



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

June 16, 2014

NO QUORUM

Approved at the July 21, 2014 meeting.

MEMBERS PRESENT: Lincoln Cummings, Molly Davis, Cragg Hines, Joan McDermott, Lena Wang, Erica Wood

MEMBERS ABSENT: Kristi Dudash*, Gordon Hasenei*, Sheila Hess*, Patrick Hope, Thomas Kerwin, Donald Miller*, Mitchell Opalski*, Andrea Walker*, Laurie Young* * Excused

STAFF PRESENT: Maimoona Bah-Duckenfield, Glenda Blake, Meredith Eisenhart, Aaron Kocian, Susan Lane

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

II. **Presentations:**

- **Dr. Dan Kulund, Founder Minimalist Running Shoes, Robust Aging Initiative:** Dr. Kulund is a member of the Alexandria Commission on Aging (CoA). He has developed the Robust Aging Initiative, a program that transitions low-intensity calisthenics into vigorous walking. These activities improve physical and cognitive health. The program now is spreading to other areas, including Arlington.
- **Ms. Helen White, Breakthrough Community Sports, Inc. (See Handouts):** Ms. White, President of the United Senior Women's Basketball Association believes in the power of play through sports for people of all ages and abilities for fun, fitness, friendships and giving back. She discussed her activities with both senior basketball and pickle ball, and described how persons with physical and cognitive limitations can improve their abilities and quality of life by playing simple games with a ball.

III. **Minutes Approval:** May minutes will be approved in July, as there was no quorum today.

IV. **Chair's Report (Ms. McDermott)**

- A. **NVAN:** Brainstormed a draft legislative agenda on May 20 to be finalized in July. Legislative items include: livable / accessible communities and housing; civil and criminal remedies to fight financial exploitation; insurance coverage for hearing aids. Budget items include: dental health insurance for older adults; living wage and sick leave for home care providers; increase in the livable homes tax credit. Medicaid Expansion will be added if it is not in the state budget.
- B. **Capital Improvement Plan (CIP):** It is a \$2.7 billion ten-year plan for the county. Of interest: consolidation of all Department of Human Services staff at the Sequoia building; replacement of the Lubber Run Community Center; replacement of Fire Station #8. Ms. McDermott sent an e-mail recommending inclusion of Universal Design in both housing and public facilities. The CIP will be adopted and a bond will be proposed for the November ballot at the July 19 County Board meeting.
- C. **Creative Aging:** Ms. McDermott attended a meeting on this topic, areas of discussion included:

The Arlington Commission on Aging, a body of residents experienced in matters concerning older people, advises the Arlington Agency on Aging and the Arlington County Board on aging issues.

- Arlington Arts, Aging Services and Commissions working together to promote arts and aging.
- D. Commission on Long-Term Care Residences New Chair: Mr. Fonseca's term on the Commission ends June 30th. Starting July 1, the new Chair will be Cynthia Schneider.

V. Director/Staff Report (Ms. Bah-Duckenfield)

- Distributed the Arlington County Volunteer Appreciation Celebration flyer.
- Distributed a flyer from the Northern Virginia Long-Term Care Ombudsman Program, noting World Elder Abuse Awareness Day on June 15 and ways to identify and prevent elder abuse.
- ReadyVirginia is a free emergency planning app available for iPhones and Droids.
- Forty-two local senior residents responded to the affordable housing survey.
- Ms. Bah-Duckenfield trained five Arlington Neighborhood Villages (ANV) volunteers on Aging and Disability resources and the referral process.
- Law Day 2014 topic: fraud and scams will be on October 9 from 9:30 a.m. – 1:00 p.m. at Goodwin House Bailey's Crossroads. The committee is looking into round-trip transportation for Arlington residents.
- Senior Farmers Market applications have been mailed. Coupons can be used at participating vendors in Arlington farmers' markets from July 1 - November 15.
- The Westover library contacted Meals on Wheels (MoW) to start a program to deliver library books to MoW participants. If this works well, the program can be expanded.
- The Governor is reviewing the General Assembly's budget. Per the Department of Justice settlement agreement, there will be 225 Intellectual Disability and 10 Developmental Disability waiver slots. They adopted most of the Governor's proposed mental health items.
- The Agency on Aging's summer extern, Davis, has begun one-on-one interviews with ADSD program managers to gather data for a demographic overview of ADSD clients.

VI. Committee Reports

- Legislative (Joan McDermott): In June, discussed the CIP. Also started to plan a pre-General Assembly forum in early November at the Fairlington Community Center.
- Membership (Linc Cummings): A group of five new applicants will be interviewed on June 25 and 26. Applicants interviewed in January will also be considered.
- Public Information and Outreach (Joan McDermott): In June, continued work on a PowerPoint presentation that will include ADSD services and OSAP programs. The Interfaith Council has agreed to publicize the Speakers Bureau.
- Strategic Planning (Joan McDermott): Reviewing the Elder Readiness Plan implementation noting items that have not been implemented at this point.
- Supportive Services and Housing (Erica Wood): Still working to get aging in place information out to the public in a variety of ways. Work continues on the Assistive Technology Suitcase project.
- Transportation (Joan McDermott): Mr. Yaffe spoke about adding transit service in Rosslyn to help people get to the new Harris Teeter. Learned about Business Improvement District changes envisioned for Rosslyn. An Arlington transit survey is available at www.ArlingtonTransit.com.

VII. Liaison/Meetings Reports

- Alexandria Commission on Aging (Linc Cummings): Reported statistics on percentages of total and older adult populations of Alexandria and Arlington have decreased while the absolute numbers are increasing. This could be a concern if it causes federal and state funding for senior services to be decreased.
- Arlington Interfaith Council (AIC) (Molly Davis): Dr. Davis is working with a larger regional group to

create faith-based initiatives. She believes the AIC can be part of this larger group.

- Arlington Neighborhood Villages (ANV) (Erica Wood): Ms. Wood circulated information from ANV including: Draft Vision Statement, Board of Directors Opening Announcement, Program Manager Job Opening Announcement, and other items on events and volunteer opportunities. The ANV is especially looking for members for its Board of Directors.
- Community Development Citizens Advisory Council (CDCAC) (Linc Cummings): Proposals from non-profits seeking funding are due in June. Analysis and allocation will begin afterwards.
- Emergency Preparedness Advisory Commission (Kristi Dudash): At the May meeting, the discussion continued on communication issues during power outages.
- Housing Study (Candice Rose): The study is looking for persons with disabilities to interview about their housing needs. Interviewees will receive a \$15 gift card incentive.
- Long-Term Care Residences Commission (Lynnwood Sinnamon): The June meeting was at Sunrise at Bluemont Park, which has 250 assisted living (AL) certified units. They are moving away from independent living as people are staying at home until they need AL or memory care. A fire at Lockwood House raised awareness on the need for evacuation plans. The Commission sponsored best practices awards for long-term care residences' caregivers are being presented at the County Board's June 17 meeting.
- Pedestrian Advisory Committee: Still need someone to be the CoA liaison to this group.
- Senior Adult Council (SAC) (Cheryl Johnson): The Office of Senior Adult Programs' annual volunteer leadership luncheon was on June 12 at The Jefferson. Jay Fissette delivered the keynote address. Jane Rudolph swore in the new SAC Executive Committee. Three volunteers received Recognition Awards. Interviews are being conducted for the 55+ Travel Supervisor position. Recruitment is underway for the Aurora Hills Senior Center Director position.
- Steering Committee (Lena Wang): The July 18 meeting topic is scams and fraud against seniors.
- Transit Advisory Committee (Fran DeSilva): Had a presentation on the Ballston Station Multi-Modal project, which will increase pedestrian safety. Reviewed items in the CIP that relate to transit.
- Vertical Village (Molly Davis): Reviewed a year-end report prepared by Eddie Rivas on participation at social, wellness, and educational events. Participation has grown over time. In May, Dr. Davis held a conference on Disaster Behavioral Health at George Mason University. She is interested in doing one to help professionals learn more about how to respond to the needs of older adults.

VIII. Old Business

- Update on Curbside Voting: Ms. McDermott sent a letter to Voter Registrar, Linda Lindberg on the CoA's concerns. Ms. Lindberg will attend the CoA's September meeting.
- Update on Assistive Technology Suitcase: A meeting is scheduled for June 27 to work on resolving questions about implementation.

IX. New Business: None.

X. Announcements and Public Comment

- Mr. Cummings noted the Arlington Committee of 100 is celebrating its 60th anniversary.
- Ms. McDermott shared information from a *New York Times* article about the expected doubling of America's senior population by 2050.

The meeting was adjourned at 10:50 a.m.