

**ALEXANDRIA COMMISSION ON AGING MEETING**

Thursday, November 12, 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 October minutes– see attached
4. Public comments – please limit your comments to 3 minutes
5. Special Presentation: City Legislative Process  
Presented by Bernie Caton, Legislative Director, City of Alexandria
6. Executive Committee Report– see attached
7. Discussion / Action Items
  - A. Appointment of Jane King as new Secretary
  - B. Gateway Housing project – see attached
  - C. Collection of donations for holiday gifts for Birmingham Green residents
8. Liaison Reports

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

  1. Senior Center @ Charles Houston – Vanessa Greene– see attached
  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
  8. Division of Aging and Adult Services – Terri Lynch– see attached
  9. INOVA Alexandria Hospital
  10. Human Rights Commission – Michael Kreps
  11. Alexandria Police Department – Ian Torrance
  12. Commission for Women – Elisabeth Palmer Johnson
  13. AHA – Jane King
  14. AARP – Jane King
  15. St. Martins Senior Center– Kathryn Toohey– see attached
  16. Virginia Hospital Center – Mary Belanich
  17. Partnership for a Healthier Alexandria – Mary Parker– see attached
  18. Commission on Persons with Disabilities - Mary Parker

9. 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

10. Other Business

11. New Business

**Next Commission Meeting:** Thursday, December 10, 2015, 4pm, DCHS, 2525 Mt. Vernon Avenue, Cyphers Room , Alexandria, VA 22301

**Next Executive Committee Meeting:** Monday, November 30, 2015, 3pm, 4480 King Street, Room 524, Alexandria, VA 22302

**COMMISSION OFFICERS:** Carol Downs, Chair  
Bob Eiffert, Vice Chair  
Vacant, Secretary

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.

November 2, 2015  
Executive Committee Meeting (COA)

AGENDA

1. Planning for November 12 COA meeting
  - Presentation – Bernie Caton
2. Planning for future meetings
  - December – Age Friendly Community – Jane
  - January – What Medicaid Pays For – Terri and Joanne and (?) Affordable Housing featuring Nancy (last name? and Carolyn Murhpy, Beasely House?
  - February – City Budget – Mark Jinks
  - March – Budget and 2016 COA Awards
  - April – Roy Priest and new ARHA Chair (? Name)
3. Rent Relief Program
4. Action Items:
  - COA approval to support letter (Michelle Krockner) regarding The Gateway?
  - Officially acknowledge Jane King as COA Secretary
5. Legislative Forum on Aging – Friday, November 6
6. City Budget citizen input sessions
7. Committee reports:
  - Advocacy - Bob
  - Age Friendly – Jane
  - Communications – Jim
  - Diversity – Vanessa
  - Economic Development – Mary Lee
  - Housing – Jan
  - Transportation – Alan
8. Division on Aging and Adult Services – Terri
  - Financial exploitation cases
  - Demographic information about the City and seniors
9. Other business?
10. Next meeting – November 30 at 3:00 PM, Room 524

October 30, 2015

Chairwoman Lyman and Members of City Planning Commission  
City of Alexandria  
301 King Street  
Alexandria, VA 22314

Re: The Gateway at King and Beauregard

Chairwoman Lyman and Members of City Planning Commission,

We are writing to you as members of a coalition of housing advocates, nonprofit housing providers and human service organizations who provide shelter, housing and support services to low-income residents in the City of Alexandria. We would like to take this opportunity to offer our support for The Gateway at King and Beauregard project (The Gateway) that you will hear at your November 5, 2015 meeting. This project creates 74 new units of housing affordable to low and moderate income families.

The 74 units will serve a range of incomes, with half of the units targeting households at or below 50 percent of area median income. Given the significant loss of market rate housing over the past 15 years, and the demand for affordable units that was identified during the Beauregard small area planning process, this project will provide much needed housing for the City of Alexandria within a new vibrant community.

The project meets many of the objectives identified in the City's Housing Master Plan. Specifically, the project is a partnership between a for-profit and nonprofit developer (Principle 3); it creates a new mixed income/mixed use community in the City (Principle 5); and with the planned West End Transitway, it provides location-efficient affordable housing (Principle 4).

This development has been endorsed by the City's Housing Affordability Advisory Committee (AHAAC), as well as the civic associations surrounding the site. We believe this project advances the City's goal identified in the Housing Master Plan of creating or preserving 2,000 new units of affordable housing before 2025. This proposal utilizes the City's zoning authority along with the financial tools at its disposal to create a new mixed use community that provides a diversity of housing opportunities. We urge you to support the staff recommendation and approve this project at your November 5, 2015 meeting.

Sincerely,

## The Senior Center @ Charles Houston COA Report – October 2015

**Our October Highlights include the following special activities:**

- **Resuming our partnership with Marymount University student nurses who do blood pressure screening clinics and wellness topics**
- **Resuming our partnership with Burgundy Farm School 4<sup>th</sup> & 5<sup>th</sup> grade students in our “Burgundy Buddies’ Program.” Students as well as our senior participants were excited to see one another, renewing last year’s relationships and starting new relationships**
- **Walgreen’s Pharmacy conducted a Flu Shot Clinic here this month**
- **Members of Zeta Phi Beta Sorority conducted a presentation on the President’s exercise initiative “Go for Life” and provided a healthy lunch and snack for participants**
- **A seminar on how to navigate and use a smart phone, entitled “Are You Smarter Than Your Smartphone,” was presented by Lisa Pene**
- **NCOA sponsored and conducted a Fall Prevention workshop**
- **During our monthly Senior Center Planning Session participants gave input and suggestions for future activities and field trips**
- **Our participants were very creative in their designs for our Fall Wreath Making Project**
- **Thirteen TSC@CH seniors participated in the SAC sponsored Fall Robust Walkathon @ Ben Brenman Park**
- **We were fortunate to have beautiful weather and the fall foliage was at peak season on our annual trip to Thurmont, MD for lunch, apples and other fall goodies**
- **Our “Comfort & Cheer” discussion group, conducted by Debbie Latimer resumed during this month as well**

- **Ending the month was our Harvest Celebration, a roaring success. Participants dressed in costume and there were games of the season which included “pin the apple on the tree,” tic tac toe ball bounce, the name game (featuring Halloween inspired words), and penny pumpkin toss. We had a parade of costumes, where participants were judged on the following criteria, “Most Festive for the Season,” “Funniest,” and “Most Original.” Kudos to our judges, Charles Houston Rec Staff Sheila Whiting (Center Director) and Mia Parks, as well as TSC@CH volunteer Ashley Duncan. Please see attached photo of the winners. (Left – Right, Tina Cacioppo (Most Original), Mary Addison (Most Festive of the Season) and Catherine Ward (Funniest). Each winner received a \$10 gift card to Giant Food store.**



**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**



**November 4, 2015**

**To: Commission on Aging**

**From: Mary Lee Anderson, Executive Director  
Senior Services of Alexandria**

**Subject: Update on Senior Services of Alexandria**

ACT for Alexandria and Senior Services of Alexandria are co-sponsoring the next Senior Speaker Series event, *"Finding Your Passion: Leaving your Legacy"* on Wednesday, November 18. Participants will hear from local non-profits representing a variety of different areas and learn how to get involved. There will be representatives who work with animals, arts, environment, health, seniors, veterans and youth. It's going to be an interactive session where participants can move around to hear from each organization about their important work. The event kicks off with a special guest speaker, David Speck of Speck-Caudron Investment Group, talking about the different ways to leave a legacy.

The November 18<sup>th</sup> event takes place at Westminster Presbyterian Church, 2701 Cameron Mills Road in Alexandria. The program starts at 10:00 am – noon with registration at 9:30 am. It is free and open to the public with light refreshments. You can register online at [seniorservicesalex.org](http://seniorservicesalex.org) or call 703-836-4414, ext. 110. Please share the attached flyer with your community!

The first class of the Senior Academy received their graduation certificates from Mayor Eulle at the beginning of the City Council meeting on October 13. Each class member spoke about what they had learned, and the Mayor encouraged them to be ambassadors for the City and to get involved. SSA has started planning for the second session, which will be held in July 2016.

SSA will be hosting our annual Volunteer Appreciation Luncheon at the Durant Center on Thursday, November 12. We will be honoring the "SSA Stars" from our four program areas: Meals on Wheels, Friendly Visitor, Groceries-to-Go, and Information/Education. Members of the Commission are welcome to attend. Please RSVP by calling (703) 836 4414 ext 110.



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

**Finding Your Passion: Leaving Your Legacy**

**Wednesday, November 18, 2015  
9:30 a.m.-Noon  
Westminster Presbyterian Church  
2701 Cameron Mills Road, Alexandria, VA**

**Do you like working with youth? Are you crazy about animals? Is protecting the environment important to you? Come hear from local non-profits about exploring your passions, find out how you can get involved and the different ways to leave a legacy.**

**Special Guest David Speck of Speck-Caudron Investment Group of Wells Fargo Advisors will discuss how to leave a legacy that fits your passion and lifestyle.**

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

**Please RSVP online at [www.seniorservicesalex.org](http://www.seniorservicesalex.org)  
or by calling (703) 836 4414 ext. 110.**



## SUCCESSFUL AGING COMMITTEE REPORT November 12, 2015

The Fall Robust Walkathon was held on Wednesday, October 7 at Ben Brenman Park. The Walkathon acts as a fundraiser for the Successful Aging Committee's three annual social events (Holiday Luncheon, Dance for All Ages, Senior Health Fair) and is also a promotion for older adults to stay active. Participants receive a brief workshop on the robust walking exercise program that incorporates exercises using environmental objects with a regular walking routine for aerobic, strength, flexibility and balance exercise. The event attracted about 30 participants and had over 10 volunteers involved in conducting the exercise stations and managing the day's activities. Participants are asked to give a \$10 registration donation and get pledges from friends to contribute toward the Successful Aging Committee (SAC) annual events.

The next annual event hosted by SAC will be a holiday luncheon held at First Baptist Church on Thursday, December 10, 11am-1pm. Commission members are always welcome to attend!!

### ***Successful Aging Committee Core Members:***

Darrell Wesley	ADHC
Margaret Orlando	RPCA
Mary Lee Anderson	SSA
Bertha Coleman	RPCA
Vanessa Greene	ARHA
Jackie McCord	ADHC
Angela Redfearn	RPCA
Sadina Vanison	DCHS

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

**November is National Caregiver's Month and on behalf of the staff and participants we want to thank and acknowledge every caregiver everywhere for all that they do.**

**As you know caring for a loved one can be a long and hard job. The challenges they face can be frustrating, stressful and time consuming. A caregiver has to plan and organize their day around their loved one. For some caregivers it begins early in the morning with preparing breakfast, administering medications, bathing and dressing. By the end of the day they have run errands, wash clothes, help with toileting all the while being a friend, providing tasks for their loved and doing exercise just to name a few. As you can see life as caregiver is not easy by no means. However, they do it because they love them and they care about what happens to them. More importantly, they want them to be happy and expect them to continue to live a quality life.**

**Despite the challenges caregivers face, did you know that studies have shown that 9 out of 10 caregivers have felt needed, appreciated, thankful and important? Furthermore, these studies have shown that when caregivers felt this way the quality of life of the person they are caring for was better. According to the State of Virginia nearly 1.7 million families serve as informal caregivers for older adults providing over 1.1 billion hours of care.**

**It takes a special person to be a caregiver and we salute them for the magnificent people that they are.**

**If you know of a caregiver that is stressed or frustrated please suggest to them to find help and be truthful about the situation. Also, tell them to be positive and find ways to relieve the stress. Like exercising, talking with friends or joining a caregiver support group.**

**The Adult Day Services Center hosts a caregiver support group the first Wednesday of every month from 4pm until 5:30pm. Light refreshments are provided.**

**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**



**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 Older Adults -- Alexandria<sup>1</sup>

As of 2013, the Alexandria population age 60+ was 20,892. The following offers some details.

	Total	Male	Female	Total
Total population	143,684	69,448	74,236	20,892
<b>AGE</b>				
55 to 59 years	8,477	3,750	4,677	8,427
60 to 64 years	7,328	3,472	3,935	7,407
65 to 69 years	5,173	2,361	2,747	5,108
70 to 74 years	2,730	1,250	1,485	2,735
75 to 79 years	2,299	833	1,410	2,244
80 to 84 years	1,581	625	1,039	1,664
85 years and over	1,724	694	1,039	1,734

	Total	Male	Female	Total
<b>AGE</b>				
55+	29,312	12,987	16,332	29,319
60 +	20,834	9,237	11,655	20,892
65 +	13,506	5,764	7,721	13,485
75 +	5,604	2,153	3,489	5,642
85+	1,724	694	1,039	1,734

### Race/Ethnicity, Age 65 and over

White Alone	10,032
Black or African American Alone	2,321
American Indian/Alaska Native Alone	40
Asian Alone	699
Some Other Race Alone	174
Two or More Races	207
<b>Total</b>	<b>13,473</b>
Hispanic (of any race)	831

### Live Alone, Age 65 and over

4,959 older Alexandrians live alone; 3,448 women and 1,511 men. This does not include people who live in assisted living or nursing homes.

<sup>1</sup> American Community Survey, 2009-2013, 5 Year Estimate

## Grandchildren, Age 65 and over

478 older adults are responsible for grandchildren under age 18

## Poverty Status

A total of 2,002 Alexandrians age 55 and over live in poverty.

<b>55 to 64 years</b>	1,116	7.1% of the population 55 – 64 live in poverty
<b>65 to 74 years</b>	528	6.7% of the population 65 – 74 live in poverty
<b>75 years and over</b>	358	6.4% of the population 75+ lives in poverty

## Disability

<b>Total Population 65+ with a disability</b>	3,480
<b>With a hearing difficulty</b>	1,099
<b>With a vision difficulty</b>	607
<b>With a cognitive difficulty</b>	829
<b>With an ambulatory difficulty</b>	2,323
<b>With a self-care difficulty</b>	874
<b>With an independent living difficulty</b>	1,421

## English Speaking

	Total	Speak English "very well"	Speak English less than "very well"	Speak English "very well"	Speak English less than "very well"
<b>65 years and over</b>					
<b>Spanish or Spanish Creole</b>	727	258	469	35.5%	64.5%
<b>Other Indo-European languages</b>	851	429	422	50.4%	49.6%
<b>Asian and Pacific Island languages</b>	476	206	270	43.3%	56.7%
<b>Other languages</b>	571	318	253	55.7%	44.3%
<b>Total</b>	2,625	1,211	1,414		

## Tax Relief<sup>1</sup> and Rent Relief<sup>2</sup> Usage CoA Housing Committee

### Tax Relief

#### FY 15

- 889 households with an older adult were served
- 79 households with a veteran were served; 43 of these households included an individual age 65 or over

#### FY 14

- 1,080 households with an older adult were served
- 69 households with a veteran were served; 37 of these households included an individual age 65 or over

The number of households served between FY 14 and FY 15. For 15, the asset limit was decreased from \$540,000 to \$430,000 and applicants must now show proof of assets. Tax Services Office staff indicate that many elders are reluctant to provide bank/financial statements.

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### Rent Relief

#### FY 15

- 83 households with 119 individuals were served by the program
- Of the number above, 13 households with an adult age 65 or older or an adult with disabilities were served. The total number of persons served was 29.

#### FY 14

- 99 households with 141 individuals were served by the program
- Of the number above, 11 households with an adult age 65 or older or an adult with disabilities were served. The total number of persons served was 34.

The number of households and individuals served decreased from FY 14 to FY 15 because the amount of the subsidy and certain income disregards increased. That meant that fewer people could be served even though the budget had been somewhat increased.

Waiting List -- Currently there are a total of 35 households on the waiting list and of those 23 are older adults.

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<sup>1</sup> Information provided by Dana McCormick, Finance Department Tax Services, #3945, 9-24-15

<sup>2</sup> Information provided by Hope Toye, DCHS, #5909, 9-29-15



Department of Community & Human Services  
2525 Mount Vernon Avenue  
Alexandria, Virginia 22301

[alexandriava.gov](http://alexandriava.gov)

703.746.5700

## RENT RELIEF PROGRAM GUIDELINES

The Rent Relief Program assists eligible aged and/or disabled persons with a monthly rent benefit. Monthly rent benefit is based on household income and ranges from \$171 to \$342 monthly. Recipients must reapply at the end of each fiscal year but applications are accepted year round. A waiting list is kept when funding maximum is met.

### Eligibility Criteria:

Applicants must be 65 years of age or permanently and totally disabled

Applicants must be a City of Alexandria resident and have their name on the lease

Total combined gross household income cannot exceed \$25,600 annually

Applicant's total combined financial worth cannot exceed \$75,000

Applicants receiving rental subsidies under section 8 or other federal, state or local housing authority subsidy programs are not eligible.

If you know of persons that might be eligible for this program, need further information or an application, please have them contact:

Hope Toye, Supervisor  
DCHS/CES/Office of Community Services  
703-746-5909

Applications can be mailed to:

Alexandria Department of Community and Human Services  
Attention: Hope Toye  
2525 Mount Vernon Avenue  
Alexandria, Virginia 22301

## 2015 Real Estate Tax Relief and Assistance Program for Elderly and Disabled Persons

Residents of the City of Alexandria who are either 65 years of age or older or permanently and totally disabled by November 15, 2015, may be eligible for the City's Real Estate Tax Relief Program for Elderly and Disabled Persons. Tax relief may be prorated for persons who turn 65 or who become disabled between January 1 and November 15, 2015.

### Program Requirements

#### Income Requirements for 2015:

- To qualify for a **full** tax exemption in the current year, a household's gross combined income may not have exceeded \$40,000 in the prior year.
- To qualify for a partial exemption equal to **50 percent** of the taxes owed for the current year, a household's gross combined income may not have exceeded \$55,000 in the prior year.
- To qualify for a partial exemption equal to **25 percent** of the taxes owed for the current year, a household's gross combined income may not have exceeded \$72,000 in the prior year.
- To qualify for **tax deferral**, a household's gross combined income may not have exceeded \$72,000 in the prior year.

**Note:** Gross combined income includes the income of both spouses as well as any income in excess of \$10,000 per year of other relatives living in the home.

#### Asset Requirements for 2015

- The assets of the household may not exceed \$430,000 (excluding the house and two acres of adjoining property).

### Disabled Persons

Permanently and totally disabled persons must attach to the application or affidavit form, certification of their disability from the Social Security Administration Office, the Department of Veterans Affairs or the Railroad Retirement Board, or a sworn affidavit by two medical doctors licensed to practice in the Commonwealth of Virginia. The certification or affidavit must state that the applicant is unable to engage in any substantial gainful activity by reason of any medically determinable physical or mental impairment or deformity which can be expected to last for the duration of the applicant's life.

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

- October kicked off with our Welcoming Committee Meeting, where seniors helped plan our first International Cultural Fair which will be held on November 10, 2015. 28 different countries will be represented!
- For our first field trip in October, we had breakfast at IHOP followed by a choir concert at St. John's Church in DC.
- The Crafty Crew that meets every Tuesday, celebrated various national holidays with fun Art Projects! For National German-American Day participants painted German Folk Art onto canvas fabric and on US Navy's Birthday the seniors made nautical themed coasters.
- The Social Committee helped plan November's Birthday Party which will be held on Nov. 17<sup>th</sup>! The Committee voted to have a Thanksgiving Themed Party which will include art projects, special menu, and games!
- The Photo Story Sharing Group met once in October. During their meeting many participants shared photos of weddings, birthday parties, and special celebrations. We saw how different other cultures are and had amazing discussions about the kinds of parties we celebrate.
- On October 13<sup>th</sup>, we held inter-generational activities with Holy Spirit Homeschool. The students presented wonderful facts about apples and gave the participants healthy snack bags filled with whole apples for them to take home.
- In celebration for fall, the participant held a pumpkin painting challenge. Each table had to decorate their pumpkin as a team! We had wonderful designs from faces to flowers!
- On October 22<sup>nd</sup>, the senior center held an October Birthday Party where we had entertainment and refreshments!
- VICAP Alexandria held an informative Medicare D and C Open Enrollment Presentation. Here the participants learned about the various Medicare options, while having the chance to ask questions about their Medicare plans.
- This month our garden harvested 69 bags of squash, tomatoes, jalapenos, carrots, eggplant, sweet peppers, and basil.
- 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**

PARTNERSHIP FOR A HEALTHIER ALEXANDRIA MEETING: NOV. 4, 2015  
Report by: Mary H. Parker, PhD

The Partnership received a presentation by Stephen Hearing, MD, Health Director, Alexandria Health Department, on the Alexandria Health Profile (2015). A full copy of this document is available from the Alexandria Health Department. Attached are the Data Charts I thought would be most of interest to the Commission on Aging. They concern Morbidity and Mortality of older Alexandria residents with Alzheimer's Disease.

**MOBILITY:** Dementia shows that the percentage of older adults living with Alzheimer's Disease/Dementia in Alexandria in 2012 was higher than the U.S. Median, 11.3 compared to 10.3. Alexandria ranks 14<sup>th</sup> among 43 "peer counties" For this indicator.

**MORBIDITY: CHSI 2015 RANKING DASHBOARD:** Compares various Health Status Indicators and the Percent in Alexandria compared with the U.S. Median. The GREEN CIRCLE indicates Alexandria is in the most favorable quartile for that indicator. The YELLOW DIAMOND indicates Alexandria is in the middle, ("moderate" quartile for that indicator. The RED SQUARE indicates Alexandria is in the "least favorable" quartile for that indicator (Syphilis and HIV Prevalence).

**MORTALITY:** Leading Causes of Death lists the leading causes of death in Alexandria, compared to U.S. median. Alzheimer's Disease (16.4) is lower than the U.S. Median (27.3).

The Health Department Epidemiologists are available to assist in obtaining more extensive analysis of indicators, including the location of residents with Alzheimer's Disease by Census Tract to possibly identify residents living in the community. This information may be useful in situations such as community opposition to the Memory Care Unit and perhaps as an indicator of the need for assisted living facilities.

# MORBIDITY: Dementia

## Alzheimer's Disease/Dementia

### Significance

Dementia is an umbrella term for a group of cognitive disorders typically characterized by memory impairment, as well as marked difficulty in the domains of language, motor activity, object recognition, and disturbance of executive function – the ability to plan, organize, and abstract. Generally speaking, dementia is an illness of older adults, which suggests that as successive cohorts of our population live longer, the urgency to better address dementia increases. Alzheimer's disease is perhaps the most common form of dementia, although several others exist. As many as five million Americans have Alzheimer's disease. Younger people may get Alzheimer's disease, but it is much less common than in older adults. The likelihood of developing Alzheimer's doubles about every five years after age 65.<sup>21</sup>

### Status in Alexandria

The percentage of older adults living with Alzheimer's Disease/Dementia in Alexandria is higher than the U.S. median (Table 14). Alexandria ranks 14<sup>th</sup> among 43 CHSI peer counties for this indicator (Range: 7.9, 15.5). An HP2020 goal has not been established for this indicator.

**Table 14. Alzheimer's Disease/Dementia Indicator Data<sup>18</sup>**

Health Indicator	CHSI 2015 Values			Updated Value (if available)	
	Data Years	Alexandria	U.S. Median	Data Years	Alexandria
Alzheimer's Disease/Dementia (%)	2012	11.3	10.3		

### Summary of Community Preventive Services Task Force (TF) Recommendations

No recommended interventions for this indicator were identified by the Task Force.<sup>16</sup>

*Epidemiologist where are these people  
Sengh*

### Indicator Definitions

**Alzheimer's Disease/Dementia:** Prevalence of Alzheimer's Disease and Dementia among Medicare fee-for-service Beneficiaries (%)

# MORBIDITY: CHSI 2015 Ranking Dashboard

The following dashboard displays indicator data from the CHSI 2015 report and a symbol indicating how Alexandria ranks out of 43 peer counties. Please note that peer county comparisons are based on data from the years specified in the CHSI 2015 report, which may or may not be the most currently available data for each indicator. Indicators from alternate data sources are not shown in this dashboard since peer county comparisons are not available.

**Table 22. CHSI 2015 Indicators and Peer Rankings: Morbidity**<sup>29</sup>

Health Indicator	Data Years	Alexandria	U.S. Median	CHSI Peer County Comparison
Adult Overall Health Status (%)	2006-2012	10.4	16.5	●
Adult Physically Unhealthy Days	2006-2012	2.6	3.7	●
Adult Mentally Unhealthy Days	2006-2012	2.1	3.5	●
Older Adult Depression (%)	2012	10.3	12.4	●
Alzheimer's Disease/Dementia (%)	2012	11.3	10.3	◆
Older Adult Asthma (%)	2012	4.7	3.6	◆
Adult Obesity (%)	2006-2012	15.2	30.4	●
Adult Diabetes (%)	2005-2011	4.3	8.1	●
Preterm Births (%)	2006-2012	11.4	12.1	◆
Low Birth Weight (%)	2006-2012	7.4	7.9	◆
Gonorrhea (rate per 100,000)	2012	65.8	30.5	●
Chlamydia (rate per 100,000)	2012	337.5	280.6	●
Syphilis (rate per 100,000)	2012	13.2	0	■
HIV Prevalence (rate per 100,000)	2011	1082.3	105.5	■

# MORTALITY: Leading Causes of Death

## Status in Alexandria

While Alexandria's top causes of death are similar to national trends, mortality due to several of the leading causes of death in the U.S. occurs at lower rates in Alexandria compared to the U.S. median; exceptions include mortality due to chronic kidney disease and septicemia (Table 23).

Alexandria ranks well among the 43 CHSI peer counties for the following indicators (rank): cancer (fifth), coronary heart disease (fifth), stroke (third), chronic lower respiratory disease (first), unintentional injury (first), Alzheimer's disease (sixth), and diabetes (fourth). Alexandria ranks 30<sup>th</sup> out of 43 CHSI peer counties for mortality due to chronic kidney disease. CHSI peer rankings are not available for septicemia, influenza and pneumonia, and suicide.

The following mortality indicators meet Healthy People 2020 (HP2020) goals (*HP2020 goal in deaths per 100,000*): cancer (161.4), coronary heart disease (103.4), stroke (34.8), and unintentional injury (36.0). HP2020 goals have not been established for the other leading cause of death indicators shown below.

**Table 23. Leading Causes of Death Indicator Data** (age-adjusted deaths per 100,000)<sup>345</sup>

Health Indicator	CHSI 2015 Values			Updated Value (if available)	
	Data Years	Alexandria	U.S. Median	Data Years	Alexandria
Cancer	2005-2011	152.7	185	2007-2013	143.1
Coronary Heart Disease	2005-2011	84.2	126.7	2007-2013	77.4
Stroke	2005-2011	31.4	46.6	2007-2013	29.3
Septicemia*	2005-2011	25.8	11*	2007-2013	22.2
Chronic Lower Respiratory Disease (CLRD)	2005-2011	23.5	49.6	2007-2013	23.2
Unintentional Injury (including motor vehicle)	2005-2011	23.2	50.8	2007-2013	22.1
Chronic Kidney Disease	2005-2011	18	17.5	2007-2013	17.2
Alzheimer's Disease	2008-2012	16.4	27.3	2009-2013	14.4
Influenza and Pneumonia*	2005-2011	15.3	17.3*	2007-2013	15
Diabetes	2005-2011	14.3	24.7	2007-2013	16.3
Suicide*	2005-2011	8.1	11.6*	2007-2013	8.7

\*Since these indicators were not included in the CHSI peer rankings, the U.S. median was not readily available; the U.S. point estimate is shown as an alternate reference to the U.S. median. These indicators were included so that the leading causes of death are represented. All indicator estimates are from the National Vital Statistics System.

§ Mortality rates are sorted by Alexandria mortality rates (2005-2011)

Health and Hope



# Free Health Fair

## COME AND GET FREE:

- \* Flu shots
- \* Glucose tests for diabetes
- \* Blood pressure tests
- \* BMI screens
- \* Anemia screens
- \* Mental health screens
- \* Hearing and vision screens
- \* HIV tests and counseling
- \* Dental education
- \* Physical Therapy demos

**Francis Hammond Middle School**

**4646 Seminary Road, Alexandria**

**Saturday, November 14, 2015, 9 a.m. to 4 p.m.**



Metro Bus: 28A & 25B  
Dash: AT2 & AT5

FREE FITNESS AND HEALTH WORKSHOPS OFFERED  
THROUGHOUT THE DAY!



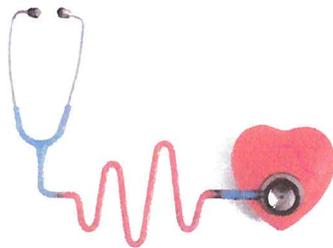
### Other services:

- info on the Affordable Care Act ("Obamacare") and free help applying
- info and help with other health coverage options like Medicaid and GAP
- help applying for SNAP food assistance benefits

**Any uninsured person living in the City of Alexandria is welcome to attend**

**Especially people who:**

- ◇ are 18 - 64 years old
- ◇ have no access to a doctor
- ◇ are in poor health or have not been feeling well



For info call (703) 746-4357 or email [alexvauninsured@aol.com](mailto:alexvauninsured@aol.com)

BROUGHT TO THE COMMUNITY OF ALEXANDRIA BY —THE CITY OF ALEXANDRIA and ALEXANDRIA CITY PUBLIC SCHOOLS, in partnership with THE ALEXANDRIA HEALTH DEPARTMENT, NEIGHBORHOOD HEALTH and INOVA ALEXANDRIA HOSPITAL



**COMISSION ON AGING**  
**Housing Committee Report**  
**October-November 2015**

**Upcoming Meetings**

November 16 – Brandywine Development Project – overview of project by developer, arranged by Helen McIlvaine, Office of Housing. Finalize 2016 Housing Committee Priorities.

December 14 – City Supportive Services that help people age in place in their current residence.

January 11 – Overview of Beasley Square Senior Independent Living, by current manager, arranged by Bill Harris.

**2015-16 Priorities**

Priorities for 2015-16 are being reviewed by Committee members and will be finalized at the November meeting.

**October Meeting**

Helen McIlvane, Acting Director of the City's Office of Housing, met with the Committee on October 19.

**Highlights:**

1. The Housing Master Plan calls for the creation of 2000 affordable housing units by 2020. A total of 1273 are now in the development pipeline through 2021. Helen walked the Committee through each proposed development project, noting that their office is interested in deeper discounts for affordable housing (most feasible in small developments of 5 or 6 units).
2. Expiring contracts for affordable housing are expiring at Claridge House (300 units), Fox Chase (400) and Old Town West. The Housing Office is talking with property owners to keep these online.
3. Tools available for their office to incentivize affordable housing and date for major focus include:
  - a. Community Land Trust (Q2 FY16)
  - b. Development Fee Relief(Q1 FY 16)
  - c. Home Rehabilitation Loan Program/Enhancements (Q2 FY 16)
  - d. Maximizing Public Land for Affordable Housing ((Q3 FY 16)
  - e. Mixed-Income Affordable Assisted Living (Q 1 FY 16)
  - f. Resource Center for Affordable Housing (Ongoing)
  - g. Additional Density in Exchange for Affordable Housing (Ongoing)
  - h. General Fund Direct Allocations Support (Ongoing)
  - i. Loan Consortium (Q2 FY 16)
  - j. Tax Abatement for Substantial Rehabilitation (Q3 FY 16, recommended by AHAAC)

4. The need for permanent supportive housing programs is bottomless. Helen said she is working with nonprofits on this, targeting those with incomes 30-40% of median income.
5. "Housing First" as a means of addressing ongoing homelessness is now supported by evidence based research on populations in NYC.
6. The January 2015 Apartment Survey of available affordable housing was distributed. Approximate monthly rates: efficiency – 1025; 1 BR – 1175; 2 BR-1300; 3 BR – 1550.
7. Demand for rental housing as a whole is great, thus some previously affordable units are switching to market affordable (18,000 affordable in yr 2000 down to 6500 today). Rental rates haven't gone up much in recent years due to the amount of construction. However, in some cases utility costs, previously included in rent, are now the renter's partial or full responsibility.
8. Subsidized housing vouchers: ARHA is responsible for these in our area. Federal housing funds are in jeopardy. People with vouchers are "flocking to affordable units, resulting in less affordable housing." ARHA is authorized for 1900 vouchers but can only afford 1400 due to current rental rates. They are currently "right-sizing" tenants into correct size units to meet their needs. **All ARHA vouchers are taken.**
9. Programs to help people get into/stay in their homes were described and handouts distributed: Home Rehabilitation Loan Program, Homeownership Assistance Program, Energy Saver Loan Program; Energy Masters; The Virginia Livable Home Tax Credit; Rental Accessibility Modification Program (RAMP);
10. How can we help, as a Commission and as individuals? Show up at meetings where affordable housing is discussed, e.g., City budget meetings, Council retreat, ARHA facility meetings, North Old Town SAP charette. Encourage consumers to participate. Kicking off now is the North Old Town Small Area Plan – no affordable units are in the pipeline. We can also help to market available affordable units to those in need. NOTE: ACCESS VA is a website where you can look up accessible units throughout the state.
11. Our wishes: More congregate housing with services to support those onsite. We also wish to be involved early on in development projects where affordable senior housing and/or assisted living are a possibility,
12. The Committee convened to review what took place over the summer and launch a review of progress on 2014-15 priorities. Draft 2015-16 priorities were discussed by the Executive Committee at its most recent meeting, have been re-drafted, and will be finalized by the Housing Committee on October 19<sup>th</sup>.
13. Other Handouts
  - a. Multifamily affordable housing – Northern Virginia
  - b. Assisted Housing In the City of Alexandria.
  - c. PowerPoint: Affordable and Workforce Housing, by Helen McIlvaine.
14. Next Steps
  - a. Meet with Brandywine developer at November 26 meeting.

Minutes from November 4, 2015 meeting of the Economic Development Committee

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

### Senior Consumers

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

We agreed to the following: SSA will draft a "Senior Silver Service" card for review and approval by our Committee and Executive Committee before the monthly COA meeting on 11/12.

DAAS has agreed to print it on card stock, and SSA will approach AARP about laminating. The "Senior Silver Service" card will initially be distributed to AHA members, SSA volunteers, Commission on Aging members.

AHA and SSA will maintain supply of cards for further distribution and post description of the program and details about businesses participating on our websites.

Pat Miller agreed to arrange introductory meetings with Del Ray businesses. Mary Lee, MaryAnne, Joan and Jane will rotate joining her to "sell" the program and get commitments for what each business will offer.

SSA will update flyer for businesses and offered to make brief presentation to Del Ray Business Association at their next meeting on 11/16/15. Pat Miller will confirm.

### 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. COA members will raise the issue at tonight's Community Forum on the budget, and Mary Lee agreed to raise the issue at the COA meeting on 11/12.

WDC will explore holding informal senior employment "support groups", providing attendees with feedback on their job search, and facilitated discussion about resources.

### AARP Livable Community

The Committee is working with Jane King on input for the application to AARP. Pat Miller suggested that we keep the City Manager's office in the loop about the initiative when City Council and the Mayor are approached for approval of the application.

Our next meeting will be at St. Elmo's on Wednesday, December 2 at 10am.

Mary Lee

October 26, 2015  
Diversity Committee Report

Members present: Reggie Banks, Carol Downs, Anestacia Graham, Vanessa Greene, Jane King

Discussion involved the following issues:

- Alexandria as an Age Friendly Community – Jane gave some statistics that indicated that a survey in which participants self-identified as to 21% of Alexandria’s population speak a language other than English at home and 13.3% feel that English was spoken less than well. Jane also shared information that individuals who represent more diverse communities are less healthy and more live in poverty. Since the Age Friendly project will include several years (2017-2020), we need to think three or four years out.
- Adding additional Committee members who are more representative of the diverse communities living within Alexandria. Suggestions included: Mary Brown, Jenny Chin, Diane Reynosa and Lupe Silva. Follow-up will include contacting these individuals.
- Outreach through congregations who have a large percentage of African American members. Vanessa has attempted to contact Rev. Marcia Norfleet, Director of Senior Ministry at Alfred Street Baptist Church and identified that Sarah Robertson is Director of the Senior Ministry for Shiloh Baptist Church. The goal is to set up a time to meet with each to schedule a “listening” session with seniors from each congregation. The sessions will be designed to facilitate a better understanding of the issues that are of particular concern to the congregation’s seniors. It will also present an opportunity for the seniors to gain a better understanding of what it is the Commission does. It is the Committee’s hope that several members of the Commission will want to participate in these sessions. The Committee has set a goal of February, 2016 for the first listening session.
- The continued need for housing that is more affordable for seniors whose income may not enable them to live in neighborhoods that they have lived in for most of their lives. Vanessa gave the example of the area surrounding the Charles Houston Recreation Center and parts of the Rosemont Area which have historically had many African American families as a major part of the two communities. Jane will send Committee members Helen McIlvain’s comments regarding “market rate” housing.
- The next Committee meeting is scheduled for Monday, November 30 at 5:30 pm at Panera’s on Duke Street. Subsequent meetings will be held the last Monday of the month.