



ARLINGTON COMMISSION ON AGING

c/o Agency on Aging, DHS
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**Meeting Summary
April 17, 2017**

PRESENT: Mitch Opalski, Erica Wood, Valerie Crotty, Senator Barbara Favola, Jim Feaster, Pamela Hawkins, Gordon Hasenei, Cragg Hines, Mary Ann Johnson, Cynthia Schneider, Sophie Shen, Lynwood Sinnamon, Patricia Sullivan, Martha Villanigro-Santiago, Martha Wilson

STAFF: Jeanne Booth, Maimoona Bah-Duckenfield, Jim Baker, Rachel Sparico

EXCUSED: Carl Brooks

GUESTS: Jim Morris, Cheryl Beversdorf, Jennifer Collins, Cindy Miller, Elizabeth Dakin, Hershel Kanter, Dianne Handel, Claire Jacobsen, Peter Fallon

I. Call to Order and Welcome at 9:02 a.m.

II. AAA Presentation on Community Engagement Forum – Maimoona Bah-Duckenfield and Rachel Sparico

Ms. Bah-Duckenfield and Ms. Sparico shared highlights and feedback from the 2017 Community Engagement Forum. See attachment. This information will be used in each COA committee to help influence policy discussions, and guide our work and outreach. Commissioner Crotty suggested relocating the forum to the DHS offices and reserving rooms for the breakout sessions. Commissioner Hines shared extending the hours to more than just the morning. Additional recommendations included opportunities throughout the year to focus on the most in-demand topics.

III. Age Friendly Update

Chair Opalski AARP Network of Age-Friendly Communities (AFC) – Mr. Opalski mentioned last fall the COA voted to move forward in becoming an AFC. One of the key elements required is the support of the highest elected officials. In November, a group of Commissioners met with County Board liaison, Christian Dorsey, who recommended meeting with ADSD/DHS staff about next steps. Commissioners Opalski and Wood requested approval to move forward and approval was not yet approved. Commissioners Opalski, Wood, Sullivan, Young and AARP's Amber Sultane-Nightengale met again with Mr. Dorsey in March who recommended they explore alternate resources with minimal impact on staff. The group began researching a plan to minimize impact on budget dollars and County staff. The group sees AARP as a strong resource. Arlington is already an age-friendly and livable community, and this AARP designation would provide additional global recognition and resources. AARP has Virginia dollars to support local efforts and would like Arlington to be one of the recipients of funding. Mr. Opalski thanked Commissioner Sullivan for her time and efforts in drafting the application and conducting ongoing research. Ms. Wood mentioned Livable Communities is a high priority for the Commonwealth Council on Aging. Ms. Sullivan mentioned the plan to move forward will focus on retrieving information from current plans such as the Affordable Housing Master Plan, the Transportation Plan and the County Ten-Year Plan.

IV. Approval of the March Meeting Minutes

Minutes were approved unanimously.

V. Chair's Report

Mitch Opalski

- a. Recognition of Glenda Blake – Chair Opalski shared gratitude for Ms. Blake's contributions to aging including Mary Marshall, work with the Commission and provided flowers of appreciation.
- b. COA New Charter – copies provided.
- c. Letter of thanks from Mr. Christian Dorsey – Chair Opalski read the response from Mr. Dorsey for the COA's annual report.
- d. Welcome New Members and Long-term Care Residences Committee – Chair Opalski welcomed Cynthia Schneider and Martha Wilson to this Commission. Commissioner Schneider shared the newly formed committee now consists of the two commissioners and three volunteers who were former commissioners. The committee is recruiting additional volunteers to serve as liaisons to long term care residences. The group will meet bimonthly and meetings will be held at the different residences.
- e. Recruitment Efforts and Succession Planning for Committees – Chair Opalski mentioned the Budget, Public Information and Outreach, and Supportive Services and Housing committees will all need new chairs to lead these committees.

VI. Staff Reports

- a. ADSD Staff report Maimoona Bah-Duckenfield
 - i. Ms. Bah-Duckenfield reviewed highlights from the Spring ADSD Newsletter.
 - ii. Save the Date: the 2017 Virginia Governor's [Conference on Aging](#), scheduled for May 22-23, 2017 in Roanoke, VA.
 - iii. Budget: Mr. Baker provided a budget update on DHS' work session with the Board on March 24th. Next steps include: April 20th is the final markup from the County Board based on staff and citizen feedback. April 22nd is the final budget adoption. ADSD is requesting an additional 2.2 FTE's for the Developmental Disabilities team to support the Medicaid waiver redesign. Mr. Baker will provide an update at the next meeting. An overview of the budget is included in the budget pages. The Real Estate Tax Relief recommendations will be included in the FY19 budget planning.

VII. Committee Reports

- a. **Budget** (Mitch Opalski) – See ADSD Staff reports.
- b. **Legislative** (Laurie Young) – Senator Favola introduced Geriatric training (60 hours) which passed the Senate and one committee in the House before being mistakenly referred to the appropriations committee. There is the possibility to reintroduce in a future GA session. The NVAN Brainstorm session is tomorrow – the plan is to start earlier with outreach and advocacy, for both legislation and budget (recommendation that the budget committee meets 4x/year). County departments begin their conversations in June and the COA plans to be more in alignment with this timeline.
- c. **Long Term Care Residences** (Cyndy Schneider) – reviewed the Cherrydale MOU and annual report. Cherrydale is often the provider of last resort for long term care Medicaid, which may influence their Medicare provider ratings. Cherrydale also partners with the RAFT program, accepting residents with severe mental illness.
- d. **Membership** (Sophie Shen) – Ms. Bah-Duckenfield will send an email to those Commissioners who are up for reappointment.
- e. **Public Information & Outreach** (Gordon Hasenei) – Finalized the Aging Matters flyer, and revising the Speakers Bureau flyer, as well as the PPT presentation.
- f. **New Media/Technology** (Laurie Young) – Commissioner Young boosted posts leading up to the Community Engagement Forum and will do the same for Digital Destiny.

- g. **Senior Centers** (Lynwood Sinnamon) – Commissioner Sinnamon shared the importance of promoting senior centers and suggested sharing the PPT presentation with the senior center staff and liaisons. Commissioners Feaster and Crotty toured the Langston-Brown Senior Center with Jennifer Collins (OSAP). Commissioner Feaster encouraged a tour of the Senior Centers. Commissioner Crotty recommended increasing the font size of the transportation brochure; she and Commissioner Hines plan to coordinate presentations about resources. There was a suggestion for rebranding, Senator Favola mentioned "Wellness" as a tool in branding.
- h. **Strategic Planning** (Mitch Opalski) – See Chair's report.
- i. **Supportive Services and Housing** (Erica Wood) – the next meeting on April 25th will continue work on the video for realtor outreach, review feedback from the CE forum breakout session, offer updates from RETR and Accessory Dwelling Unit working group, and review leadership succession plans.
- j. **Transportation** (Cragg Hines) – Commissioner Hines and Ms. Bah-Duckenfield are planning another Senior Centric Bus Tour. On April 22nd the County Board agenda item will discuss public comment for potential fare increases to ART and STAR programs.

VIII. Liaison Reports

- a. **Alexandria Commission on Aging** (Mitch Opalski) – Chair Opalski reports the Commission discussed their enrollment in Vision Zero, a multi-national network to reduce pedestrian deaths to zero; Age-Friendly, their Diversity Committee, and Community Ambassador program. He would like to see similar programs within this commission.
- b. **Alliance for Arlington Senior Programs** (Doug Frost) – See Senior Adult Council update.
- c. **Interchurch Community Health Initiative** (Pamela Hawkins) – No report.
- d. **Disability Advisory Commission** (Mary Ann Johnson) – Commissioner Johnson is still seeking members; exploring accessibility of transit networks; and impact of metro, especially in Pentagon City area.
- e. **Arlington Neighborhood Village** (Patricia Sullivan) – Arlington Neighborhood Village continues to grow, with 15 new members added last month which resulted in more new member training sessions. The group is implementing a new initiative to assist members who are transitioning through vision loss.
- f. **Community Development Citizens Advisory Council** (Vacant) – No report.
- g. **Emergency Preparedness Advisory Commission** (Valerie Crotty) – Commissioner Crotty mentioned OEM is becoming more aware of older adults. Arlington AAA will present at the National n4a conference on efforts to engage and prepare older adults for emergencies.
- h. **Pedestrian Advisory Committee** (Jim Feaster) – Commissioner Feaster shared highlights from the previous meeting which included updates on County projects. impediments/obstacles to pedestrian safety for persons with disabilities.
- i. **Real Estate Tax Relief Working Group** (Patricia Sullivan) – Chair of the working group and staff presented to the County Board and are taking the recommendations and moving forward with implementation.
- j. **Senior Adult Council** (Lynwood Sinnamon) – Ms. Miller, past chair of the Senior Adult Council, reports the Aurora Hills Senior Center will reopen Monday, May 15th. The next feedback session for the Lubber Run Community Center is scheduled for May 17th at Barrett. Senior Center advisory committees, with the Alliance are moving forward with their process to finalize fundraising through an MOA that will go to the County Board.
- k. **Steering Committee/Older Persons** (Gwendolyn Beck) – Next meeting is scheduled for May 19th and will focus on Falls Prevention.

- l. **Transit Advisory Committee** (Hershel Kantor) – Mr. Kantor shared the fare increase details.
 - m. **Coalition to Improve Advanced Care (CIAC)** (Joan McDermott) – Training on End of Life and Advanced Care Planning on May 17th at the Central Library. Registration can be found at <http://ciacarlington.org/upcoming-events/>.
 - n. **Commonwealth Council on Aging** (Erica Wood) – Commissioner Wood shared the group meets quarterly and the April meeting focused on the new Free Legal Answers resource and Livable Communities. Distributed business cards for this new resource.
 - o. **Accessory Dwelling** – next, and potentially final meeting is scheduled for April 18th, then an engagement activity will be scheduled to review the 18 recommendations and collect feedback from the community.
- IX. Old Business**
- a. The Home and Garden Expo is scheduled for April 22nd from 10am – 5pm at the Thomas Jefferson Community Center.
- X. New Business**
- XI. Announcements and Public Comment**
- a. Mr. Morris mentioned a VHC Falls Prevention workshop scheduled for Friday, April 21 at the Carlin Springs campus.
- XII. Adjournment at 11:22 a.m.**

Next Meeting: Woodland Hill, 610 S. Carlin Springs Rd.
Monday, May 15, 2017 9:00 AM