

ALEXANDRIA COMMISSION ON AGING MEETING

Thursday, February 11, 2016, 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. Introduction of new COA Member – Babs Waters
4. Approval of January minutes– see attached
5. Public comments – please limit your comments to 3 minutes
6. Special Presentation: City Budget Process
Presented by: Mark Jinks, City Manager
7. Executive Committee Report– see attached
8. Discussion / Action Items
 - A. Appointment of Excellence in Aging Awards Committee– see attached
9. 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. Arlington County Commission on Aging – Mitch Opalski
3. Successful Aging – Darrell Wesley
4. Alexandria Adult Day Services Center, ADSC – Darrell Wesley
5. Housing Affordability Advisory Committee – Bill Harris– see attached
6. Division of Aging and Adult Services – Terri Lynch
7. INOVA Alexandria Hospital – Ann Harbour
8. Human Rights Commission – Michael Kreps
9. Commission for Women – Elisabeth Palmer Johnson
10. AHA – Jane King
11. AARP – Jane King
12. St. Martins Senior Center– Kathryn Toohey– see attached
13. Virginia Hospital Center – Mary Belanich
14. Partnership for a Healthier Alexandria – Mary Parker
15. Commission on Persons with Disabilities - Mary Parker
16. Senior Center @ Charles Houston – Vanessa Greene– see attached
17. Senior Services of Alexandria – Mary Lee Anderson– see attached
18. Recreation, Parks and Cultural Activities – Margaret Orlando

10. 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– see attached
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

11. Other Business

12. New Business

Next Commission Meeting: Thursday, March 10, 2016, 4pm, DCHS, 2525 Mt. Vernon Avenue, Cyphers Room , Alexandria, VA 22301

Next Executive Committee Meeting: Monday, February 29, 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

February 1, 2016

Participants included: Mary Lee Anderson, Alan Dinsmore, Carol Downs, Bob Eiffert, Jane King, Jim Lindsay, Terri Lynch, Debbie Ludington, Ms. Fallon, intern from Howard University

AGENDA

1. Planning for February 11 COA Meeting

- Welcome new COA member - Barbara (Babs) Waters
- Presentation City Budget Process - Mark Jinks, City Manager

2. Planning for future COA meetings

- March - City Budget Discussion and COA Awards
- April - Housing and Planning & Zoning -presentations by Helen McIllvaine, Director of Housing and Karl Moritz, Director of Planning & Zoning
- May - Ombudsman Program - Laura Nichols
- June - Discharge Planning Unit - (Alexandria Inova Hospital)

3. Other business and action items

- COA orientation for new and interested COA members - Thursday, February 11 at 2:00 PM
- Appointment of 2016 COA Awards Committee

4. Committee reports:

- Advocacy and Legislation - meeting February 25, time/place TBD
- Alexandria Age Friendly Designation - report sent to Carol Layer and Kate Garvey
- Communications - will meet 2/3 with City Communication staff
- Diversity - will meet February 29, 5:30 pm at Safeway on King St.
- Economics- will meet February 3, 10:00 am, Elmo's Coffee
- Housing - will meet February 22, 5:30 pm at Baptist Church
- Transportation - will meet February 11, 6:30 pm, Emma's Coffee

5. Next meeting - February 29 at 3:00 pm, 4401 Ford Ave., 12th Fl.

Alexandria Commission on Aging · 2016 Excellence in Aging Awards



The Alexandria Commission on Aging's Annual Awards Program honors individuals and organizations who have demonstrated superior contributions in advancing issues and projects that favorably affect older Alexandrians. These awards have been presented since 1990. Nominations will be accepted for four awards. Past names of winners are included in this packet and also available online. Awards will be presented on May 10, 2016, 6 p.m. at Alexandria City Hall.

2016 Award Categories

Annie B. Rose Lifetime Achievement Award

Purpose: To identify for community recognition of an individual whose exemplary achievements span a lifetime of public service, and whose achievements have been devoted to significantly enhancing the community, especially to advancing social justice and aging concerns, for all citizens; in doing so, to honor the superior example of Annie B. Rose for a lifetime of outstanding service.

Eligibility: An individual who presents evidence of not fewer than ten years of service advancing social justice and aging issues within the Alexandria community and who has not previously won this award.

Lois Van Valkenburgh Excellence in Aging Award for an Individual

Purpose: To identify for community recognition one individual that has made outstanding contributions to elevating the quality of life for older adults in Alexandria within the past year. This award is in honor of Lois Van Valkenburgh, a longtime Alexandria resident, community leader and past Chair of the Alexandria Commission on Aging. Ms. Van Valkenburgh was a tireless advocate of and expert in issues related to aging. Her strong spirit, steadfast dedication and strong network helped to make Alexandria a better place to live for its oldest citizens.

Eligibility: An individual of any age who has not previously won this award within the last five years.

Excellence in Aging Award for an Organization

Purpose: To identify for community recognition one organization that has made outstanding contributions to elevating the quality of life of older Alexandrians.

Eligibility: Organizations serving Alexandria residents that have not previously won this award within the last five years.

Public Service Award

Purpose: To identify for community recognition one City of Alexandria employee who has advanced, improved or otherwise contributed to making Alexandria a more livable community for all ages during the course of their job.

Eligibility: City of Alexandria employee who has not previously won this award within the last five years.



Alexandria Commission on Aging · 2016 Excellence in Aging Awards

Nominations

Anyone may submit a nomination. The Commission wishes to embrace the full spectrum of contributions of those advancing aging issues. Nominators should submit the nomination form, which follows. It is requested that three letters of endorsement supporting the nomination be included. If not, the names and contact information for three references must be included. They may be contacted to gather information to support the nomination. Nominations must be received by April 1, 2016. Mail or email the nomination and any supporting information to:

Excellence in Aging Awards
c/o Bob Eiffert
1418 Juliana Place
Alexandria, VA 22304
michaelandbob@comcast.net

For more information, contact Debbie Ludington at 703.746.5694 or debbie.ludington@alexandriava.gov

Previous Award Winners

Annie B. Rose Lifetime Achievement Award:

2003: Dr. George A. Pera
2004: Judy Drewery
2005: Marian Van Landingham
2006: Stefanie Reponen
2007: Susan Dawson
2008: Sandra "Sandy" Calhoun
2009: Virginia Hahn
2010: JoAnn Miller and Arlene Hewitt
2011: William P. Harris
2012: Richard (Dick) Moose
2013: John Freeman
2014: Del Pepper
2015: Jane King

Lois Van Valkenburg Excellence in Aging Award for an Individual:

2010: Glenn White
2011: Amber Kim Dewey
2012: David Baker
2013: Dan Kulund
2014: Anestacia Graham
2015: Mitch Opalski

Excellence in Aging Award for an Organization:

2010: Goodwin House Alexandria/Goodwin House Foundation Senior Ministry of Shiloh Baptist Church
2011: Alpha Kappa Alpha Sorority, Inc. Zeta Chi Omega Chapter
2012: Adult Companion Care, Inc. and The Rotary Club of Alexandria
2013: Ronald M. Bradley Foundation
2014: Yellow Cab of Alexandria, Inc.
2015: Senior Services of Alexandria

Public Service Awards:

2013: Shane Cochran
2014: MaryAnn Griffin
2015: Terah Chamberlin



Alexandria Commission on Aging · 2016 Excellence in Aging Awards

Nomination Form

Nomination Deadline: April 1, 2016

Please answer each question completely. Use additional paper if necessary.

1. Award Category (select one):

- Annie B. Rose Lifetime Achievement Award
- Lois Van Valkenburgh Excellence in Aging Award for Individual
- Excellence in Aging Award for Organization
- Public Service Award

2. Nominee Information:

Name: _____

Address: _____

Telephone: _____

Email Address: _____

3. Discuss nominee's qualifications and attach three letters of endorsement if available, or list three references and their contact information.

4. Please identify examples of why this individual/organization exemplifies the purpose of the award:

5. Please identify specific programs, issues or projects that benefit older Alexandrians to which the nominee has contributed:

6. Please share other characteristics that you feel would help the Selection Committee in its decision:

7. Nominator's Information:

Name: _____ Telephone Number: _____

Address: _____ Email Address: _____

MEMORANDUM

TO: Commission on Aging
FROM: Bill Harris, CoA Liaison to the Alexandria Housing Affordability Advisory Committee
DATE: February 5, 2016
SUBJECT: Alexandria Housing Affordability Advisory Committee Report

The AHAAC met in its regular monthly meeting at 6 PM yesterday in room 2000 at City Hall. The meeting was scheduled an hour earlier to accommodate those wishing to attend the Planning Commission hearing on the revised ARHA plan for the Ramsey site.

The following matters were considered:

1. Housing staff gave an update on the revised ARHA Ramsey Plan for affordable housing. The plan, as described in my January report, was denied by City Council which instructed ARHA to revise and resubmit it. The basic change from the initial plan is to reduce the height to under 39' and reduce the number of units from 63 to 53. After limited discussion, since there was an in-depth report at the January meeting, the committee approved staff recommendation to approve the revised ARHA plan and to approve a permanent loan of \$1,000,000. The loan is to be funded by money ARHA will repay from a previous loan. The committee also authorized the chair to send to City Council a letter supporting the project.
2. Jon Frederick, representing Alexandria Housing Development Corporation, reported on an AHDC joint venture with Carpenter's Shelter. AHDC and the CS have signed a MOU to enter into a joint venture to build a new shelter and affordable housing. The CS will sell to AHDC their 8.2 acre site located at 930 North Henry Street for enough money to build them a new shelter and 10 units on the first floor. Above the new CS AHDC will build, own, and operate 100 units of affordable housing. Parking will be underground. The committee, after the presentation and discussion, voted to approve a development loan to AHDC of up to \$500,000.
3. Cathy Puskar, attorney for Edens Development, presented for information only, a plan to redevelop the Giant/ABC site. The site is the full block bounded by First, St. Asaph, Montgomery, and N Pitt Streets. The building will contain, above two levels of underground parking, 50,000 SF retail on the ground level and 232 units of housing above the retail. Nine units (seven studios and two one-bedrooms) will be reserved as affordable to families with incomes at or below 60% of the AMI for 40 years. These units are valued at \$2.4M, about \$1.1M more than the standard monetary contributions developers make. The affordable units are not designated specifically, but will be rotated as need be from time to time. All amenities will be available for use by affordable tenants.

There being no further business the Chair adjourned the meeting at 7:25 PM.

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

St. Martin de Porres Senior Center Highlights Report for January 2016
to the Alexandria Commission on Aging Meeting in February 2016

- The participants had a marvelous time touring the Natural History Museum during the Smithsonian's slow season. There were no crowds, making it very easy for the seniors to view each exhibit for minutes at a time.
- Crafty Crew moved to Thursdays. This month's group created clay sculptures and painted their dried masterpieces the following week.
- Maria continued her One-on-One Tech Classes. Her students learned how to use Excel, send photos via cellphone, use internet search engines, and use amazon to make purchases from home.
- Teachers Paul (Thursdays) and Theresa (Fridays) continued English Second Language classes once a week. The participants enjoy their teaching methods and are increasing their English speaking and writing skills.
- This month Holy Spirit Homeschoolers had twelve students from pre-K to 8th grade visit the senior center. The students love playing hot potato with their "grandparents." At the end of the day, they showed their appreciation for their "grandparents" by distributing healthy gift bags filled with apples and granola bars.
- Our monthly concert series was a huge musical hit, we had a new performer sing funk and contemporary. Many participants had an excellent time singing along.
- Our volunteers held a live cooking demonstration and taught the seniors how to make rice crispy treats with whole grain rice crispy cereal and low-fat butter.
- The day before the big blizzard, the Seniors had a blast celebrating January Birthdays with Mr. Pink. We celebrated with balloons, music, and dancing!
- Exercise programs such as Fit 4 Life, Zumba Gold, Workout Walking, and Golden Hearts™: Senior Fitness were held daily, providing opportunities for movement enjoyed by many of the seniors.
- Team Indoor Shuffleboard, Indoor Bowling, and Inter-active Wii Games were the most physically energetic among the stimulating games this month other games included Bridge, Hangman, and Group Word Search.
- Our usual schedule of activities also included Tuesday morning shopping trips, pretty nails, 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 – January 2016

Due to the epic blizzard of 2016 as well as the two January holidays which closed our center, we had a short month of fun filled and informative activities that included:

- **A presentation on “Preparing An Emergency Kit,” done by DAAS Nutritionist Barbara Ravenell**
- **A presentation/discussion on Cold Weather Tips done by Center Staff**
- **Multi Media Craft project conducted by Center Staff**
- **A trip to the National Air & Space Museum in Washinton, DC**
- **As an incentive to “boost” our lunch reservations we held a “Pie Day,” where each participant who ordered the lunch meal received an individual pie**

Our participants were also engaged in our regularly scheduled activities that include bingo, 5 cent pokeno, weekly shopping trips to DMV area malls/stores and cognitive games/activities.

Submitted By,

**Vanessa K. Greene
Senior Center Director**



February 4, 2016

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 March Senior Speaker Series event which will be held on Wednesday, March 16 at Beth El Hebrew Congregation at 3830 Seminary Road, from 9:30 a.m. to Noon. The topic will be "Living an Active and Rewarding Life". Learn about AARP's "Life Reimagined" program and rewarding volunteer opportunities, get some fun exercise tips, and find out where to find the best classes designed for seniors who want to expand their horizons! There will be participants from AARP, Alexandria Department of Parks, Recreation & Cultural Activities, Senior Services of Alexandria, and Volunteer Alexandria. Registration is required for this free event.

The new "Silver Service Program" is being kicked off next week. 14 Del Ray businesses have signed on to provide various discount incentives to Alexandria City residents who are 60+ years old. SSA, AHA and DAAS will maintain a list of the participating businesses on our websites, and cards will be distributed by SSA and AHA.

Don't forget to watch SSA's monthly cable tv program, *Senior Living in Alexandria*. It features interviews with local experts about programs and services for seniors, exercise tips, a community calendar and special features. You can watch it on Alexandria's Comcast Channel 70 every Sunday at 2pm, on Youtube or via SSA's website.



**Present
A 2014/15 Speaker Series Event**

**LIVING AN ACTIVE AND
REWARDING LIFE**

**Wednesday, March 16
9:30 a.m.-Noon
Beth El Hebrew Congregation
3830 Seminary Road**

Learn about AARP's "Life Reimagined" program and rewarding volunteer opportunities, get some fun exercise tips, and find out where to find the best classes designed for seniors who want to expand their horizons!

**There will be participants from:
AARP
Alexandria Department of Parks, Recreation & Cultural Activities
Senior Services of Alexandria
Volunteer Alexandria**

**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.**

February Report of Transportation Committee

The final draft of the Pedestrian and Bicycle Master Plan was presented to the ad hoc committee on January 19 and the following comments were presented by Alan Dinsmore. These oral testimony comments were provided in my capacity as a member of the committee, they are not endorsed by the Commission on Aging. COA members were asked to file their own comments on the plan site at AlexEngage.

1. Emphasis must be given to pedestrian and bicycle safety in the West End with special emphasis on the safe walking and crossing needs of older members of our community.
2. The City should endorse and include the "vision zero" concept for the reduction of pedestrian fatalities, especially important for slower moving older pedestrians.
3. The City should plan for special outreach on safety issues to the older members of our community.
4. Separate bike ways and trails are also important for their role in separating and reducing conflicts with pedestrians on sidewalks and trails.
5. Provide accountable implementation plans and time lines for pedestrian improvements that will make walking safe, comfortable and convenient.

This draft plan is currently available for review by the public on AlexEngage and on the project web page, www.alexandria.gov/pedbikeplan. Comment period ended on January 31. The next meeting of the Ad Hoc Pedestrian and Bicycle Master Plan Advisory Committee is scheduled for Thursday, February 25 from 7:00PM to 9:00PM, City Hall, Room 1101 Sister Cities. City staff will ask the committee to endorse the final plan prior to taking it to the Planning Commission and Council for Master Plan amendment in the Spring.

Submitted by:
Alan Dinsmore
Chair
Transportation Committee

Minutes from February 3, 2016 meeting of the Economic Development Committee

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

Senior Consumers

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

Silver Service Program:

Twelve Del Ray businesses have committed to the Silver Service Card Program, 2-3 more are expected this week. SSA will share the finalized list with links to business websites for posting on AHA and the City's websites by next week. AHA and SSA will begin distributing cards to volunteers/members next week.

Before then, SSA will: 1)Have several volunteers review the list to insure it is easy to understand 2)Recruit 4-5 "secret shoppers" who will agree to try using the cards and provide feedback on how things go 3)Get information about the program to the Mt Vernon Seniors group.

Senior Employment

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

Evelyn met with Matthew Gillette about improving ties to the Arlandria community and WDC will participate in an upcoming community fair. Pat shared some history about the currently inactive Arlandria Chiralagua Business Association, and Evelyn will follow up with City staff to see if WDC might be able to help revitalize this initiative.

Two local retail businesses are looking for mature employees. WDC will be sending job descriptions to SSA and Mary Lee will forward them to the rest of the committee.

WDC will participate in the JCA 50+ employment expo at Tyson's Corner on April 18.

AARP Livable Community

The draft application has been positively received by DCHS senior staff, and Jane hopes to arrange meetings with the Mayor and City Council members in the near future to get their approval before submission to AARP.

JCA Computer Training classes

JCA is looking for low-cost/no-cost space for their computer training classes for seniors, since they are losing their Crystal City location. Pat Miller's contact on AEDP was very interested in talking with them, and Mary Lee relayed the details to JCA earlier this week.

Our next meeting will be at Emma's (106 Hume Avenue) on Wednesday, March 2 at 10am.

Mary Lee