



Meeting Summary October 17, 2022

- LOCATION:** Hickory Room at the Lubber Run Community Center and Park, 300 N Park Drive, Arlington, VA
- PRESENT (IN-PERSON):** William Way, Vice-Chair; Cheryl Beversdorf, Kate Chutuape, Linc Cummings, Herschel Kanter, Audrey Kremer, Anthony Nunez, Jim Richardson
- PRESENT (VIRTUALLY):** Kathy Cameron participated virtually (via Teams) due to a personal matter
Carlos Velazquez participated virtually (via Teams) due to a personal matter
Andrea Walker participated virtually (via Teams) due to a personal matter.
- ABSENT:** Linda Kelleher, Delegate Alfonso Lopez, Charles Sabatino, Cynthia Schneider
- STAFF:** Helen King, Rachel Coates
- GUESTS:** Yordy Amanuel, Gelareh Bassiry, Jennifer Collins, Steve Cordle, Tom Daly, Cynthia Davis, Jim Feaster, Michael Flores, Patricia Heyn, Claire Jacobsen, Shandia Johnson, Joan McDermott, Badiaa Mansouri, Jim Morris, Mitch Opalski, Michelle Thomas, Martha Villanigro-Santiago, Erica Wood, Wendy Zenker

I. **Call to Order, Welcome and Introductions**

Vice-Chair Way called the meeting to order at 9:05 a.m. and welcomed commissioners and guests. He introduced Jennifer Collins, Program Manager for the Office of 55+ Programs and Ashley Gomez, Director of the 55+ Programs at Lubber Run Community Center. Ms. Collins noted that the newly built Lubber Run facilities had re-opened in July 2021 and included offices for the County's Department of Parks and Recreation (DPR) staff.

II. **Public Comment**

None.

III. **Approval of the September Meeting Minutes**

On a motion made by Commissioner Richardson and seconded by Commissioner Cummings, the September meeting minutes were unanimously approved as written.

IV. **Chair's Report and Executive Committee**

Vice-Chair Way noted that Chair Kelleher was on vacation. He reported that plans for the next five-year phase of Arlington's Age Friendly Community initiative are ongoing and will be reported on in detail at a future CoA meeting.

V. **Center for Optimal Aging**

Patricia Heyn, PhD, FGSA, FACRM, the Founding Director of Marymount University's Center for Optimal Aging (MUCOA), presented an overview of the Center's research, education, and training. The Center's work focuses on fall prevention training and rehabilitation services and promotes advocacy in this area by serving as one of seven chapters of the Gerontological Society of America.

VI. **PATH Preview**

AAA Director Helen King provided an overview of the PATH session that is set for Monday, October 24th at the County's Trades Center in Shirlington.

VII. Staff Reports

a. Arlington Agency on Aging (AAA)

AAA Director Helen King reported that the Aging and Disabilities Resource Center (ADRC) continues to respond to an increased volume of requests, noting the most frequent requests include assistance with rent, utilities, food, and shelter. Ms. King reported an RFP for nutrition programs has been released that will cover Meals on Wheels, the Social 60+ Cafes. Ms. King added work on updating the Interstate Funding Formula continues, noting there is potential that Arlington could lose funding in the upcoming federal fiscal year. Ms. King reported the Medicare Open Enrollment season is currently underway and a COLA increase for Social Security recipients was recently enacted via Federal legislation.

b. Community Supports & Coordination Bureau (CSCB)

CSCB Director Rachel Coates reported Aging and Disability Services Division (ADSD) will establish a new Clinical Developmental Services Bureau (CDSB) to combine Developmental Disabilities Services (DDS) with the Senior Adult Mental Health (SAMH) program. Jo-Ann Leitch will join the Division as the new Adult Services (AS) and Adult Protective Services (APS) Program Manager. A new SAMH Program Manager is being recruited.

VIII. Work Group Reports

a. Housing & Supportive Services

No Report

b. Legislative/NVAN

Commissioner Kanter reported that Committee members joined Alexandria community representatives to meet with State Delegate Lopez and State Senator Favola to review NVAN priorities

c. Long-Term Care Residences

No Report.

d. Positive Aging, Inclusion and Enrichment

Commissioner Cummings noted that recent changes in Arlington Public Schools included removal of information on the Walking School Bus program from the APS website. A home-based study of balance and falls reduction is planned with residents of The Jefferson in Ballston staffed by Marymount's Center for Optimal Aging (MCOA) researchers. Residents at Goodwin House may be added to this study as well.

e. Public Information and Outreach

Commissioner Beversdorf reported that planning for a Senior Ambassador Program would go forward with assistance from the Marymount's Center for Optimal Aging (MCOA).

f. Transportation, Safety and Accessibility

Commissioner Richardson reported that a recent study by the National Aging and Disability Transportation Center focused on revising evening/weekend service. The Commission on Transportation's recent meeting reviewed a statewide survey which found that 70% of respondents had concerns over increased wait times. Other concerns were lack of awareness of pedestrians, lack of adequate sidewalks and accessibility.

Commissioner Walker noted that she and former CoA Chair Jim Feaster continue to attend the Pedestrian Advisory Committee meetings and noted that the County is currently requesting public input on revising post-pandemic outdoor dining regulations.

IX. Liaison Reports

a.) Age-Friendly Arlington

Cynthia Davis reported that the first five-year report to AARP is due in mid-2023. She noted the 2022 Commission on Aging Annual Reports will assist with this effort.

b.) Alliance 55+/Senior Adult Council

Commissioner Walker expressed thanks for the CoA's Letters of Support for grant funding to cover expenses for both the Walking School Bus program and the Alliance 55+ Digital Equity training sessions.

c.) Alexandria Commission on Aging

Commissioner Cummings noted that the Alexandria CoA has instituted an in-person/virtual format for its monthly meeting.

d.) Arlington Neighborhood Village (ANV)

Wendy Zenker reported that ANV recently updated its website.

e.) Commonwealth Council on Aging

Erica Wood reported that the Council approved its 2022 Annual Report at the September meeting.

f.) Dementia Friendly Arlington

No Report.

g.) Steering Committee for Services to Older Person

Cheryl Beversdorf reported that the November meeting will feature an update on Medicare.

X. Old Business

XI. New Business

XII. Announcements

A motion to adjourn was made and seconded. The meeting was adjourned at 11:00 a.m.