

ALEXANDRIA COMMISSION ON AGING MEETING

Thursday, October 8, 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 September minutes– see attached
4. Public comments – please limit your comments to 3 minutes
5. Special Presentation: Partnership for a Healthier Alexandria
Presented by Katie Leonard, Public Health Planner
6. Executive Committee Report– see attached
7. Discussion / Action Items
 - A. Appointment of new Secretary
 - B. Committee Updates
 1. Housing – Chair, Jan Macidull
 2. Advocacy and Legislation – Chair, Bob Eiffert
 3. Communications /Outreach – Chair, Jim Lindsay; Vice Chair, Joan Dodaro
 4. Transportation – Chair, Alan Dinsmore
 5. Economic Development – Chair, Mary Lee Anderson
 6. Strategic Planning – Chair, Jane King
 7. Diversity Committee – Co-Chairs, Anestacia Graham and Vanessa Greene– see attached
8. Moto's with Jane King
9. Liaison Reports

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

1. Partnership for a Healthier Alexandria – Mary Parker
2. Commission on Persons with Disabilities - Mary Parker
3. Senior Center @ Charles Houston – Vanessa Greene– see attached
4. Senior Services of Alexandria – Mary Lee Anderson
5. Recreation, Parks and Cultural Activities – Margaret Orlando– see attached
6. Arlington County Commission on Aging – Mitch Opalski
7. Successful Aging – Darrell Wesley– see attached
8. Alexandria Adult Day Services Center, ADSC – Darrell Wesley– see attached

9. Housing Affordability Advisory Committee – Bill Harris– see attached
10. Division of Aging and Adult Services – Terri Lynch
11. INOVA Alexandria Hospital
12. Human Rights Commission – Michael Kreps
13. Alexandria Police Department – Ian Torrance
14. Commission for Women – Elisabeth Palmer Johnson
15. AHA – Jane King
16. AARP – Jane King
17. St. Martins Senior Center– Kathryn Toohey– see attached
18. Virginia Hospital Center – Mary Belanich

10. Other Business
11. New Business

Next Commission Meeting: Thursday, November 12, 2015, 4pm, DCHS, 2525 Mt. Vernon Avenue, Cyphers Room , Alexandria, VA 22301

Next Executive Committee Meeting: Monday, November 2, 2015, 3pm, 4480 King Street, Room 524, Alexandria, VA 22302

COMMISSION OFFICERS: Carol Downs, Chair
 Bob Eiffert, Vice Chair
 Sean Dunbar, 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.

October 1, 2015
COA Executive Committee Report
September 28, 2015 Meeting

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

1. Planning for October 8 Commission on Aging Meeting
 - Special Presentation, Partnership for a Healthier Alexandria – Katie Leonard, Public Health Planner
2. Planning for future COA meetings (suggested speakers and programs)
 - November – Bernie Caton, City Legislative (confirmed)
 - December – Jane King, AARP/WHO Age Friendly (Livable) Community
 - January – Terri Lynch and Joanne – What Medicare is Used For and Pays For
 - February – Invite Mark Jinks, City Manager to talk about the City Budget
 - March – Budget
3. Fill vacancy for office of Secretary – Carol will solicit COA members (per COA Bylaws)
4. Annual Legislative Forum, Friday, November 6, 9:45 – 11:30 AM, Fairlington Community Center
5. Committee Reports: (note: individual reports will be submitted by Committee Chairs)
 - Housing – suggestion to add supportive services in current NORC's and COA should support protecting and increasing the stock of affordable and accessible housing and assisted living for seniors, but cannot be held accountable for this goal
 - Communication and Outreach – will provide a template to other COA Committee that can be utilized for a specific Committee's public messaging (but the EC and COA need to approve messages before they "go" public)
 - Diversity – additional Committee members will be added to expand representation of diverse communities within Alexandria
 - Economic Development – Mary Lee is meeting with Pat Muller (Delray Business Association) to discuss how the Committee might solicit Delray restaurants to offer discounts to seniors
 - Transportation – Alan will be meeting with David Gorst, Bicycle and will provide a full report to the COA
 - Age Friendly (Livable) Community – Jane will report back to the COA once we know who will be elected Mayor and City Council members
6. Next Meeting date is Monday, November 2 at 3:00 PM

Diversity Committee Report
September 28, 2015 Meeting

Participants: Carol Downs, Anestacia Graham, Vanessa Greene, Jane King. Invited guest, Reggie Banks.

Discussion centered on several issues:

- Need to support the gaining of waivers in order to fill two current unit openings at Beasley Square. Anestacia, Bill Harris and Jane Macidull will meet with Carolyn Murphy, Beasley Square Property Manager, to explore how the COA can best assist in doing this.
- Increasing the number of members on the Diversity Committee to reflect Alexandria's diverse population, especially the African American and Hispanic communities that represent the largest diverse groups. In addition, outreach will include members of the Asian community and other ethnic and racial communities.
- Encouraging an exchange of information dialogue between COA members and residents living in Ladrey, Annie B. Rose, and Claridge House about specific concerns. This will initiate listening sessions that can be expanded to include seniors attending Alfred Street Baptist and Shiloh Baptist programs that address senior issues within each congregation. Vanessa will contact the person in charge of senior programs at Alfred St. Baptist.
- Working more closely with Michael Kreps, COA liaison to the Human Rights Commission, to coordinate efforts to increase diversity within COA and its committees.
- Schedule a future meeting with ARHA CEO Roy Priest and ARHA Board Chair Merrick Malone to discuss how COA can assist in achieving goals of ARHA.

The Senior Center @ Charles Houston COA Report – September 2015

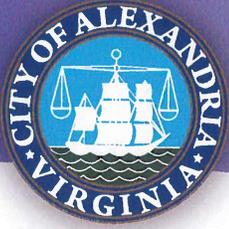
Welcoming our seniors back after our clean-up week, the center was involved with the following activities:

- Attending the 2015 Spirit of America Army Show @ the DC Armory, a wonderful military and American history presentation in exhibition and music
- Enjoying a riding tour exploring Alexandria's Black History as narrated by Audrey Davis, Director of Alexandria's Black History Museum and Char Bah, noted genealogist. The tour culminated with a stop at the Freedman's Cemetery and participating in the commemoration of the one year anniversary of the restoration/dedication of the cemetery
- Our 43rd Anniversary celebration was a roaring success. We had a standing room only crowd, the entertainment was great. We were glad to have COA members Jan Macidil and Mary Parker in attendance as well as Debbie Ludington from DAAS who greeted the crowd warmly
- Our annual Senior Appreciation Picnic, a joint activity with Annie B. Rose & Ladrey, was another successful, enjoyable event. The food was very tasty, bingo games with gift card prizes, caricature drawings and the sounds of the DJ filled the air on a day that was "picture perfect" for such an event
- Walgreen Pharmacist, Krystal Patel gave a very detailed and informative presentation on Cervical Cancer, Incontinence and Shingles
- VA Co-Operative Extension Volunteers were on hand this month with a cooking demonstration on root vegetables, making a vegetable stew that combined some interesting ingredients and spices that included cumin, cinnamon and peanut butter
- During our monthly Senior Center Planning Session participants gave input and suggestions for future activities and field trips
- Monique Bagby was back this month to resume our weekly arthritis exercise classes and Carmen Shippy was back to teach an ancient art movement dance class

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

Submitted By,

Vanessa K. Greene
Senior Center Director



RECREATION FOR AGES 55 & UP



It's all inside...

Fitness Passes, Classes, Clubs, Sports and Services

NEW FOR FALL

**SUCCESSFUL AGING
COMMITTEE
PRESENTS
ROBUST
WALKATHON**

**Wednesday, Oct. 7
10 a.m.**

Ben Brenman Park, 4800 Brenman Park Dr.

We're putting the FUN in fundraising with a healthy walking workout. Register online at www.sensorservicesalex.org or call 703.836.4414 for more information.



ADULT DAY TRAVELER

Saturday, Nov. 21, 8 a.m.-9 p.m.

Cora Kelly Recreation Center, 25 West Reed Ave.

Ages 18 & up. Take a trip with friends to Lancaster, PA to see the "Miracle of Christmas" play at Sight and Sound Theatre.

Participants will get the chance to explore the best Dutch Country shopping and dining before leaving Lancaster. \$115. Activity #283704.

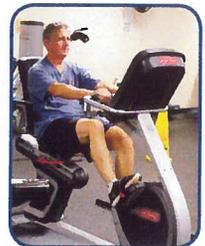


30 DAYS FOR \$30

Chinquapin Park Recreation Center & Aquatics Facility, 3210 King St.

First-time passholders can purchase a 1-month Chinquapin fitness pass for only \$30 during October.

Chinquapin fitness passes include access to open swim, locker rooms, saunas and fitness room. This promotion is only available to Alexandria residents. City residents ages 55 and up are also eligible for an additional 20% discount.



FITNESS CLASSES FOR AGES 55 & UP

William Ramsay Recreation Center, 5650 Sanger Ave.

Senior Weight Training: Wednesdays, 12-1 p.m.

Strengthen and tone muscles while improving flexibility with cardio and weight training. Increase endurance and burn calories using a timed interval system. \$35/month. Activity #214104.

Senior Body Part Aerobics:

Mondays & Fridays, 10-11 a.m.

This exciting, low impact chair aerobics workout uses slow everyday movements to tone and sculpt the body while increasing balance, coordination, strength and flexibility. October: \$29. November: \$35. Activity #214100.

Contact the Registration & Reservation Office at 703.746.5414 for more information.
Schedules and fees are subject to change.

CLASSES

Class selections for ages 55 & up vary by season. View a complete listing at alexandriava.gov/Recreation or look for the **55+** icon in a Program Guide at any Recreation Center. Classes include:

- Swimming
- Aquatic Exercise
- Racquetball Lessons
- Functional Fitness
- Piano Fun for Adults
- Yoga
- Zumba
- Senior Aerobics
- Men's 50 & Over Basketball

FITNESS PASSES

Fees include 20% discount for Alexandria residents 55 & up



NEIGHBORHOOD FITNESS PASSES

	Alexandria Residents	Nonresidents
Single Day Pass	\$4	\$10
3-month Pass	\$32	\$80
6-month Pass	\$60	\$150
12-month Pass	\$100	\$250

Neighborhood Fitness Passes are valid at the following recreation centers:

Charles Houston Recreation Center, 703.746.5552
901 Wythe St., Alexandria, VA 22314
Mon.-Friday: 9 a.m.- 9 p.m.
Saturday: 9 a.m.-6 p.m.; Sunday: 1-5 p.m.

Cora Kelly Recreation Center, 703.746.5554
25 West Reed Ave., Alexandria, VA 22305
Monday-Friday: 9 a.m.- 9 p.m.
Saturday: 9 a.m.-6 p.m.

Nannie J. Lee Recreation Center, 703.746.5550
1108 Jefferson St., Alexandria, VA 22314
Monday-Friday: 12-9 p.m.
Saturday: 9 a.m.-6 p.m. (October - March)

William Ramsay Recreation Center, 703.746.5558
5650 Sanger Ave., Alexandria, VA 22311
Monday-Friday: 12-9 p.m.
Saturday: 9 a.m.-6 p.m.; Sunday: 1-5 p.m.

CHINQUAPIN PARK RECREATION CENTER & AQUATICS FACILITY FITNESS PASSES

	Alexandria Residents	Nonresidents
Single Day Pass	\$6.40	\$12
1-month Pass	\$40	\$100
6-month Pass	\$200	\$500
12-month Pass	\$360	\$885
Non-Prime Racquetball	\$8/hr.	\$11/hr.
Prime Racquetball	\$11/hr.	\$14/hr.

Chinquapin Park Recreation Center & Aquatics Facility, 703.746.5553
3210 King St., Alexandria, VA 22302
Monday-Thursday: 6 a.m.- 9 p.m.
Friday: 6 a.m.-6 p.m.
Saturday-Sunday: 8 a.m.-6 p.m.

Amenities include:

- 25-meter pool with diving well
- Locker rooms with saunas
- Fitness Room
- Racquetball Courts
- Facility Rentals



CLUBS

AMERICAN SIGN LANGUAGE

Thursdays, 10:15-11:30 a.m.
Mt. Vernon Recreation Center
2701 Commonwealth Ave.

Free. Participants continue to learn ASL grammar and etiquette. Deaf culture is explored, as well as opportunities to converse with native signers.



ART

Mondays, 10 a.m.-12 p.m.
Mt. Vernon Recreation Center,
2701 Commonwealth Ave.

\$5 per meeting. Begin with sketching and progress through various visual arts mediums with assistance from professional artists.

BRIDGE

Wednesdays, 9:30 a.m.-2 p.m.

Nannie J. Lee Recreation Center, 1108 Jefferson St.
Free. Play cards with neighbors and friends in a relaxed and fun atmosphere.

DEL RAY ROBUST WALKING GROUP

Mondays, Wednesdays & Fridays, 9 a.m.

Mt. Vernon Recreation Center, 2701 Commonwealth Ave.

This wholesome pathway to successful aging weaves low-intensity exercises into a walk.

DEL RAY SENIORS

Tuesdays, 11 a.m.-3 p.m.

Mt. Vernon Recreation Center,
2701 Commonwealth Ave.

Free. Social gatherings to discuss healthy living, exercise and fitness, screenings and recreational and leisure opportunities. Enjoy quarterly luncheons, field trips and guest speakers. Fee may apply for activities.



DUN LO ARTS

Tuesdays, 12-12:30 p.m.

Nannie J. Lee Recreation Center, 1108 Jefferson St.

Free. Seniors learn to paint in a group setting. Art exhibits take place each May and December. For more information, call Rhoda Seligmann at 703.751.7924.

HATHA YOGA FOR MEN & WOMEN

Mondays, 12-1 p.m.

Cora Kelly Recreation Center, 25 West Reed Ave.

Free. Practice posture and breathing techniques to reduce tension, improve circulation and learn to relax.



JEWELRY

Mondays, 1:30-3:30 p.m.

Mt. Vernon Recreation Center
2701 Commonwealth Ave.

Free. Informal group assists seniors with psychomotor skills by creating assorted jewelry items. Participants provide their own materials.

KNITTING

Thursdays, 10 a.m.-2 p.m.

Mt. Vernon Recreation Center, 2701 Commonwealth Ave.

Free. Knitters at various skill levels socialize and knit scarves, hats, sweaters, blankets, etc. Bring materials.

LINE DANCE

Tuesdays, 10-11 a.m.

Cora Kelly Recreation Center, 25 West Reed Ave.

Free. Learn the basic steps of line dance routines for new and old dances with Instructor Glenda Davis. No partner needed.

PINOCHLE

Mondays & Fridays, 10 a.m.-12 p.m.

Mt. Vernon Recreation Center, 2701 Commonwealth Ave.

Free. Learn the games of bridge and pinochle and play socially on a regular basis.

SENIOR ZUMBA

Mondays & Wednesdays, 10-11 a.m.

Cora Kelly Recreation Center,
25 West Reed Ave.

Free. Want to have fun while exercising? This safe, self-directed fitness workout combines Latin dance and modern day hip hop.



STRENGTH AND CONDITIONING

Mondays, Wednesdays & Fridays 9:30 a.m.-12:30 p.m.

William Ramsay Recreation Center, 5650 Sanger Ave.

A self-directed group activity to encourage pursuing a personal fitness plan. Recreation Center ID and Fitness Pass are required.



TABLE TENNIS TUESDAYS

Tuesdays & Thursdays, 9 a.m.-12 p.m.

William Ramsay Recreation Center,
5650 Sanger Ave.

Free. Join us for table tennis as we 'Get Active to Stay Active.' Play on two tables with balls and paddles provided. All skill levels welcome.

55+ GAME NIGHTS

Fridays, 7-9 p.m.

Mount Vernon Recreation Center,
2701 Commonwealth Ave.

Free. Play table games and cards while enjoying entertainment, refreshments, and new friends.



SPORTS

PICKLEBALL

Thursdays & Fridays,
9 a.m.-12 p.m.

2nd & 4th Sundays,
3-4:30 p.m.

Charles Houston Recreation Center, 901 Wythe St.

Mondays & Tuesdays, 11:30 a.m.-2 p.m.

Wednesdays, 1-3 p.m.

Nannie J. Lee Recreation Center, 1108 Jefferson St.

Ages 18 & up. Free to residents, \$10 for nonresidents.

What do you get when you combine badminton, tennis and ping-pong? A popular and quickly growing sports program ideal for active adults. Stay fit while enjoying weekly challenges with friends.



SENIOR BASKETBALL

Thursdays, 12:30-2:30 p.m.

Nannie J. Lee Recreation Center, 1108 Jefferson St.

Free. Stay healthy and have fun playing 3 on 3 half-court basketball. Fellow players will help sharpen your skills through scrimmage opportunities. Bring an indoor women's basketball and a light and dark shirt.

Adult Sport Leagues vary by season. View a complete listing at alexandriava.gov/Recreation, pick up a Program Guide from any Recreation Center or call 703.746.5409.

PARTNERS

NORTHERN VIRGINIA SENIOR OLYMPICS

www.nvso.us or 703.746.5575

Adults ages 50 years and older are eligible to complete in 25 indoor and outdoor events annually, including track, swimming, golf, scrabble, table tennis, Pickleball, and more. NVSO promotes health, fitness and psychological well-being for older adults. NVSO is sponsored by the cities of Alexandria, Fairfax and Falls Church and the counties of Arlington, Fairfax, Fauquier, Loudoun and Prince William.



SENIOR SERVICES OF ALEXANDRIA (SSA)

www.seniorservicesalex.org

SSA's mission is "to foster independence and self-sufficiency, enabling seniors within the City of Alexandria to age with dignity" by operating the following programs:

- *Meals on Wheels* delivery program, 365 days a year
Receive meals: mealsonwheels@seniorservicesalex.org
Volunteer: volunteer@seniorservicesalex.org
- *DOT Transportation* reservations for the City
- *Educational programs* including a monthly *Speaker Series* and *Senior Information Corners* in public libraries and recreation centers
- *Senior Living in Alexandria*, a monthly cable program on Alexandria's Comcast Channel 70 on Sundays at 2 p.m. or on Youtube at Senior Living in Alexandria
- *Animeals on Wheels* provides food for pets of low-income seniors. communications@seniorservicesalex.org
- *Friendly Visitor Program* matches volunteers with seniors for weekly visits, enhancing connections to the community. friendlyvisitor@seniorservicesalex.org

To help enhance the lives of seniors in our community, contact Executive Director Mary Lee Anderson at communications@seniorservicesalex.org or 703.836.4414.

DEPARTMENT OF COMMUNITY & HUMAN SERVICES' AGING & ADULT SERVICES

703.746.5999 or www.alexandriava.gov/DCHS

Services available to residents age 60 and over include transportation, an adult day health care facility, home visits and case management, home delivered meals, health insurance counseling and volunteer opportunities.

Senior Centers provide programs and meals to adults age 60 and over who are cognitively aware and physically independent. Recreation opportunities include leisure activities, sharing groups, exercise classes, wellness, nutrition, consumer education seminars, and trips.

- *The Senior Center at Charles Houston*, 703.746.5456
- *St. Martin de Porres Senior Center*, 703.751.2766

The Alexandria Adult Day Services Center is a daytime program for older adults with physical and/or cognitive limitations. Therapeutic recreation programs and leisure activities are available to help increase physical, mental, emotional and social abilities.

- *Adult Day Services Center*, 703.746.5676

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

As you all know the Successful Aging Committee of Alexandria continues to try to provide information and events for senior residents in Alexandria. In an effort to keep providing annual events for seniors the committee has to find ways to financially support them. One way is to donate and participate in our bi-annual walkathon.

On October 7, 2015 the Successful Aging Committee will host its second Robust Walkathon fundraiser of the year held at Ben Brenman Park, 4800 Brenman Park Drive, Alexandria Va. 22304. Group instructors will lead groups through stations that show how to weave low-intensity exercises, gain balance, strength, agility and endurance.

The event will start at 10am and you can register online at seniorservicesalex.org or call 703.836.4414 ext. 110. Remember, all proceeds go directly to host the Senior Holiday Party, the Dance for all Ages and the Senior Health & Fitness Day. Come and have some fun.

Please save the date. The Successful Aging Committee's annual holiday party is scheduled for Thursday December 10, 2015 from 11am – 1pm. The party will be at the First Baptist Church of Alexandria, 2932 King St., Alexandria Va. 22302. More details and information will be in the November's commission report.

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

Alexandria Successful Aging Committee core members:

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

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

I would like to welcome the Commission members back from a wonderful summer vacation. Since I wasn't able to attend last month's meeting I am going to assume there are new members on the commission. With that said, I would like to take this opportunity to tell them a little about the Adult Day Services Center.

The center is located in the Lee Center at 1108 Jefferson St., Alexandria, Va. It is off of route 1 near the Wilson Bridge exit. Our program is designed to offer services that enrich the lives of our seniors and encourage them to be as independent as possible despite their challenges.

It is our philosophy to maintain or improve the physical health, emotional well-being, mental functioning and daily living skills of our seniors in a jovial and safe environment; while providing social support, fellowship and respite care for the family. We are dedicated and committed to the highest quality of care possible to our program family.

The ADSC family is proud to report that we continue to operate at a high capacity percentage. Currently, we are operating at 94% capacity. Furthermore, our family members tell us that they are telling their neighbors, friends and colleagues how wonderful this program is.

If you know or think 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: October 1, 2015
SUBJECT: Alexandria Housing Affordability Advisory Committee Report

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

The following matters were considered:

1. Gateway at King-Beauregard

This project was first introduced in June 2015. (See my report dated June 17, 2015) Staff recommended a permanent loan of \$5,500,000 to Alexandria Housing Development Corporation for this project on the old Jefferson Hospital site at the intersection of King and Beauregard, the main entrance to Alexandria City from the west. The entire project will include some 300 units of housing, a Harris-Teeter grocery store, office space, and commercial space on the first level. Alexandria Housing Development Corporation will own and operate 74 units of housing with 44 spaces of underground parking. The units will be above commercial space on the first level. While most “affordable” projects target tenants at 60% of AMI (area Median Income) this project will have eight units at 40% and 29 units at 50%, as well as 37 at 60%. It will also have 50 two bedroom and 12 three bedroom units. Getting these deeper subsidies and larger units will require an increase from the projected City loan of \$4.5M to the recommended \$5.5M. After discussion the committee voted to approve staff’s recommendation.

2. Eisenhower West Small Area Plan (EW SAP)

Staff gave an overview of this plan, but no specifics. The current schedule calls for the EW SAP to be presented to the Planning Commission and to the City Council in November. The plan can be found online at <http://www.alexandriava.gov/EisenhowerWest>.

3. Alexandria Redevelopment and Housing Authority (ARHA) reported on the Ramsey redevelopment project. The City recently reversed the historical decision to keep and upgrade all the old cement block houses, but required one building be kept as a historical museum, which ARHA says it doesn’t have the money to renovate and maintain. At the present time ARHA and the City have not been able to reach an agreement on how to go forward on this project. Talks are ongoing.

Following discussion of a number of housekeeping matters the Chair adjourned the meeting at 9:05 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 September 2015
to the Alexandria Commission on Aging Meeting in October 2015

- The participants cherished the end of the Summer Season and the start of Fall with fun crafts which included: painting wood carved oranges and lemons, making ants on a log, creating felt dolls for National Felt Day, ice cream lollipops for National Ice Cream Day, and vanilla coffee bean candles for National Coffee Day!
- For our first field trip of the month, the participants enjoyed the warm summer weather at Huntley Meadows Park. They saw frogs, turtles, and dragonflies! They topped the day off with a visit to Cracker Barrel restaurant for heartwarming food.
- Due to Senior Council Decree, our participants voted to have Birthday Parties every month. This month we did a Birthday “Snack” Potluck, where participants shared pre-packed snacks and danced to live entertainment!
- This month we started a Story Sharing discussion group, this month participants were delighted to share their baby photos, family photos, and vacation photos! We had wonderful discusses about each person’s photo and learnt many new things about each other.
- VA Cooperative Extension Service held their last cooking demonstration for the year called “Be Green, Eat Green!” Participants were taught how to properly cook collard greens and kale.
- On September 8th, we held inter-generational activities with Holy Spirit Homeschool. The students gave healthy snack bags filled with sugar-free fiber muffins and whole apples for them to take home. They also played their favorite game of hot potato!
- Our Welcoming Committee met for the second time to plan our International Cultural Festival to be held on November 10, 2015. The participants will start signing up in October. They can sign up to share music, movies, clothing, magazines, prepackaged food, or news. This is the first time we are holding our own International Cultural Festival and we hope it goes well!
- The senior center named September “Nutrition Month” because we had three nutrition presentations by registered dietitians. 3-N-1 Nutrition Services discussed Nutrition Basics and the 6 Essential Nutrients for good Nutrition. While Murray Enterprises Inc. reviewed how to read Nutrition Labels, tips for choosing “MyPlate” meals, discussed the issue of hidden sugars and fats, and lastly what food additives are.
- The Social Committee for their third time to plan October’s Birthday Party to be held on October 22, 2015. The seniors voted on having Halloween decorations up during the party and celebrating fall at the same time.
- Seniors took advantage of the savings at a second hand store called Unique Thrift Shop. Many seniors were able to find sweaters and warm fall clothes for less than \$5.00 an item. The participants also enjoyed eating boxed lunch in the Mosaic district!
- This month our garden harvested 86 bags of squash, tomatoes, jalapenos, carrots, eggplant, cucumbers, and basil.
- Exercise programs such as Fit 4 Life, Zumba Gold, Workout Walking 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