

ALEXANDRIA COMMISSION ON AGING MEETING

Thursday, December 10, 2015, 4:00 pm – 6:00 pm

Meeting Location
2525 Mt. Vernon Avenue, Cyphers Conference Room

AGENDA

MEMBERS: Please read all attachments and bring this packet of materials with you to the meeting.

1. Call to Order
2. Welcome Guests
3. Approval of November minutes– see attached
4. Public comments – please limit your comments to 3 minutes
5. Special Presentation: AARP Age Friendly Community
Presented by: Jane King
6. Executive Committee Report– see attached
7. Discussion / Action Items
 - A. Update on Birmingham Green Donations
 - B. Old Town North Small Area Plan Update
8. Liaison Reports

Liaison Reports - Please provide a written summary to be included in the minutes. No oral reports.

1. Alexandria Police Department – Ian Torrance
2. Senior Services of Alexandria – Mary Lee Anderson– see attached
3. Recreation, Parks and Cultural Activities – Margaret Orlando
4. Arlington County Commission on Aging – Mitch Opalski
5. Successful Aging – Darrell Wesley– see attached
6. Alexandria Adult Day Services Center, ADSC – Darrell Wesley– see attached
7. Housing Affordability Advisory Committee – Bill Harris– see attached
8. Division of Aging and Adult Services – Terri Lynch– see attached
9. INOVA Alexandria Hospital – Ann Harbour
10. Human Rights Commission – Michael Kreps
11. Commission for Women – Elisabeth Palmer Johnson
12. AHA – Jane King
13. AARP – Jane King
14. St. Martins Senior Center– Kathryn Toohey– see attached
15. Virginia Hospital Center – Mary Belanich
16. Partnership for a Healthier Alexandria – Mary Parker
17. Commission on Persons with Disabilities - Mary Parker
18. Senior Center @ Charles Houston – Vanessa Greene– see attached

9. Committee Updates

1. Housing – Chair, Jan Macidull
2. Advocacy and Legislation – Chair, Bob Eiffert
3. Communications /Outreach – Chair, Jim Lindsay; Vice Chair, Joan Dodaro
4. Transportation – Chair, Alan Dinsmore
5. Economic Development – Chair, Mary Lee Anderson– see attached
6. Strategic Planning – Chair, Jane King
7. Diversity Committee – Co-Chairs, Anestacia Graham and Vanessa Greene

10. Other Business

11. New Business

Next Commission Meeting: Thursday, January 14, 2016, 4pm, DCHS, 2525 Mt. Vernon Avenue, Cyphers Room , Alexandria, VA 22301

Next Executive Committee Meeting: Monday, January 4, 2016, 3pm, 4401 Ford Avenue. Go to Suite 103.

COMMISSION OFFICERS: Carol Downs, Chair
Bob Eiffert, Vice Chair
Secretary, Jane King

The business of the Commission on Aging is largely conducted by its committees. ALL COMMISSION AND COMMITTEE MEETINGS ARE OPEN TO THE PUBLIC. Please call the Division of Aging and Adult Services at 703.746.5999 ext. #1 for more information. In addition, the Commission has official liaisons with several other commissions, organizations or activities.

The City of Alexandria complies with the terms of the Americans With Disabilities Act (ADA). An individual with a disability who wishes to request an accommodation may contact the Division of Aging and Adult Services at 703.746.5999 (TTY 703.836.1493). Please provide at least 7 calendar days advance notice.

Executive Committee Report
November 30, 2015 Meeting

Participants: Mary Lee Anderson, Alan Dinsmore, Carol Downs, Bob Eiffert, Jane King, Jim Lindsay, Jan Macidull, Terri Lynch, Debbie Ludington

1. Planning for December 10 Commission on Aging (COA) Meeting

- Presentation - AARP Age Friendly Community - Jane

(note at COA meeting: Jane could use assistance in writing the Application from anyone who has experience in writing or editing)

- Action/Discussion Items:
- COA advocating for residents in City nursing homes
- Donations to Birmingham Green
- Reminder that any reference to political messages should be sent as a personal citizen to other individuals rather than as a representative of the COA. Also, Emails between two or more COA members are subject to FOIA regulations.

2. Planning for future COA meetings:

- January - What Medicare and Medicaid Pay For - Terri and JoAnn
- February - City Budget Process - Mark Jinks, City Manager
- March - Budget (areas where COA may need to advocate) and the COA Annual Awards
- April - Ombudsman Program - Laura Nichols, Ombudsman
- May - Housing or Planning Division? May 10 COA Annual Awards

3. Other Business

- Report on Old Town North End Area Plan Charrette and meeting with Nancy Williams - Jan and Carol
- City Council November 21 Retreat - Jane
- COA vacancies - Carol

4. Committee Reports

5. Next Executive Committee Meeting, January 4 at 3:00 PM, 4401 Ford Ave., Gilmore Gallery 12th floor



December 4, 2015

To: Commission on Aging
From: Mary Lee Anderson, Executive Director
Senior Services of Alexandria
Subject: Update on Senior Services of Alexandria

Save the date for the January Senior Speaker Series event which will be held on Saturday, January 9 at Immanuel Church on the Hill, 3606 Seminary Road, from 9:30 a.m. to Noon. The topic will be "Caregiver Resources and Support". This will be a very informative session, providing information for those serving as caregivers on how to get the support they need to care for themselves and their loved ones. This free event is co-sponsored by Senior Services of Alexandria and AARP.

SSA's Groceries-to-Go program is growing rapidly, and we need volunteers to deliver groceries to seniors who find it difficult to shop for themselves. It's just a one-hour commitment, and SSA handles the shopping - our volunteers pickup the order, deliver and unpack as needed. Please share the attached flyer with your community!



**Present
A 2015/16 Speaker Series Event**

Caregiver Resources and Support

**Saturday, January 9, 2016
10:00 a.m.-Noon
Registration at 9:30 am
Immanuel Church on the Hill
3606 Seminary Road, Alexandria**

This is going to be a very informative session for those serving as caregivers on how to get the support they need to care for themselves as well as their loved ones. Participants will hear from local experts on topics including the importance of making a plan, the various options available for health care and long-term support as well as support for the caregiver.

**There will be participants from:
AARP
Insight Memory Care Center
Griswold Home Care**

**Light refreshments will be served
This event is FREE and open to the public!**

**Please RSVP online at www.seniorservicesalex.org
or by calling (703) 836 4414 ext. 110.**



“Groceries to Go”

Senior Services of Alexandria is pleased to announce the addition of a *New* “Groceries to Go”, grocery delivery service available to seniors living in the City of Alexandria. This program is an important addition to SSA’s larger “Senior Nutrition Program” and complements SSA’s mission: *to foster independence, and self-sufficiency, enabling seniors within the City of Alexandria to age with dignity.*

To be eligible you must be:

- Be a resident of the City of Alexandria
- Be at least 60 years old
- Have a debit or credit card.



The highlights of the program include:

- No delivery fee.
- No minimum order required, however a maximum may apply.
- Groceries will be delivered every other Thursday.
- Groceries are ordered based off of *your personal shopping list*.
- We ask that you be available to accept the groceries between 10:00 a.m. and 1:00 p.m. on the grocery delivery day.
- Our volunteers will deliver all groceries to your home and into your kitchen and, if requested to do so, will put groceries away and loosen lids if necessary.

Seniors interested in this program may contact SSA directly by calling (703)836-4414, ext. 119 or emailing: groceries@seniorservicesalex.org

700 Princess St., Mezzanine Level, Alexandria, VA 22314



**Successful Aging Committee
Report to the Commission on Aging
December 2015**

This month the Successful Aging Committee of Alexandria would like to remind everyone of its annual Senior Holiday Party held at First Baptist Church of Alexandria, 2932 King St., Alexandria Va. 22302. The event will commence at 11am and end at 1pm. A flyer is attached.

Come join your fellow Alexandria seniors for a day of music, camaraderie, and good food.

If you would like to help the Successful Aging Committee continue to organize and host these wonderful events, please make your donation today. To make a donation please contact one of the committee members below.

On behalf of all of the committee members please have a safe and enjoyable holiday season.

The Committee meets the second Thursday of each month at 9:30am at the Lee Center 1108 Jefferson St., Alexandria, Va. 22314.

Alexandria Successful Aging Committee core members:

Margaret Orlando-	Alex. Dept. of Recreation, Parks & Cultural Activities
Sadina Vanison-	Alex. Dept. Community & Human Services, Aging Services
Vanessa Greene-	Charles Houston Senior Center
Darrell Wesley-	Adult Day Services Center-DCHS, Aging Services
Angela Redfearn-	Recreation, Parks & Cultural Activities
Mary Lee Anderson-	Senior Services of Alexandria
Jackie McCord-	Adult Day Services Center, DCHS, Aging Services

HOLIDAY

CELEBRATION

FOR SENIORS

City of Alexandria Residents Only

THURSDAY, DECEMBER 10

11AM - 1PM

at First Baptist Church of Alexandria, 2932 King Street

FESTIVE ENTERTAINMENT LUNCHEON DOOR PRIZES FUN

For more information, transportation, or **RSVP** to participate, please call 703.746.3275/5676 or sign-up at your Senior Center by **December 7**. For an ADA accommodation request, please call one week prior to the event.

Sponsored by the Successful Aging Committee

Alexandria Community and Human Services; Recreation, Parks & Cultural Activities; Redevelopment & Housing Authority;
Senior Services of Alexandria



**Alexandria Adult Day Services Center
Report to the Commission on Aging
December 2015**

This is the season for booking company luncheons, parties and festive occasions at restaurants and hotels. The season to exchange gifts with those wonderful co-workers and colleagues. It is just an amazing time of the year for everyone to have a lot of fun and it is no different for ADSC.

For the month of December we have scheduled a blockbuster of musical entertainers, abstract and clay artist, and on the road again to festive events around the area. The most exciting trip that everyone has been waiting for is a tour of that famous house on 1600 Pennsylvania Avenue. Yes you got it, the White House. For most of our seniors they have never toured the White House and for some never even been near it. This trip will be something very special for them and their caregivers.

On behalf of all our participants, family members and ADSC staff, we would to wish you and yours Happy Holidays and a Happy New Year.

As always, if know of anyone who need our services or have questions about the program, please have them give me a call at 703-746-5676.

If you would like to volunteer at the Adult Day Services Center, please call the number above between the hours of 8:00am and 5:00pm.

**Darrell Wesley,
Program Director, Alexandria Adult Day Services Center**

MEMORANDUM

TO: Commission on Aging
FROM: Bill Harris, CoA Liaison to the Alexandria Housing Affordability Advisory Committee
DATE: November 12, 2015
SUBJECT: Alexandria Housing Affordability Advisory Committee Report

The AHAAC met in its regular monthly meeting at 7 PM today in room 2000 at City Hall.

The following matters were considered:

1. Gateway at King-Beauregard – Danny Abramson reporting

Danny Abramson on behalf of 4600 King LLC presented information about the for profit part of the Gateway at King & Beauregard. (A presentation of the nonprofit AHDC's part with 74 units of affordable housing was made at the October 1, 2015 AHAAC meeting. Information about that presentation can be found in my October 1, 2015 report to the Commission.) This project is on the old Jefferson Hospital site on the southeast corner of the intersection of King and Beauregard, the main entrance to Alexandria City from the west. The entire project will include some 300 units of housing, a Harris-Teeter grocery store, office space, and commercial space on the first level. 4600 King LLC has carried development costs of the nonprofit units in addition to covering costs related to AHDC's future lease payments and a buyout of the ground lease in Year 10. It will also make a voluntary affordable housing contribution of \$300,000. Construction is scheduled for 2016 with completion in 2018.

2. 2901 Eisenhower Avenue Affordable Housing Plan – Cathy Puskar, Esq reporting

Cathy Puskar reported the applicant is proposing two multifamily residential towers with about 533 units, 9,000 square feet of retail, and 67 townhouses on a nine acre site. The project is planned to include 21 units of affordable housing and a monetary contribution of \$2.2M.

3. Alexandria Housing Development Corporation Update – Doug Owens reporting

Doug Owens reported ARHA is moving forward with financing applications for redevelopment of the Ramsey site with 53 units of affordable housing. They are hopeful to get Planning Commission and City Council approval of revised plans in December and file for tax credit financing in March 2016.

On the Ladrey, ARHA had appealed to HUD to keep project based rent subsidies and to find financing that will allow costs related to their plan to allow tenants to continue to live at Ladrey. ARHA has engaged expert staff to work through the difficult HUD and financing issues.

Following discussion of a number of housekeeping matters the Chair adjourned the meeting at 8:40 PM.

For any questions I can be reached at wpharris@comcast.net or 703-684-6432.

MEMORANDUM

TO: Commission on Aging
FROM: Bill Harris, CoA Liaison to the Alexandria Housing Affordability Advisory Committee
DATE: December 3, 2015
SUBJECT: Alexandria Housing Affordability Advisory Committee Report

The AHAAC, chaired by Katharine Dixon, met in its regular monthly meeting at 7 PM today in room 2000 at City Hall.

The following matters were considered:

1. Eric Keeler, Division Chief reported on the department's presentation to City Council at its recent Budget Hearing. The Housing Master Plan goal calls for new affordability for 2,000 units by 2025 with a 2015 base line of 4,500 units serving 11,300 people annually. By "new affordability" is meant the units should be affordable, remain affordable over a long term, and that people can remain in them. Once units have been approved it takes 2 to 4 years for them to be completed. In the decade beginning 2006 housing funds the City has spent \$78 million producing housing units. Two examples were presented showing how City funds enable affordable housing development: \$5.7M to AHC St James for 93 units and \$5.5M to AHDC King and Beauregard for 74 units. Each \$1 of City funds leverages \$7 from developers. Between now and 2025 there is a shortfall of City funds of \$13M to \$30M. Most units built are one-bedroom units, but there is an increasing demand for two- and three-bedroom units for larger families. The larger the units require a greater subsidy resulting in fewer units built.
2. Keeler also reported on the beginning development of the Old Town North Small Area Plan. The OTN SAP covers the area bounded on the south by Oronoco Street, on the west by Washington Boulevard, on the north by Daingerfield Island, and on the east by the Potomac River. The work plan is scheduled to be completed by 2017. Results of the first public meeting show 57% participants favor an increase in housing opportunities for a range of income and abilities, 17% do not, and 27% have no opinion. The main take away from the meeting was the general public does not understand what "affordable housing" means. A lot of education is needed.
3. Carter Flemming reported for the Alexandria Redevelopment and Housing Authority:
 - a. ARHA has received approval to proceed with plans for Ramsey Homes in spite of a pending law suit. They are proceeding to apply to Virginia Housing Development Authority for Low Income Housing Tax Credit funding.
 - b. Work will begin December 11th on this year's Winter Wonderland. The festivities with Santa Claus and toys to be distributed to some 2,000 children will be on December 18th.
 - c. The ARHA Board got its first long awaited look at proposals for redeveloping five sites. Reviewing and making final decisions will be a long and difficult process.
4. Other than approval of Minutes of the November meeting there were no action items.

Following discussion of a number of housekeeping matters the Chair adjourned the meeting at 8:40 PM.

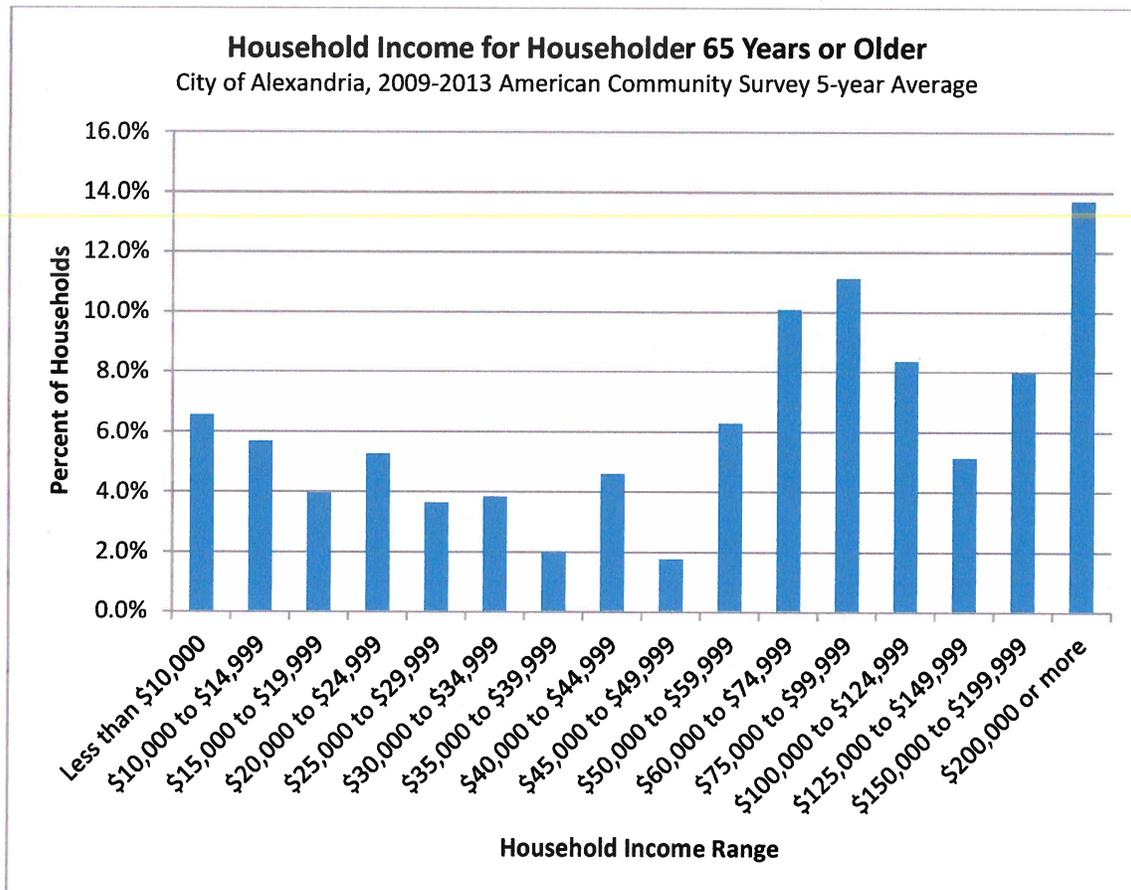
For any questions I can be reached at wpharris@comcast.net or 703-684-6432.



Division of Aging and Adult Services
 Department of Community and Human Services
 4401 Ford Ave., Suite 103
 Alexandria, VA 22302
 Main Number 703.746.5999
 Fax: 703.746.5975
 www.alexandriava.gov/aging

Demographic Profile, Income Older Adults Age 65+ -- Alexandria¹

Program	Annual Income Guideline [current]	Number of Alexandria Households That Meet Income Guideline	Number of Alexandria Residents Who Meet Income Guideline
Basic Medicaid	\$9,416	587	885
Social Work Services	\$24,024	1,923	2,900
Community Based Medicaid Waiver Service	\$ 26,388	1,923	2,900
Subsidized Housing	\$ 38,250	2,770	4,177



¹ American Community Survey, 2009-2013, 5 Year Estimate; The Census Bureau estimates income based on households, and these data used basic arithmetic techniques to estimate the number of individuals in the various income categories.

**St. Martin de Porres Senior Center Highlights Report for November 2015
to the Alexandria Commission on Aging Meeting in December 2015**

- This month participants fell in love with our fall art projects. The Tuesday Crafty Crew made thankful leaves that decorate the senior center, feathered headbands for our Thanksgiving Birthday Party, and beautiful clay bowls with real fall leaf imprints!
- We started November with a wonderful field trip to the National Museum of American Indian where the participants learned about Native American culture.
- St. Martin de Porres Senior Center started a new program called One-on-One Tech Classes. These classes provide private lessons to seniors who need help learning computers, tablets, and smartphones!
- The Welcoming Committee did a great job holding our first International Cultural Fair! During this event, participants dressed up in traditional garments from their country and shared videos, dances, and fun facts about where they come from. Over 21 countries participated in this event, which included presentations from: Ethiopia, Vietnam, Korea, and USA.
- On November 10th, we held inter-generational activities with Holy Spirit Homeschool. The seniors had a wonderful time playing hot potato with the students (grades K-8).
- We doubled up on the November celebrations by combining our Thanksgiving festivities and birthday party. We enjoyed dancing and said what we were thankful for. We ate a very special Thanksgiving lunch with turkey, gravy, and all the sides.
- Our gardening club prepared the small plot for winter by placing a cover crop over the beds. The club will continue to grow cold-weather crops in our raised garden beds. In the next few weeks we hope to harvest lettuce, mustard greens, and beets.
- For our second field trip, we visited the Gaylord at National Harbor and looked at their wonderful winter displays and then had lunch at Flaming Grill Buffet. The seniors loved this field trip and wish to do it again.

- Exercise programs such as Fit 4 Life, Zumba Gold, Golden Hearts™: Senior Fitness and Line Dancing were held daily.
- Team Indoor Shuffleboard, Indoor Bowling, and Inter-active Wii Games were the most physically energetic among the stimulating games this month that also included Bridge, Hangman, and Group Word Search.
- Our usual schedule of activities also included Tuesday morning shopping trips, bread raffles, and prize bingo.

Submitted by: Kathryn Toohey, Senior Center Director, St. Martin de Porres Senior Center

The Senior Center @ Charles Houston COA Report – November 2015

Our November Highlights include the following special activities:

- **Our Marymount Student Nurse Partners conducted three blood pressure screening clinics and wellness topics on the importance of hydrating (drinking water and low calorie beverages, offering samples for a taste preferred testing) and diabetes education**
- **We enjoyed our golf re-match with participants of the Adult Day Services Center and were the victors this time around**
- **Likewise, we had a very spirited and rousing re-match with residents of the Ladrey Highrise in Scategories and Wii Bowling. While Ladrey residents won in the Scategories category, our seniors were victorious in the Wii bowling category**
- **Physical Therapist Camille Simmons provided her expertise on the benefits of physical therapy and the importance of following up the exercises at home**
- **Our participants got into the Christmas holiday spirit in creating decorative ornaments for the Center's tree and to add to their home decorations**
- **We remembered our veterans' service to our country by watching a documentary on Arlington Cemetery and the duties of the servicemen who guard the Tomb of the Unknown Soldiers**

- **We engaged in a new activity this month "Sip & Paint," where our participants used different media to color pre-printed pictures while sipping on assorted juices and ciders**
- **Participants recited poems and gave thanks at our annual Thanksgiving celebration and we dined on the traditional Thanksgiving meal for lunch**
- **Finally we capped off the holiday with our annual "Giving Back to the Community" project in donating seven bountiful baskets to needy families. This year we partnered with Alexandria's Office of Domestic Violence. Our seniors really enjoy this particular activity and go all out in their donations (Please see attached photo)**

Our participants were also engaged in our regularly scheduled activities that include bingo, weekly shopping trips to DMV area malls/stores, monthly book club gathering and cognitive games/activities.

Submitted By,

**Vanessa K. Greene
Senior Center Director**

Minutes from December 2, 2015 meeting of the Economic Development Committee

Attending: Mary Lee Anderson, Joan Dodaro, Evelyn Quiles, Pat Miller, Jane King

Senior Consumers

Goal is to encourage businesses to offer discounts, services targeted to seniors.

Silver Service Program:

Mary Lee presented the program at the 11/16 Del Ray Business Association meeting. Initial response has been very positive.

Pat Miller is contacting Del Ray businesses individually to introduce the concept, and will send details to Mary Lee for followup. Goal is to have 15-20 businesses signed up by mid-January so that the program can begin February 1, 2016.

Senior Employment

Goal is to help seniors find employment and to encourage businesses to hire seniors.

In response to interest from City Council, restoration of the senior specialist position may be included in the City's budget process. Jane King and Carol Downs raised the issue at the final Community Forum on the budget, but it was not included as one of the items for further consideration. We will continue to highlight the need so that it is included when the budget climate improves.

WDC is working with MGM Resorts on employment needs for the new complex at National Harbor. They expect 3500 new jobs will be created during the fourth quarter of 2016. WDC is seeking volunteers to serve as Content Writers for the e-News Briefs.

Pat Miller offered to connect Evelyn Quiles with Matthew Gillette, who has excellent ties to the Arlandria community.

AARP Livable Community

The Committee is working with Jane King on input for the application to AARP. Pat Miller mentioned how important senior volunteers are to community events, and Mary Lee suggested Jane review the ACHSO 2014 Non-Profit Impact Report to obtain data on the economic benefit.

Pat Miller is interested in getting a senior-focused mural created for the back of the DCHS building at 2525 Mount Vernon Avenue.

Our next meeting will be at St. Elmo's on Wednesday, January 6 at 10am.

Mary Lee