



ARLINGTON COMMISSION ON AGING

c/o Agency on Aging, DHS
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**Meeting Summary
October 21, 2019**

PRESENT: Jim Feaster, Carl Brooks, Cheryl Beversdorf, Linc Cummings, Cragg Hines, Herschel Kanter, Linda Kelleher, Jim Richardson, Jim Ruff, Cynthia Schneider, Duke Taylor (via phone), Carlos Velazquez, Martha Villanigro-Santiago, Andrea Walker

MEMBERS EXCUSED: Senator Barbara Favola, Sophie Shen

STAFF: Rachel Coates, Jim Baker, Helen King

GUESTS: Tom Daly, Wendy Zenker, Angela Chadbourne, Erica Wood, Lora Pollari-Welbes, Cathy Turner, Mitch Opalski, Cynthia Davis, Joan McDermott, Jim Morris, Scot Marken, Sue Lang, Patti Sanner, Paul Carswell, Laurie Young, Rita Wong

I. Networking

II. Call to Order at 9:04 a.m. Chair Feaster opened the meeting. All attendees introduced themselves.

III. Biophilic Cities: Mr. Dave Howell presented the Biophilic Cities Initiative, a movement that looks to incorporate nature into Arlington’s urban landscape. Mr. Howell discussed the physiological benefits a daily experience with nature provides. He discussed how biophilic cities go beyond just expanding green space. He noted that as Arlington becomes more dense, we need to think about nature in built space and not just parks and open spaces. He encouraged commissioners engage County leaders to advocate for a resolution to designate Arlington a biophilic city.

Assisted Living and Elder Care Facilities Zoning Study Update: Mr. Nick Rogers presented an update on the Elder Care Facilities Zoning Study – noting that the Planning Commission had received and initial report the previous week. Mr. Rogers noted that affordability continues to be a concern, and that the proposed update does not address affordability as directly as Alexandria and Fairfax. Commissioner Schneider reminded the group of the importance of Auxiliary Grant beds for very low-income residents, noting that Virginia Medicaid, unlike other states, does not cover any costs for assisted living. Commissioner Kelleher added that Auxiliary Grant is not the only answer, that low and moderate-income residents also need affordable options for assisted living, housing affordability over a lifetime. Mr. Rogers noted that the ADU zoning applies to Elder Care uses, and developers have the option to contribute to the Affordable Housing Investment Fund (AHIF). Commissioner Schneider noted the CoA Housing and Community Supports Committee would meet on October 22 to discuss next steps to advocate for a requirement for Auxiliary Grant beds.

IV. Approval of September Meeting Minutes

Minutes from the September meeting were unanimously approved as written.

V. Chair’s Report

Jim Feaster

Chair Feaster reminded the commissioners that their initial Age Friendly Plan are due by 10/23 and will be distributed to the full commission prior to the November meeting.

**VI. Staff Reports
AAA Reports**

Rachel Coates

Ms. Coates reported that a Memorandum of Agreement (MOA) with Meals on Wheels of Northern Virginia (MOW) had been drafted and will be adopted at the November County Board meeting. Mr. Jim Baker confirmed that the MOA is scheduled for the November 16th County Board Meeting. Ms. Coates added that nothing has changed in the relationship with MOW, we are just putting the agreement in writing. Ms. Coates reported that Medicare Open Enrollment is underway, and that a new plan finder is available through www.Medicare.gov. Ms. Coates reminded Commissioners that VICAP provides free, unbiased, one-on-one counseling to Arlington residents.

ADSD Reports

Jim Baker

Mr. Baker reported that County Staff are in the middle of preplanning activities for the County FY 2021 budget.

VII. Committee Reports

- a. **Executive** (Jim Feaster): Chair Feaster reminded the committee chairs that the Executive Committee is scheduled to meet on Wednesday, October 23. He reminded the commissioners that there is currently a vacancy on the Commission, and another seat will become vacant in January. Chair Feaster reported that Commissioner Beversdorf has agreed to chair the Public Information and Outreach Committee. He noted a new chair for the Transportation, Safety and Accessibility committee will be needed in January.
- b. **Housing and Community Supports** (Cyndy Schneider/Linda Kelleher): Commissioner Schneider reported that the committee will meet on Tuesday, October 22 to review the study and plan next steps.
- c. **Legislative** (Herschel Kanter): Commissioner Kanter reported that the committee sent invites to our State Delegates and Senator for the Legislative Forum on November 7th. He noted that to date, 3 positive responses had been received.
- d. **Positive Aging, Inclusion and Enrichment** (Linc Cummings): Commissioner Cummings reported that the committee continues to work on age friendly goals and actions.
- e. **Public Information and Outreach** (Cheryl Beversdorf): Commissioner Beversdorf reported that the committee will meet on Wednesday, October 30th at 2pm to work on the age-friendly plan. She noted the initial plan will focus on 2 areas: Senior Ambassadors and Media Outreach.
- f. **Transportation, Safety and Accessibility** (Cragg Hines): Commissioner Hines reported that the committee met in September to discuss their age-friendly plan.

VIII. Liaison Reports

- a. **Age-Friendly Arlington** (Laurie Young): Ms. Young reported that the Age-friendly steering committee has been in contact with Volunteer Arlington and RSVP to assist with the Senior Ambassador program. The steering committee will participate in the Volunteer Arlington MLK Day of Service even on January 20th. Ms. Young reported steering committee met with Jane King to review the girds and get feedback on their progress and that the November Commission meeting will be devoted to reviewing the Age-Friendly plans.
- b. **Alexandria Commission on Aging** (Mitch Opalski/Linc Cummings): No report.
- c. **Alliance for Senior Programs/Senior Adult Council** (Andrea Walker): Commissioner Walker reported that the Alliance for Senior Programs is recruiting volunteers for their board. She reported that a 55+ vision planning session was held in August. Commissioner Walker also reported that the 55+ program was looking for teenage volunteers to help with an upcoming Halloween walk.
- d. **Arlington Neighborhood Village (ANV)** (Wendy Zenker): Ms. Zenker reported that ANV is also looking for new board members. Applications are due November 8th.

- e. **Coalition to Improve Advanced Care (CIAC)** (Joan McDermott): Ms. McDermott reported that the CIAC Steering Committee met September 23rd to review the past year and brainstorm ideas for the coming year.
- f. **Commonwealth Council on Aging** (Erica Wood): Ms. Wood reported the Council met in September to determine a legislative platform. After a long discussion, the Council agreed to postpone adoption until the December meeting.
- g. **Dementia Friendly Arlington** (Martha Villanigro-Santiago): Commissioner Villanigro-Santiago reported that awareness presentations for the faith communities are scheduled for Oct 28th and Nov 7th. She also noted that 3 sessions are scheduled to train first responders. Commissioner Villanigro-Santiago reported that 2 awareness sessions for the public are scheduled: Nov 18th at Aurora Hills and Dec 16th at Westover. She encouraged all commissioners to attend.
- h. **Emergency Preparedness Advisory Commission** (Jim Ruff): No report.
- i. **Lee Highway Alliance** (Cragg Hines): No report.
- j. **NOVA Falls Prevention Alliance** (Rita Wong): Ms. Wong thanked all from Arlington Mill senior center, Office of Senior Adult Programs, and the Agency on Aging for a successful Falls Prevention week and month. Ms. Wong noted that the Administration for Community Living visited and was impressed with the program. Ms. Wong reported that the next meeting of the Falls Prevention Alliance is scheduled for Oct 24th from 10-12.
- k. **Northern Virginia Aging Network (NVAN)** (Herschel Kanter): Commissioner Kanter commented that NVAN does more than develop and promote a legislative platform. He reported that NVAN meets 7 times a year and only 2 of those meetings are devoted to the legislative platform. He invited all to attend the meetings if they are interested in learning more.
- l. **Pedestrian Advisory Committee** (Jim Feaster): Chair Feaster reported the Oct 7th meeting focused on the Maintenance of Travel (MOT) agreement. This is the document that specifies the alternate routes for travel (auto, bike, walking) that a developer must provide and maintain when the development interrupts the existing routes. This agreement is approved by staff and enforced. Dan Nabors and Rich Viola of the staff discuss the approval process and the enforcement process. This is of concern to all drivers, bikers, walked and especially those that have trouble walking. The developer must maintain signage, a safe route, and manage changes. The discussion centered around the importance of removing blockage, signage, safe passage, and enforcement
- m. **Steering Committee/Older Persons** (Cheryl Beversdorf): Commissioner Beversdorf reported that the next meeting will be held November 15th and the topic is Medicare. She noted the meeting will feature a panel presentation including Marsha Greenfield from Leading Age, Michelle Thomas, Arlington VICAP Coordinator, and Paul Carswell, Medicare Agent.
- n. **Transit Advisory Committee** (Herschel Kanter): No report

IX. Old Business

X. New Business

Commissioner Hines nominated Chair Feaster to continue as Chair for another year and nominated Vice Chair Brooks to continue as Vice Chair for another year. These appointments were unanimously approved.

XI. Announcements and Public Comment

Cathy Turner from Virginia Hospital Center announced that the Healthy Aging Series for October is titled Rethinking Aging and will be held October 25th at 11am.

Commissioner Kelleher noted that Culpepper Garden is hosting their first 3rd party fundraiser at Rocklands on November 12th and passed out fliers.

Erica Wood announced that a Dance Party Benefit will be held as part of the Culpepper Garden 50th anniversary. The Dance Party is planned for Saturday, November 16th at the Unitarian Universalist Church.

Jim Morris announced that the local AARP Chapter will host a session on the 2020 Census on Thursday, Oct 24th at 1:15 in the Central Library Auditorium.

Commissioner Kanter reported that annual Northern Virginia Dementia Care Consortium will be held at the Korean Central Presbyterian Church in Centreville on November 11th.

Rachel Coates reminded all that November 5th is election day and the Legislative Forum is scheduled for November 7th.

Paul Carswell, Medicare agent, reported that he provides one-on-one sessions for anyone interested.

A letter on the Shared Mobility Device program was distributed for Commissioners information.

XII. Adjournment at 11:12 a.m.

NEXT MEETING: November 18, 2019
9am – 11am
Arlington Department of Human Services (DHS)
Lower Level Auditorium