

**Alexandria Commission on Aging Minutes**  
**November 12, 2015**

**Members Present:** Bob Eiffert , Jane King, Mary Lee Anderson, Charles Bailey, Alan Dinsmore, Joan Dodaro, Cedar Dvorin, Anestacia Graham, Elisabeth Palmer Johnson, David Kaplan, Michael Kreps, Jan Macidull, Del Pepper

**Members Excused:** Carol Downs, Pat Killeen, Jim Lindsay, Mary Parker

**Liaisons Present:** Vanessa Greene, Senior Center @ Charles Houston; Kathryn Toohey, St. Martins Senior Center; Margaret Orlando, Recreation, Parks and Cultural Activities; Darrell Wesley, Alexandria Adult Day Services Center; Mitch Opalski, Arlington Commission on Aging; Kim Alberty, Ian Torrance, Police Department

**Staff Members Present:** Terri Lynch and Debbie Ludington, Division of Aging and Adult Services; Bernie Caton, City Manager's Office

**Guests Present:** Christine Fulgencio, The Medical Team; Lori Young, Goodwin House; Diana James and Barbara Browne, citizens.

**The meeting was called to order at 4:00 PM.**

**The October minutes approved as submitted.**

**Barbara Brown, a guest,** introduced herself and said she wants to be more involved in Alexandria and the Commission. Bob said we would like her involvement in the Commission's work.

**Bernie Caton made a presentation on his role as Alexandria's Legislative Director,** representing the city with the General Assembly. – see attached. He has served in this role for 20 years, and has worked with the General Assembly in some way since 1979, except one year. He noted that when Congress allowed earmarks, our Congressional delegation helped to fund Alexandria programs.

When Bernie comes back from General Assembly in March, he soon has to start getting ready for the next year. He works with Alexandria's boards and commissions to hear their recommendations and can advise about chances of passage of proposals. He needs to hear from boards and commissions by May. By Labor Day he meets with the legislative subcommittee of City Council and meets with the state delegation to review proposals. The City Council reviews the package and holds a public hearing on the package in November. Additions to the package can be made at that time, and the Council then approves the package.

The NVAN platform is treated separately because it is regional. It is always fairly long and the commissions have to do the leg work in most cases.

The city takes a position on bills during the General Assembly session. Bernie looks at every bill being considered and sends relevant ones to city staff. The Council then decides on its support or opposition. Bernie said that he spends more time opposing bills.

Commissioners asked questions about the legislative package for 2016: on support for processing PERK tests for rape and the ability of all renters to assign condo conversions. Full explanations of proposed legislation are included in dockets for the Council.

Bernie was asked about the issue of the greatest importance. He reported that it is allocation of funding by the General Assembly for those mandates it imposes on localities.

He reported that the city has supported Medicaid Expansion from the outset.

All the cities and towns and urban counties (through the Virginia Municipal League) have a staff. The Virginia Association of Counties also has staff. Northern Virginia's jurisdictions have full-time employees who represent them with the General Assembly.

Bernie reported that requirements for developer contributions and affordable housing and affordable assisted living are very difficult to achieve in Virginia because of developer resistance.

Del Pepper, Councilwoman, commented that Bernie does an excellent job.

**Executive Committee Report** – Bob asked if commissioners had any questions on the written report. Mitch Opalski, Chair of the Arlington Commission on Aging, reported that the annual Legislative Forum was excellent. Mitch thanked the Alexandria COA for co-sponsoring it. He reported that legislators gave good advice about how citizens can help to support legislation.

**Discussion / Action Items** - Gateway Housing Project – Bob distributed a description of the project—see attached. and noted that Gateway will be on the docket for Council on Saturday November 14. The Council will consider a \$5,500,000 loan for the Alexandria Housing Development Corporation's support for the project. Gateway's plans have been approved by the Planning Commission unanimously. Two Arlingtonians are concerned about traffic. Councilwoman Pepper said that we got a good bargain--74 affordable units for 60 years. The amount of the loan will deplete much of city money from the Affordable Housing Trust Fund for this kind of project.

Bob asked if he should write a letter of support and what the Commission wants as precedent. Does the Commission want to go on record each time an affordable housing issue comes up? Bob mentioned the need to develop the conditions the Commission requires for accessibility. The Fair Housing Act requires four percent of units to meet accessibility requirements in multi-family housing with four or more units.

It was moved and seconded that Bob write a letter to Council in support of Gateway. Del reported that the mayor said that Gateway is just about ideal. The Commission voted unanimously to support Bob's writing the letter on its behalf. Del abstained because she will be voting on Council.

David Kaplan raised the issue of how we can support affordable, accessible housing. Jan Macidull, Chair of the Housing Committee, said that she hopes to get attention of Housing and Planning staff to link us in immediately, to formalize the relationship and be part of their process. The Commission can then be apprised in sufficient time to evaluate proposed housing. The guideposts the Commission supports should be specific rather than general. The housing committee should meet with Housing and Planning departments to let them know our expectations.

Donations were collected to purchase holiday gifts for Alexandria residents residing at Birmingham Green.

**Liaison Reports:**

Jan commended the presence of the police officer.

Vanessa Greene thanked David Kaplan for stopping in at the Charles Houston Senior Center.

Mitch Opalski reported that the Arlington Commission on Aging will complete an AARP Age-Friendly Community application. The County Board adopted an Affordable Housing Master Plan. The Arlington COA had significant input and the plan includes flexible design, accessory dwelling units, and universal design.

The Successful Aging December lunch will be December 10 at the First Baptist Church.

Director's Report: Terri noted that DAAS is working on the contract for homemaker personal care. The first person in the program starts in December.

She also reported that, if Medicaid were to expand, the number of uninsured at or below 138 percent of poverty is 5,685 18 to 64 years old. Debbie reported that the Caregiver Conference was very successful. It was held in Centerville, and attracted three-quarters new caregivers. Mitch Opalski and Jim Lindsey covered lunch. 320 people attended (including vendors).

December 6 – Commission for Women Holiday Art Market, with food and wine– see attached.

St. Martin's thanked Cedar Dvorin for presentation on Medicare.

Report was distributed from the ACPD – see attached.

Jane King announced that Carol Downs will receive a prestigious AARP Award– see attached.

**Committee Reports:**

The economic development committee met with Pat Miller, who has a major role in Del Ray. She will introduce the committee's ideas to Del Ray restaurants, etc. Mary Lee passed out the relevant flyer about discounts or other possible benefits for those 60 plus – see attached. Mary Lee, chair of the committee, moved the approval of the flyer and meetings with vendors in Del Ray. The motion was approved unanimously.

Jan Macidull had several handouts from the Housing Committee. Contact her if you would like additional copies.

**Other Business** – The Commission discussed the U.S Senate's proposed cut in SHIP (VICAP in Virginia). Cedar will develop talking points on the impact for use by Commission members who choose to write to their senators. – see attached.

**The meeting was adjourned at 6 PM.**

**Submitted by Jane King, Secretary**

## ITEMS RECOMMENDED AS THE CITY'S 2016 LEGISLATIVE PACKAGE

### A—FISCAL ISSUES

1. K-12 Funding. The City asks that the State fully fund the State's portion of K-12 education costs, including the Cost of Competing.
2. Fees, Fines and Forfeitures. The City asks that the State eliminate the provision in the State budget that allows the State to take a portion of the revenue from local fines.
3. Virginia Preschool Initiative. The City asks that the State eliminate the funding formula change in the State budget for the Virginia Preschool Initiative (VPI) which, if allowed to remain, will make many Alexandria VPI families ineligible for the program.
4. Competitive Salaries for the General District and Juvenile & Domestic Relations (JDR) Court Staff. The City asks that the State allocate sufficient State funds to pay competitive salaries to State employees in Northern Virginia, rather than rely on the City to supplement these salaries.

### B—TRANSPORTATION ISSUES

1. Changes to Transportation Funding Formulas. The City asks that its delegation oppose any 2016 legislative proposals that will lessen State transportation revenues coming to the City.
2. Transit Funding. The City asks that its delegation support efforts to address the upcoming shortfall in State funding for transit capital needs, as well as any other legislation that would increase transportation funding.
3. Regional Motor Fuel Sales Taxes. The City asks that its delegation support legislation to create a floor for the percentage-based Northern Virginia regional motor fuels sales tax, similar to that which already exists for the State motor fuels sales tax.
4. Flashing Lights on Buses. The City asks that its delegation support legislation that the Washington Metropolitan Transit Authority will propose, authorizing the use of flashing lights on publicly-owned or operated buses.
5. Implementation of House Bill 2 (2014)—Prioritizing State Transportation Expenditures; Criteria Desired by the City. The City asks that its delegation support current Commonwealth Transportation Board funding prioritization policies, and oppose any changes that would have a detrimental effect on the City.
6. Pedestrian Safety. The City asks that its delegation support legislation to require drivers to stop (not just yield) for pedestrians in crosswalks.
7. The Northern Virginia Transportation Authority and Population Estimates. The City asks that its delegation introduce or support legislation to change projections to estimates in the portion of the NVTA law that calls for 5-year population updates.

### C—ISSUES RELATING TO HUMAN SERVICES

1. Local Regulation of Small Child Day Care Facilities in Northern Virginia. The City asks that its delegation oppose any efforts to remove the current authority that most Northern Virginia localities now have to regulate small child day care homes.

2. Funding Needs of the Community Services Board. The City asks that its delegation introduce or support budget initiatives to provide additional State funding to CSBs for (1) enhanced crisis response (top priority request); (2) local administrative costs related to Medicaid waivers; (3) medical detoxification; (4) reintegration services for high-risk youth and adults; and (5) peer recovery support services.

3. Appropriations for the Virginia Housing Trust Fund. The City asks that its delegation support budget initiatives to provide funding to capitalize the Virginia Housing Trust Fund, which is used to provide grants and loans for affordable housing.

4. Affordable Care Act & Medicaid Expansion. The City asks that its delegation support Medicaid expansion under the Affordable Care Act.

5. Northern Virginia Aging Network (NVAN) Platform. The City asks that its delegation support the legislative priorities of the Northern Virginia Aging Network.

#### D—PUBLIC SAFETY ISSUES

1. Funds to Process Physical Evidence Recovery (Rape) Kits. The City asks that its delegation ensure that the State budget provides sufficient funding to pay for the processing of PERK (rape evidence) kits.

2. Assessment of Court Costs to Support Law Libraries. The City asks that its delegation introduce legislation or budget amendments to increase court cost assessments on civil cases; the City will use the resulting revenues to pay for local law libraries.

#### E—ISSUES RELATING TO VOTING

1. Early & Absentee Voting; Barriers to Voting. The City asks that its delegation support legislation that would allow for unrestricted early and absentee voting.

2. Photo Identification for Voting. The City asks that its delegation support legislation which allows voters to use any photo ID that was validly issued, and oppose legislation that prohibits the use of expired photo IDs.

#### F—ENVIRONMENTAL ISSUES

1. Unused Sewage Treatment Plant Capacity. The City asks that its delegation oppose legislation to take away unused sewage treatment plant capacity from current permittees. This proposal could have a significant and detrimental effect on our CSO mitigation efforts, as well as our stormwater treatment obligations.

2. Paper and Plastic Bag Fee. The City asks that its delegation support legislation to reduce the use of plastic grocery bags by taxing them, banning them, or allowing localities to limit the use of plastic bags in their jurisdictions.

#### G—OTHER ISSUES

1. Virginia Economic Development Incentives. The City asks that its delegation support budget or legislative initiatives to increase incentives used to encourage businesses to grow in or relocate to Virginia.

2. Prohibiting tobacco sales to anyone under 21. The City asks that its delegation support legislation to prohibit the sale of tobacco to anyone under 21.

3. Workers' Compensation Medical Costs in Virginia. The City asks that its delegation support legislation to require Virginia to adopt Medicare-based fee schedules for setting medical provider fees in workers' compensation cases.

4. Immigration/Higher Education. The City asks that its delegation support Attorney General Mark Herring's legal advice that students who are not American citizens but had been approved under the federal Deferred Action for Childhood Arrivals program may be eligible for in-state tuition if legislation seeks to overturn this policy.

5. Immigration/Law Enforcement. The City asks that its delegation oppose legislation that would require local law enforcement officials to enforce federal immigration laws (unless federal law requires such enforcement).

6. Ban the Box. The City asks that its delegation support legislation to incorporate into State law current State Ban the Box policies for State job applicants.

7. Minimum Wage. The City asks that its delegation support legislation to set a State minimum wage higher than the current federal one (\$7.25/hour), or give localities the authority to set such a rate for jobs within their jurisdictions.

8. Condo Conversion Assignment. The City asks that its delegation introduce or support legislation to allow any tenant (not only the elderly and disabled) to assign their purchase rights in a condominium conversion to a government agency, housing authority, or nonprofit housing corporation.

9. Procurement Policies and Local Businesses. City staff will monitor legislation that would give preference to local businesses in procurement decisions.

10. Insect Infestation. The City asks that its delegation seek to have the Virginia Housing Commission study issues relating to homeowners not dealing with pest problems (e.g., cockroaches and bed bugs), thus causing their spread to neighboring homes.

11. Caps on Interest Paid on Payday and Auto Title Loans. The City asks that its delegation support legislation to cap the interest rate on payday and car title loans at 36 percent annually, inclusive of all fees.

## Gateway at King Beauregard Affordable Housing

### Proposed Project Description

AHDC is the contract purchaser of the development rights for 74 units within the King and Beauregard Gateway mixed use development. The project is in the final stages of review by the City of Alexandria Planning and Zoning Department and is scheduled for public hearings in November 2015. In all, the project includes 352 rental units (including AHDC's 74 affordable units), a 62,500 square foot Harris Teeter grocery store, 53,000 square feet of retail, and 91,000 square feet office. The entire project will top a two level underground parking garage with over 800 parking spaces, 44 of which will be reserved for AHDC's project. In addition, the project will include a new bus rapid transit (BRT) station that will be part of the West End Transitway the City has been working over the past several years.

The affordable housing within the project will be financed, developed, and owned by AHDC. AHDC's project will be included as part of the corner building that sits at the corner of King and Beauregard Streets as depicted in Figure 1. In addition to the 74 units of affordable housing, the corner building will include approximately 35,000 square feet of retail and 22,500 square feet of office space that will be owned by the master developer. The residential lobby of the building will be placed on the interior spine road that connects Beauregard and King Street as is depicted in Figure 1.

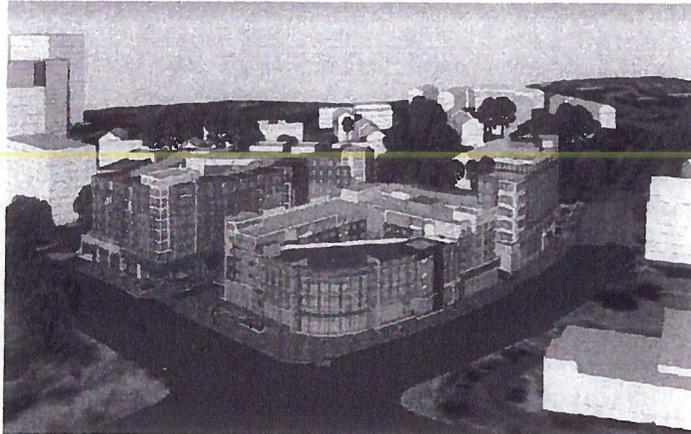
AHDC's project will be built with high quality exterior finishes to mend seamlessly with the entire project. The project will be a four story wood frame construction built over a ground floor and concrete podium that will host the residential lobby, ground floor retail, and the office lobby. The residential units will be equipped with Energy Star kitchen appliance packages and high-efficiency individually controlled HVAC systems. Residents of the project will enjoy access to laundry

facilities strategically located on floors 2-5, a 1,350 square foot community room, an exclusive courtyard designed with soft play surfaces and equipment suitable for children. Residents of AHDC's project will also include access to all the amenities available in the market rate rental building.

### Property

The property is located at the corner of King and Beauregard Streets and is approximately 5.3 acres in size. It includes the current strip retail at the corner and the old Jefferson Memorial Hospital site. The entire site is currently subject to a rezoning and preliminary development special use permit application that has been filed by the master developer 4600 King LLC, which is represented by Mr. Daniel Abramson. The master developer has a purchase option on the portion of the site that was previously

Figure 1: The Gateway at King and Beauregard



occupied by the Jefferson Memorial Hospital and long term land use agreement on the corner portion of the site that will include the affordable building.

#### **Proposed Project Target Population:**

AHDC's development will be a rental project that will target a range of affordability levels between 40% area median income (AMI) and 60% AMI. The project affordability targets will be as follows: ten percent of the units at 40 percent AMI, 40 percent of the units at 50 percent AMI, and 50 percent of the units at 60 percent AMI. The units will be a mix of efficiencies, one bedroom, two bedroom, and three bedrooms with 80 percent of the project being dedicated for two and three bedroom units. Ten percent of the units will be full accessible for tenants with disabilities. AHDC believes the proposed unit and affordability mix will assist those households in the City that are the most in need, while at the same time maximizing scoring opportunities provided in the Virginia qualified action plan. When combined with the market rate product anticipated with this development the addition of the AHDC's project will create a true mixed income, mixed use community.

#### **Ownership Structure**

AHDC is working to execute a purchase option on the approximate 92,000 square feet that will be used to construct the affordable housing portion of the project. The development rights purchased by AHDC will be subject to the terms of a 99 year ground lease, but AHDC will not be responsible for any of the payments associated with that lease. The entire corner building will part of a condominium and AHDC will have representation on the board. The ground lease will include a buyout option for the master developer, but it will be understood that AHDC would not be responsible for any additional payments beyond its upfront cost.

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#### **Financing Plan**

AHDC's financing plan includes submitting an application for a nine percent low income housing tax credit allocation in March 2016. The LIHTC equity will be supplemented by a conventional first trust mortgage, City of Alexandria subordinated debt, and AHDC deferred developer fee. AHDC has also submitted a loan application to the Virginia Department of Community Development for state housing trust fund dollars. If AHDC would to be awarded state housing trust fund dollars, it would use those proceeds to further reduce the conventional debt needed finance the project hence leading to greater cash flow and potentially earlier payments on the City's loan.

#### **Market Demand**

AHDC has yet to commission a full market study to demonstrate demand for the proposed project. However, the City of Alexandria Housing Master Plan (HMP) and Beauregard Small Area Plan (BSAP) provide significant amounts of data that demonstrates a demand for the housing type and affordability levels that will be provided in this project. The HMP demonstrated the need for additional affordable units that at or below 60 percent AMI specifically those at or below 50 percent AMI. The report also showed the need for additional affordable 3BR units to support families. The BSAP provides additional data demonstrating the market demand for affordable housing in the City, specifically highlighting the need for units at or below 40 percent AMI. Half of the units within the project will be affordable to households at or below 50 percent of AMI with rents of eight of those units being reserved for

households at 40 percent of AMI. In addition, 80 percent of the units will consist of two and three bedroom units that will serve families in the City.

### **Community Outreach**

As mentioned AHDC's project will be located within the larger mixed use project that is currently going through the City's planning process. The entire project has been presented to many of the surrounding civic associations on many occasions. The most recent community meeting with a number of Civic associations took place on September 15, 2015. AHDC representatives attended the meeting to answer any questions regarding the affordable housing component of the project. While citizens had questions about open space and traffic, the overwhelmingly majority of those in attendance were in favor of the affordable housing and the project as a whole.

### **Proposed Project Schedule (estimated to date):**

- Completion of entitlements – November 2015
  - City sign of final engineered site plan receipt – March 2016
  - Submission of VHDA 9% LIHTC application – March 2016
  - Award of 9% LIHTC application – June 2016
  - Acquisition – September 2016
  - Master developer begins construction of site work/garage – October 2016
  - Completed podium turned over to AHDC – October 2017
  - AHDC completes construction of affordable building – June 2018
  - Complete property leasing – October 2018
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City of Alexandria, Virginia  
Commission on Aging



Office: 703.746.5999

Department of Community and  
Human Services  
Division of Aging and Adult Services  
4401 Ford Avenue, Suite 103  
Alexandria, Virginia 22302

Fax: 703.746.5975

<http://alexandriava.gov/Aging>

November 13, 2015

The Honorable Mayor and Members of City Council  
c/o City Clerk's office  
301 King Street, Rm 2300  
Alexandria, VA 22314

RE: Gateway Project Affordable Housing, Docket Items 11 and 12 on November 14, 2015

Dear Mayor Euille and Members of City Council:

The Alexandria Commission on Aging voted November 12, 2015 to send a letter of support for the Gateway Project at King and Beauregard Streets in Alexandria. The Commission specifically offers its strong support for the 74-unit affordable housing component, both the Planning and Zoning approvals in Docket Item 11 and the City loan of \$5.5 million in Docket Item 12.

The need for more affordable housing is evidenced by the loss of two-thirds of the market rate affordable housing units in Alexandria since 2000, according to the annual apartment rent surveys conducted by the City's Office of Housing. The Commission supports this modest addition of units in an excellent location. We applaud the inclusion of 8 units that will be accessible, and we urge that the remaining units include universal design. We thank the Planning Commission for its unanimous approval of the applications, and we urge City Council to do the same.

Thank you for your consideration.

Sincerely,

Robert C. Eiffert, Vice-Chair  
Alexandria Commission on Aging



# HOLIDAY ART MARKET

Sunday, December 6

1:00pm -5:00pm

Charles Houston Recreation Center

901 Wythe Street

Mark your calendars! On Sunday, December 6, the *Friends of the Alexandria Commission for Women* will sponsor its **18th Annual Holiday Art Market** at the Charles Houston Center, 901 Wythe St, Alexandria from 1:00 pm to 5:00 pm Each year, this event raises money to support programs critical to women in the City, such as those dealing with domestic violence and sexual assault. It also showcases the work of creative women artists and artisans, including jewelry, pottery, glasswork, prints, notecards, hats, scarves, purses and other accessories. Even handcrafted soaps, chocolates, and doggie treats! Admission is free and refreshments are provided. So avoid the dreaded malls and enjoy a relaxing afternoon shopping among friends. For more information, visit [www.FriendsOfAlexWomen.com](http://www.FriendsOfAlexWomen.com) or email [FriendsOfAlexWomen@gmail.com](mailto:FriendsOfAlexWomen@gmail.com).

*Sponsored by*

**The Alexandria Commission for Women** and *the Friends of the Commission*

REPORT ON ACPD MEETING, NOV. 11, 2015  
MARY H. PARKER, PHD, LIAISON

Jonathon Frederick, Executive Director, Alexandria Housing Development Corporation discussed the plans for the proposed Gateway development to be located at the site of the former Jefferson Hospital, King Street and Beauregard Street. The project was approved by the Planning Commission and will be submitted to City Council on Nov. 14, for approval of loan funding by the City. Work on the project will begin in Fall 2016. The Housing Corporation developed the Station apartments at Potomac Yards and the Beasley Square apartments for the Elderly.

The proposed development will have 8 fully accessible units, rents will be prices at 60%; 0% and 40% of area median income.

ADPD members asked if the accessible apartments would be available at 40% of median income. Mr. Frederick indicated that might be possible.

There was discussion of the need to be sure that the accessibility accommodations are executed in a manner, which makes the apartment livable for a person with disabilities. ACPD provided examples of issues, which had been observed with "accessible units in other developments. At an accessible unit at the Station: in the bathroom, the commode was located so close to the bathtub that a wheelchair could not be placed next to the transfer bench for use. In an accessible unit at Beasley Square, the kitchen cabinets were placed so high that it was impossible for a standing person to reach above the first shelf, certainly out of reach for someone in a wheel chair,

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Mollie Danforth, Chair, indicated that ACPD members, Tom Sachs and Kent Fee are architects who have reviewed City plans for accessible accommodations. Mr. Frederick expressed interest in working with ACPD at the 30, 60 and 90 design stages to assure that appropriate accommodations will result in a livable environment for people with disabilities.

Mr. Frederick expressed the desire to work with ACPD and also the Commission on Aging to assure that the accessible units will meet the needs of older and disabled residents.



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Real Possibilities

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For Immediate Release  
Friday, November 13, 2015

Contact: Ginger Thompson  
[gthompson@aarp.org](mailto:gthompson@aarp.org)

News Release

**AARP VIRGINIA AWARDS CAROL DOWNS OF ALEXANDRIA WITH  
REVERED GORDON MORTON AWARD FOR VOLUNTEER SERVICE**  
*Virginia Volunteers Honored for Community Service*

**ALEXANDRIA\_** AARP Virginia has presented the Carol Downs of Alexandria with the revered Gordon Morton Award for Volunteer Service.

“Through her dedicated work in the community, Carol Downs has improved the quality of life for many older residents in the City of Alexandria and beyond,” said AARP Virginia Community Outreach Director Amber Nightingale Sultane. “She was born with the social worker gene implanted in her soul – and a sense of humor that adds some lighter moments to even the toughest situations.”

The Gordon Morton Award for Volunteer Service was presented to Downs at the All-Volunteer Assembly Recognition Awards Banquet in Staunton on November 12, 2015.

The Gordon Morton Award for Volunteer Service recognizes an individual AARP volunteer who has made outstanding contributions to the work of AARP in a manner consistent with the dedication and quality of work modeled by the late Gordon Morton of Virginia Beach.

Downs served as chair of At Home in Alexandria, a “village” dedicated to helping people live in their homes for as long as long as possible. This organization is flourishing today with 134 members and it is growing, in part because of her work to help build a strong foundation. Downs now serves as chair of the Alexandria Commission on Aging, comprised of citizen activists who advise the City Council and advocate on behalf of older Alexandrians, especially low-income citizens. This Commission is remarkably active and Carol is a strong leader whose warmth and commitment inspires its members.

As a member of the Community Caregiving Action Team (CCAT), Downs has been actively engaging AARP members and the general public in conversations that help to prepare those planning to be a caregiver as well as those who will receive care from a loved one. She has given many of AARP’s Prepare to Care presentations and she also speaks at HomeFit workshops in a manner that is both fun and educational.

Downs has been an excellent mentor for volunteers and, most recently, she has taken new CCAT volunteers under her wing and is mentoring them on the various aspects of AARP outreach.

“She is a great role model to other volunteers because she takes the initiative – and Carol isn’t shy about asking if she can try something innovative,” Sultane said.

When Downs served as a Create the Good Ambassador, she created a partnership among AARP, the City of Alexandria, Senior Services of Alexandria, and At Home in Alexandria. The partnership coordinates communications and defines the services of each organization to prevent duplication of efforts and enhance clarity about the role of each organization. This enables the organizations to complement each other’s work.

AARP Virginia also recognized area volunteers with the following awards at the banquet:

**Elvira B. Shaw Advocacy Award:** The Elvira B. Shaw Advocacy Award was created in 2013 in memory of Elvira Beville Shaw’s outstanding service as an advocate for over 40 years on behalf of AARP Virginia. The annual recipient of this award may be an individual or a team who has demonstrated dedication to AARP’s legislative priorities, effectiveness in advocacy outcomes, and exceeded the call of duty in their willingness to serve.

**Chapter Awards:** The purpose of the Chapter Awards is to recognize the education, advocacy, and service work of chapters that contribute to achieving AARP’s mission by highlighting outcomes and impact on their communities regardless of Chapter size or demographic. These awards give Chapters the opportunity to showcase their work for countless hours of service devoted to enhancing the experience of aging and AARP’s mission.

**President's Awards:** The President’s Award for Community Service is given to deserving individuals or groups chosen at the AARP state president’s discretion. Past recipients have included exceptional chapter presidents and community outreach, advocacy and training volunteers who have furthered AARP’s social impact agenda.

Bob Blancato, who has served as AARP Virginia’s state president for three years, is the chief volunteer representing more than one million AARP members in Virginia and an advocate for all Virginians age 50+. He lives in Arlington and is President of Matz, Blancato, & Associates, a full-service firm integrating strategic consulting, government affairs, advocacy services and association and coalition management based in Washington, DC. He is the National Coordinator of the Elder Justice Coalition.

*AARP is a nonprofit, nonpartisan membership organization that helps people 50+ have independence, choice and control in ways that are beneficial and affordable to them and society as a whole. AARP does not endorse candidates for public office or make contributions to either political campaigns or candidates. We produce AARP The Magazine, the definitive voice for 50+ Americans and the world's largest-circulation magazine with over 35.5 million readers; AARP Bulletin, the go-to news source for AARP's 40 million members and Americans 50+; AARP Segunda Juventud, the only bilingual U.S. publication dedicated exclusively to the 50+ Hispanic community; and our website, AARP.org. AARP Foundation is an affiliated charity that provides security, protection, and empowerment to older persons in need with support from thousands of volunteers, donors, and sponsors. We have staffed offices in all 50 states, the District of Columbia, Puerto Rico and the U.S. Virgin Islands.*

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## CALLING ALL SENIOR-FRIENDLY BUSINESSES



The Alexandria Commission on Aging would like to work with your business to further promote a senior-friendly community where senior residents can shop, dine and obtain services locally.

Some ideas include:

- Providing discounts for senior diners during off peak restaurant hours
- Focusing on the interests and lifestyles of this population
- Developing lines of business, services and products that recognize the specific needs of seniors
- Designate specific shopping days with discounts (like Harris Teeters' Thursday)

We hope you will join us in this venture to serve the interests of Alexandria's booming senior population.

FOR MORE INFORMATION CONTACT Mary Lee Anderson at 703-836-4414, ext. 111 or email at [executivedirector@seniorservicesalex.org](mailto:executivedirector@seniorservicesalex.org).

**LET'S MAKE ALEXANDRIA A SENIOR-FRIENDLY COMMUNITY!**



Senior Services  
OF ALEXANDRIA



# ALEXANDRIA SILVER SERVICE CARD

Connecting Seniors with Local Businesses



# ALEXANDRIA SILVER SERVICE CARD

Connecting Seniors with Local Businesses



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Connecting Seniors with Local Businesses



# ALEXANDRIA SILVER SERVICE CARD

Connecting Seniors with Local Businesses



To see a list of participating businesses and the discounts offered, visit one of the following websites:

seniorservicesalex.org  
athomeinalexandria.org  
Alexandriava.gov/aging

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seniorservicesalex.org  
athomeinalexandria.org  
Alexandriava.gov/aging

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The Virginia Insurance Counseling and Assistance Program (VICAP) provides personalized counseling and assistance to Virginia's approximate 1.3 million Medicare beneficiaries and is funded solely through a National SHIP Grant. VICAP counselors are trained and certified to provide counseling and can assist beneficiaries in understanding Medicare, Medicare Part D, Medicare Advantage Plans, Medigap, Long-term care insurance, applying for the Low-Income Subsidy, resolving problems, filing appeals, exploring other options and informing patients' of their rights. VICAP also provides community presentations and awareness on Medicare and insurance related issues. VICAP services are provided through 24 of the 25 Area Agencies on Aging (AAAs).

All counseling offered by VICAP is **free, unbiased, confidential, and our counselors are not licensed to sell insurance.**

#### VICAP Facts - 2014

- Assisted 92,145 beneficiaries
- Client Contacts have increased by 25% since 2010
- Volunteers have given approximately 12,000 hours to serve beneficiaries with a donated time valued at \$276,840 (\$23.07/hr)
- 45,549 or 49% of the Contacts served beneficiaries with incomes below 150% of the federal poverty level
- 11,879 or 13% of the Contacts served beneficiaries with disabilities
- 3,733 or 4% of the Contacts served beneficiaries where English is their second language
- 34,150 or 37% of the Contacts were referred to us by CMS, 800-Medicare or other federal partners
- Provided 50 dedicated enrollment events and 800 outreach and education activities to assist Medicare beneficiaries
- Saved the Virginia Medicare beneficiaries approximately \$20,002,106\*
  - \$8,008,000 through Low Income Subsidy application assistance (\$4,000/app)
  - \$1,766,106 through Medicare Savings Program application assistance (\$1,663/app)
  - \$10,228,000 through Part D enrollment assistance (\$1,000/enrollment)

\*Other savings, such as appeals, were not available through our reporting system and therefore not reported.

As we are facing a 42.5% Senate proposed cut in funding to the National SHIP Network you can see how such a cut will negatively impact the financial well-being of Virginia's Medicare beneficiaries.