

**Alexandria Commission on Aging Minutes
September 10, 2015**

Members Present: Carol Downs, Bob Eiffert, Sean Dunbar, Mary Lee Anderson, Charles Bailey, Alan Dinsmore, Elisabeth Palmer Johnson, David Kaplan, Jane King, Michael Kreps, Jim Lindsay, Jan Macidull, Mary Parker

Members Excused: Joan Dodaro, Cedar Dvorin, Anestacia Graham, Pat Killeen, Del Pepper, Marjorie Vanderbilt

Liaisons Present: Vanessa Greene, Senior Center @ Charles Houston; Kathryn Toohey, St. Martins Senior Center; Margaret Orlando, Recreation, Parks and Cultural Activities; Ian Torrance, Police Department

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

Guests Present: Bill Harris, HAAC; Carrie Clark and Christine Fulgencio, The Medical Team; Holly Hansian, Goodwin House

1. Call to Order
 - Quorum achieved, Carol began meeting at approximately 4:05 pm and welcomed the Commission members back after the summer break
2. Welcome Guests
 - Carol welcomed the guests in attendance.
3. Approval of June Minutes
 - No questions, concerns, or requested revisions to the June minutes. Minutes were unanimously approved
4. Public Comments
 - Holly Hansian thanked the Commission for its assistance with providing information on how to fill gaps for seniors.
 - No other public comments were provided.
5. Special Presentations

NVAN Platform

- Terri Lynch, Jane King, and Bon Eiffert presented to the Commission on several aspects of the Northern Virginia Aging Network (NVAN).
- Terri reviewed the history of the AAAs, the NVAN structure and process

- Jane presented on the work of the NVAN Legislative Committee, including its current work (September-October) to develop and evaluate proposals to share with the General Assembly. The NVAN process for evaluating proposals includes the following criteria: 1) winnable; 2) meaningful change; 3) doable in Virginia; 4) clear targets; 5) clear timeframe; 6) doesn't burn bridges. Jane will share more information with the Commission.
- Jane also reviewed recent successes achieved by NVAN's efforts, such as a 2 percent increase in consumer-directed and Medicaid agency services, \$500,000 for public guardianship program, and new policies on hospital notification for patients in observation status.
- Jane reviewed bullets outlining NVAN's draft priorities for 2016. NVAN is working on background detail for the bullets as it prepares for meeting with the Northern Virginia delegation.
- Bob discussed NVAN's efforts to coordinate with other key stakeholder groups, such as Virginia Council on Independent Living, AARP, and Commonwealth Council on Aging. Bob highlighted the importance of needing to work with other groups across the state to pass legislation. While NVAN represents a large area of the state, it can't pass legislation on its own and needs to find common areas of interest with other partners.
- At the end of the presentations, Carol asked that the Commission support NVAN's legislative priorities. Historically, the Commission has done that. Bob Eiffert made a motion, which was seconded. No discussion. No opposition and no abstentions. The Commission voted in favor of supporting the 2016 NVAN Legislative priorities.
- NVAN Legislative Breakfast - see attached

6. Executive Committee Report

- There were no questions on the Committee report.

7. Discussion Items

- First discussion item raised was Bill Harris' role on AHAC, which ended. Carol Downs proposed that the Commission re-appoint Bill to the position, given the great work he continues to do in that post. Several Commission members offered to make a motion, and the motion was seconded. There was no discussion on the motion. The motion passed with no abstentions and no opposition. Bill Harris was re-appointed to AHAC. Carol Downs will send a letter to AHAC, on behalf of the Commission.
- The second discussion item was the upcoming hearing on the renovation of Ramsay Home, which will be in front of the City Council at its next full meeting. (The Executive Committee was asked to support letter in favor of redevelopment of Ramsay Home and voted to do so at the last Executive Committee meeting. Due to time constraints, there wasn't time to bring the issue before the entire Commission.)
 - Bob Eiffert and Jan Macidull will coordinate to deliver testimony on behalf of the Commission.

- Carol Downs provided an overview of the issue and welcomed feedback from Commission members.
- Several Commission members were disappointed in not having the opportunity to discuss the issue in more detail before the final decision was made to support the letter. Commission members raised the importance of having a better process in place in the future, should similar letter and timing challenges arise.
- The Commission had a detailed discussion about process and how steps could be taken to give Commission members an opportunity to review any timely and important items that require input or decisions prior to the next full Commission meeting. Bob, Carol, and Debbie reminded the Commission that any process would need to be in compliance with the public meeting requirement governing Commission activities.
- Carol reminded Commission members that the Executive Committee meetings are open to all Commission members, liaisons, and the public. Carol and Debbie will take steps to circulate Executive Committee materials to the broader group, to make sure everyone is aware of upcoming business. Other potential steps will be explored to enhance timeliness of outreach and feedback, to the extent possible.
- Bob shared the draft testimony that he developed for the City Council hearing. see attached Commission members took time to review the printed copies that were distributed. Several Commission members proposed changes to the draft testimony, including language that reflects a more mindful consideration of the need for the Council to preserve, protect, and commemorate the footprint of African American heritage in Alexandria. Jan suggested that Bob and Vanessa Greene step away to spend some time revising the testimony while the Commission continues with other business.
- Bob and Vanessa spent time away from the meeting to update the language. Upon returning to the full group, they reviewed and read the revised testimony out loud so all Commission members could hear the revisions.
- After a short discussion, a motion was made to approve the revised language developed by Bob and Vanessa. The motion was seconded. The motion passed with one abstention (Elisabeth Palmer Johnson) and two opposed (Dave Kaplan and Michael Kreps). The motion passed.

8. Committee Updates

- Communications / Outreach see attached

Motos with Jane

- No motos were conducted this meeting, due to the extended discussion on other topics.

9. Liaison Report

- Liaison reports were presented by several representatives in attendance. Reports were also included in the meeting materials. ACPD - see attached; SSA - see attached; DAAS – discussed the Ombudsman program; NVAN Legislative Cycle-see attached; and the 2015 Caregivers Conference - see attached

Meeting adjourned at 6:16 pm.

This is a great opportunity to speak directly to your local elected officials and candidates about aging needs, network with your colleagues and enjoy a fabulous breakfast!

**The Northern Virginia Aging Network (NVAN)
Requests your presence at the
16th Annual Legislative Breakfast**

*NVAN will introduce its legislative platform to state senators, delegates,
local elected officials and candidates.*

*Don't miss this opportunity to speak with your elected officials and
candidates.*

**Monday, September 28, 2015
8 – 10 a.m.**

Fairfax Marriott at Fair Oaks

11787 Lee Jackson Memorial Highway
Fairfax, VA 22033

Keynote Speaker:

**Mark Herring, Attorney General of
Virginia**

Mark Herring, 48th Attorney General of Virginia, launched his career in public service as a town attorney in Lovettsville, and has served on the Loudoun County Board of Supervisors and eight years in the Virginia Senate. He has committed his office to improving public safety, veterans services, civil rights, consumer and small business protections, and ethics in our public sphere.

**Registration deadline
Thursday, September 24**

Register here: <http://www.eventbrite.com/e/nvan-legislative-breakfast-2015-tickets-18329851078>

Testimony of the Commission on Aging re: Ramsey Homes
Case # 14-4280
September 12, 2015

Good afternoon Mayor Euille and Members of City Council. I am [Bob Eiffert/Jan Macidull] of [address], and I am here today representing the Alexandria Commission on Aging. The Commission's Executive Committee voted to support the position of the Housing Affordability Advisory Committee and signed the letter prepared by HAAC Chair Katherine Dixon. That letter urges City Council to reverse the decision of the Parker Gray Board of Architectural Review and to approve the demolition of Ramsey Homes.

The Strategic Plan on Aging adopted by City Council in 2012 endorses the development of affordable, accessible housing for older Alexandrians. With the overwhelming loss of market rate affordable housing in the city, we agree that it is imperative to seize every opportunity to add affordable and accessible housing units whenever and wherever possible. We urge City Council to work with ARHA and affected community groups to find appropriate ways to commemorate and memorialize the legacy and footprint of Alexandria's African Americans.

Thank you for the opportunity to speak today.

COA Communications & Outreach Committee
Minutes from July 8, 2015 Meeting

Members in attendance: Mary Lee Anderson, Alan Dinsmore, Joan Dodaro, Carol Downs, Pat Kileen, Jim Lindsay, Debbie Ludington, Terri Lynch

Members not present: Jane King

Short discussion and reminder/s of the need for attendees at the following events:

- Monday, July 13 “watch party” for the White House Conference on Aging held in the Sisters Cities Room of City Hall.
- Wednesday, July 29, Affordable Housing Meeting at Alexandria Baptist Church

The need to solicit additional volunteers for VICAP was discussed. Committee members will get in touch with Cedar Dvorin with contact information for potential volunteers.

Committee members agreed there is a great need to improve the City’s Website and DASS Website to make them more user-friendly to seniors and their families. An invitation to attend the next Communications & Outreach Committee will be issued to Jennifer from the City’s Communications Division.

Discussion of which priorities were considered by COA members for COA to concentrate on for the next year included:

- Need for more diversity within the composition of COA members and develop long-term relationships with the City’s diverse communities
- Affordable, accessible housing and affordable assisted living
- Need for coordinated services in the current low-income senior housing
- Designation of Alexandria as an WHO/AARP Age-Friendly Community
- Establishing relationships with hospitals and healthcare providers
- Continuing to work with other Commissions to achieve goals

Mary Lee Anderson provided information about a new program sponsored by the city called the 60+ Academy which will provide a four week training program for individuals 60 and over who are interested in learning about how the various City Divisions work.

There was much discussion as to the need to support the Economic Development Commission and the Workforce Development Center in assisting individuals 55 and over find jobs. The current program for the 55+ assistance has been reduced even though statistics show an increase in use of the program by people 55+ which includes those who obtained jobs.

LIAISON REPORT:ACPD MEETING SEPTEMBER 9, 2015

MARY H. PARKER, PHD, COA LIAISON

The Commission heard presentations by Steve Mason, Acting Director, Department of Human Resources, Sheree Harmon and Barbara DiRenzo, concerning recruitment, hiring and Providing accommodations for people with disabilities. The Department is doing a study of The numbers of City employees with disabilities and will also collect data on the number of employees who are age 60 and over. Mary Parker requested that the data include information on the number of requests for accommodation and the types of accommodation provided. A report will be made to ACPD, COA and other City commissions in Spring 2016. One of the limitations on the accuracy of the data is the requirement that all disabilities must be self-reported by individual job applicants and employees. Mr. Mason indicated that he was sure there was substantial under reporting.

The Commission discussed support for ARHA's plans to demolish Ramsey Homes and construct a larger housing facility to accommodate more low-income residents. The Commission discussed signing on to one of the support letters prepared and sent by other groups, including the Housing Affordability Advisory Committee and agreed to draft a separate letter. The Commission voted to authorize Chair Molly Danforth to draft a letter supporting ARHA and stating a request that the new building include accessible features.

PARTNERSHIP FOR A HEALTHIER ALEXANDRIA [USE LOGO]

MEMBERS AND COMMUNITY LEADERS MEETING

OFFICE OF THE DEPARTMENT OF COMMUNITY AND HUMAN SERVICES

2525 MOUNT VERNON AVENUE, MULTIPURPOSE ROOM

TUESDAY, SEPTEMBER 29, 2015 8:15-11:00 A.M

AGENDA

1. Welcome [Allen and Steve] and Introductions (8:15-8:30am)
2. Brief Overview of the Partnership (8:30-8:40am)
3. Speaker: Jay Blackwell, Director of Capacity Building, Health Resource Center, Office of Minority Health, US Department of Health and Human Services (8:40-9:10am)
4. Brief Overview of the Community Health Improvement Plan (CHIP) (9:10-9:25am)
5. Breakouts by CHIP Priority Area (9:25-10:20am)
6. Breakouts' Brief Reports to the Participants (10:20-10:45am)
7. Next Steps and Closing (10:45-11:00am)

Note: Registration, refreshments and light snacks begin at 8:00am

ROBUST WALKATHON



Senior Services
OF ALEXANDRIA

Wednesday, October 7
10 a.m. - Noon

Ben Brenman Park
4800 Brenman Park Drive
Alexandria, VA 22304

Guest instructors lead groups through stations that show you how to:

- ◆ Weave low-intensity exercises into a walk
- ◆ Use environmental objects as exercise props
- ◆ Gain balance, strength, agility, flexibility, and endurance

\$10 suggested donation to register

\$25 suggested pledge donation

Register online at: seniorservicesalex.org

Each participant will receive a resistance exercise device!

For more information call 703.836.4414 ext. 110



**Sponsored by the Successful Aging Committee:
Community & Human Services/ Aging & Adult Services
Recreation, Parks & Cultural Activities
Senior Services of Alexandria
Alexandria Redevelopment and Housing Authority**

The Robust Walkathon will benefit three annual events sponsored by the Successful Aging Committee: Dance For All Ages, Senior Health & Fitness Fair and Senior Holiday Party.

NVAN Legislative Cycle

- March NVAN meeting – review past session and highlight successes and lack of successes
- April - Brainstorming ideas
- May – Selection of topics {3 legislative; 3 budget} and committees to hone language for Platform item and write background statement
- July – NVAN concurrence with Platform Statement
- August – Committees finish background statements and submit to 3-person Legislative Committee [troika]
- September / October -- 5 Commissions see grip card and make own plans for advocacy
- Fall – Legislative Breakfast with No Va Delegation and distribution of Grip Card
- Identify other groups with common issues; see whether others will concur with our issues
 - Most common groups: AARP, VERC, V4A, & Commonwealth Council on Aging
- Advocacy prior to General Assembly session – visit with as many members of the 40 person delegation as possible; find patrons as needed
- January – March – communicate via e-mail and phone regarding specific bills
- March NVAN meeting – review past session and highlight successes and lack of successes

Who Should Attend

- Family caregivers
- Volunteers working with older adults
- Professionals in aging and related services

Why Attend

- To be better prepared to care for your loved one
- To learn practical tips on how to plan and organize your caregiving documents
- Visit with exhibitors who offer supportive services
- Earn Continuing Education Units (CEUs) from *George Mason University's* Office of Continuing Education

Northern Virginia Dementia Care Consortium

AARP Virginia

Alexandria Department of Community and Human Services, Division of Aging and Adult Services
Arlington Aging and Disability Services
Alzheimer's Association, National Capital Area
Insight Memory Care Center
ElderLink, Options for Caregiving
Fairfax Area Agency on Aging
Fairfax County Health Department
Goodwin House Incorporated
GraceFul Care, Inc.

Major Support Provided By



2arp.org/hearcaregivers



The Program

- 8:00 *Registration and Continental Breakfast*
- 8:45 **Welcome**
- 9:00 **Overview of Brain Disease, R. Scott Turner, MD, PhD**
- 9:45 **Preparing to be a Caregiver**
Antonio M. Taguba, Major General, U.S. Army Retired
- 10:45 *Break and Visit Exhibitors*
- 11:00 **Making Caregiving Manageable: Legal and Financial Planning,** Sally Balch Hurme, J.D.
- 11:45 *Lunch, Visit Exhibitors, and Book Signing*
- 12:45 **From Chaos to Calm: Identifying and Dealing with Caregiver Feelings,** Jennifer FitzPatrick, MSW, LCSW-LC
- 1:45 **Understanding Medicare,** Bill Vaughan
- 2:30 *Break and Visit Exhibitors*
Creative Dance with Margot Greenly
- 2:45 **Making the Most of Life When Things Go "Aflaw!"**
Ron Culbertson
- 3:30 *Adjourn*

Do you need someone to care for your loved one so you can attend the conference?

Limited free in-home respite care for persons with dementia, living in northern Virginia only, will be provided by GraceFul Care. For more information about respite, call (703)904-3994 no later than October 19.



Conference Speakers

Sally Balch Hurme, J.D., has led the national conversation on many of the legal issues of concern to older persons and their families. Whether the issue is how to make decisions for others, plan for what comes next, or avoid fraud, she's been in the forefront. She has focused her professional career on explaining the law so everyone can understand it. As the author of the *ABA/AARP Checklist for Family Caregivers*, she walks caregivers through the process of gathering in one place all the health information, financial details, legal documents, and personal and medical care wishes of the person they care for. Plus she clearly explains what's needed, what's missing, and where to get it. Other books in Hurme's ABA/AARP Checklist series include *Checklist for Family Survivors* and *Checklist for My Family*.

Ron Culbertson, MSW, CSP, CPAE, has a master's degree in social work and spent the first part of his career working in a large hospice organization as a clinical social worker, middle manager, and senior leader. As a speaker, humorist, and author of *Do It Well, Make It Fun: The Key to Success in Life, Death, and Almost Everything in Between*, he has delivered more than 1,000 presentations to associations, government agencies, non-profit organizations, and corporations. His mission is to change the workplace culture so that organizations are more productive and staff are more content. He was also the 2012-2013 president of the National Speakers Association and is a recognized expert on the benefits of humor and laughter.

Jennifer FitzPatrick, MSW, LCSW-C is a gerontologist and Founder of Generations Health Education, Inc. and is a nationally recognized speaker and author on helping working caregivers, intergenerational workforces and dementia care. She is an Education Consultant for the Alzheimer's Association of Greater Maryland and an Adjunct Instructor at John Hopkins University. Her first book on decreasing caregiver stress is being published in early 2016.

Antonio M. Taguba, Major General, U.S. Army Retired, serves as a Community Ambassador for AARP. After his parents became ill, he and his siblings were ill-prepared to care for them. Faced with tough decisions about their health and finances, they managed to care for them the best they could. To help others, General Taguba now advocates for caregivers and their families. Born in Manila, Philippines in 1950, General Taguba joined the U.S. Army after graduating from Idaho State University in 1972. He served in numerous command and staff positions up to General Officer level. His service tours included assignments in the continental United States, South Korea, Germany, and Kuwait. He retired in 2007 having served 34 years on active duty as a decorated officer with the rank of "Major General" and an advocate for breaking down racial and ethnic barriers in the military.

R. Scott Turner, MD, PhD is a Professor of Neurology and Director of the Memory Disorders Program at Georgetown University Medical Center, Washington, DC. Previously, he was Chief of the Neurology Service at the VA Ann Arbor Healthcare System and Associate Professor and Associate Chair in the Department of Neurology, University of Michigan, Ann Arbor. He was awarded MD and PhD degrees from Emory University, Atlanta, and completed internship, residency, and fellowship training at the University of Pennsylvania, Philadelphia. He is Board-Certified in psychiatry and neurology. Turner has received prestigious awards including a research fellowship from the Howard Hughes Medical Institute, a Paul Beeson Scholarship, and a Washington Monuments Award from the Alzheimer's Association, National Capital Chapter. Turner lectures widely, serves as a reviewer for granting agencies and biomedical journals, and has published more than 75 peer-reviewed papers, editorials, and book chapters.

William Vaughan worked for various members of the US House of Representatives' Committee on Ways and Means before retiring in 2001 as staff director (for the minority) of the Health Subcommittee. Between 2003 and 2010, he worked on Medicare, national health care, and consumer health issues (with a heavy emphasis on FDA issues and FDAAA 2007) for FamiliesUSA and Consumers Union (the independent, non-profit publisher of Consumer Reports). In 2011 he consulted with the Union of Concerned Scientists on the Prescription Drug User Fee Act extension. Vaughan is currently a member of the board of directors of the National Committee to Preserve Social Security and Medicare. He is also a volunteer in the Consumers United for Evidence-Based Healthcare/Cochrane Collaboration effort and is a volunteer with the Virginia State Health Insurance Counseling Program. He recently completed service on an IOM FDA post-market approval drug safety study panel.

Conference Registration Form

Getting Your Ducks in a Row

One form must be completed for each registrant. Forms may be copied. To register, complete and return this form with \$30 payment.

Registration must be postmarked by Nov 1, 2015

Register online at: <https://nvdc2015.eventbrite.com>

Please type or print neatly

Name _____

Organization/Facility (if applicable) _____

Address _____

City, State, Zip _____

Email _____

Home Phone _____

Work Phone _____

Fee includes continental breakfast, lunch, materials, and certificate of attendance.

\$30: conference fee

Vegetarian meal required? Yes No

0.50 CEU from George Mason University will be offered for \$30. CEU fee is payable directly to GMU after the conference.

Make check payable to Fairfax Area Agency on Aging

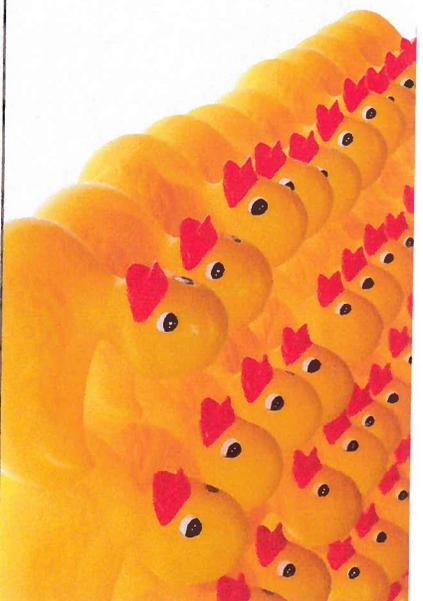
Mail check and registration form to:

Northern Virginia Dementia Care Consortium
c/o Fairfax Area Agency on Aging
Attn: Sharon Lynn
12011 Government Center Parkway, Suite 708
Fairfax, VA 22035-1104

For more information, please call (703) 324-5425

Please join us for this special one day conference for family and professional caregivers.

707 East Main Street, Suite 910
Richmond, VA 23219
ARP
Real Possibilities



PREPARE TO CARE:

Getting Your Ducks in a Row

29th Annual Caregivers Conference

Wednesday, November 11, 2015

8:00 am to 3:30 pm

Korean Central Presbyterian Church
15451 Lee Highway, Centreville, VA 20121

NORTHERN VIRGINIA
dementia care
consortium