



ARLINGTON COMMISSION ON AGING

c/o Agency on Aging, DHS
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Meeting Summary July 15, 2019

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

MEMBERS EXCUSED: Cragg Hines,

MEMBERS ABSENT: Senator Barbara Favola

STAFF: Rachel Coates, Jim Baker, Helen King

GUESTS: Cynthia Davis, Tom Daly, Jim Morris, Claire Jacobsen, Paul Carswell, Andrea Walker, David Gray, Wendy Zenker, Kathleen Garces-Foley, Angela Chadbourne, Erica Wood, Joan McDermott, Jennifer Collins

I. **Networking**

II. **Call to Order at 9:07 a.m.** Chair Feaster and Ms. Coates extended thanks to Commissioner Sutton for organizing the June meeting at Virginia Hospital Center. All present introduced themselves.

III. **Approval of June Meeting Minutes**

Minutes from the June meeting were unanimously approved with the addition of a submitted Positive Aging, Inclusion and Enrichment Committee report from Commissioner Cummings.

Ms. Coates noted that long-time Commissioner Valerie Crotty passed away on June 22nd. Ms. Coates invited any commissioner who wanted to share an anecdote or favorite story to do so.

IV. **Planning for End of Life and the Coalition to Improve Advanced Care (CIAC):** Ms. Kathleen Garces-Foley provided the history of CIAC, which started 3 years ago with a mission to improve the quality of life for those facing advanced illness and their caregivers. The coalition is focused on community education, talking to families, and assisting people with completing advanced directive documents. Ms. Garces-Foley provided an example of the materials they use when meeting with groups in the community, including a blank Virginia Advanced Directive form that can be completed. She reminded the group that CIAC is a free volunteer run resource for the community and noted that more information can be found at www.ciacarlington.org

V. **Chair's Report**

Jim Feaster

Chair Feaster asked Commissioner Kelleher to introduce a video that was recently made for Culpepper Garden. Commissioner Kelleher reported that the Culpepper Garden I renovations were progressing and that the first new residents in two years would be welcomed in the next week.

Chair Feaster reported that the commissioners have presented the Age-Friendly initiative to more than 20 commissions and committees. He noted that the executive committee will review the proposed timeline for the Age-Friendly Plan and the November Commission Meeting will focus on reviewing that plan.

VI. Staff Reports

AAA Reports

Rachel Coates

Ms. Coates recognized Cynthia Davis for her efforts in completing an initial outline for the Age-Friendly plan. Ms. Coates noted that the Area Plan is in process and is due to the State at the end of July. She commented that this year we are required to submit a 4-year plan.

Ms. Coates reported that the Meals on Wheels participation has skyrocketed. Participation has increased 34% from last year, in part due to the change in vendor and a robust outreach campaign. Meals on Wheels has a need to volunteer drivers, noting they recently added a 17th route and are considering an 18th route. She also noted that there is a need for Spanish speaking volunteers and to serve on the board.

Ms. Coates noted that Volunteer Arlington will be hosting their annual Arlington Cares on July 23rd at the NRECA building in Ballston. Part of the event is to recognize volunteers who have contributed 100 or more hours in the year – many Meals on Wheels volunteers, as well as others, will be recognized.

ADSD Reports

Jim Baker

Mr. Baker noted that the County FY 2020 began July 1st.

VII. Committee Reports

- a. **Executive** (Jim Feaster): Chair Feaster reported the Executive Committee is working to the timeline for the Age Friendly Plan.
- b. **Housing and Community Supports** (Cyndy Schneider/Linda Kelleher): Commissioner Schneider reported that the committee continues to work on goals and objectives.
- c. **Legislative** (Herschel Kanter): Commissioner Kanter reported that NVAN has set the legislative and budget platform for 2020. Mr. Baker noted that ADSD recently received one-time funds for dental services that were expended very quickly. Mr. Baker also noted that the new Community Living Contract has a living wage requirement for the workers.
- d. **Positive Aging, Inclusion and Enrichment** (Linc Cummings): Commissioner Cummings reported that the Age Friendly Arlington survey continues to be a useful tool to spread the word about the effort and to gain feedback from the community.
- e. **Public Information and Outreach** (Gwendolyn Sutton): Commissioner Sutton asked about the status of the Commission Facebook Page, noting a new page may need to be created.
- f. **Transportation, Safety and Accessibility** (Cragg Hines): No report

VIII. Liaison Reports

- a. **Age-Friendly Arlington** (Laurie Young): Erica Woods reported that Age Friendly has been presented to over 20 commission, committees and community groups. She noted that Ms. Davis has created the outline for the plan and the next meeting of the Age Friendly Steering Committee will be July 26th.
- b. **Alexandria Commission on Aging** (Mitch Opalski/Linc Cummings): No report.
- c. **Alliance for Senior Programs/Senior Adult Council** (Andrea Walker): Ms. Walker reported that weight room at Madison Community Center is closed due to flooding. Ms. Walker reported that the 55+ programs and the Alliance will not have a table at the Arlington County Fair. Ms. Walker reported that the Department of Parks and Recreation celebrates its 75th Birthday on July 22nd and noted that September is Senior Center month.
- 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): Ms. McDermott reported that the next meeting of the Steering Committee is September 23rd.
- f. **Commonwealth Council on Aging** (Erica Wood): Ms. Wood reported that the Commonwealth Council on Aging met July 10th. She reported there will be a Governor's Conference on Aging in May. It will be in Richmond with more details to come. She reported that the State Plan for Aging Services has been submitted by DARS and includes references to Livable Communities. Ms. Wood noted that Fairfax County received a Best Practices award for their GrandInvolve program, which brings older adult volunteers into the public-school classrooms.
- g. **Dementia Friendly Arlington** (Martha Villanigro-Santiago): Commissioner Villanigro-Santiago reported that the committee meets this week.
- h. **Emergency Planning Advisory Commission** (TBD): No report. Ms. Coates mentioned that a liaison is needed if anyone is interested.
- 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 noted that he provided the report with the Legislative Committee.
- l. **Pedestrian Advisory Committee** (Jim Feaster): Ms. Walker reported the committee addressed concerns regarding the scooter ordinance. She noted the ordinance will be broadened and a draft will be available for comment in August. Ms. Walker reported that the 2019 Bike Map will be available by the end of July.
- m. **Steering Committee/Older Persons** (Cheryl Beversdorf): Commissioner Beversdorf reported that the next meeting will be held July 19th at 10am. The topic will be the Dementia Friendly Initiative. Sandy Markwood from N4A is scheduled to speak.
- n. **Transit Advisory Committee** (Herschel Kanter): No report

IX. Old Business

X. New Business

Commissioner Schneider introduced a letter to the County Board in response to the County Board resolution passed on Saturday, July 13th to advertise public hearings on the need to amend the zoning ordinance to allow assisted living facilities to be built. The Commission's letter expresses interest in the topic and concern about the lack of affordable beds in the County. It alerts the board that the Commission will provide specific recommendations. A motion to approve the letter and send it was unanimously approved.

Commissioner Sutton reported that there is a concern that with the upcoming census moving to primarily an online platform, many older adults will be missed in the Census 2020 count. Commissioner Sutton suggested maybe having a representative speak at the Commission on Aging.

XI. Announcements and Public Comment

Commissioner Sutton announced that the Virginia Hospital Center has initiated a Parkinson's Social Network for Caregivers. She also noted that July Healthy Aging Lecture will focus on Parkinson's Disease.

Ms. Coates noted that the Arlington County Fair is scheduled for August 14-18th. The indoor space will be arranged differently this year, but there should still be an opportunity for a resource table. A suggestion was made to consider a map where residents can indicate where they are in relation to a Senior Center.

Commissioner Beversdorf reported that the most recent Aging Matters television show was on Parkinson's and that the next radio broadcast would be about Alcohol Use Disorders.

Commissioner Kelleher announced that Hannah Withers would be joining the Culpepper Garden team as the Volunteer Coordinator.

Mr. Carswell shared that he will be hosting a series of Medicare information sessions between now and the beginning of open enrollment in October.

Mr. Morris announced that Beth Vick, a long-time director of the Culpepper Garden Senior Center passed away on July 9th.

XII. Adjournment at 10:48 a.m.

NO MEETING IN AUGUST

**NEXT MEETING: September 16, 2019
9am – 11am**

**Arlington Department of Human Services (DHS)
Lower Level Auditorium**