



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 October 19, 2015

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

MEMBERS ABSENT: Linc Cummings*, Barbara Favola*, Gordon Hasenei*, James Feaster*, Lena Wang* **Excused Absence*

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

GUESTS: Kathy Miller (Goodwin House, Inc.), Jennifer Collins (DPR), Henrik Sundqvist, Jim Morris, Hershel Kanter

- I. Call to Order: 9:06 a.m. Joan offered a special welcome to new member, Mary Ann Johnson. As part of the call to order, Joan introduced the World Health Organization/AARP Age-Friendly Community concepts and the WHO Checklist.
- II. Presentation on Pedestrian Safety – Thomas Bruccoleri, Arlington County Transportation Planning Bureau Chief, joined Arlington County in Nov. 2009. Transportation in Arlington is focused on a “more local” approach and examples were highlighted from Columbia Pike, Clarendon Metro Plaza, and Rosslyn Station Access. Tom reports the highest percentage of older adults in Arlington occur around the Rosslyn-Ballston, Jefferson Davis, and Columbia Pike corridors. The most common mode of transportation for older adults in Arlington is private vehicle, similar to the national trends. Some of the threats to older adults mobility include: impaired ability to drive, unwillingness to be dependent on others, limited availability to public transportation, access to walking/biking networks. The department developed and updated the Master Transportation Plan (MTP) which focuses on: Bicycles, Pedestrians, Demand and System Management, Transit, Parking and Curb Management, and Streets. The major vision of the MTP is equity and access for all users. The policies are to 1) Integrate transportation and land use, 2) Support the design and operation of Complete Streets, and 3) Manage travel demand and transportation systems.

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Accomplishments / Activities to Date: Arlington is certified as a gold level Walk-Friendly community; increases have included: total annual transit ridership; ART ridership, populations living close to transit; bicycle usage and Bikeshare usage; decreases included traffic congestion. Recent investments include: pedestrian ramps, sidewalk connections, crossing islands and raised medians, road diets, marked crosswalks, curb extensions, bulb outs and neckdowns, pedestrian safety at interchanges, lighting strategies, traffic calming, protected intersections, and transit stop improvements.

Developing projects consist of adaptive real-time responsive traffic signal systems; Closed-circuit televisions and traffic cameras; HAWK (high-intensity activated cross-walk) Beacons; Interactive audible ADA accessible pedestrian signals; and Countdown Pedestrian Signals. Some of these projects will benefit older adults through 1) Improved driving assistance – lane departure warning, vehicle proximity warnings, back-up warnings, collision avoidance warning; 2) Improved quality and variety in public and private transportation – car-sharing, driverless cars, and taxi (e-hailing); 3) Developments in pedestrian zones – pedestrian only areas, and sidewalks with resting places; 4) Development related to Bicycles – increase in commuters, more bike-sharing, protected bicycle lanes, and; 5) Development in Transit – on-demand transportation, point to point transport, bus rapid transit. Additional services for older adults include: Specialized Transit for Arlington Residents (STAR), Senior Center Adult Transportation (SCAN), Super Senior Taxi (SST), the ENDependence Center, and discounts for public transportation.

III. September Minutes: Approved unanimously.

IV. Chair's report (Joan McDermott)

- a) Response to Letter to Gov. McAuliffe – the recommendation from the Commission to change the verbage of the Older Americans month proclamation from “citizens” to “residents” received a response to keep the original wording of “citizens”.
- b) Ms. McDermott met with Holly Hanisian, Goodwin House, Inc., in August as part of an information gathering project Holly is conducting. Goodwin House is launching “Beyond the Walls” and “Accessibility for All” and

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Goodwin House is interested in programs and services for older adults, as well as identifying needs, gaps in areas of service, and ways to support those living in their homes.

- c) Committee yearly reports (bullet format) are due to Ms. McDermott November 1.
- d) Meeting with Libby Garvey, October 27th at 7pm, Courthouse Plaza #300.
- e) Ms. McDermott reflected on her past three years as a Chair, and thanked everyone for their support and dedication, including committee chairs and members.

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

- a) Thanked Ms. McDermott on behalf of ADSD/AAA for all her work as Chair and presented her with flowers and a certificate, recognizing her leadership qualities in organization, diplomacy, dependability, warmth, detail-orientation, presence, devotion and thoughtfulness.
- b) Mrs. Bah-Duckenfield will be on maternity leave November – February. ADSD staff will continue to provide support.
- c) The next meeting, November 16th will focus on Caregiver resources with future meetings to highlight Age friendly domains.

****5 Minute Exercise break – Erica Wood

VI. Committee Reports

- a) Budget (Mitch Opalski): No report.
- b) Legislative: (Joan McDermott): The Legislative Forum is scheduled for Nov. 6th, 2015 at 9:45am at the Fairlington Community Center.
- c) Membership (Linc Cummings): No report.
- d) Public Information and Outreach (Gordon Hasenei): The Beacon 55+ Expo is October 25th and will host Passages Author, Gail Sheey.
- e) New Media/Technology (Laurie Young): Facebook page posts remain ongoing, at least once a week. Recent posts are about the Legislative Forum.
- f) Senior Centers (Nels Andersen): Report provided on a recent meeting of the Senior Adult Council, Alliance for Senior Adult Programs and the

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Senior Executive Council. They will focus on fundraising (within County guidelines), and reducing duplication of services.

- g) Strategic Planning (Joan McDermott): The Strategic planning committee met Thursday, October 15, 2015 focused on the Age-Friendly initiatives. The November 19th meeting will focus on current Commission committee structure, goals and desirables as they relate to Age-Friendly.
- h) Supportive Services and Housing (Erica Wood): The next meeting on October 20 will discuss Universal Design and Aging in Place with realtors.
- i) Transportation (Cragg Hines): The next meeting will be set for December.

VI. Liaison/Meetings Reports

- a) Alexandria Commission on Aging (Mitch Opalski): The Alexandria Commission extended gratitude for the partnership on the Legislative Platform and Forum.
- b) Alliance for Senior Programs: No report.
- c) Interchurch Community Health Initiative (Pamela Hawkins): Upcoming events: Senior Information Fair on Nov. 14th at Trinity Church, and a seminar on the Costs of Caregiving on October 23, 2015.
- d) Arlington Neighborhood Villages (ANV) (Patricia Sullivan): ANV continues to grow, and hosted an open house with more than 120 attendees.
- e) Community Development Citizens Advisory Council (CDCAC) (Linc Cummings): No report.
- f) Arlington Community Facilities Study (Mitch Opalski): The report went before the County Board and the School board and is open for public comment.
- g) Emergency Preparedness Advisory Commission (Valerie Crotty): EPAC is hosting a Metro Safety and Preparedness Seminar on Wednesday, 10/21 at 7pm at NRECA. Presenters include: WMATA, Arlington Fire Department, Arlington County Transit, and Arlington Office of Emergency Management.
- h) Affordable Housing Study (Erica Wood): No report.
- i) Long-Term Care Residences Commission (Nels Andersen): Met 10/14 at Brookdale of Arlington, formerly Emeritus.
- j) Pedestrian Advisory Committee: No report.
- k) Steering Committee/Older Persons (Jim Morris): Next meeting is Nov. 20th and will focus on Medicare and Medicaid with presenters from VICAP.
- l) Senior Adult Council: No report.

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- m) Transit Advisory Committee (Fran DeSilva): No report.
- n) Vertical Village (Mitch Opalski): Focusing on funding from larger grants and funding sources, rather than smaller ones.

VII. New Business:

- a) Election of Chair/Vice Chair – Mitch Opalski was nominated for Chair, and Erica Wood was nominated for Vice Chair – both were elected unanimously.
- b) Remarks from New Chair – Mr. Opalski thanked the Commission and shared he will be fully dedicated in his new role as Chair. His experience as the founder and owner of a Home Health agency with more than 100 staff affords him a unique perspective to serve. He thanked Ms. McDermott for her leadership and for serving as a role model, and concluded with a quote from Mother Teresa, “not all of us can do great things, but we can do small things with great love”.

VIII. Announcements and Public Comment:

Arlington County E-Care event is scheduled for Saturday, October 31, at TJ Middle School.

The meeting was adjourned at 11:06 a.m.

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