

ALEXANDRIA COMMISSION ON AGING MEETING

Thursday, March 10, 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. Approval of February minutes– see attached
4. Public comments – please limit your comments to 3 minutes
5. Executive Committee Report– see attached
6. Discussion / Action Items
 - A. FY 2017 budget impact on seniors
 - B. FOIA updates– see attached
7. 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. Successful Aging – Darrell Wesley– see attached
3. Alexandria Adult Day Services Center, ADSC – Darrell Wesley– see attached
4. Housing Affordability Advisory Committee – Bill Harris– see attached
5. Division of Aging and Adult Services – Terri Lynch
6. INOVA Alexandria Hospital – Ann Harbour
7. Human Rights Commission – Michael Kreps
8. Commission for Women – Elisabeth Palmer Johnson
9. AHA – Jane King
10. AARP – Jane King
11. St. Martins Senior Center– Kathryn Toohey– see attached
12. Virginia Hospital Center – Mary Belanich
13. Partnership for a Healthier Alexandria – Mary Parker
14. Commission on Persons with Disabilities - Mary Parker
15. Senior Center @ Charles Houston – Vanessa Greene– see attached
16. Senior Services of Alexandria – Mary Lee Anderson– see attached
17. Recreation, Parks and Cultural Activities – Margaret Orlando
18. Arlington County Commission on Aging – Mitch Opalski

8. Committee Updates

1. Housing – Chair, Jan Macidull – see attached
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– see attached

9. Other Business

10. New Business

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

Next Executive Committee Meeting: Monday, April 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
February 29, 2016 Meeting

Participants included Mary Lee Anderson, Alan Dinsmore, Carol Downs, Bob Eiffert (by phone), Jan Macidull, staff - Terri Lynch, Debbie Ludington

AGENDA

1. Planning for March 10 COA meeting

a. City Budget Advocacy items:

- - Charles Houston senior program
- - Complete Streets Initiative
- - Dental program reductions

b. FOIA regulations

c. Senior Taxi

2. Planning for future Commission meetings

- April - Housing and Planning & Zoning - Presentation by Helen McIlvaine, Director, Housing Division and Karl Moritz, Director, Planning & Zoning
- May - Ombudsman Program - Presentation by Laura Nichols and 2016 COA Annual Awards Ceremony, May 10, City Hall
- June - Who is receiving services (demographic update - ethnicity, race, income, etc.) - Terri Lynch and staff? Discharge Planning Ad Hoc Committee and hospital representative? Endependence Center?

3. Action items and other business:

- Recommendations by Executive Committee regarding Budget advocacy items
- Update on 2016 COA Annual Awards

4. Committee reports:

- Advocacy
- Economic Development
- Housing
- Transportation

5. Next meeting - April 4 at 3:00 PM, 4401 Ford Ave., Gilmore Gallery - 12th floor

General Summary of Board and Commission Training held on 2/29/16

All communications are FOIAble: “All writings and recordings... regardless of physical form or characteristics.”

- Email
- Text message
- Phone messages
- Social Media – Facebook, Twitter, etc.

What is a meeting of a public body? A meeting is defined as “... when sitting physically, or through telephonic or video equipment, as a body or entity, or as an informal assemblage of as many as three members wherever held, with or without minutes being taken, whether or not votes are cast, of any public body.”

2 or more commission members constitutes a meeting

- In person meeting is easy to determine
- Electronic meeting: How soon people respond determines if a meeting takes place and if responded to by 3 or more commissioners. To avoid problems it is advisable to NOT reply all to emails or at a minimum do not reply to more than one commissioner at a time
 - ✓ On the phone
 - ✓ Text messages
 - ✓ Email
 - ✓ Social media – Facebook, Twitter, etc.

All committee meetings must have agendas and minutes. Agendas and minutes from all meetings, including committee meetings have to be prominently posted at least 3 days prior to any meeting.

- We can post them on our website. Debbie would need them at least 5 days prior to any meeting.
 - Agendas must include:
 - ✓ Time
 - ✓ Date
 - ✓ Place and
 - ✓ Items to be discussed/considered
 - Minutes must include:
 - ✓ Date
 - ✓ Time
 - ✓ Location
 - ✓ Those present and absent
 - ✓ A summary of discussion and
 - ✓ A record of votes taken

City Clerk suggested having a separate email for Commission business

**Successful Aging Committee
Report to the Commission on Aging
February 14, 2013**

The Successful Aging Committee is gearing up for another fantastic event. In collaboration with the T.C. Williams High School Student Government Association, the Successful Aging Committee is looking forward to the annual Dance for All Ages on Friday April 1st from 7pm till 9pm. Since we had a record turnout at the Senior Holiday Party we are hoping that this will be a big turn out as well. Please help us with that effort and pass the attached flyer to your friends and family. Remember there will be light refreshments available for all and the students will serve the seniors at their table if they choose. This is an event you don't want to miss.

Transportation will be available if needed, but we encourage that family members come together and drive to the event if possible. Please register early.

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, DCCHS, Aging Services

SENIORS PROM

2016 Dance for All Ages



Friday, April 1

7 - 9 p.m.

**T. C. WILLIAMS HIGH SCHOOL
3330 KING STREET, ALEXANDRIA VA**

King & Queen

Door Prizes

DJ & Dancing

Refreshments

FUN

Free Admission & Parking

Please RSVP by March 28

Call 703.746.5676

email jackie.mccord@alexandriava.gov

or margaret.orlando@alexandriava.gov

Co-Sponsored by:

T.C. Williams High School Student Government Association

Successful Aging Committee:

Community & Human Services/Aging & Adult Services,

Recreation, Parks & Cultural Activities,

Alexandria Redevelopment & Housing Authority,

Senior Services of Alexandria



The City of Alexandria is committed to compliance with the Americans With Disabilities Act, as amended.
To request a reasonable accommodation, contact 703.746.5423 (VA Relay 711) or jackie.person@alexandriava.gov.

**Alexandria Adult Day Services Center
Report to the Commission on Aging
March 13, 2014**

Spring is almost here and I know everyone is ready. The Adult Day Services Center is looking forward to the spring season as well. We are not only happy because of the warmer weather that is coming but it is an indication that we will not see any licensing inspectors for a while. Last month we had our annual state inspection which is always a priority to pass with high ratings. I am happy to inform everyone that the program passed with excellent marks. The inspectors commented that our program is a wonderful model for northern Virginia and the entire state.

Switching gears, I would like to take this opportunity to invite the Alexandria community to the newly medication education group at ADSC. The overall purpose of this group is to assist the community with understanding the different kinds of medications, the proper use of them and the effects that they may have on us or our loved ones. The group is held on the third Thursday of every month from 4pm until 5:30pm. The address is 1108 Jefferson St., Alexandria, Va. 22314. If you or someone you know is interested please call Eugenia Jones, RN at 703.746.5676.

In addition, I would like to remind everyone that we also facilitate a caregiver support group on the first Wednesday of every month from 4pm until 5:30pm. If you are interested in this group please call Jennifer Sarisky, LCSW at 703.746.5676.

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 Alexandria Adult 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: March 3, 2016
SUBJECT: Alexandria Housing Affordability Advisory Committee Report

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

1. Most of the meeting time was consumed with staff reports.
 - a. Shane Cochran on the city's several financial assistance programs for citizens with low- and moderate-incomes.
 - b. Tamara Jovovic on the process of calculating developer contributions for affordable housing.
 - c. Helen McIlvaine on NAIOP (National Association of Industrial and Office Properties) consideration of increasing developer contributions for affordable housing.
2. In a written report from City Manager Mark Jinks to City Counsel he called for the formation of an advisory group to develop a North Potomac Yard Small Area Plan. Jon Frederick was elected to be the AHAAC representative to the group.
3. Carter Flemming, reported for ARHA:
 - a. She advised that in view of city Counsel's decision to rescind all previous action on the Ramsey redevelopment plan the ARHA board will be working over the next weeks and months with city officials to develop a new plan.
 - b. The ARHA board will meet with selected developers to consider their plans for redeveloping five properties ARHA owns.
 - c. There has been no action on renovating the Ladrey senior housing facility.
4. Jon Frederick, representing Alexandria Housing Development Corporation, reported:
 - a. An application to VHDA for financing the 74 unit Gateway project has been submitted
 - b. A Memorandum of Understanding has been signed recently with the Alfred Street Baptist Church to work with the in relocating tenants of the 75 housing units to be razed in enlarging their church building. (Plans by this 7,000 member congregation's major expansion have recently been reported on in the Alexandria Gazette and Alexandria Times.)
5. A member of the Resurrection Episcopal Church reported their project to raze their existing church building and rebuild it within a new structure containing 110 to 130 affordable units has been approved by their diocese which owns the property. No resolution has been reached with Goodwin House Alexandria over the shared use of the entrance street between their two properties.
6. The Office of Housing proposed budget can be found on page 24 at the link for the City's budget: <https://www.alexandriava.gov/uploadedFiles/budget/info/budget2017/Section%2012%20-%20Livable,%20Green%20and%20Prospering%20City.pdf>

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 February 2016
to the Alexandria Commission on Aging Meeting in March 2016

- In honor of African American Heritage Month, the participants visited the African Art Museum. We have many Ethiopian participants that enjoyed viewing cultural works of art from their homeland.
- Crafty Crew continued to meet on Thursdays. This month's group painted wooden fruits and made small jewelry boxes.
- Maria continued her One-on-One Tech Classes. Her students learned how to use recover passwords from social media websites, transfer documents between files, and the basics of Microsoft Word and Excel.
- On Monday, November 8th, INOVA Alexandria Nurse's Senate held a INOVA Winter Health Fair. Emergency Room Nurses discussed what to bring during an emergency and the radiology nurse discussed ways to stay healthy during cold weather. Participants received free INOVA sweatshirts for attending.
- Holy Spirit Homeschoolers had twelve students from pre-K to 8th grade visit the senior center. The students distributed healthy gift bags filled with healthy whole grain cookies and muffins. Every visit ends with an exciting inter-generational game of hot potato!
- For President's Day we had originally planned on viewing portraits of the presidents at the National Portrait Gallery, however, due to a schedule change, we went to the National American History Museum instead, where participants viewed the First Ladies Dresses and viewed the President's Legacy Room!
- On February 17th, the senior center celebrated February Birthdays with Mr. Bob Clark. We celebrated with balloons, music, and dancing!
- Exercise programs such as Fit 4 Life, Workout Walking, and Jazzercise 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.



Participants staying warm this winter in INOVA Alexandria Sweatshirts!

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

The Senior Center @ Charles Houston COA Report – February 2016

February program highlights for The Senior Center @ Charles Houston include:

- **Review of the February Activity calendar with program participants**
- **Weekly Black History Fact Presentations by participants**
- **Comfort & Cheer Discussion Group w/Debbie Latimer**
- **Yoga & Arthritis Exercise classes**
- **A Tai Chi Demonstration by Stephan Berwick**
- **Our Burgundy Buddies' valentine's activity where the students and seniors made and shared valentines and treats**
- **Our Marymount University Nursing Student partners conducted two blood pressure screening clinics and did wellness presentations on medication safety and diabetes**
- **We were feted with an African Dance presentation by National African Art Museum Docents Paula & Margaret**
- **TCWHS Cosmetology students provided complimentary manicures to our participants for Valentine's Day**
- **Valentine Treats of cards and carnations provided by the Community Engagement Committee of the ASCD (Association for Supervision & Curriculum Development)**
- **Field Trip to Surratt House Civil War Museum & Lunch @ Bone Fish Restaurant. Our tour guide Susan was wonderful in her presentation of the Surratt family and their involvement with the conspiracy to kidnap President Abraham Lincoln and their association with his assassin John Wilkes Boothe**
- **An Ancient Art Movement Demonstration by Carmen Shippy**
- **Our annual Black History Month Celebration with a theme of "Celebrating our Family History," featuring participant siblings Carrie Davis & Mary Holmes; Gertrude Murray & Theresa McGhee; Pearl Turner & Catherine Ward, and Veronica Greene-Pace and Vanessa Greene. Rich stories and wonderful artifacts were presented.**
- **As another incentive to "boost" our lunch reservations we held a "Cupcake Day," where each participant who ordered the lunch meal received a cupcake**

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**



March 4, 2016

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

Please join SSA for the “March for Meals”! Every year the Meals on Wheels Association sponsors this event as a way to raise awareness of the MOW program and the positive impact it has on the issue of senior hunger. During the week of March 21, we are looking for community “champions” to help deliver meals. If you would like to help on either March 22 or 24, please let me know asap so we can assign you a route!

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, Encore Learning, Alexandria YMCA, Senior Services of Alexandria, and Volunteer Alexandria. Register at www.seniorservicesalex.org.

The new “Silver Service Program” began last month. Please let us know if you have tried it out! We are in the pilot phase, and need your feedback so that we can evaluate expansion beyond Del Ray. The list of the participating businesses is now on SSA and AHA’s websites, and cards have been distributed to those eligible on the COA, SSA’s Board, AHA’s members, MOW volunteers, and members of the Mt Vernon Seniors Group.



**Present
A 2015/16 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
Encore Learning
Senior Services of Alexandria
Volunteer Alexandria
YMCA 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.**

ALEXANDRIA COMMISSION ON AGING

February 22, 2016 Housing Committee Meeting Notes

Development Projects

- **Ramsey Housing:** Project turned down by Council. No action to be taken by Commission at this time. (Note: Subsequent to our meeting, the Council's decision has been rescinded. ARHA will not be able to rezone the property in time to meet the March 4 HUD 2016 project application date. A meeting of the ARHA Redevelopment Work Group is being convened on Wednesday, March 2, at 5:30 PM, in the Council Work Room. The Work Group consists of two City Council members (Vice Mayor Wilson and Councilman Chapman), two ARHA Commissioners (Chair Daniel Bauman and Vice Chair Salena Zellers), as well as Mary Lyman, Chair of the Planning Commission. This meeting will focus on the Ramsey Homes development.).
- **Carpenter's Shelter:** CS will sell the land and tear down its facility. With Alexandria Housing Development Corporation (AHDC) taking the development role, a new shelter will be created with 100 affordable units above grade and 10 transitional housing units will be made available to those displaced by this project. (AHDC is a nonprofit housing developer working with Carpenter's Shelter on the redevelopment of that site.) Parking will be under the facility. Affordable assisted living units are not in the current plan. Action: Bill and Mary will keep this committee posted via their membership on AHAAC. They can let the committee know if a meeting with the developer is advisable.
- **Eden Project:** The mix of affordable units at the Eden project (ABC/Giant) is 7 studios and 2 one bedroom units. The Housing Office notes that "there were many comments from the Old Town North Charrette that additional housing affordability was needed for seniors, so hopefully, these units can help people who wish to remain affordably in the community." Residential will exist over 50,000 square feet of ground level commercial space. No action for us at this time.

Upcoming Meetings

- Meeting topics were solicited that relate to the committee's four goals for 2016.
- Goal One: accessible, affordable housing.
 - ARHA Development Projects: Invite Roy Priest and ARHA president to present overview of current housing and services for seniors as well as that envisioned through upcoming development projects. How to link their senior clients with supportive services that replace the need for assisted living? (Jan to contact Roy Priest re meeting in April, May or June.)
 - Assisted living opportunities: Should we explore how this is being handled by Arlington and/or Fairfax counties? No. No new assisted living is in either of their pipelines. What exists has been around for some time. What about Mark Jinks proposed committed to explore this? Bill, Bob and

Helen were charged by him to deal with this. No need for a meeting at this time.

- Beasley Square: March 21 meeting with manager has been arranged by Bill Harris. Questions: Profile of current renters? Impact of rent level on their ability to rent units? Any units harder to rent due to size or configuration? Where do they advertise available units?
- Goal Two: Supportive services for those living in NORCs, per Terri Lynch's list of services available to residents of City subsidized housing.
 - Jan to arrange meeting with manager, board and residents at Marina Towers. Have copies of DAAS' Directory and the Sourcebook.

Services Available to Alexandria Residents Who Live in Subsidized Housing

- Terri reviewed currently available and needed services that can help residents avoid moving from their homes into assisted living facilities. In other words, they can replace the need for assisted living for many people. Transportation is a major one with multiple options available. Missing services: Nursing Case Management, Money Management.
- How can the Commission/this committee help DAAS? Communicate the availability and value of these services to residents, e.g., Neighborhood Health Center, discharge planners, skilled home care agencies.

Meeting Location

First Baptist Church will no longer be available for meetings as of June 2016. Jan will check with the new Safeway on Duke St. re using their community room. (Note: since this meeting Helen McIlvaine has offered space in the Housing Office: "Housing has a large conference room that you are welcome to use for your meetings after June. Our space is scheduled for renovation, too, so you are welcome until we are displaced -- probably sometime in spring 2017. I can also see if you can be accommodated in City Hall. The parking isn't nearly as good as FBC unfortunately!")

Minutes from March 2, 2016 meeting of the Economic Development Committee

Attending: Mary Lee Anderson, Pat Miller

Senior Consumers

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

Silver Service Program:

Distribution of Silver Service Cards has begun and the list of 13 participating businesses is on the websites of SSA and AHA. DAAS listing is pending. Recipients are being asked to provide feedback on service. Pat Miller will deliver cards to the businesses that still need them, and Mary Lee will follow up with those who had expressed interest but have yet to confirm details of their discount offer.

Cards have been provided to the Mt Vernon Seniors Group, AHA members, SSA Board members and SSA Meals on Wheels volunteers.

Senior Employment

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

Evelyn offered to include committee members on the WDC monthly news brief.

AARP Livable Community

Jane has begun sharing the draft application with members of City Council to get their approval before submission to AARP.

JCA Computer Training classes

JCA is still 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 not as helpful as we had hoped. Mary Lee provided them with info about space available in her building and will approach Sue Goodhart to see if she has any low-cost suggestions.

Our next meeting will be at Emma's (106 Hume Avenue) on Wednesday, April 6 at 10am.

Mary Lee

February 29, 2016
COA Diversity Committee Report

Committee members include: Co-Chairs, Anestacia Graham and Vanessa Greene, Carol Downs, Christine Gencio, Alan Dinsmore, JoAnn Callendar and I Heart Seniors Owner and Board Members.

The next meeting is scheduled for Monday, March 28 at 5:30 PM, at Panera Bread on Duke Street.

Topics:

1. Charles Houston Senior Center

- a. Background provided by Ms. Vanessa: Some of the seniors from Charles Houston are 2nd generation Aging Alexandria Seniors. With at least 20 participants a day, they have developed this program to include cultural outings, recreational programs and remove seniors from isolation.
- b. The Budget Cuts from the Senior Center can possibly be resolved if the funding comes from another department other than Recreation.
 - i. The Charles Houston Seniors do not need the food which is **required by the current program format.**
 - ii. Use the funding from the Division on Aging which is still **available.**
- c. Goals from Ms. Vanessa Greene
 - 1. Acknowledge it's a senior program
 - 2. Encourage African American heritage
 - 3. Keep the staff

2. JoAnn Callendar Presentation

Background: JoAnn works for the Division of Aging and Adult Services. She presented us options on how they have engaged diverse communities in Alexandria.

- a. Most services requested by Korean, Ethiopian and Spanish language speakers
- b. To meet their needs and understand their requests, the use the following:
 - i. live translation services through high school
 - ii. list of sign language interpreters
 - iii. language line services for a conference call
 - iv. translate materials in other languages
 - v. 2 way language phones
- c. Suggestions:
 - i. Asian Community - in Fairfax but have a lot of City of Alexandria
Name: Agape

- ii. **Hispanic Community**
Name: St. Martins