



ARLINGTON COMMISSION ON AGING

c/o Agency on Aging, DHS
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**Meeting Summary
September 17, 2018**

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

MEMBERS EXCUSED: N/a

MEMBERS ABSENT: Julia Chen aide to Senator Barbara Favola, Duke Taylor

STAFF: Rachel Coates, Jeanne Booth, Jim Baker, Helen King

GUESTS: Michelle Thomas, Linda Kelleher, Jennifer Collins (OSAP), Mitch Opalski, Wendy Zenker (ANV), Erica Wood, Douglas Frost, Marilyn Martin, Bonnie O’Leary, Rita Wong, Cynthia Davis, Ahmad Abumraighe, Lauren Byrne (WMATA), Reginald Ward (WMATA), Justyn Marshall (WMATA)

I. Networking

II. Call to Order at 9:07 a.m.

Chair Young welcomed Jim Ruff as the newest commissioner. All in attendance introduced themselves.

- III. WMATA (Metro) and Emergency Readiness –** Lauren Byrne, Senior Fire Life Safety Officer with the Metro Transit Police Department Office of Emergency Management, presented on how Metro responds to emergencies. She described aspects of the prepare-respond-recover cycle as they pertain to Metro operations. An important aspect of the preparation is by training first responders in actual stations with possible situations through quarterly exercises. She stressed the importance of first responders simulating environments to better respond during an emergency. The most recent exercise was held at the Crystal City metro station and simulated smoke in the tunnel and train evacuation. Another recent exercise involved an active shooter at the Gallery Place station. Ms. Byrne highlighted emergency communication options should a citizen encounter an incident in the metro system. After an event, the team conducts an after action review to explore what happened and what can be done better in the future. This activity may lead to future exercise scenarios to test out changes. Ms. Byrnes encouraged everyone to participate in a quarterly exercise to better understand the response activities. She also highlighted the accessibility advisory committee and their work to ensure the needs of older adults and persons with disabilities and that their needs are represented in daily operations as well as the exercises.

Commissioner Cummings commented that Metro staff recently came to the Jefferson to teach residents how to utilize the metro system – both bus and metro. Mr. Reginald Ward, Metro Systems Orientation Specialist, offered that this training is available for any group or organization. The training generally lasts 3 hours and include travel on the bus and metro, and a tour of a station.

IV. Approval of July Meeting Minutes

Minutes were unanimously approved as written.

V. Chair’s Report

Laurie Young

- a. Chair Young reported that after the break in August, the commission has already restarted its work. She noted that it would be useful for the Chair and Vice-Chair to have business cards going forward.
- b. Chair Young talked about activities around Age-Friendly Arlington and noted that a new committee structure has been identified for the Commission to better align with Age-Friendly efforts. The total number of committees will now be six, from the previous eleven. She noted that the structure is a work in progress and can be adjusted in the future if needed. Chair Young noted that the Age Friendly Initiative still needs to present to the County Board and receive official recognition from the Board.
- c. Chair Young noted she recently met with AARP and has a plan for the next 6-months of the Age-Friendly Arlington activities. She noted that she plans to put poster boards in community centers and libraries to solicit ideas on how to make Arlington more age-friendly.
- d. Chair Young noted that she recently went to a presentation on housing options for the missing middle.

VI. Staff Reports

Rachel Coates

- a. **AAA Staff Report:** Ms. Coates reported highlights from the busy summer, including that she, Maimoona Bah-Duckenfield and Jeanne Booth represented that County at the National Association for Area Administrators on Aging. She also noted that the Arlington AAA received an award for its Emergency Preparedness Program.

Ms. Coates referenced the updated Calendar of Events and reminded everyone that Monday, September 24th is the NVAN Breakfast where NVAN's presents its platform to our elected officials. Ms. Coates remarked that this is a great opportunity for advocacy and noted she would resend the invite for anyone who has not already registered.

Ms. Coates then recognized outgoing Chair Young for her 6-years of service as a Commissioner, noting her dedication to advocating for issues related to older Arlingtonians and her work bringing the Age-Friendly Arlington initiative to light.

VII. Committee Reports

- a. **Budget** (Carl Brooks): Commissioner Brooks reported that the planning process for the next budget year will begin in November.
- b. **Legislative** (Martha Villanigro-Santiago): Commissioner Villanigro-Santiago reported that the committee met in August, reminded about the legislative breakfast, and noted that 3 legislative meetings have been set.
- c. **Long Term Care Residences** (Cyndy Schneider): Commissioner Schneider reported there was no meeting in August. The next committee meeting will be Wednesday, September 19th at 4pm and will feature a discussion about Adult Protective Services.
- d. **Membership** (Sophie Shen): No report
- e. **Nominating** (Cragg Hines): Commissioner Hines noted that it was time for the annual consideration of Commission Leadership. He reported that Chair Young had reached the end of her second three-year term and placed a motion forward to suspend the rule stipulating that officers are elected in October. A second was provided and the motion carried. Commissioner Hines next nominated Commissioner Feaster for Chair and Commissioner Brooks as Vice-Chair and place a motion to elect these commissioners into the leadership positions. A second was provided and the motion carried.
- f. **Public Information & Outreach** (Gwendolyn Beck): Commissioner Beck reported that the Committee did not meet in August. The September meeting was held on the 12th and the committee reviewed the notes from the June Age Friendly kick-off and the July steering committee meeting. Chair Beck also noted that Commissioner Beversdorf has

added a television show to the Aging Matters portfolio that airs for 30 minutes two-times per month. Commissioner Beck also commented that Falls Prevention week is September 16-22 and Chair Young added that there is an open house at Marymount University September 17 5-7pm to kick off Falls Prevention week.

- g. **New Media/Technology** (Sophie Shen): Chair Young reported that she has posted a some additional commission events on facebook. She noted that items for posting can be sent to her.
- h. **Senior Centers** (Linc Cummings): Commissioner Cummings reported that this committee reviews the senior centers once a year. He reported he has met with several senior centers and has 2 more to go. The goal of this committee meeting with the centers is to understand the facilities, activities and staff. Reports will be pulled together in the next few weeks.
- i. **Strategic Planning** (Laurie Young): Chair Young reported that the committee structure has been updated to align with the work of the commission. She noted the by-laws will need to be updated to reflect the change. She then placed a motion to accept the proposed new committee structure. A second was provided and the motion carried. Chair Young then asked each commissioner to select 2 committees to participate on and to indicate if they are interested in serving as Chair for any of the committees – notifying Ms. Coates and incoming Chair Feaster within the next 2 week.
- j. **Supportive Services and Housing** (Laurie Young): Chair Young reported that the committee did not meet in August.
- k. **Transportation** (Cragg Hines): Commissioner Hines reported that the transportation committee will meet tomorrow (September 18th). The main topic will be dockless bikes and scooters. He noted the County Board will begin discussions on these modes of transportation Saturday, September 22nd.

VIII. Liaison Reports

- a. **Alexandria Commission on Aging** (Mitch Opalski/Linc Cummings): Commissioner Cummings reported that Alexandria is about 1 year ahead of Arlington in the Age-Friendly planning process.
- b. **Alliance for Senior Programs/Senior Adult Council** (Cindy Miller): Ms. Collins reported that the MOA between the County Board and the Alliance was signed. She also noted that the BBQ Bash to celebrate Senior Center Month was postponed to September 25th and that there were ticket available again. Ms. Collins reported that the hiring process for Aurora Hills Senior center was in process.
- c. **Arlington Neighborhood Village** (Wendy Zenker): Ms. Zenker reported that ANV is looking at outreach and marketing opportunities.
- d. **Coalition to Improve Advanced Care (CIAC)** (Joan McDermott): The next meeting of CIAC is this afternoon (Sept 17th) at 4pm.
- e. **Commonwealth Council on Aging** (Erica Wood): Ms. Wood reported that DARS is embarking on the 2019-2023 plan. The regional listening sessions are starting and the Northern Virginia session will be held on October 22 from 10-12 in the Alexandria City Council Room.
- f. **Community Development Citizens Advisory Council** (Linc Cummings): Commissioner Cummings reported that in October the Council will spend about 6 hours/week reviewing proposals and select funding recipients.
- g. **Emergency Planning Advisory Commission** (Valerie Crotty): Commissioner Crotty reported that the EPAC would like to coordinate with the Commission on Aging on a letter to Metro.

- h. **Pedestrian Advisory Committee** (Jim Feaster): Commissioner Feaster reported that a wheelchair excursion is planned for Saturday, September 22. Participants will test streets and sidewalks using wheelchairs.
- i. **Steering Committee/Older Persons** (Cheryl Beversdorf): Commissioner Beversdorf reported that the next meeting is scheduled for Friday, September 21st. The topic is Medicaid Expansion.
- j. **Transit Advisory Committee** (Herschel Kanter): No report
- k. **NOVA Falls Prevention Alliance** (Sara Pappas): Ms. Wong extended thanks that the NOVA Falls Prevention Alliance is now officially a liaison group. She reported that the Alliance recently received a 3-year grant and will continue to develop programs across Northern Virginia. Ms. Wong issued a challenge to the commission to have Arlington join the Falls Prevention Alliance.

IX. Old Business

X. New Business

The Virginia Hospital Center expansion will come before the County Board on Saturday, September 22. The Commission has received a request to send a letter of support for the rezoning proposal. Discussion followed that led to a motion to send a letter in support of the hospital expansion, but not endorse a specific plan or design. A second was provided and the motion carried. For more information about the project visit [Arlington Projects & Planning – Virginia Hospital Center Expansion](#).

XI. Announcements and Public Comment

The Beacon Expo is scheduled for Sunday, September 30th from 10-2.

XII. Adjournment at 11:05 a.m.

Next Meeting: October 15th from 9 – 11 am at Arlington Department of Human Services, 2100 Washington Blvd.