



ARLINGTON COMMISSION ON AGING

c/o Agency on Aging, DHS
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**Meeting Summary
February 25, 2019**

PRESENT: Jim Feaster, Carl Brooks, Cheryl Beversdorf, Valerie Crotty, Linc Cummings, Cragg Hines, Herschel Kanter, Linda Kelleher, Jim Richardson, Jim Ruff, Sophie Shen, Gwendolyn Sutton, Martha Villanigro-Santiago, Duke Taylor

MEMBERS EXCUSED: Senator Barbara Favola, Cynthia Schneider, Martha Wilson

STAFF: Rachel Coates, Helen King, Jim Baker

GUESTS: Katie Cristol (County Board Liaison), Kate Kramer, Laurie Young, Jim Morris, Jennifer Collins, Joan McDermott, Angela Chadbourne, Andrea Walker, Mike Goldberg, Mitch Opalski, Cynthia Davis, Rita Wong, Claire Jacobsen

I. Networking

II. Call to Order at 9:05 a.m.

III. Presentation by Kate Kramer, Assistant Medical Director, Arlington County Fire Department

Ms. Kramer shared an overview of the importance of pedestrian safety and provided statistics on older adults and trauma – noting that a geriatric patient is at a higher risk to die from trauma than a younger patient. She reported high-level statistics on incidents the fire department responded to in 2018 and concluded with safety tips for pedestrians.

IV. Approval of January Meeting Minutes

Minutes from the January meeting were unanimously approved as written.

V. Chair's Report

Jim Feaster

Chair Feaster reported that work on the age-friendly plan is progressing and needs more coordination between the various committees. He noted that a sample task matrix is included in the handouts and that each committee needs to begin working on a matrix that will feed into the plan. Each committee should identify 2-3 goals and identify work currently underway on the goal through other commissions and/or master plans. Listening sessions will validate the proposed actions. Chair Feaster noted he will be scheduling a meeting of the Executive Committee, which is comprised of all the Committee Chairs, to review the PowerPoint from AARP and provide direction on completing the matrix. He also noted that members of the Age-Friendly Arlington steering committee are available to assist.

Chair Feaster introduced County Board Member Katie Cristol as the new commission liaison.

VI. Staff Reports

Rachel Coates

AAA & ADSD Staff Reports:

Ms. Coates reported that the Annual Report for 2018 is complete and copies are included in the handout.

Ms. Coates highlighted the upcoming Community Engagement Forum scheduled for March 18th and will be held at the Marymount University Ballston Center. She noted the theme this

year is “The Future of Aging” and there will be a keynote, a panel and then breakout sessions focused on housing, transportation and health & wellness. Ms. Coates noted she would be approaching commissioners to facilitate breakout sessions. Ms. Coates noted that parking at Ballston Center will be limited but that we are still evaluating options.

Ms. Coates reported that our current VICAP Coordinator will be leaving the County in March.

Jim Baker reported that the proposed FY2020 budget was released on February 23 by the County Manager. He noted that the County Manager proposed a 1.5 cent tax increase. Within DHS, the largest proposed reduction is within the Economic Independence Division. Mr. Baker reported that ADSD is looking at a \$40,000 cut which will be realized through efficiencies and not direct service cuts. On the AAA front, funds have been requested to convert a temporary employee to staff to strengthen the chronic disease self-management program and caregiver support programs. Mr. Baker noted that the DHS work session is Thursday February 28th at 4pm and he encouraged anyone who is interested to attend.

VII. Committee Reports

- a. **Executive** (Jim Feaster): Chair Feaster reported that he will be contacting committee members to schedule a meeting.
- b. **Housing and Community Supports** (Cyndy Schneider): No report
- c. **Legislative** (Herschel Kanter): Commissioner Kanter reported that the General Assembly wrapped up on Saturday and that the committee will discuss at their next meeting (March 4th).
- d. **Positive Aging, Inclusion and Enrichment** (Linc Cummings): Commissioner Cummings reported that this new committee meets on the first Wednesday of the month at 9:30am. He reported the committee is defining how it interfaces with other committees as well as working on listening sessions. He invited anyone interested to attend.
- e. **Public Information and Outreach** (Gwendolyn Sutton): Commissioner Sutton reported that the PIO committee will move to the 4th Monday at 2pm beginning in March. She reported the committee is working closely with the Positive Aging committee on the Age-Friendly Arlington plan.
- f. **Transportation, Safety and Accessibility** (Cragg Hines): Commissioner Hines reported that he has extended an invitation to Jason Stanford, Executive Director of the Northern Virginia Transportation Alliance, to update the committee on the 2019 General Assembly Session.

VIII. Liaison Reports

- a. **Age-Friendly Arlington** (Laurie Young): Ms. Young reported that the task force met last Friday. She noted Ms. Coates handed out a comprehensive work plan. Ms. Young also reported that the Marymount University intern will finish in May and a new intern has been identified to continue the effort.
- b. **Alexandria Commission on Aging** (Mitch Opalski/Linc Cummings): Commissioner Cummings reported that the Alexandria Commission completed their age-friendly listening sessions and is now working on their SMART goals. He noted that commission is focused on Vision Zero – cutting pedestrian accidents to zero. He reported that Alexandria has a shared mobility website. He also noted that Alexandria has a “poorly parked” number to report scooters and dockless bike parking issues.
- c. **Alliance for Senior Programs/Senior Adult Council** (Andrea Walker): Ms. Walker reported that the 55+ program is celebrating National Nutrition Month. A list of programs can be found in the 55+ guide and includes evening events. Ms. Walker highlighted 2 events, EarthFest on April 17th at Arlington Mill and Trash & Treasure Sale at Aurora Hills on April 27th.
- d. **Arlington Neighborhood Village (ANV)** (Wendy Zenker): Mike Goldberg reported that ANV just released preliminary results from 2018. Statistics he noted include: 214 members, 2,200

member requests, 10,600 volunteer hours donated, and 28,800 miles driven by volunteers in support of members. Mr. Goldberg reported ANV is embarking on a membership drive and requested ideas for venues to present. ANV will be hiring a part-time volunteer coordinator. March 5th marks ANV's 5th anniversary – a celebration is being scheduled for May.

- e. **Coalition to Improve Advanced Care (CIAC)** (Joan McDermott): Ms. McDermott reported that there is a workshop scheduled for March 3rd at Central Library, followed by session March 11th where participants can receive assistance to complete their advanced directives.
- f. **Commonwealth Council on Aging** (Erica Wood): Mr. Feaster reported on behalf of Erica Wood that the Virginia Commonwealth Council on Aging will meet March 13 in Richmond. The first two hours of the meeting will be devoted to public input on a draft four-year plan on aging service (which incorporates comments from the October 2018 listening sessions on the plan). The Council also will review legislation from the 2019 General Assembly session.
- g. **Emergency Planning Advisory Commission** (Valerie Crotty): No report.
- h. **Lee Highway Alliance** (Cragg Hines): Commissioner Hines reported that the Plan Lee Highway process has begun. One public meeting has been held and more are scheduled. He noted the 9 tenants of the Lee Hwy plan closely mirror the age-friendly plan.
- i. **NOVA Falls Prevention Alliance** (Sara Pappas): Rita Wong reported that alliance has received its second grant which allows the programming to continue. She noted that a campaign is now underway to ensure programs continue, but noted that the alliance needs data. She discussed three levels of programming, SAIL, A Matter of Balance and Otago, each geared to a specific age/ability group. More information can be found on the website – www.novafallsprevention.com.
- j. **Pedestrian Advisory Committee** (Jim Feaster): Chair Feaster noted the last meeting was held jointly with the Bicycle Advisory Committee – with plans for more joint meetings in the future.
- k. **Steering Committee/Older Persons** (Cheryl Beversdorf): Commissioner Beversdorf reported that the committee is scheduled to meet next on March 15th at 10:00am and will hear from Delegate Patrick Hope on an update on the general assembly session.
- l. **Transit Advisory Committee** (Herschel Kanter): Commissioner Kanter reported that the committee continues to focus on issues with STAR, specifically the availability of wheelchair accessible vehicles.

IX. Old Business

X. New Business

XI. Announcements and Public Comment

Commissioner Sutton announced that the June 17th Commission meeting will be held at Virginia Hospital Center.

Commissioner Sutton highlighted two upcoming events: Friday, March 22 the Healthy Aging lecture will be on Colorectal Cancer Awareness. On Wednesday, April 3 from 6:00-8:00pm VHC will host a documentary screening and panel discussion on Atul Gawande's Book, Being Mortal.

Commissioner Beversdorf noted that Episode 6 of the Aging Matters TV series will be a dialogue with an Aging Life Care Manager and a person in need.

Ms. Coates reminded the commission that Arlington County is chairing the March NVAN Meeting in Fairfax. She noted the speaker will be the Deputy Director of the Fuller Institute.

Ms. Coates noted that Mary Marshall is looking for volunteers for their Community Advisory Council.

Ms. Coates asked the commissioners to let her know if any are interested in serving on the Resident's Council at The Carlin.

Commissioner Cummings noted that a Dementia-Friendly America symposium will be held on March 12th. He also noted that the Northern Virginia Positive Aging and Wellness Fair will be held on April 8th in Fairfax. He noted there will be keynote speakers and over 60 exhibitors.

XII. Adjournment at 11:00 a.m.

Next Meeting: Community Engagement Forum
March 18th 9:30pm-12:30pm
Marymount University, Ballston Center
1000 N Glebe Road,

Budget Hearing
12:30 – 1:30pm
Room 6016