



COMMISSION ON AGING

c/o Agency on Aging, DHS

2100 Washington Blvd. 4th Floor, Arlington, VA 22204
TEL 703-228-1700 FAX 703-228-1174; TTY: 703-228-1788
Email: arlaaa@arlingtonva.us

Meeting Summary November 16, 2015

MEMBERS PRESENT: Nels Andersen, Valerie Crotty, Cragg Hines, Joan McDermott, Mitch Opalski, Patricia Sullivan, Erica Wood, Laurie Young, Gordon Hasenei, Mary Ann Johnson, Jim Feaster, Pamela Hawkins, Lena Wang

MEMBERS ABSENT: Linc Cummings*, Barbara Favola* **Excused Absence*

STAFF PRESENT: Glenda Blake, Merdith Eisenhart, Jim Baker, Rachel Sparico

GUESTS: Jim Morris, Hershel Kanter, Lynwood Sinnamon, Christi Clark

I. Call to Order: 9:05 a.m.

II. Presentation on Insight Memory Care and Caregiver Resources – Christi Clark, Education and Outreach Coordinator provided an overview of Insight Memory Care. Insight Memory Care Center, formerly Alzheimer's Family Day Center, is a nonprofit adult day health and resource center providing specialized care, support, and education for individuals with Alzheimer's disease and other memory impairments, their families, caregivers, and the community. Insight offers a spectrum of holistic care, with a vision of a community where those affected by memory impairments can achieve the highest quality of life. Insight's adult day health center provides a safe, engaging, and therapeutic environment for individuals with mid to later stage memory impairment. For those in the early stages, Insight offers social engagement programs to maximize capabilities, and provide support for loved ones to adjust to changing family dynamics. Additionally, support programs provide caregiver classes, community trainings, professional seminars, support groups, individual consultations and home visits. These programs help family members remain confident and effective in their caregiving roles and increase awareness and understanding of the disease in the community. The Insight Adult Day Health Center has a staffing ratio 4 to 1, higher than the state mandates of 6 to 1. Fees vary, and include private pay, sliding scale fee, and Medicaid.

III. October Minutes: Approved unanimously.

IV. Chair's report (Mitch Opalski)

a) **Committee Chairs:** Mr. Opalski will reach out to all of the committee chairs for planning purposes.

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- b) **Liaison Appointment:** Mary Ann Johnson was appointed as the liaison to the Disability Commission.
- c) **Arlington Advanced Care Initiative:** Mr. Opalski, and Ms. McDermott mentioned this initiative as an effort to increase cooperation between providers in health care and will attend the next meeting.
- d) **Legislative Forum on Aging:** Successful event that occurred on November 6th with seven elected officials and 70 attendees, the highest turnout in recent years.
- e) **Meeting with Libby Garvey:** Commissions met with Board Member Ms. Garvey and discussed County updates and support to Commissions.
- f) **Outreach:** Future meetings may be held in community locations.

V. **ADSD Report (Rachel Sparico and Jim Baker)**

- Ms. Sparico provided the Inclement Weather policy.
- Mr. Baker shared an overview of the taxi fare increase, which will include a .50 suitcase charge, as well as a \$25 cleaning increase.
- Ms. Blake shared an update on the DOJ settlement that closed the Northern Virginia Training Center. Arlington residents will return to the community and reside in 2 separate group homes operated by Good Neighbors and Community Residences.

****5 Minute Exercise break – Jim Feaster

VI. **Committee Reports**

- Budget (Mitch Opalski): No report.
- Legislative: (Joan McDermott): Meeting with elected officials about the NVAN platform.
- Membership (Linc Cummings): No report.
- Public Information and Outreach (Gordon Hasenei): Met last week about the Speakers Bureau flyer and letter. Discussed the 55+ Expo with 600-700 attendees, and potential 2016 venues. Scheduled Comcast Newsmakers for upcoming spots. Developing relationship with Arlington Independent Media. New Arlington only radio station.
- New Media/Technology (Laurie Young): Posts on Facebook about the Legislative Forum and AT Presentation.
- Senior Centers (Nels Andersen): Scheduled visits with six Senior Centers for 2016 with Jennifer Collins. Discussed relationship with the Alliance, the fundraising arm of OSAP.

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- Strategic Planning (Joan McDermott): Transition to Mitch for the update. Next meeting Thursday.
- Supportive Services and Housing (Erica Wood): Met with two realtors to discuss accessibility and visitability options for new and renovated homes.
 - Assistive Tech presentations for 2016; four people volunteered to assist with offering the presentation in the future. Send Gordon the updated flyer. Volunteers will reach out to ANV and AARP. Water aerobics classes.
- Transportation (Cragg Hines): December 1st for next meeting on the Transit Development Plan. Once a date is booked, we will reach out to various stakeholders.

VI. Liaison/Meetings Reports

- Alexandria Commission on Aging (Mitch Opalski): Met last week. Alexandria is about to approve new mixed-used project with 74 affordable rental units; At-Home Alexandria is ramping up subsidized memberships; Senior friendly business outreach
- Alliance for Senior Programs: No report.
- Disability (Mary Ann): No report.
- Interchurch Community Health Initiative (Pamela Hawkins): Trinity Senior Resource Fair occurred November 14th with 11 community providers.
- Arlington Neighborhood Villages (ANV) (Patricia Sullivan): Increasing membership and additional volunteers.
- Community Development Citizens Advisory Council (CDCAC) (Linc Cummings): No report.
- Arlington Community Facilities Study (Mitch Opalski): Overview of the Community Facilities Study. If anyone is interested in staffing this role, please let Mr. Opalski know.
- Emergency Preparedness Advisory Commission (Valerie Crotty): Ms. Crotty provided an overview of the Outreach event in November.
- Long-Term Care Residences Commission (Nels Andersen): Mr. Opalski attended the November meeting, which included a presentation by James Meenan.
- Pedestrian Advisory Committee (Jim Feaster): Met last week and discussed safety of sidewalks and crosswalks.
- Senior Adult Council: (Nels Andersen): Scheduled visits to all senior centers for 2016. Next meeting Wednesday, November 18, 2015.
- Steering Committee/Older Persons (Lena Wang): Next meeting is Nov. 20th and will focus on Medicare and Medicaid with presenters from VICAP.

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- Transit Advisory Committee (Fran DeSilva): No report.
- Vertical Village (Mitch Opalski): No report.

VII. New Business:

- Mr. Andersen shared information about Arlington Neighborhood College.
- The December meeting will include a group photo.

VIII. Announcements and Public Comment

- Jim Morris provided handout for resources for Caregivers.
- Changes in legislation to ensure hospitals identify a caregiver before discharge.

IX. Adjourned at 11:01 a.m.

Next Meeting: Monday, December 21, 2015 and will focus on Prevention Fraud and Financial Exploitation of Older Adults.

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