



ARLINGTON COMMISSION ON AGING
c/o Agency on Aging, DHS
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Meeting Summary May 21, 2018

Walter Reed Community Center

PRESENT: Laurie Young, Gwendolyn Beck, Cheryl Beversdorf, Carl Brooks, Valerie Crotty, Linc Cummings, Jim Feaster, Cragg Hines, Herschel Kanter, Cynthia Schneider, Sophie Shen, Martha Villanigro-Santiago, Duke Taylor, Martha Wilson, Jim Feaster

MEMBERS EXCUSED: Barbara Favola

MEMBERS ABSENT:

STAFF: Maimoona Bah-Duckenfield, Rachel Coates, Michelle Thomas

GUESTS: Sara Pappa and Dr. Rita Wong (Marymount University), Sue Lang and Cynthia Davis (Walter Reed Senior Center Advisory Committee) Catherine Franz, Erica Wood, Bonnie O'Leary, Jim Morris, Mitch Opalski, Wendy Zenker, Jennifer Collins, Angela Chadbourne

I. 10 minute networking

II. Call to Order at 9:00 a.m.

III. Discussion and Updates about Walter Reed Senior Center Programs, Updates and Tour

Jennifer Collins, Program Manager for the Office of Senior Adults Programs shared updates about the Lubber Run Senior Center. LeeAnne Kaniut, Department of Parks and Recreation Programmer, SPREC Age Based Services provided an overview of the Walter Reed Senior Center and Community Center and Arlington 55+ Programs. Ms. Kanuit provided a handout and shared information about the fitness classes, senior groups, recreation programs, intergenerational after school programs, and volunteer partnerships at Walter Reed. She thanked Arlington Agency on Aging for the partnership especially as it related to the Social 60+ Café and the hot lunch provided to adults age 60 and above who attend the program and enjoy lunch Monday-Friday.

More information and resources about Arlington [55+ Programs](#), [Senior Centers](#), and [Walter Reed](#) may be found on our website. Information about the [Lubber Run Community Center Project](#) can be found on Arlington's Projects and Planning website.

IV. Approval of April's Meeting Minutes

Minutes were approved unanimously. Commissioner Hines asked about the ADA Parking in front of Courthouse plaza that was an issue of concern noted at the May meeting. Ms. Coates provided an update about the steps being taken to rectify the issue. The letter drafted by this Commission was shared with the County Manager and County Board and staff coordinated with the ADA Resource Coordinator and County Ombudsman as well as County staff to ensure ADA parking is not blocked in the future.

V. Chair's Report

Laurie Young

- a. Chair Young shared information about upcoming events includes the WHO/AARP Age-friendly workshop on June 5th at Central library. The CoA's application was signed by County Board Chair Katie Cristol and sent to Jim Dow, head of AARP Virginia. The next steps will be to review the CoA committee structure and develop an implementation plan around the measurable goals identified at the community workshop and derived from WHO/AARP models. We will continue to explore other commissions, County plans and potential agencies for partnerships.

VI. Staff Reports

- a. AAA Staff Report Rachel Coates
 - i. Ms. Coates shared highlights from the 2018 Community Engagement Forum and discussed how the feedback shapes our policies. She highlighted upcoming events which are listed on the Calendar of Events for May and June which includes an upcoming opportunity to hear from Christian Dorsey at the CoA Meet and Greet on June 7th. She thanked all the partners and attendees who contributed to the 2018 Senior Law Day.
- b. ADSD Staff Report Maimoona Bah-Duckenfield
 - i. Ms. Bah-Duckenfield shared her vision as Community Supports and Coordination Services Bureau Chief and spoke to her passion around advocacy for long-term care communities and affordable housing options.

5 Minute Break

VII. Committee Reports

- a. **Budget** (Carl Brooks): No report. Commissioner Beversdorf thanked the CoA for their advocacy around Arlington Independent Media (AIM) especially Aging Matters and noted that to date programs have received more than 200 hits.
- b. **Legislative** (Martha Villanigro-Santiago): Commissioner Villanigro-Santiago provided an update on the NVAN platform and shared outcomes of the Legislative Brainstorming session.
- c. **Long Term Care Residences** (Cyndy Schneider): The May meeting was at Mary Marshall Assisted Living and included a tour. The July 18th meeting will be at Cherrydale Nursing Home and Rehab Center.
- d. **Membership** (Sophie Shen): Commissioner Shen reports the committee is soliciting applications for two vacancies.
- e. **Public Information & Outreach** (Gwendolyn Beck): The committee is creating a list of Naturally occurring retirement communities (NORC's) to promote upcoming events and increase outreach. Next meeting will be June 13th at 9:30am.
- f. **New Media/Technology** (Sophie Shen): No report. Chair Young continues to post on the Facebook page and is waiting to secure the administrative rights to transition to Commissioner Shen.
- g. **Senior Centers** (Linc Cummings): Commissioner Cummings reports on evaluating senior centers especially motivate them to achieve excellence.
- h. **Strategic Planning** (Laurie Young): Chair Young shared that the members of this committee are reviewing the current committee structure to ensure that it aligns with the Age-Friendly 8 domains. The next meeting is June 27 at 3pm at DHS.
- i. **Supportive Services and Housing** (Cheryl Beversdorf): Commissioner Beversdorf shared that she is co-chairing the meetings with support from former chair Erica Wood and the May meeting focused on aging in place in Arlington. Sara Thompson, County staff

member responsible for the permanent supportive housing program will attend a future meeting to discuss the potential for replication and/or expansion of this program to help older adults age in place.

- j. **Transportation** (Cragg Hines): Commissioner Hines mentioned the Senior Center Bus Tour was postponed due to Steve Yaffee's retirement and the onboarding of new DES staff. He voiced concern about WMATA's plan for emergency evacuations and the inclusion of older adults and persons with mobility needs when exiting metro swiftly in an emergency.

VIII. Liaison Reports

- a. **Alexandria Commission on Aging** (Mitch Opalski/Linc Cummings): No report.
- b. **Alliance for Senior Programs/Senior Adult Council** (Cindy Miller): Ms. Miller echoed Jennifer Collins report and shared that the move from Lubber Run to Madison was slightly delayed but moving forward as scheduled. Lauren Brooks will be joining the OSAP team.
- c. **Arlington Neighborhood Village** – (Wendy Zenker) Ms. Zenker thanked the CoA for their advocacy and support for Arlington Neighborhood Village's request for County funds in the FY 2019 budget.
- d. **Coalition to Improve Advanced Care (CIAC)** (Joan McDermott): Ms. McDermott discussed the value of constituents who completed Advance Directives during the Community Engagement Forum. The group offers free training for healthcare professionals and is also offering one-on-one assistance with creating Advanced Directives. More information about [CIAC](#) can be found on their website.
- e. **Commonwealth Council on Aging** (Erica Wood): The next meeting will be July 11th in Richmond, VA. Ms. Wood shared that Rebuilding Together was awarded the 2018 Commonwealth Council on Aging Best Practice Award for their RT Express program to assist older adults with home renovations/modifications that support aging in place.
- f. **Community Development Citizens Advisory Council** (Linc Cummings): Commissioner Cummings shared that solicitations have been disseminated and an evaluation will occur in the fall.
- g. **Disability Advisory Commission** (Vacant): No report.
- h. **Emergency Preparedness Advisory Commission** (Valerie Crotty): Commissioner Crotty reports on the increase in salaries for public safety personnel that were awarded in the County FY 2019 budget.
- i. **Pedestrian Advisory Committee** (Jim Feaster): The committee collaborated on a letter to the County Manager to see how Arlington can participate in a program called Reduce to Zero (reduce bicycle deaths). He also shared the committee is reviewing a proposal to build a bridge in Crystal City.
- j. **Steering Committee/Older Persons** (Gwendolyn Beck): The next meeting will be Friday, July 20th at 9:30am and the topic will focus on Fraud and Scams.
- k. **Transit Advisory Committee** (Vacant): Mr. Kanter reported that the committee discussed dedicated funding for metro. More information about the committee may be located [here](#).

IX. Old Business

X. New Business

Commissioner Villanigro-Santiago shared information about Mosaic, a new organization that strives to build a bridge for underrepresented populations. She highlighted upcoming events including a forum on June 7th about the Healthcare continuum.

XI. Announcements and Public Comment

Jim Morris shared the AARP chapter meeting is on Wednesday, May 23rd. He also mentioned that the Beacon newspaper is having arts contests.

Commissioner Taylor shared on June 10th from 2-5pm the Hawaiian state society is hosting a lei draping ceremony at the U.S. Capitol in D.C.

XII. Adjournment at 11:03 a.m.

Next Meeting: June 18, 2018 at Arlington Department of Human Services, 2100 Washington Blvd. Lower Level Auditorium, Arlington VA 22204