

**Alexandria Commission on Aging Minutes
October 8, 2015**

Members Present: Bob Eiffert , Jan Macidull, Mary Lee Anderson, Alan Dinsmore, Joan Dodaro, Cedar Dvorin, Anestacia Graham, Elisabeth Palmer Johnson, Pat Killeen, Jane King, Jim Lindsay, Mary Parker

Members Excused: Carol Downs, Charles Bailey, David Kaplan, Michael Kreps, Del Pepper

Liaisons Present: Vanessa Greene, Senior Center @ Charles Houston; Mary Belanich, Virginia Hospital Center; Mitch Opalski, Arlington Commission on Aging; Officer Tremble, Police Department

Staff Members Present: Terri Lynch, Debbie Ludington, Division of Aging and Adult Services

Guests Present: Katie Leonard, Health Department; Leanne Smiley, student; Lori Young; Christine Fulgencio, The Medical Team, and Holly Hanisian, Goodwin House

1. **Call to Order** - Meeting called to order at 4pm by Vice-Chair Bob Eiffert.
2. **Guests** were welcomed.
3. **September minutes** were approved.
4. **Officer Tremble with the Alexandria Police Dept.** gave her report that there were no announcements. Several members had questions about their respective neighborhoods.
5. **Special Presentation** by Katie Leonard, Public Health Planner. Katie reported on the history of the Partnership for a Healthier Alexandria, PHA. She provided handouts with detail on the PHA, its structure and Priority Areas. see attached. For a copy of the full Community Health Improvement Plan go to <http://healthieralexandria.org/uploadedFiles/healthieralexandria-wwwroot/FINAL%20CHIP%20Jan%202015.pdf>
Follow up on questions included this information from Katie:
 - We do consider access to health care providers, but this is difficult to measure
 - We look at what ‘supports’ are available to individuals to address specific medical conditions
 - City Epidemiologist looks at Chronic Disease Self-Management
 - I will get information regarding how many Alexandrians might benefit from Medicaid expansion in Virginia

- There is not a work group specifically regarding Aging. We work with groups such as the COA to get input. Mary Parker regularly attends meetings.
- There should be an effort moving forward to increase the number of health care providers.
- I encourage everyone to get in involved in the PHA
- Several COA members attended the recent Access to Care Champions meeting
- Katie would appreciate input from the COA Housing Committee

6. **Executive Committee Report** – Debbie updated everyone that email discussions between COA members are allowed, but they would be subject to FOIA. Voting is not allowed via email or phone. Members must be physically present to vote on any matter. All meetings of the COA are open to the public, must be held in an accessible location and need to be posted on the city calendar at least 3 days ahead of time. Mary Parker indicated that meeting space is available at the new Safeway store in the Bradlee Shopping Center.

7. **Discussion / Action Items**

- A. Secretary position is open. Please volunteer for this essential function.
- B. Committee Updates

1. Housing Committee – Jan Macidull reported that Housing Alexandria buttons are available for free. Let Jan know if you would like some. see attached

2. Advocacy and Legislation – Bob Eiffert reported: NVAN Breakfast was very successful. NVAN Platform was distributed – see attached. City Legislative Director, Bernie Caton, was very helpful in developing the language for the platform. Bob announced that Mitch Opalski will be the next Chair of the Arlington County COA.

3. Communications / Outreach – Jim Lindsay reported, per Debbie Ludington, that the city is working on updating their website. He will schedule a committee meeting regarding this project. He also reported that he and Vice Chair Joan Dodaro are working on a template for outreach for COA communications. see attached Jim reminded everyone that committee members need to get approval from the full COA for messages, however; individuals can speak as a citizen without approval.

4. Transportation – Alan Dinsmore reported that there needs to be synchronicity between the COA and the Recommendations in the Ad Hoc Pedestrian Bicycle Advisory Committee; Alan and David Kaplan met to discuss better lighting and signage at transit stops and indicated that arm rests are lacking at these stops. It was recommended contacting Rebuilding Together to look as this issue as they are currently working on benches at the transit stops. Mary Parker stated that there needs to be adequate ‘cover’ at transit stops to accommodate wheelchair users.

5. Economic Development – Mary Lee Anderson reported that the Del Ray neighborhood will be the pilot for offering senior discounts. Workforce Development Center, WDC, staff Evelyn Quiles will help spread the word. SSA will help publicize WDC activities. see attached.

6. Strategic Planning – Jane King reported that a volunteer is needed to continue the work that Dan Kulund was doing regarding helping with Parks and Planning as it pertains to seniors.

7. Diversity – Anestacia Graham reported that the next committee meeting will be November 2, 5:30pm, at Panera on 3201 Duke Street.

8. **Liaison Reports**

1. Partnership for Healthier Alexandria – Mary Parker reported on a study by INOVA, required every 3 years, which focused on caregivers. She suggested they contact PACE for additional information. Pat Killeen stated that AARP has a new initiative focusing on caregiving.

2. ACPD – Mary Parker submitted a copy of her testimony regarding housing. see attached ACPD has been discussing accessible/affordable housing for persons with cognitive and sensory difficulties. The COA voted unanimously to approve Mary Parker as the COA representative to ACPD.

3. Senior Center @ Charles Houston – Vanessa Greene reported that Anestacia’s Sorority will be doing a presentation at the Center on October 8; Vanessa thanked those who attended the Center’s Anniversary Celebration.

4. Senior Services of Alexandria – Mary Lee Anderson reminded everyone of the Senior Law Day event on October 17 featuring keynote speaker Dr. Richard Lindsay, MD as well as upcoming Speaker Series events. see attached She stated the Robust Walkathon had about 25 attendees. The Senior Academy was a big success and attendees were a very diverse group.

5. Division of Aging and Adult Services – Terri Lynch stated that there are several staff openings in DAAS and staff is working extremely hard to cover for these shortages; Terri was the speaker at the recent Agenda Alexandria event.

6. Commission for Women – Elisabeth Palmer Johnson announced an event titled, “Women Driving the Workforce Workshop” on October 10; she thanked those who attended the event for Del Pepper.

7. AHA – Jane King reported that the annual benefit event will be Sunday, November 8 at LaPorta restaurant.

Meeting Adjourned at 5:45pm.

Minutes prepared by Debbie Ludington

Partnership for a Healthier Alexandria - Overview

The Partnership for a Healthier Alexandria is a citizen-led coalition of non-profit organizations, schools, municipal agencies, local businesses, government, community leaders, and concerned citizens who come together to promote and preserve a healthy Alexandria.

The PHA emerged in 2006 to address major health priorities that were identified from the first community health assessment done in Alexandria. This assessment was a collaborative project conducted by the AHD, along with the Alexandria Public Health Advisory Commission and other community partners. Today, these three entities work closely to address and provide action-oriented, evidence-based solutions to public health concerns within the city.

Efforts of the PHA are primarily completed by its work-groups:

- Alexandria Childhood Obesity Action Network (A-COAN)
- Clean and Smoke-Free Air Coalition of Alexandria
- Anti-Stigma HOPE Campaign
- Substance Abuse Prevention Coalition of Alexandria (SAPCA)
- Healthy Employer*

The PHA works alongside its community partners to raise awareness, implement change, as well as improve and build coalitions to advance public health interventions, initiatives and programs.

*New Workgroup in 2015

Partnership for a Healthier Alexandria Mission and Vision

Mission:

To promote a safe and healthy Alexandria through coalition building, collaborative planning and community action.

Vision:

The City of Alexandria embraces the belief that health is more than merely the absence of disease. A healthy community provides all of its members with the opportunities and support for achieving and maintaining physical, mental, social, and spiritual wellness.

The Partnership for a Healthier Alexandria believes that a healthier Alexandria is:

An Alexandria where building a sense of community and helping one another -- especially in meeting basic needs such as food, clothing, shelter, accessibility, and affordable housing -- is a priority for each individual.

An Alexandria where racial, ethnic, and gender diversity are celebrated and supported.

An Alexandria where people of all ages and abilities are supported.

An Alexandria where all residents, regardless of their ability to pay, can access quality health care that focuses on prevention, treatment, and wellness.

A walkable Alexandria where everyone has access to transportation options, trails, parks, open space, and recreation opportunities.

An Alexandria where people are safe in their homes and walking in their neighborhoods, unafraid of crime, violence, and domestic abuse.

An Alexandria where safeguarding emotional and mental health is a priority and there is adequate provision of mental health services.

An Alexandria where its residents support and are engaged in efforts to prevent the abuse of alcohol, tobacco, and other drugs and where treatment for substance use problems is readily available.

An Alexandria where all residents can access safe and healthy foods and are able to practice healthy eating habits.

An Alexandria where our houses, streets, neighborhoods, and parks are clean and well-kept, free of garbage, environmental hazards, and pests so that everyone can fully enjoy our beautiful city.

An Alexandria where meaningful employment opportunities are available for all, since health is linked to financial stability.

Partnership for a Healthier Alexandria – Workgroups

Alexandria Childhood Obesity Action Network (ACOAN)

Workgroup Mission Statement

The Alexandria Childhood Obesity Action Network (A-COAN) is dedicated to reducing childhood obesity by making “the healthy choice, the easy choice” through community, environmental and policy change.

ACOAN has workgroups focused on each of the following areas: play spaces, farmer’s markets, healthy vending, breastfeeding support and promotion, food access, and school health.

Alexandria Healthy Employers

Forming in early 2015

Anti-Stigma HOPE Campaign

Who We Are

Alexandrians volunteering to eliminate the fear, lack of understanding and stigma against those who have a mental illness, developmental disability or substance use disorder; to promote the fact that recovery is real, and possible; and that those dealing with these chronic conditions have the right to a full life in the community. The HOPE campaign will continue this conversation through a series of events

and articles on mental health, mental illness, substance use disorders and developmental disabilities in children and adults.

Our Vision

Alexandrians affected by mental illness, intellectual disabilities and substance use disorders will participate fully in a community that is welcoming and free of stigma.

Mission

Work collaboratively with a broad base of community members, agencies and congregations to provide education, community outreach and advocacy to eliminate stigma and instill the hope that enables Alexandrians with mental health disabilities to participate fully in community life.

The Anti-Stigma HOPE Campaign is involved in three major educational and advocacy activities each year that are free and open to the public. Each activity has a committee.

The Art Uniting People committee is co-chaired by Cindy Savery and Billie Morin. "Art Uniting People-A Celebration of Recovery, Creativity and Mental Health" is a year-long exhibition to reduce stigma and foster understanding. The opening reception and exhibit is held each May during National Mental Health Month. The juried portion of the exhibit travels to other venues throughout the year. Artists whose lives have been affected by mental illness, addiction, developmental and intellectual disorders are invited to participate.

Clean and Smoke Free Air Coalition of Alexandria

Vision

Alexandria will be the most tobacco-free city of its size in America by the end of 2015.

Mission

To prevent death and disease and reduce health disparities in the City of Alexandria caused by tobacco use and by involuntary exposure to secondhand smoke and other unhealthy indoor air contaminants.

Goals

1. Prevent youth and young adults from starting to use tobacco.
2. Motivate and assist tobacco users to quit.
3. Reduce the level of exposure to secondhand smoke, especially for children and adolescents.
4. Reduce health disparities for populations most adversely affected by tobacco use and tobacco-related illnesses.

Values

- Fostering community input and collaboration
- Empowering individuals and families to make healthier choices
- Emphasizing research and evidence-based solutions

- Making a difference

The Coalition has existed for more than three years and in that short period it has:

1. Partnered with the Alexandria Health Department in promoting “Proud to Be Smoke-Free”, an effort that successfully encouraged more than 90 percent of restaurants in Alexandria to go smoke-free voluntarily (prior to the adoption of state law that required them to do so);
2. Sponsored a demonstration *Smoke Free Homes and Cars* campaign to educate the public about the dangers of secondhand smoke for children; and
3. Led the initiative that convinced City Council to authorize the placement of signs in every City owned park, playground, and bus shelter requesting individuals to respect the health of others and refrain from smoking in those sites.

Substance Abuse Prevention Coalition of Alexandria (SAPCA)

Who We Are

SAPCA is an alliance of parents, youth, schools, city health and recreation agencies, media, nonprofits, businesses, policymakers and law enforcement whose MISSION is to engage diverse sectors of the community in collaborative, cross-cultural and comprehensive substance abuse prevention efforts that result in a reduction of underage substance use and abuse in the City of Alexandria.

SAPCA is a member of the Community Anti-Drug Coalitions of America, the nation’s leading drug abuse prevention organization, representing the interests of more than 5,000 community anti-drug coalitions in the country.

SAPCA uses a variety of community-wide strategies to accomplish our goals, which are outlined in our action plan. Each of these strategies represents a key element in building and maintaining a healthy community!

Partnership for a Healthier Alexandria Social Media and Website

Twitter:

<https://twitter.com/HealthyAlexVA>

Facebook:

<https://www.facebook.com/pages/Partnership-for-a-Healthier-Alexandria/162730040429242?ref=hl>

Website:

<http://healthieralexandria.org/>

Public Health Advisory Commission

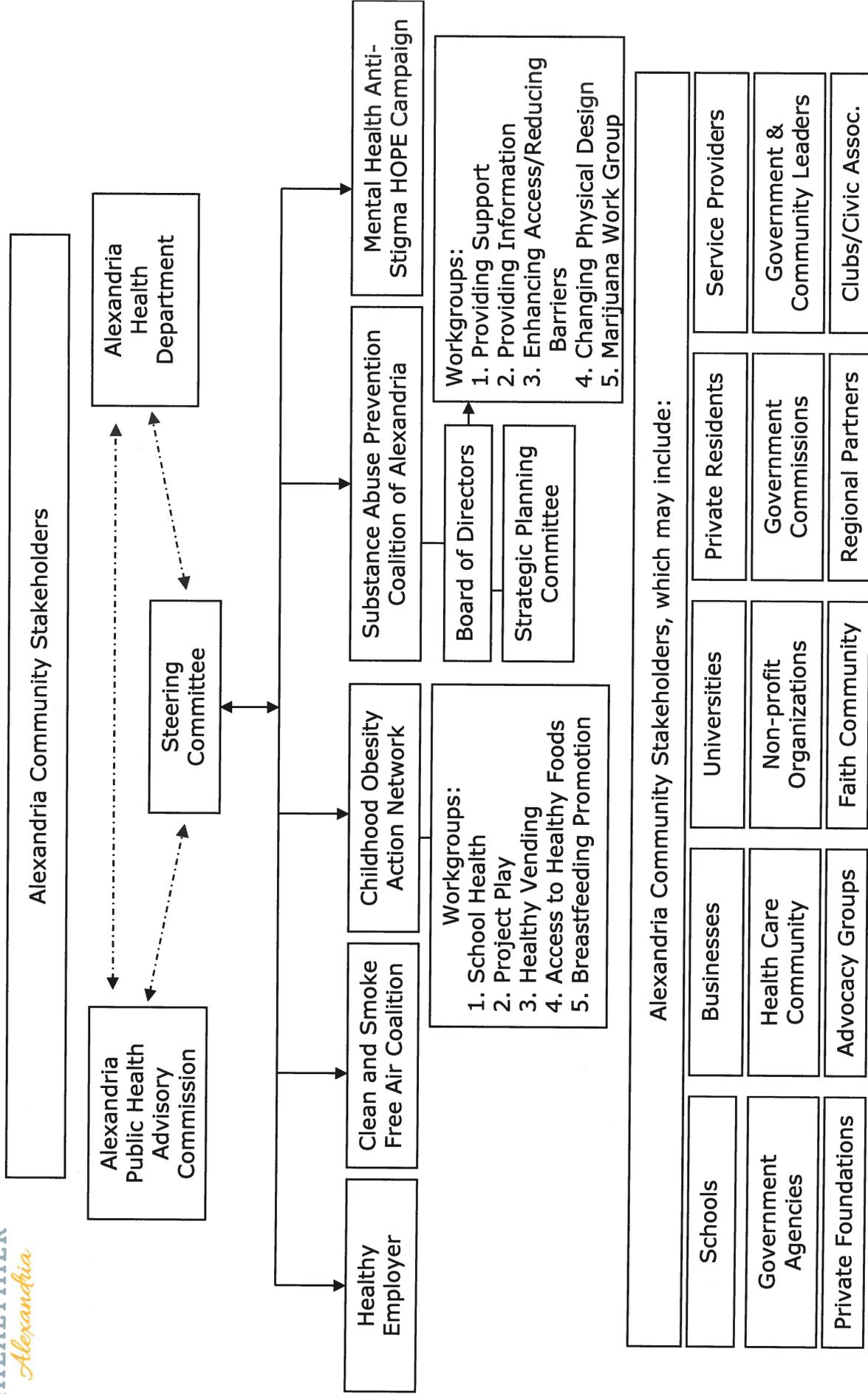
The Alexandria Public Health Advisory Commission (PHAC) consists of 14 members who are appointed by the City Council. The Commission *advises and supports* the City and the City Council by,

- Evaluating and advising on all health matters in Alexandria;
- Planning, coordinating and prioritizing public health needs, services and programs in Alexandria;
- Providing information and evaluating public health related matters at the request of the City Council;
- Investigating specific public health issues and providing advice and recommendations for addressing such issues;
- Providing a forum for discussing public health matters for Alexandria residents and public health officials; and
- Providing advice and recommendations concerning the advantages and disadvantages of specific health care practices and services to the public.

The PHA and the PHAC work together to advance public health efforts in the City of Alexandria through complementary efforts: The PHAC is instrumental in policy recommendation to City Council, whereas the PHA and its workgroups promote public health through various interventions and programmatic activities.



Partnership Structure



Updated May 2013

Priority Areas

Priority Area: Access to Care

Overview

Access to care means Alexandria residents have access to affordable care, insurance coverage, and quality healthcare providers. Access to comprehensive, quality, care allows individuals to achieve better health outcomes.

Through the Health Equity Lens, the following may contribute to health inequities as they relate to Access to Care

- *Cultural competence of healthcare providers*
- *Educational attainment*
- *Geography and access to transportation*
- *Income*
- *Limited awareness of community supports*
- *Mistrust*
- *Perceptions of health risks*

Goal: Improve access to care for all residents of Alexandria

<p>Objective: By 2019, increase the proportion of Alexandria adults with any kind of healthcare coverage by 5%.</p>	
<p>Baseline: 77.3% of Alexandria residents have health insurance (private or public) (BRFSS 2011/12)</p>	<p>Target: At least 80.8 % of Alexandria residents will have health insurance (private or public)</p>
<p>Strategy: Promote and support efforts within Alexandria to educate and enroll residents in insurance programs under the Affordable Care Act.</p>	<p>Key Activities:</p> <ul style="list-style-type: none"> • Insurance Navigators provide Alexandria residents information and guidance on the Affordable Care Act. • Work with Insurance Navigators to enroll residents in Affordable Care Act insurance programs. <p>Key Partners:</p> <ul style="list-style-type: none"> • Alexandria Department of Community and Human Services • Alexandria Economic Opportunities Commission • Neighborhood Health • Alexandria Public Health Advisory Commission • Alexandria Social Services Advisory Board • Northern Virginia Health Foundation

Strategy: Assess the scope and impact of health insurance coverage gaps (e.g., Medicaid, private insurance) in Alexandria and develop recommendations for addressing these gaps in Alexandria.

Key Activities:

- Advocate for the expansion of Medicaid in Virginia.
- Work with a variety of partners to implement Medicaid expansion.
- Engage in efforts to provide coverage options for those who currently do not have health insurance.

Key Partners:

- Neighborhood Health
- Inova Alexandria Hospital
- Alexandria Department of Community and Human Services
- Alexandria Community Services Board
- Alexandria Health Department
- Alexandria Public Health Advisory Commission
- Partnership to Prevent and End Homelessness in Alexandria
- Children, Youth and Families Collaborative Commission
- City of Alexandria Legislative Director
- Alexandria's General Assembly Delegation

Objective: By 2019, PACE, the Program for All Inclusive Care for the Elderly, expands into Alexandria.	
Baseline: 0 sites in Alexandria	Target: 1 site in Alexandria
Strategy: Collaborate with INOVA Hospital system to integrate Alexandria residents into their PACE program.	<p><i>Key Activities:</i></p> <ul style="list-style-type: none"> • In collaboration with Inova Hospital System, open a PACE site. • Educate Alexandrians about benefits of PACE program. <p><i>Key Partners:</i></p> <ul style="list-style-type: none"> • Inova Alexandria Hospital • Neighborhood Health • Alexandria Department of Community and Human Services • Alexandria Commission on Aging • Alexandria Health Department • Alexandria Public Health Advisory Commission

Priority Area: Aging Well in Place

Overview

As Alexandrian’s age, it is important that they have appropriate services and supports within the city that encourage healthy lifestyles. Aging well in place encompasses activities and environmental changes that improve physical, mental, social, and spiritual health.

Through the Health Equity Lens, the following may contribute to health inequities as they relate to Aging Well In Place:

- *Geography and access to transportation*
- *Housing type and availability*
- *Income*
- *Social isolation*
- *Stigmatization of differences*

Goal: Enable older adults to age in their place of choice with appropriate services and supports.

<p>Objective: By 2017, complete the 7 action steps of ‘Accessible Housing’, objective from the 2013-2017 Strategic Plan on Aging. https://www.alexandriava.gov/uploadedFiles/dchs/adultservices/Strategic%20Plan-%20Final.pdf</p>	
<p>Baseline: 5 action steps have been implemented.</p>	<p>Target: 7 action steps will be implemented and/or completed for “Accessible Housing.”</p>
<p>Strategy: Provide easy access for older Alexandrians to information and understand ways to modify homes to enable aging at home.</p>	<p>Key Activities:</p> <ul style="list-style-type: none"> • Identify and mitigate physical barriers that limit access to community resources, including absence of zero-grade entrances and accessible bathroom facilities (i.e. Universal Design). • Promote universal design and “visitability” by: (1) informing local builders about the Certified Aging in Place Specialist program of the National Association of Home Builders and (2) providing a brochure or web page that describes what universal design is and details the economic and safety benefits for different populations and stages of life. • City officials work with apartment building landlords and condo associations to make older buildings more accessible by providing ramps, widening entrance doors into the building and entrances into the individual residences.

	<p><i>Key Partners:</i></p> <ul style="list-style-type: none">• Alexandria Commission on Aging• Alexandria Department of Community and Human Services• Alexandria Office of Housing• Alexandria Office of Planning and Zoning• Alexandria Health Department
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COMMISSION ON AGING
Housing Committee Report
October 2015

September Activities

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 19th.

Areas identified for immediate action include:

- a. Prepare proposed 2015-16 priorities for Executive Committee and Housing Committee review and approval. (Jan)
- b. Firm-up meeting schedule through year-end – see below (Jan et al)
- c. Attend the NIMBY Workshop (Carol, Jane, Jan)
- d. Determine former and current use of City's property tax and rent relief programs by seniors (Terri)
- e. Clarify how AARP Age Friendly Community measures fit with the Committee's proposed 2015-16 priorities (Jane)
- f. Identify ways to promote AARP "Home Fit Workshops" (Carol)
- g. Work with Beasley Square and ARHA on filling vacancies (Bill, Anestacia, Vanessa)
- h. Meet with ARHA board members re. two issues:
 1. plans for meeting Ladrey resident needs during the redevelopment of that building (Charles)
 2. identifying ways to work with ARHA on other its other redevelopment plans (Bill, Anestacia, Vanessa)

UPCOMING HOUSING COMMITTEE MEETINGS – All Commission Members are welcome to these meetings held from 5:30 – 7:00 PM at the First Baptist Church on King St.

October 19: Confirmed -- HOUSING STRATEGIC PLAN (Helen McIlvaine), FINALIZE 2015-16 HOUSING COMMITTEE PRIORITIES

November 16 Confirmed -- MEETING WITH DEVELOPER of Pickett/Van Dorn Senior Independent Living Project (Helen McIlvaine, P&Z?) (If unavailable, move up the next two programs)

December 14 Confirmed --HOUSING FIRST SERVICES in Multi Family Housing (Terri Lynch)

January 18 ARHA PROGRAMS AND SERVICES FOR SENIORS and DEVELOPMENT PROJECT (ARHA's new president)

2016 State Legislative Platform

LEGISLATIVE PRIORITIES

- **Require Adult Protective Services to report suspected financial exploitation of adults to law enforcement** when financial losses are suspected to exceed \$50,000.
- **Mandate the Department of Professional and Occupational Regulation to require builders and design professionals to offer a visitable option** to prospective customers for new single family homes, as an alternative to conventional design.
- **Require initial certification and continuing education to improve performance of direct-care workers as important observers and reporters** of physical and emotional change in people receiving care

BUDGET PRIORITIES

- **Increase Medicaid reimbursement rates to provide paid sick days, a living wage, and ongoing training** for a quality, cost-effective, long-term care workforce.
- **Appropriate \$2,012,645, a sum sufficient to meet the state standard of one full-time Ombudsman for every 2,000 nursing home and assisted living beds.**

GENERAL PRIORITY

- In addition to its General Assembly priorities, NVAN supports the convening of a broad range of stakeholders in an ongoing, interdisciplinary court-community partnership to advance adult guardianship reform.

2016 State Legislative Platform

CONTINUING CONCERNS

- **Expand Medicaid to provide access to healthcare** for hard-working Virginians, including older adults and their caregivers.
- **Improve dental care for older Virginians** through education, enhancing services in long-term care and through community clinics, and providing services for adult Medicaid beneficiaries.
- **Expand the Northern Virginia RAFT program (Regional Older Adult Facilities Mental Health Support Team)** to enhance its provision of community-based care for adults (65+) with severe mental illness.
- **Fund home and community-based services through Area Agencies on Aging and Centers for Independent Living.**
- **Increase the monthly assisted living Auxiliary Grant**, making it 100 percent state funded; and make it portable.
- **Expand voting access** by enhancing accessibility for people who need assistance registering and/or casting a ballot, and by enacting no-excuse absentee voting.

ABOUT NVAN

NVAN includes the Commissions on Aging and Area Agencies on Aging of Alexandria, Arlington, Fairfax, Loudoun, and Prince William, as well as regional service and advocacy organizations.

Contact NVAN

Northern Virginia Regional Commission, 703-642-0700,
www.Novaregion.org

Or to request this information in an alternate format, call
703-324-5403 or TTY 703-449-1186.

Commission On Aging Communications Committee

Communications Committee Report
October 8, 2015

Communication Plan for all Commission on Aging Committees and Individuals

The following is a draft of a communications plan for the Commission on Aging (COA). The outline below contains the steps in the process.

1. No Commissioner or Committee can speak on behalf of the Commission without Executive Committee and full Commission agreement. Any committee wishing to disseminate information or messages to the public must first get approval from these bodies.
2. The communications committee will help the communications process by providing advice, guidance, and some message development, mostly in the form of a template.
3. The communications committee is also developing a grid of communication outlets, including media, community organizations, churches, civic associations and special interests groups to help identify most appropriate communication strategy.
4. The subject matter individual and/or committee is responsible for developing all communications content, **not** the Communications Committee.
5. The subject matter individual and/or committee must send what it wishes to communicate according to the template provided for consideration and approval; the Executive Committee will determine what will be forwarded to the full Commission for its review and approval.

Communications Plan Template

Alexandria Commission on Aging
Communication Plan Template

Date:

Communication Plan for:
Overall Communications Objective:

	Audience	Communications Objective	Message	Channel(s)	Timing
1					
2					
3					
4					
5					

Notes from October 1, 2015 meeting of the Economic Development Committee Meeting

Attending: Mary Lee Anderson, Joan Dodaro and Evelyn Quiles

Updates were discussed on our two target areas:

1. Seniors as Consumers
2. Senior Employment

Senior Consumers

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

Mary Lee met with Margaret & Laurent Janowsky of DelRay Café/La Bergerie and they have agreed to offer discount program for seniors Sun-Weds evenings and Mon-Weds lunch. Joan will reschedule a meeting with Pat Miller to get more DelRay establishments on board. Committee needs to work through logistical aspects of the program. Evelyn agreed to provide copy of the "Calling all Senior-Friendly Businesses" flyer to several business associations which have ties to WDC to get their feedback.

Senior Employment

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

Workforce Development Center has monthly 50+ workshop and a senior feature on their website. Evelyn advised that some members of City Council expressed interest in restoring the senior specialist position based on the big drop in senior placements. SSA agreed to post WDC announcements and class schedules on SSA's website and in the Senior Information Corners.

Our next meeting will be at SSA on Wednesday, November 1, at 10am at St Elmo's Café.

Mary Lee

Comment to the Office on Housing

I am a citizen of Alexandria, a member of the Alexandria Commission on Aging, Liaison with the Alexandria Commission on Persons with Disabilities and Chair of the ACPD Housing Committee.

The Office of Housing is to be commended for in FY2014-2015 exceeding the goal for committing loans to housing providers developing or preserving affordable rental housing units for low income households by 200%. Also, the City met 100% of the goal to assist low income households with disabled family members with the costs of retrofitting rental units.

In FY-2015-2016, I recommend that the Office of Housing make a targeted and concerted effort to use Community Development Block Grant (CDBG) funds, the Rental Accessibility Modification Program (RAMP), HOME and Rent Relief and Real Property Tax Relief Programs to improve accessibility of existing housing for disabled homeowners and renters.

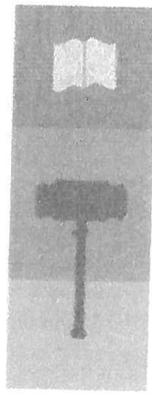
The result of improving physical access to existing homeownership and rental housing in the City by providing ramps, lifts and sidewalk improvements increases the supply of accessible and affordable rental housing stock, benefiting elderly and disabled residents of Alexandria, as well members of their households and visitors to the home. It should be a Goal of the Office of Housing to expand the effect of these programs to maintain and preserve accessible and affordable housing for the residents of Alexandria in the future.

Sincerely,

Mary H. Parker, PhD

Member, Alexandria Commission on Aging

Member, Alexandria Commission on Persons with Disabilities



SENIOR LAW DAY 2 0 1 5

Senior Services of Alexandria and the Alexandria Bar Association

Present

The Fifth Annual Senior Law Day

Family Law for Seniors: Planning Early and Often

Saturday, October 17, 2015

8:30 am - 12:30 pm

**First Baptist Church of Alexandria
2932 King Street, Alexandria, VA**

KEYNOTE SPEAKER:

Dr. Richard Lindsay, M.D.

*Former Head of Geriatric Medicine
University of Virginia Health System*

Hear local legal experts and financial planners discuss the importance of planning for the future including later-in-life legal and financial planning, including wills and powers of attorney; how seniors may be affected by divorce, remarriage, and child custody issues; and the importance of communication. Seating is limited so please RSVP online at seniorservicesalex.org or call 703-836-4414, ext. 110.

A light breakfast will be served and
this FREE event is opened to the public.

Senior Services
OF ALEXANDRIA





2015-2016 Speaker Series

All events are FREE and open to the public.

OCTOBER

Senior Law Day – Cosponsored with the Alexandria Bar Association
Saturday, October 17, at 8:30 a.m.
First Baptist Church
2932 King Street, Alexandria, VA 22302

NOVEMBER

Finding Your Passions – Leaving Your Legacy - ACT
Wednesday, November 18 – 9:30 am
Westminster Presbyterian Church
2701 Cameron Mills Road, Alexandria

JANUARY

Health Care, Long-Term Care & Caregiving (AARP)
Saturday, January 9, 2016 at 9:30 am
Immanuel Church on the Hill
3606 Seminary Road, Alexandria, VA

FEBRUARY

Senior Housing: Learning about the Variety of Options in Alexandria
Wednesday, February 10 at 9:30 am

MARCH

Living an Active and Rewarding Life (AARP)
Wednesday, March 16 at 9:30 am
Beth El Hebrew Congregation
3808 Seminary Road, Alexandria, VA

APRIL

Ageing Well in Alexandria – Possibilities are Endless!
Wednesday, April 13 at 9:30 am
Beatley Central Library, 5005 Duke Street, Alexandria, VA

MAY

Health & Wellness Fair
Wednesday, May 25 at 9:30 am
Lee Center
1108 Jefferson Street, Alexandria, VA 22314

JUNE

Educational & Cultural Activities and Civic Engagement for Seniors
Wednesday, June 15 at 9:30 am
Beatley Central Library, 5005 Duke Street, Alexandria, VA

Dates and times are subject to change.

For more information, visit www.SeniorServicesAlex.org or call (703) 836-4414, ext. 110.