



COMMISSION ON AGING

c/o Agency on Aging, DHS

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MEETING SUMMARY

June 15, 2015

MEMBERS PRESENT: Nels Andersen, James Feaster, Gordon Hasenei, Joan McDermott, Mitchell Opalski, Pamela Hawkins, Andrea Walker, Erica Wood, Arlene Spinelli (representing Barbara Favola)

MEMBERS ABSENT: Patricia Sullivan,* Lena Wang, * Cragg Hines, * Laurie Young,* Lincoln Cummings,* Valerie Crotty* * Excused

STAFF PRESENT: Maimoona Bah-Duckenfield, Meredith Eisenhart, Glenda Blake

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

II. **Presentation:** Amber Nightingale, Associate State Director of Community Outreach, AARP and Jane King, Alexandria Commission on Aging – Presentation on AARP Age-Friendly Communities

- A livable community is safe and secure, has affordable and appropriate housing and transportation options, and has supportive community features and services. These features enhance personal independence, allow residents to age in place, and foster residents' engagement in the community's civic, economic, and social life.
- AARP is considered a catalyst organization, or affiliate, that is working with the World Health Organization (WHO) on its network of age friendly communities. AARP is the only WHO affiliate organization in the United States. WHO has other partners internationally.
- Age-Friendly Community Initiative is a strategic planning process. It looks at eight domains established by the World Health Organization: Housing, Social Participation, Respect and Social Inclusion, Civic Participation and Employment, Communication and Information, Community Support and Health Services, Outdoor Spaces and Buildings, and Transportation. The AARP website has indicators to help a community identify which attributes it has or does not have. The process to become an Age Friendly Community has four stages.
- Stage 1. Enrollment Phase: Community identifies partners as well as policies and programs that support a livable community. Attains agreement of Chief Executive (e.g. County Board). Alexandria is in this stage. Initial work must include baseline assessment that includes older adults. Alexandria had two forums attended by 400 people in developing its Strategic Plan in 2012. Alexandria plans to do further assessments with older people. AARP's National Office reviews the applications.
- Stage 2. Planning Phase: This stage lasts one to two years. After AARP reviews/recommends approval to WHO, the three year implementation begins.
- Stage 3. Implementation: This stage is three years. Progress is evaluated.
- Stage 4. Continuous Cycle of Improvement: five plus years.
- AARP does not charge a fee for communities to be part of this.

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.

- Process is typically driven through a partnership of community groups, government, and/or residents; need to identify who will write the plan. Alexandria's COA is working through its committees.
- The Age Friendly Network has forty communities representing 28 million constituents. DC is already part of the network. Website for more information is: www.aarp.org/agefriendly

III. **Minutes Approval:**

- Minutes unanimously approved with editorial corrections submitted by Andrea Walker.

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

- World Elder Abuse Day is today, June 15, 2015.
- Northern Virginia Aging Network (NVAN) - Voted on their legislative priorities for 2016 General Assembly.
- Letter to Governor McAuliffe - Ms. McDermott drafted letter to Governor with a suggested correction to use the word citizen rather than resident.
- White House Conference on Aging - Will be held July 13 at the White House. They are asking people to be involved by watching the event, participating using Twitter, and interviewing someone by using Story Corps application.
- Webinar on Age-Friendly Communities –Four Age-Friendly Communities reported on their status on June 2 (Denver, and cities in Spain, Israel, Ontario).
- Community Facilities Study Open House - Held at Courthouse Plaza.
- Other Items: Arlington/Alexandria ranked #2 Best Place to Retire by Bankrate.com.

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

- 2015 Arlington Demographic report was distributed. 88 languages spoken. Arlington is considered most educated County in nation. 61 registered civic associations. 45 active Commissions. Lowest unemployment in region. 30% of population is in 45-85 age bracket.
- World Elder Abuse Prevention Day. Only need to have a suspicion of abuse, neglect, or exploitation to make a report. The Beacon recently had an article on elder abuse that included an interview from Arlington Adult Protective Services.
- AAA is hiring for full-time Management Analyst position.
- Commission on Aging/Commission on Long-Term Care Residences joint meeting will be held on June 23, 2015. Committee Chairs will provide status reports.
- Senior Farmer's Market program will be offered again this year. Offers participants a \$40 coupon to local farmer's market. Eligibility is based on income and age. Funding is through USDA. Able to serve approximately 600 plus individuals.

Division Chief's Report (Glenda Blake):

- Hired Bureau Chief of Intellectual and Development Disabilities, La Voyce Reid. Former Bureau Chief, Joanna Wise Barnes will remain with Division for six months to assist with group home development and trainings.
- Administrative Officer position has been posted and recruiting for applicants.
- Division had two state reviews last week. Did very well with both audits and were encouraged to continue doing innovative work.

****5 minute Exercise break led by Mitch Opalski

VI. Committee Reports

- Budget (Mitch Opalski): No report.
- Legislative (Joan McDermott): County's Long Bridge Park Master Plan Phase 2 will be worked on including possible therapeutic swimming pool. County Board will review in January 2016. COA will monitor and may offer comments. The Legislative Committee will hold a legislative forum in November after election.
- Membership (Joan McDermott): Pamela Hawkins was recently appointed by County Board.
- Public Information and Outreach (Gordon Hasenei): Executive Director of Arlington Independent Media attended. Discussed possible collaborations such as PSAs.
- New Media/Technology (Joan McDermott): No report
- Senior Centers (Andrea Walker): All Senior Centers have been visited by the committee for FY 2015 and findings reported at the COA meetings. A final report summarizing recommendations will be developed with the Acting Director of the 55+ Program and provided to COA Chair by the end of August.
- Strategic Planning (Joan McDermott): Reviewing domain checklist by AARP Age-Friendly City.
- Supportive Services and Housing (Erica Wood): Assistive Technology presentation will be on June 19 at Culpepper Garden at 11 am. Committee discussed how to connect people with reputable handyman services.
- Transportation (Joan McDermott): County Board Chair, Mary Hynes will speak about I-66 and pay lanes at next meeting on June 30, 2015.

VII. Liaison/Meetings Reports

- Alexandria Commission on Aging (Mitch Opalski): There is a new Chair, Carol Downs.
- Alliance for Senior Programs: No report.
- Arlington Interfaith Council (Joan McDermott): The Council has voted to dissolve. Community participation has declined. Last meeting is tonight, June 15.
- Interchurch Community Health Initiative (Pamela Hawkins). Interdenominational partnership of nine churches. Goal is to encourage healthy lifestyle with a focus on nutrition and physical health. Hold a health fair once a year with Virginia Hospital Center, Department of Human Services and Department of Parks and Recreation.
- Arlington Neighborhood Villages (ANV) (Patricia Sullivan via email): ANV held its one year anniversary celebration. Renewal rates are very strong at 97%. New services are being rolled out including walking buddies and social/visit services.
- Community Development Citizens Advisory Council (CDCAC): No report.
- Arlington Community Facilities Study (Mitch Opalski): Study group has met for four months with a focus on gathering background information such as demographics, budget process, and Capital Improvement Plan. The group is now identifying key challenges. Final report is due in November. COA's role is to review and provide comments.
- Emergency Preparedness Advisory Commission): No report.
- Housing Study: See Old Business.
- Long-Term Care Residences Commission (Nels Andersen): Met at Woodland Hills senior independent living which has a new property manager and is currently at 95% capacity. Commission held its officer elections. Cyndy Schneider and Joy Nathan were re-elected as

Chair and Vice Chair, respectively. Alice Paxton reviewed the Outreach Committee's presentation on long-term care residences in Arlington. Commission also discussed legislative items to submit to Mary Hynes' request.

- Pedestrian Advisory Committee (Jim Feaster): Continue to examine impediments to walking on street. May recommend improving County website tool that allows submission of issues.
- Senior Adult Council (Andrea Walker): Barbara Karro, former 55+ Program Director who now leads DPR's Flourishing in the Second Half of Life series, will be retiring at the end of June after 40 years of service to seniors. Her retirement party is June 16 at Peking Gourmet.
- Steering Committee/Older Persons (Joan McDermott): Next meeting will focus on transportation issues.
- Transit Advisory Committee (Fran DeSilva): There were presentations on Crystal City-Potomac yard enforcement and on silver line ridership. Accessibility Committee shared possible changes affecting STAR and will receive public comments in upcoming meetings. Public information meetings on transforming I-66 inside the Beltway and use of toll lanes.
- Vertical Village (Mitch Opalski): No report.

VIII. **Old Business:**

A. Affordable Housing Study Letter to County Board

- Executive Committee convened to approve comments to the County Board prior to Board meeting on June 13, 2015. Ms. McDermott testified to County Board on behalf of Commission on Aging expressing support for the Affordable Housing Master Plan (AHMP) and indicating some areas of concern.
- County Board identified areas where they want additional information: impact on schools, geographic distribution, preservation of current affordable housing, aging in place (accessory dwelling units and lot coverage).
- County Board voted to postpone consideration of the AHMP to its September meeting.

B. Real Estate Tax Relief Discussion

- County Board liaison Libby Garvey informally asked COA to weigh in on Real Estate Tax Relief program. Commission has received presentations from Amy Yorczyk, current program manager, and Ingrid Morroy, Commissioner of Revenue, who would like to have program moved to Revenue office.
- Members discussed the merits of the program remaining with DHS or moving to Commission of Revenue.
- Ms. McDermott moved to inform Libby Garvey about what Commission has learned about Real Estate Tax Relief Program. Motion carried unanimously.
- If Libby Garvey seeks additional information, Commission will ask for a formal request from the Board at that time.

IX. **New Business:**

- No new business

X. **Announcements and Public Comment:**

- Jim Morris commented on "Still Alice" being screened by AARP at Arlington Cinema Draft House

on June 17 at a free event.

- Jim Morris commented on recent Arlington election. Of 10,857 voters, over a 1,000 did not vote for a second individual (16% of the voters).

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