



COMMISSION ON AGING

c/o Agency on Aging, DHS

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MEETING SUMMARY

September 21, 2015

Emergency Preparedness Month

MEMBERS PRESENT: Nels Andersen, Valerie Crotty, Lincoln Cummings, Mitch Opalski, James Feaster, Gordon Hasenei, Pamela Hawkins, Arlene Spinelli, Patricia Sullivan, Andrea Walker, Lena Wang, Erica Wood, Laurie Young

MEMBERS ABSENT: Cragg Hines*, Joan McDermott*

* Excused Absence

STAFF PRESENT: Maimoona Bah-Duckenfield, Jim Baker, Rachel Sparico

GUESTS: Jennifer Collins, Kim Klinger from OEM, Hershel Kanter

I. Call to Order: 9:07 a.m.

II. Presentation on Emergency Preparedness – Debbie Powers – Deputy Coordinator, Arlington County Office of Emergency Management.

- Debbie Powers has worked with Arlington County since 1979. The Office consists of two divisions: 911 Call Center, and Office of Emergency Management.
- Planning and preparedness is critical and everyone needs an emergency preparedness and a communication plan in case of an emergency. It is essential to have important phone numbers and information in writing available and accessible. Be informed.
- The following methods are available to remain informed during emergencies: 1) Arlington Alert; 2) Radio (WTOP and 1700am) plays 24 hours, also available by 4156550811; 3) Smart phone App; 4) Outdoor warning system; and 5) Reverse 911.
- Encourage friends, family, older adults and facility staff to prepare and have an emergency plan. Know your neighbors/property manager and response for emergency situations.
- Create a go-bag and include medications, especially relating to battery or refrigerated medications, like oxygen and insulin. Assisted devices must have a back-up plan if the power turns off.
- Volunteers can assist with CERT – Community Emergency Response Team.

III. July Minutes:

- Approved unanimously.

IV. Vice Chair's report on Behalf of Chair (Mitch Opalski)

- Annual report from all the Commissioners to the County Board is due. All committee chairs must prepare a bullet point summary of an overview, accomplishments and challenges, for the time period October 1, 2014 – September 30, 2015. Submit to Joan by October 19th.
- Affordable Housing Master plan was adopted by the County Board, following a dedicated, three-year effort. The plan includes recognition and needs of older adults including options to Age in Place. Andrea Walker testified on behalf of the Commission. Real Estate Tax Relief will be a topic for discussion, and possible revision, in the future. Universal Design standards were excluded, and there may be a need for more education and explanation.
- Andrea Walker is rotating off the Commission as her three-year term comes to a conclusion. Throughout her dedicated service to the Commission she focused on the Assistive Technology suitcase, Senior Center Committee, Membership/Nominating, Supportive Services and Housing, and Strategic Planning. Additionally she served as a liaison to Arlington Neighborhood Villages, and the representative to the Senior Adult Council.

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

- Maimoona introduced Rachel Sparico, Management Analyst with the AAA; Jim Baker, new ADSD Administrative Officer, formerly with the Department of Management and Finance; and Gelarah Bassiry, part-time, Human Services Specialist with the AAA.
- Maimoona will be on maternity leave November – February.
- The next meeting, October 19, will focus on Pedestrian safety.
- Handouts: AT Presentation Flyer (October 9th and November 13th); AAA Newsletter – September 2015; NVAN Breakfast 9/28 registration and 2016 Legislative priorities; Caregivers Conference in Centreville on Veteran's Day; and information for a 4.6 million dollar Transportation Grant.

******5 Minute Exercise break – Lena Wang**

VI. **Committee Reports**

- Budget (Mitch Opalski): No report
- Legislative: (Mitch on behalf of Joan McDermott): Met on August 10, 2015 and continue focusing on the November 6th Legislative breakfast which will be hosted with Alexandria. Local elected officials have been invited. Register for the NVAN breakfast Monday Sept. 28th at the Fairfax Marriott. Attorney General Mark Herring will be the featured speaker.
- Membership (Linc Cummings): Mary Ann Johnson is the newest member and has been active in the Supportive Services and Housing committee.
- Public Information and Outreach (Gordon Hasenei): Updating the Speakers Bureau flyer. Comcast Newsmaker will highlight programs and speakers that speak to Aging issues, every other month. The Beacon 55+ Expo is October 25th and will host Passages Author, Gail Sheey.
- New Media/Technology (Laurie Young): No report.
- Senior Centers (Andrea Walker): Nels Andersen will become Chair in October. Ongoing issues include: renovations at Aurora Hills, parking at Culpepper Garden,

and intermittent gas at Langston-Brown. Recommendations for a daily check-in service for participants at Walter Reed and other senior centers.

- Strategic Planning (Mitch Opalski on behalf of Joan McDermott): Jane King, of Alexandria Commission, was the guest to discuss applying for Age-Friendly community. Next meeting is October 15th. Joan, Erica and Rachel attended AARP Age-Friendly Community. There is a discussion to replace Arlington Elder-Readiness Taskforce to align with more Age-Friendly Communities and concepts.
- Supportive Services and Housing (Erica Wood): Next meeting September 24 to discuss handy-man and renovation services, as a follow up to the March 2015 Community Engagement Form. The October meeting will focus on educating Realtors about Aging-in-Place and Certified Aging in Place specialists (CAPS).
- Transportation (Cragg Hines): No report.

VII. Liaison/Meetings Reports

- Alexandria Commission on Aging (Mitch Opalski): Focusing on AARP Age-Friendly Communities, NVAN platform, and a Diversity committee to proactively reach all members of our community.
- Alliance for Senior Programs: No report.
- Interchurch Community Health Initiative (Pamela Hawkins): Reported great turnout in the AARP supported food drive at Giant Penrose benefiting AFAC. Upcoming Resource Fair at Trinity Church on Saturday October 3rd from 10am-1pm.
- Arlington Neighborhood Villages (ANV) (Patricia Sullivan): Continuing to expand ANV and exploring offering specific services. Program director, Kim Sands, resigned for personal reasons.
- Community Development Citizens Advisory Council (CDCAC) (Linc Cummings): Council attended a bus tour of Affordable Housing sites. In October, CDCAC will review proposals for new developments, and will need a volunteer Wednesday evenings 6-8pm to review proposals.
- Arlington Community Facilities Study (Mitch Opalski): Completing needs assessment for the Sept 29th joint session of County Board and School Board, then the follow up meeting with the public.
- Emergency Preparedness Advisory Commission (Valerie Crotty): Communication is critical and need various methods of communication. Recommends specific emergency planning and materials for older adults, using New York City as an example for resources. May need a shelter available for older adults and persons with disabilities.
- Affordable Housing Study (Erica Wood): County Board adopted Affordable Housing Plan.
- Long-Term Care Residences Commission (Nels Andersen): Met with licensing inspector and discussed ALF and Child Care facilities. Presented legislative bullet points to Mary Hynes, Board Chair, which includes recommendation to expand Medicaid, 44th; enforce staffing standards for ALF and NH; and conduct a study of the AG program.
- Pedestrian Advisory Committee: Last meeting hosted a County staff who is tasked with reviewing the applications for vehicular and pedestrian transportation. There are only two inspectors and they count on residents to report violations to staff.
- Steering Committee/Older Persons (Lena Wang): Next meeting Nov. 20th and will focus on Medicare/Medicaid Dual eligible.

- Senior Adult Council (Andrea Walker): Remains a need to build a new elementary school in South Arlington; Aurora Hills, Thomas Jefferson and Drew are on the list for consideration. The new school will most likely be an Arlington Public Schools property, rather than Parks and Recreation.
- Transit Advisory Committee (Fran DeSilva): No report.
- Vertical Village (Mitch Opalski): Vertical Villages Eddie mentioned they are funding with small grants and applying for new larger amounts.

VIII. **New Business:**

- Announcement of Nominating Committee – Lena and Cragg are on the committee and will present a slate of nominations at the next meeting.
- CoA Endorsement of 2016 NVAN Legislative Platform – Motion passed.

IX. **Announcements and Public Comment:**

Open House to the year-round homeless shelter center, 2020 14th Street North, on October 1 at 4pm, with the ribbon cutting at 4:30 and tour at 5pm.

The meeting was adjourned at 11:03 a.m.

Next meeting – Monday, October 19th