorable report on House Bill 202.

For further information please contact: Bruce Hartung, President
Maryland Continuing Care Residents Association c/o brucehartung@sbcglobal.net