



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 December 21, 2015

MEMBERS PRESENT: Nels Andersen, Linc Cummings, Valerie Crotty, Cragg Hines, Joan McDermott, Mitch Opalski, Patricia Sullivan, Laurie Young, Gordon Hasenai, Mary Ann Johnson, Jim Feaster, Pamela Hawkins

MEMBERS ABSENT: Barbara Favola*, Erica Wood*, Lena Wang* *Excused

STAFF PRESENT: Glenda Blake, Rachel Sparico, Reginald Lawson

GUESTS: Jim Morris, Hershel Kanter, Lynwood Sinnamon, Jennifer Collins, Nort Beckerman, Kathy Miller

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

II. Presentation on Tips to Prevent and Avoid Financial Exploitation for Older Adults by Thomas D. Manganello and Alan Sorcher of the Office of Investor Education & Advocacy, United States Securities & Exchange Commission and Alan Sorcher; and Reginald Lawson, Program Manager of Arlington County Adult Protective Services and Adult Services.

- a. See Attached presentation. For more information, visit www.investor.gov, Facebook: www.facebook.com/SECInvestorEducation and Twitter: [@SEC_Investor_Ed](https://twitter.com/SEC_Investor_Ed). An upcoming presentation is scheduled for January 19th at Arlington Central Library on Investing.
- b. Tips to Avoid Fraud
 - i. Ask and Check before investing – www.adviserinfofor.sec.gov
 - ii. www.youtube.com - The Right and Wrong Way to handle Fraud
 - iii. Red Flags of investment frauds
 1. It sounds too good to be true.
 2. Pressure to buy right now.
 3. Lack of documentation.
- c. APS / AS – work to prevent and reduce abuse, neglect and exploitation among adults over 60 and adults age 18 and older with a diagnosed disability. There has been a recent increase in financial exploitation cases. Workers partner with ACPD Financial Crimes Unit, attorneys, and community providers.

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III. November Minutes: Approved unanimously.

IV. Chair's report (Mitch Opalski)

- a) County Board Meeting: Testimony on Complete Streets Initiative – deferred to Jan. 2016 due to a lengthy agenda at the December Board meeting
- b) Budget Meeting with Acting County Manager and Commissions – No projected large budget gaps (3 million shortfall and 15 million for Arlington Public Schools); the surplus from the current fiscal year will be allocated to initiatives that were original excluded from the budget
- c) New liaison appointment requested for Long-term Care Residences Commission
- d) AARP Age-Friendly Community Process
 - i. February meeting of Strategic Planning will focus on developing a process to match the domains with our Committee structure
 - ii. Committee Chairs will be involved in the process
- e) May is Mental Health Month and the speaker will focus on this topic

V. ADSD Report (Rachel Sparico)

- a) Ms. Sparico provided an update on Pedestrian Safety, which included the additional warning signs and painted cross walk at the VDOT maintained intersection of Lee Highway and N. Nelson/Oakland; as well as the improvements to N. Carlin Springs and N. Glebe - 4 signals with sidewalk improvement, new poles and signals, and improved signage.
- b) Emergency Preparedness initiative in 2016 will include "Prepared Pets" in planning for emergencies. Ms. Crotty emphasized the need for an emergency shelter for older adults.
- c) Secret Santa program will collect donations through the end of the month.
- d) Parks and Recreation updates (Jennifer Collins): Ms. Collins shared that Andrea Walker, former COA member now serves on the Parks Commission. Parks is working with the Alliance to update fundraising efforts and policies; the Alliance is the fundraising arm of the Council. The Commission FY2016 funding requests included a door opener at Langston-Brown which was installed. Renovations at Aurora Hills are scheduled to begin in July 2016; the library will remain open, and Community Center activities will move to Gunston.

****5 Minute Exercise break – Nels Andersen

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VI. Committee Reports

- a) Budget (Mitch Opalski): Mr. Opalski and Mr. Feaster shared an update on the meeting with the Acting County manager, Mark Schwartz.
- b) Legislative: (Joan McDermott): Ms. McDermott shared an update about the meetings with elected officials. County Board included the NVAN platform, minus the visitability issues, and was sent to the General Assembly. Ms. Young will take over as Chair of the Legislative Committee in March 2016.
- c) Membership (Linc Cummings): No report.
- d) Public Information and Outreach (Gordon Hasenei): Met December 8th to update the Speakers Bureau flyer and letter and review the PPT presentation. PIO reached more than 1000 citizens.
- e) New Media/Technology (Laurie Young): Ms. Young updated the Facebook page with meetings with elected officials.
- f) Senior Centers (Nels Andersen): Scheduled visits with six Senior Centers for 2016 and conducted the first one at Culpepper Garden. The Committee findings on this visit were incorporated into these minutes as referenced by the matrix he handed out. Discussed the locations of current Senior Centers including accessibility near metro (Orange/Silver/Blue).
- g) Strategic Planning (Mitch Opalski): Reviewed current structure and will align domains with current committees and meet with committee chairs.
- h) Supportive Services and Housing (Erica Wood): No report.
- i) Transportation (Cragg Hines): Steve Yaffe presented on the Transportation 10-year plan, which is still open for public review.

VI. Liaison/Meetings Reports

- a) Alexandria Commission on Aging (Mitch Opalski): No report.
- b) Alliance for Senior Programs (Nort Beckerman): Mr. Beckerman shared the Alliance mission is to support the 55+ programs, offer scholarships for adults who cannot afford membership and programs, purchase items, support and expand programs, and fill needs. The Alliance is the fundraising arm of the Council and undergoing a change in operating structure to develop sponsors, apply for grants, and raise awareness.
- c) Disability Advisory Commission (Mary Ann): Ms. Johnson provided an update about the Ballston improvement projects.
- d) Interchurch Community Health Initiative (Pamela Hawkins): No report.

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- e) Arlington Neighborhood Villages (ANV) (Patricia Sullivan): Ms. Sullivan shared that Anita Wallgreen elected president. In 2016, the group will be known as Arlington Neighborhood Village, not plural.
- f) Community Development Citizens Advisory Council (CDCAC) (Linc Cummings): No report.
- g) Arlington Community Facilities Study (Mitch Opalski): The Community Facilities Study Group presented its report and recommendations to the County Board. The Board turned it over to the staff for review and formulation of an implementation plan. Nels will replace Mitch as liaison to this Group.
- h) Emergency Preparedness Advisory Commission (Valerie Crotty): No update.
- i) Long-Term Care Residences Commission (Nels Andersen): Attended December meeting which focused on Strategic Planning. Need a new liaison from COA.
- j) Pedestrian Advisory Committee (Jim Feaster): Met last week and discussed the redevelopment Clarendon Circle.
- k) Senior Adult Council: (Nels Andersen): Previously covered.
- l) Steering Committee/Older Persons (Lena Wang): Next meeting is January 2016 and will focus on Assistive Technology.
- m) Transit Advisory Committee (Fran DeSilva): No report.
- n) Vertical Village (Mitch Opalski): No report.
- o) Arlington Advanced Care Planning Initiative: Next meeting January 16th, 2016.

VII. Old Business

VIII. New Business: FEBRUARY MEETING WILL INCLUDE A GROUP PHOTO.

IX. Announcements and Public Comment

X. Adjourned at 11:01 a.m.

**Next Meeting – Monday, Jan. 25th at 9am
1210 N Highland St, Arlington, VA 22201 VPoint Apartments/ Church at Clarendon
And will focus on Affordable Housing and Aging in Place.**

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