



ARLINGTON COMMISSION ON AGING

c/o Agency on Aging, DHS
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**Meeting Summary
June 17, 2019**

PRESENT: Jim Feaster, Carl Brooks, Cheryl Beversdorf, Herschel Kanter, Linda Kelleher, Jim Richardson, Jim Ruff, Cynthia Schneider, Sophie Shen, Duke Taylor, Martha Villanigro-Santiago

MEMBERS EXCUSED: Linc Cummings, Cragg Hines, Gwendolyn Sutton

MEMBERS ABSENT: Senator Barbara Favola

STAFF: Rachel Coates, Maimoona Bah-Duckenfield, Helen King

GUESTS: Cathy Turner, Cynthia Davis, Tom Daly, Mitch Opalski, Jim Morris, Claire Jacobsen, Paul Carswell, Andrea Walker, Lauren Brooks, David Gray, Wendy Zenker, Kathleen Garces-Foley, Jeanne Kelly, Carlos Velazquez, Laurie Young, Angela Chadbourne, Zachary Castro, Erica Wood, Javin Peterson

I. Networking

II. Call to Order at 9:05 a.m. Chair Feaster and Ms. Coates extended thanks to Virginia Hospital Center for hosting the Commission on Aging Meeting. All present introduced themselves.

III. Virginia Hospital Center Overview:

Renovation Updates by Charles Fletcher, Vice President, Support Services. Mr. Fletcher provided the Commission with an overview of the planned renovation of the Virginia Hospital Center Campus. He described the new outpatient pavilion planned for the 5.5 acre Edison Street site acquired in the land swap with Arlington County. Once complete, all outpatient services, including Physical Therapy services, outpatient radiology, lab services, pharmacy, outpatient surgery and interventional therapies will move to this new center, freeing up space to expand the inpatient services. Healthy Aging programs will be accommodated within the main hospital campus with the exception of some of the fitness classes. Per agreement, the Urgent Care and Pediatric clinics currently located at the Carlin Springs site will be moved to new locations in South Arlington. Construction is anticipated to being in August or September of 2019 with the creation of new garage space. The new pavilion is projected to be complete in the fourth quarter of 2022.

Older Adult Trends by Taryn Overman, MSN, RN, CEN, Associate Vice President, Nursing Services. Ms. Overman discussed observation status and notification and provided a copy of the hospital's Medicare, Medicaid and Private Health Insurance Outpatient Observation Notice to the commissioners, stressing the importance of understanding how your individual insurance handles observation status prior to needing it. She also noted the importance of having basic medical information, in your wallet or somewhere on you, including the name of your primary care provider, and any specialists, your list of medications and contact information for your next of kin.

IV. Utility Rate Study, Janelle Okorie, Assistant Deputy Director of Operations, Arlington County Department of Environmental Services. Ms. Okorie discussed an upcoming study of the utility rates that will begin in 2019. The goal of the study is to create a rate and fee structure for water and sewer. Ms. Okorie noted they are looking for participants for the Advisory Group which will start in August of September. She noted that she anticipates 5-7 meetings to complete

the work and is looking for a variety of participants to represent the needs across the customer base.

V. Approval of May Meeting Minutes

Minutes from the May meeting were unanimously approved as written.

VI. Chair's Report

Jim Feaster

Chair Feaster reported that the mobility tour last month provided the participants with good insight into navigating sidewalks with wheelchairs and knee scooters, noting that a new insight this year was the importance of maintaining trees and shrubs that are adjacent to sidewalks. Chair Feaster reported that the timeline for the Age Friendly Arlington plan will be reviewed at the next Executive Committee – scheduled for June 26th at 4pm. All committee chairs should plan to attend.

VII. Staff Reports

AAA Reports

Rachel Coates

Ms. Coates reported that the Senior Farmers' Market season is fast approaching and the AAA is anticipating serving over 1,000 older Arlingtonians this year.

Ms. Coates noted that the AAA is participating in the NVAN legislative platform development and announced that the Legislative Forum will be held on November 7th.

Ms. Coates reported the AAA is continuing work on the Area Plan and will submit to the State by the end of July.

Ms. Coates reported that she, Helen King and Maimoona Bah-Duckenfield continue to participate in the zoning study for eldercare use. Ms. Coates reported that special consideration will address a current request while the study continues.

ADSD Reports

Maimoona Bah-Duckenfield

Ms. Bah-Duckenfield reported that June is Elder Abuse Prevention Month and reported the surge in substantiated Financial Exploitation cases has surged both Statewide and locally. Ms. Bah-Duckenfield noted that Adult Protective Services is seeing more reports from Financial Institutions, a direct result of the 2019 legislation allowing financial institutions the ability to refuse to complete any transaction they suspect is suspicious.

Ms. Bah-Duckenfield announced that for the 4th year the Arlington AAA will be recognized at the N4A Conference for the collaboration on the Social 60+ Café Rebranding.

VIII. Committee Reports

- a. **Executive** (Jim Feaster): Chair Feaster reported that the Executive Committee meets on Wednesday at 4pm. The next meeting is Wednesday, June 26th and the plan is to review the timeline for the Age Friendly Plan.
- b. **Housing and Community Supports** (Cyndy Schneider/Linda Kelleher): Commissioner Kelleher reported that at the last committee meeting, the group took a deeper dive in the Affordable Housing Master Plan and the Elder Readiness Plan and identified pieces that fit into Age Friendly. The committee is also tracking the zoning study and will use in their planning.
- c. **Legislative** (Herschel Kanter): Commissioner Kanter noted NVAN is meeting next on July 2. The Legislative Committee will meet on July 8th and will discuss the NVAN platform.
- d. **Positive Aging, Inclusion and Enrichment** (Linc Cummings): Commissioner Cummings submitted the following update prior to the meeting: PAIEC is focusing on acquainting organizations with the WHO/AARP Age-Friendly Livable Community's goals and soliciting

- circulation and input of the **Age Friendly Arlington** survey to get as wide awareness and involvement (of assigned organizations, groups, and people) as possible.
- e. **Public Information and Outreach** (Gwendolyn Sutton): Chair Feaster noted that the single most common feedback point received at the listening session is that people are not aware of the services offered by Arlington County.
 - f. **Transportation, Safety and Accessibility** (Cragg Hines): No report

IX. Liaison Reports

- a. **Age-Friendly Arlington** (Laurie Young): Ms. Young noted the group continues the outreach and listening sessions, and that the poster boards are available for use. Lots of questions have been asked in these session and good feedback has been received.
- b. **Alexandria Commission on Aging** (Mitch Opalski/Linc Cummings): Mr. Carswell reported that the Alexandria Commission heard a presentation from the Virginia Oral Health Coalition.
- c. **Alliance for Senior Programs/Senior Adult Council** (Andrea Walker): Ms. Walker reported that the new staff hired for the County Wide Program Manager (Allison Cheek) and the Walter Reed Senior Center Director (Sidney Reed) are now onboard. Ms. Walker noted that the Alliance for Senior Programs fundraiser at Rocklands on June 4th was a success and they raised over \$1,400.
- d. **Arlington Neighborhood Village (ANV)** (Wendy Zenker): Ms. Zenker reported that ANV continues to work on community outreach efforts, targeting civic associations and farmer's markets.
- e. **Coalition to Improve Advanced Care (CIAC)** (Joan McDermott): Chair Feaster reported Kathleen Garces-Foley will present at the July meeting.
- f. **Commonwealth Council on Aging** (Erica Wood): Ms. Wood reported that the Commonwealth Council on Aging will meet on July 10th. The Legislative Committee will meet July 24th.
- g. **Dementia Friendly Arlington** (Martha Villanigro-Santiago): Commissioner Villanigro-Santiago reported that there has not been a public statement made yet about Arlington's involvement with this initiative. She noted that she has met with a contact who is actively involved with the Herndon Dementia Friendly effort and is a good resource.
- h. **Emergency Planning Advisory Commission** (TBD): No report.
- i. **Lee Highway Alliance** (Cragg Hines): No report.
- j. **NOVA Falls Prevention Alliance** (Rita Wong): No report.
- k. **Northern Virginia Aging Network (NVAN)** (Herschel Kanter): Commissioner Kanter reported that NVAN has selected 6 issues for the 2020 Legislative Platform. One sentence definitions are due prior to the July 2nd meeting and position papers will be crafted over the summer. He noted it's not too late to join a committee if interested in any of the topics.
- l. **Pedestrian Advisory Committee** (Jim Feaster): Ms. Walker reported the Committee heard a presentation from Public Schools about safe walking for areas for children within the 1-mile radius of the school who are walking.
- m. **Steering Committee/Older Persons** (Cheryl Beversdorf): Commissioner Beversdorf reported that the next meeting will be held July 19th and the topic will be the Dementia Friendly Initiative. Sandy Markwood from N4A is scheduled to speak.
- n. **Transit Advisory Committee** (Herschel Kanter): No report

X. Old Business

XI. New Business

XII. Announcements and Public Comment

Commission Kanter reported that he attended the last meeting of the Joint Facilities Advisory Commission. He noted the commission has divided into a visioning and a scoping committee.

Chair Feaster reported he has created a paragraph with a link to the AARP Livability Index and the Age Friendly Survey that can be sent to Commission that are not scheduled for an in person presentation.

Commissioner Shen reported that older adults were active participants in the recent primary election.

Mr. Morris reported that the June 12-18 Arlington Connections Newspaper featured the Rocklands Fundraiser and the Seniors' Leadership Recognition Luncheon.

Mr. Opalski reported that Senior Services of Alexandria is holding their Law Day June 22nd at TC Williams High School and the topic is Avoiding Senior Scams.

Ms. Turner reported that within the past 6 month Virginia Hospital Center has become an enhanced stroke center. Friday, the Healthy Aging Lecture is on Stroke Awareness. Ms. Turner also noted that Virginia Hospital has a safe transitions program that offers Lifeline for 2 months at no cost. She reported that many seniors accept this program at that hospital case managers can refer patients. She also noted a scholarship is available for patients who could benefit from the program but cannot afford the monthly fee.

Ms. Kelly reported that Encore Creativity for Older Adults is the largest chorale group in the area. She described the different groups and report a group of 80 recently travelled to England for a concert tour. She reported the benefits of singing to combat social isolation and noted that in England, doctors are writing prescriptions to join choruses. Ms. Kelly noted that Langston-Brown is 1 of 3 original choruses in a landmark aging study. She also highlighted the Sentimental Journey Singers – a group targeted for those with early to early-moderate Alzheimer's dementia.

Mr. Carswell shared that he is offering a Medicare educational session at Brandywine and August 17th at 10am.

Mr. Belinsky provided Housing and Urban Development Data and housing affordability in Arlington and expressed concern that there is no policy to give seniors preference for affordable housing.

XIII. Adjournment at 11:15 a.m.

NEXT MEETING: JULY 15, 2019
9am – 11am
Arlington Department of Human Services (DHS)
Lower Level Auditorium