



COMMISSION ON AGING

c/o Agency on Aging, DHS

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MEETING SUMMARY

October 20, 2014

Approved at the November 17, 2014 meeting.

MEMBERS PRESENT: Nels Andersen, Valerie Crotty, Lincoln Cummings, James Feaster, Cragg Hines, Joan McDermott, Patricia Sullivan, Andrea Walker, Laurie Young

MEMBERS ABSENT: Molly Davis*, Gordon Hasenei *, Patrick Hope, Mitchell Opalski*, Lena Wang*, Erica Wood *
* Excused

STAFF PRESENT: Maimoona Bah-Duckenfield, Glenda Blake, Meredith Eisenhart, Erik Gabriel, Aaron Kocian, Susan Lane

- I. **Call to Order:** 9:05 a.m. Ms. McDermott welcomed the four new members.
- II. **Northern Virginia Family Services' Money Management Program: Jane Beddoe, Self Sufficiency Program Manager, and Cecilia Revilla, Money Manager and Financial Literacy Coordinator:** Ms. Beddoe noted that Money Management is a significant part of the continuum of services for older Arlington adults. Helping clients have sound finances helps keep them independent and improves their well-being. She gave background on the program and explained eligibility requirements. The County funds the Money Manager for two and a half days per week. NVFS is pursuing other sources of funding to increase her hours to serve more clients. They are also exploring the possibility of providing on site services at DHS for a half day per week to enhance visibility and accessibility to County residents. Ms. Beddoe reviewed program statistics. Ms. Revilla reviewed two clients' cases, illustrating the diversity of needs met by the program. In response to questions, Ms. Revilla noted conditions that often cause people to need the program, such as declining health leading to large medical bills, dementia, and lack of family or friends to assist them. She said that workshops only go so far in preventing the need for financial management services. Some people just cannot manage alone. Volunteers help to extend the services.
- III. **Minutes Approval:** Unanimously approved the September 15, 2014 meeting minutes as presented.
- IV. **Chair's Report (Joan McDermott)**
 - **"Housing America's Older Adults" Conference:** Ms. McDermott attended the September 2 conference sponsored by the AARP Foundation and the Joint Center for Housing Studies at Harvard University. America's older population is undergoing unprecedented growth. The number of persons 50 or older is expected to increase 20% by 2030 to 132 million. By then, one in five people will be 65 or over. A key concept from this study is "Housing is the linchpin of well-being." Affordable, accessible, and well-located housing stock is essential for all ages and existing housing stock is not prepared to meet the needs of affordability, accessibility, and connectivity. Transportation infrastructure is ill-suited to meet the needs of persons who cannot drive. Solving these issues must be done jointly by government and the private sector, both for-profit and non-profit. The study is online at:
www.jchs.harvard.edu/research/housing_americas_older_adults.

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.

- NVAN: At the September 16 meeting, they had a presentation on the RAFT (Regional Older Adult Facilities Mental Health Support Team) program, which helps older persons with severe mental health issues remain in the local community, instead of being sent far away to a state hospital. The program's funding has not increased since inception, so they are looking for ways to get more funding and expand their reach. The NVAN Legislative Breakfast on October 1 was very well attended. Bob Brink, Deputy Commissioner of the Department of Aging and Rehabilitative Services (DARS), was the keynote speaker.
- Leckey Forum: The forum on September 19 was sponsored by the Alliance for Housing Solutions in Arlington and co-sponsored by the CoA. Ms. McDermott gave the welcome and spoke about what the CoA does. The forum's theme was aging in our neighborhoods for low to moderate income seniors. Arlington's demographer noted that currently, 13.2% of Arlington residents are 60 or over. By 2020, 45,000 Arlington residents will be 60 or over. There was discussion on the need for accessory dwelling units. All of the presentations are online at: www.allianceforhousingolutions.org.
- Meeting with Ms. Garvey: Ms. Garvey held a breakfast for the commissions for whom she is the County Board Liaison. The CoA and Commission on Long-Term Care Residences were well represented. Some of the topics of discussion were: livable communities, interactions between generations, affordable housing, and accessory dwelling units. They also spoke about the County Manager's task force looking into where the volunteer office should be based.
- Other: There will be a White House Conference on Aging in 2015. As details emerge, they can be found online at: www.whitehouseconferenceonaging.gov.

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

- Today's presentation is the first in a series on services funded by the Older Americans Act in Arlington's Area Plan for Aging Services. These will continue through 2014 and into early 2015.
- Medicare Part D Open Enrollment is underway through December 7. Medicare counselors are available to help beneficiaries review their plans. Medicare classes offered as well.
- 2015 is the 50th anniversary of Medicare, Medicaid, and the Older Americans Act.
- The Governor's proclamation declaring November Virginia Caregivers' Month and the flyer for the 28th Annual Caregivers Conference on November 11 were distributed.
- Law Day on October 9 at Goodwin House had 56 attendees, who shared many accolades on the presenters about scams against older adults.
- Virginia received a \$9.3 million grant to hire assistants to aid Virginians in signing up for Federal Marketplace insurance. Arlington's assistant is on staff at Legal Services of Northern Virginia.
- The November CoA meeting will be at Culpepper Garden with presentations on the Meals Subsidy Program for residents of Culpepper I and the subsidy for assisted living residents in Culpepper III. Anyone who wishes to stay for the lunch should RSVP to Ms. Bah-Duckenfield. The fee for the lunch is \$8.

VI. Committee Reports

- Legislative (Joan McDermott): Met twice since the last CoA meeting, working on the November 7 Legislative Forum. Thus far, Senators Ebbin, Favola, and Saslaw and Delegates Krupicka, Hope, Lopez, and Sullivan have accepted the invitation. Senator Howell declined due to a previous engagement. Senator Barker and Delegate Herring have not responded yet. Publicity efforts were discussed. Several groups will have information tables.
- Membership (Linc Cummings): Welcomed the new members.
- Public Information and Outreach (Joan McDermott): Continued work on the PowerPoint at the

October meeting and hopes to submit it for review in November. The Beacon's 50+ Expo at Ballston Mall is on October 26, noon to 4:00 p.m.

- New Media/Technology (Laurie Young): Invited new members to "Like" the CoA's Facebook page to expand its outreach. Will post the Legislative Forum information this week. Posting "aging in place" programs from the 55+ Guide to increase awareness.
- Senior Centers (Andrea Walker): As the new committee chair, Ms. Walker met with the previous committee chair and will meet soon with Ms. Johnson to schedule center visits.
- Supportive Services and Housing (Joan McDermott): Last month, Candice Rose, the CoA's Housing Study representative, presented an update.
- Transportation (Cragg Hines): The December 9 meeting will be an organizational meeting to discuss plans for the coming year. Mr. Hines took the Columbia Pike tour and learned about plans to improve, calm, and pave. Transportation work is perpetually ongoing. If interested in the tour, contact Bonnie Parker at bparker@arlingtonva.us or 703-228-3173.

VII. Liaison/Meetings Reports - Need liaisons for Interfaith Council, Long-Term Care Residences Commission.

- Arlington Neighborhood Villages (ANV) (Andrea Walker): ANV has 91 members, seven of whom are getting financial assistance, and 89 volunteers. They provided over 100 services, a new one being home modification assessments by a CAPS certified volunteer. They are holding a balance and fall prevention seminar on October 27. ANV's County-wide open house had over 100 attendees. The new board started in September.
- Community Development Citizens Advisory Council (CDCAC) (Linc Cummings): Have heard from 15 non-profits, have eight remaining. It will be hard to allocate the small amount of funds available.
- Emergency Preparedness Advisory Commission: Valerie Crotty volunteered to be this liaison.
- Senior Adult Council (Andrea Walker): The Office of Senior Adult Programs' 60th Anniversary celebration on October 24 is booked to capacity. They are looking for a new venue for the New Year's Eve party as the reserved place has closed. There were 137 participants from Arlington in this year's Senior Olympics, the highest number ever. The new Travel Supervisor starts on November 3.
- Steering Committee (Jim Morris): November 21 meeting will host a panel on Medicare.
- Transit Advisory Committee (from Fran DeSilva): At the October 14 meeting, Oleg Koton gave updates on 2014 bus stop improvements. Andrew D'huyvetter presented The Courthouse Square Area Plan, for which design surveys are still underway. On November 3, a report on the Ballston Multimodal Study will be presented at Central Library, second floor, 6:00-8:00 p.m.

VIII. Old Business: None.

IX. New Business:

- Report of Nominating Committee (Andrea Walker/Lena Wang): Ms. Walker presented the slate: Chair – Joan McDermott, Vice-Chair – Mitchell Opalski.
- Election of Chair and Vice-Chair: There were no nominations from the floor. The slate presented by the Nominating Committee was elected unanimously.

X. Announcements and Public Comment

- Ms. Walker: Attended Goodwin House's presentation of its new in-home continuing care program on September 25 and reported on what she learned.

The meeting was adjourned at 10:40 a.m.