



COMMISSION ON AGING

c/o Agency on Aging, DHS

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MEETING SUMMARY

November 17, 2014

Approved at the December 15, 2014 meeting.

MEMBERS PRESENT: Nels Andersen, Valerie Crotty, Lincoln Cummings, (Arlene Spinelli for) Barbara Favola, James Feaster, Gordon Hasenei, Cragg Hines, Joan McDermott, Mitchell Opalski, Patricia Sullivan, Lena Wang, Erica Wood, Laurie Young

MEMBERS ABSENT: Molly Davis*, Andrea Walker* * Excused

STAFF PRESENT: Maimoona Bah-Duckenfield, Meredith Eisenhart, Erik Gabriel, Aaron Kocian, Susan Lane, Rachelle Thompson (intern)

Meeting held at Culpepper Garden – 4435 N. Pershing Dr. Arlington, VA 22203

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

II. **Culpepper Garden Presentations:**

- **Maimoona Bah-Duckenfield, Program Director, Agency on Aging** - Aging and Disability Services Division (ADSD) and Culpepper Garden have a unique partnership. A meals subsidy in the Area Plan for Aging Services enables 60 Culpepper Garden I residents to afford living there.
- **Aaron Kocian, Administrative Officer, ADSD** – County funding to Culpepper Garden has increased 700% between 2001 and today. County funds subsidize 30 Assisted Living (AL) residents' care. One-time funding over three years relieves Culpepper Garden's funding match.
- **Susan Philp, Chair, Arlington Retirement Housing Corporation (ARHC)** – Culpepper I opened 204 independent units in 1975. Culpepper II opened 63 independent units in 1992. Culpepper III opened 73 first-ever HUD-funded AL units in 2000. The one-time funding is helping Culpepper Garden ramp up fund-raising efforts and work on other changes.
- **Hunter Moore, Senior Operations Director** – Culpepper I has efficiencies, 1, and 2-bedroom units. One meal per day is required. Culpepper II is all 1-bedroom apartments with no meal requirement. Over half of Culpepper I's residents have income less than 30% of the Area Median Income. Culpepper II incomes are even lower. Culpepper I's rents are based on apartment size. Culpepper II's rents are 30% of a resident's income. Variations are due to HUD regulations when they were built. Residents with behavioral or cognitive issues can be challenging.
- **Barbara Thode, Resident Services Coordinator** – Spoke of some services they provide to help residents age in place with dignity. They work with ADSD to get county services for residents. They partner with the Senior Center to provide programs. They organize monthly residents' meetings, write newsletter articles, and do two events a year to raise money for resident services. A challenge is residents who don't realize they have problems and will not accept help.
- **Mary Van Wie, Administrator of Assisted Living** – The AL wing is licensed to serve up to 146 residents in 73 apartments. They have 74 residents currently with an average age of 87.8 and

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.

an average income of \$24, 124. Admission is based on financial and functional needs. Funding comes from HUD (rental assistance), Arlington County (care assistance) and the Tom Floyd Fund. Currently, 30 residents receive a county subsidy; the goal is 31. They have never discharged anyone for lack of funds. A challenge is the mandated 14-day turnaround to refill a unit that opens up. The AL unit received a 3-year license, which is very rare.

- **Vicki Kirkbride, Interim Executive Director** – To meet residents’ needs into the future, she has focused on increasing fund raising, getting two PhD students in 2015 to provide mental health counseling and cognitive testing for residents, and weighing how to recruit and manage volunteers.
- **Residents** – The President of the Residents’ Association presented the association’s work, the forum with the Food Director, the events they have, the residents’ computer room, and the good relationship between residents and management. The Chair of the Welcoming Committee spoke about the wonderful job both the Food Director and the Senior Operations Director are doing. An issue is the limited number of parking spaces.
- **Susan Philp, Chair, ARHC** – Announced CG I received funds from the County Board to help pre-pay their existing mortgage in order to get HUD rental vouchers for 42 more residents and to remodel. Working on vetting developers and refinancing.
- **Questions** – Parking: 111 spaces for 340 apartments; Fund Raising: results increased this year to \$263,000 from \$130,000 the prior year; CoA Support: Spread the word that Culpepper Garden is a valuable community resource and send potential community partners to Mr. Moore.

III. **Minutes Approval:** Unanimously approved the October 20, 2014 meeting minutes as presented.

IV. **Chair’s Report (Joan McDermott)**

- November is Virginia Caregivers Month: Read key points of the Governor’s Resolution.
- Legislative Forum: Very successful. Eight legislators from the Arlington-Alexandria delegation were present and over 60 residents attended.
- Other: Gave additions to the Committee and Liaison Lists. Attended The Beacon’s 50+ Expo on October 26 and heard the keynote address by Dr. Robert Fischel.

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

- Continuing Area Plan services presentations, on December 15, Steve Yaffe of Arlington’s Transportation Services will present. On January 26 (snow date February 2), Long-Term Care Ombudsman and Legal Services of Northern Virginia will present.
- The Department for Aging and Rehabilitative Services received a grant for informal caregivers to apply for \$400 to help with respite for their caregiving duties.
- Medicare Part D open enrollment is through December 7. For free Medicare counseling, call 703-228-1700.
- The Governor’s budget anticipates 5% cuts in FY15 and 7% cuts in FY16.
- Uninsured Virginia residents who do not qualify for Medicaid can apply for Affordable Health Care Act insurance via the health exchange market November 15 - February 15.
- Meredith Eisenhart gave an update on the Health and Aging Program (HAP). As of December 2014, DMAS will start to transition people with an Elderly and Disabled Consumer Directed waiver into managed care. Those who do not select a plan will be assigned to one by the state.

VI. **Committee Reports**

- Budget (Mitch Opalski): Looking for a committee member to attend the County Manager’s forum.

- Legislative (Joan McDermott): Completed planning for the Legislative Forum. Set up and began meetings with Arlington's state legislative delegation.
- Membership (Linc Cummings): Send names of possible candidates for next year to Mr. Cummings.
- Public Information and Outreach (Gordon Hasenei): The Beacon 50+ Expo on October 26 had over 800 attendees. Arlington County had five free tables.
- New Media/Technology (Laurie Young): Posted photos of the Legislative Forum, an ANV item on preparing for holidays, and 55+ Programs that help people age in place.
- Senior Centers (Andrea Walker): The Office of Senior Adult Programs is meeting with each center's advisory group beginning December 11 at Culpepper Garden Senior Center.
- Strategic Planning (Joan McDermott): The next meeting will be on January 15.
- Supportive Services and Housing (Erica Wood) Getting the AT suitcases and Power Point presentation ready for demos to start in the spring. Will begin discussing the Affordable Housing Study on December 5. Continuing to distribute Aging at Home flyers.
- Transportation (Cragg Hines): On December 9, Mr. Fisetto will present on the Street Car program. Arlington will improve the speed of clearing bike trails. Red Top and Uber had a debate at the Committee of 100. Comments open on high speed rail service between Washington – Richmond.

VII. Liaison/Meetings Reports

- Alexandria Commission on Aging: No report.
- Alliance for Arlington Senior Programs: No report.
- Arlington Interfaith Council: Still need liaison. Delegate Hope presenting tonight.
- Arlington Neighborhood Villages (ANV) (Patricia Sullivan): ANV has 90 volunteers and 90 members. Receiving about 100 service calls per month, many of which are for transportation, home services, and technology. Many social events are occurring. Will try to assist with snow removal.
- Community Development Citizens Advisory Council (CDCAC) (Linc Cummings): Made recommendations to the County Board. Awaiting decisions on grant awards.
- Emergency Preparedness Advisory Commission: Save the date for Infectious Diseases program.
- Housing Study (Candice Rose): Met on November 5 and 12 to work on establishing quantifiable housing production objectives to ensure that future housing supply will meet demand.
- Long-Term Care Residences Commission (Lynwood Sinnamon/Nels Andersen): Met at Hunter's Park and learned about their activities. Heard from residents. Briefly discussed status of Medical Facilities of America (MFA) MOU. Interviewed candidates for three open positions.
- Pedestrian Advisory Committee (Cragg Hines): Had a presentation on the Court House Plaza development project.
- Senior Adult Council (Andrea Walker): The 60th Anniversary event on October 24 was a success, with 150 participants, including Senator Barbara Favola, and County Board members Jay Fisetto, Libby Garvey, and John Vihstadt.
- Steering Committee/Older Persons (Lena Wang): On November 21, John Glowacky will give a Medicare Update. Alan Dubow is the new Chair. Nicole Zuke is the new Vice-Chair.
- TRIAD (Maimoona Bah-Duckenfield): An informational meeting will be held in January.
- Transit Advisory Committee: No report.
- Vertical Village: No report.

VIII. **Old Business:** Ms. Young had a demo on curbside voting procedures at her precinct on Election Day.

IX. **New Business:** None.

X. Announcements and Public Comment

- Jim Feaster and Lynwood Sinnamon are members of the new Arlington task force to determine whether Volunteer Arlington should be run by the county or by a non-profit.
- Joan McDermott: One in five adults over the age of 65 does not drive.

The meeting was adjourned at 11:10 a.m., followed by a tour and lunch for those who could stay.