



## COMMISSION ON AGING

c/o Agency on Aging, DHS

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### MEETING SUMMARY

January 26, 2015

Approved at the February 23, 2015 meeting.

**MEMBERS PRESENT:** Nels Andersen, Valerie Crotty, Lincoln Cummings, James Feaster, Cragg Hines, Joan McDermott, Mitchell Opalski, Patricia Sullivan, Andrea Walker, Lena Wang, Erica Wood, Laurie Young

**MEMBERS ABSENT:** Barbara Favola\*, Gordon Hasenei\* \* Excused

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

I. **Call to Order:** 9:00 a.m.

II. **Presentation: Northern Virginia Long-term Care Ombudsman Program, Laura Nichols, Program Director**

Ms. Nichols introduced Nicole Fullerton, the new ombudsman for Arlington. Ms. Bah-Duckenfield described the link between the Arlington Agency on Aging (AAA) and the Northern Virginia Long-term Care Ombudsman Program (NVLTCOP), which is in the Area Plan for Aging Services. Mr. Kocian noted that Arlington has budgeted about \$49,000 for the NVLTCOP, about \$2,000 of which is in the Area Plan for Elder Abuse funds. Ms. Nichols said the NVLTCOP was created after a federal act in 1971. She discussed the rights of residents in long-term care facilities and mentioned ombudsmen are not mandated reporters so that residents can speak to them confidentially. She spoke about the roles of long-term care ombudsmen, as advocates, negotiators, and educators, and about the roles of their volunteers. She also reviewed the formal complaint investigation process, categories of findings and resolutions, and discussed the program's objectives, structure, and funding. A few statistics for Arlington facilities, shown in detail in the handout, were highlighted.

**Presentation: Legal Services of Northern Virginia, Meghan C. B. Goldenberg and Meredith A. MacKay**

Ms. Goldenberg is the managing attorney for the Arlington office of Legal Services of Northern Virginia (LSNV). She provided an overview of the organization, their funding sources, and the types of clients served in civil legal matters (not criminal cases). She mentioned a grant that supports Affordable Care Act (ACA) navigators to counsel individuals on applying for health under the (ACA). LSNV has language interpreters on staff and uses a language line for other languages as a tool to work with clients in their primary languages. Their main areas of law include family, housing, consumer, public benefits, education and elder law. Elder law encompasses all of these areas plus guardianships, nursing home and assisted living rights, and personal declaration documents. Ms. MacKay is the attorney who handles elder law. She meets with clients at the Arlington office, and does individual client meetings in the community every other week at Walter Reed and Langston-Brown Senior Centers or at the Culpepper Garden Senior Residence in rotation, and does home visits to clients who cannot leave their residences. Ms. MacKay gives educational programs at senior centers. She cited statistics on elder

clients across the region and in Arlington and briefly discussed outcome measures. She gave a case example and responded to questions.

III. **Minutes Approval:** Unanimously approved the December 15, 2014 meeting minutes as submitted.

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

- Meeting with County Manager: Ms. McDermott and Mr. Feaster attended Ms. Donnellan's meeting with commission chairs on December 18. Residential assessments are rising. Commercial assessments are flat or declining. Office vacancy rates are high, but many new site plans have been filed. County departments are to reduce budgets by 2%, except Parks and Recreation by 3%.
- NVAN Meeting: In January, they had a presentation by Detective Ryan Young, Fairfax County Police, on scams against seniors. Then they discussed General Assembly bills affecting seniors.
- Annual Report: Distributed the report, which was sent to the County Board on January 12.
- Other: Distributed an Opera Nova flyer about a special performance for seniors.

V. **Director/Staff Report (Maimoona Bah-Duckenfield)**

- Distributed an updated (green) copy of the Frequently Called Numbers card.
- March CoA Meeting at Langston-Brown Senior Center, 10:00 a.m. – 12:30 p.m. in two parts: community forum with round-table discussions on 5 main topics and a budget meeting. Ms. McDermott and Ms. Bah-Duckenfield will hold a planning meeting on February 6.
- Recently there were two fires in Arlington involving older adults. Ms. Bah-Duckenfield distributed a Fire Department notice about having working smoke alarms and fire escape plans.
- Contact Ms. Bah-Duckenfield if you can do a 2-3 hour shift with staff at the Arlington Home Show and Garden Expo, Thomas Jefferson Community Center, Saturday, March 7, 10 a.m.-5 p.m.
- Distributed a flyer about a Medicare program on February 4, 7 p.m. at Central Library.
- Mr. Kocian noted that Arlington has about \$430,000 a year in the budget for LSNV. Of that, about \$50,000 is in the Area Plan, of which about \$20,000 is federal funding and \$30,000 is local.
- Mr. Kocian referred to a recent Sun Gazette article of how the majority of the \$200 million dollars in the County reserves is allocated, with only a small portion held for emergencies.

VI. **Committee Reports**

- Budget (Mitch Opalski): The Budget Committee will meet on March 4 to be briefed on the FY 2016 Budget.
- Legislative (Joan McDermott): At the January meeting, planned the trip to the General Assembly.
- Membership (Linc Cummings): Will meet to fill Dr. Molly Davis's position.
- Public Information and Outreach (Joan McDermott): Finalizing the PowerPoint presentation.
- New Media/Technology (Laurie Young): Does Facebook postings every week. Noted recent ones.
- Senior Centers (Andrea Walker): Met at Lee Senior Center. Discussed parking issues. Encouraging all senior centers to use the Senior Adult Council as a forum for their issues.
- Strategic Planning (Joan McDermott): At the January 15 meeting, heard about more interviews with program managers done by Ms. Bah-Duckenfield and Ms. Eisenhart. Continuing to review progress on the Elder Readiness Implementation Plan, considering needs, gaps and areas to develop.
- Supportive Services and Housing (Erica Wood): Spending most of their time on the Affordable Housing Study. Planning a committee retreat on February 24, 9:30 a.m., Vertical Village at Wildwood.
- Transportation (Cragg Hines): The Uber and Lyft legislation is moving quickly in the General Assembly. At the March meeting they will discuss the impact of new services on seniors.

## VII. Liaison/Meetings Reports

- Alexandria Commission on Aging (Mitch Opalski): Housing for seniors is the number one priority in their strategic plan. An Arlington and Alexandria CoA joint meeting on this would be helpful as the jurisdictions have many of the same issues. Amber Nightingale from AARP spoke about acquiring an “age-friendly community” designation, which they voted to work on.
- Alliance for Arlington Senior Programs: No report.
- Arlington Interfaith Council: The January meeting was at Culpepper Garden and the February breakfast meeting was with County Board Chair Mary Hynes.
- Arlington Neighborhood Villages (ANV) (Patricia Sullivan): ANV had over 100 requests for rides this month. Other services requested were home visits, running errands, home maintenance work and technology assistance. Social activities continue to grow. A third village is now forming.
- Community Development Citizens Advisory Council (CDCAC) (Linc Cummings): Meeting weekly.
- Emergency Preparedness Advisory Commission (Valerie Crotty): Next meeting January 28.
- Housing Study: See New Business.
- Long-Term Care Residences Commission (Nels Andersen/ Lynwood Sinnamon): Had a presentation on the MOU, new ground lease, and implementation plan with MFA/Cherrydale, which included explanations of how all issues raised by the commission were addressed.
- Pedestrian Advisory Committee (Jim Feaster): Heard about the Safe Routes to Schools program.
- Senior Adult Council (Andrea Walker): Culpepper Garden Senior Center Director position is expected to be filled by the end of January.
- Steering Committee/Older Persons (Jim Morris): The March 20 meeting program will be a legislative update from Delegate Patrick Hope, especially the CARE (Care, Advise, Record, Enable) Act.
- TRIAD (Maimoona Bah-Duckenfield): Received an e-mail from new staff who is going to work to rebirth the local TRIAD group.
- Transit Advisory Committee: No report.
- Vertical Village: No report.
- Voluntary Advisory Task Force: Ms. Bah-Duckenfield will redistribute the survey for the benefit of those who did not get a chance to respond yet.

## VIII. Old Business: None.

IX. **New Business:** Letter with CoA Comments to the Affordable Housing Study (AHS): The Supportive Services and Housing Committee (SSHC) drafted this letter. The Commission offered comments. Mr. Russell Schroeder, Principal Planner in CPHD – Housing, attended to answer questions. The letter noted good items for seniors in the Draft Plan. Section 2.4 captures items related to senior needs, but the Commission hopes to see senior needs incorporated throughout the plan, as well. Some issues raised: no mention of the significant growth in the senior population and seniors’ desire to remain in Arlington; Universal Design for all ages; impact of rent and condo fee increases on seniors with fixed incomes; mentioned some nursing homes, assisted living residences, and senior independent residences, but not all; existing HUD mortgages on senior facilities being paid off soon and the need to keep these senior residences affordable; the need for a person to oversee all senior housing and other senior issues; the need to list other supportive services that must accompany senior housing such as in-home assistance, nutrition, and transportation. The letter will be signed by the CoA Chair and the SSHC Chair. The CoA voted to send the final version to Mr. Leonard Hamlin, Chair of the AHS work group.

## X. Announcements and Public Comment

- Mr. Morris: The County’s list of places for seniors to get free tax preparation assistance did not

mention “Do-it-yourself Tuesdays” on South Highland Street. Mr. Morris has this information.

- Joan McDermott: By 2030 one of five adults will be 65+, more than 70 million people.
- Ms. McDermott: Recommended the movie, “Still Alice,” about early onset Alzheimer’s.
- Mr. Andersen: Noted the Glen Campbell movie is also about Alzheimer’s.

The meeting was adjourned at 11:00 a.m.