



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

February 23, 2015

Approved at the March 16, 2015 meeting.

MEMBERS PRESENT: Nels Andersen, James Feaster, Gordon Hasenei, Cragg Hines, Joan McDermott, Mitchell Opalski, Patricia Sullivan, Andrea Walker, Lena Wang, Erica Wood, Laurie Young

MEMBERS ABSENT: Valerie Crotty*, Lincoln Cummings*, Barbara Favola* * Excused

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

I. **Call to Order:** 9:00 a.m.

II. **Presentation: Meals on Wheels (MoW) Program, Ray Meyer, Meals on Wheels Board President**

Ms. Bah-Duckenfield reported on MoW's in the Area Plan and Mr. Kocian gave budget figures. Mr. Meyer reported in 2014, MoW delivered about 60,000 meals at a cost of \$28 per week and served 251 clients, of which, 161 required financial assistance. Most of the two-person volunteer delivery teams are coordinated by Arlington's faith-based communities or other community groups such as AARP. MoW's Volunteer Coordinator works with 125 independent volunteers. Aramark Services provides the food in accordance with state standards, which MoW and ADSD monitor. Last fall, AAA intern, Rachele Thompson, did a phone survey, which yielded generally positive results, especially with the MoW volunteers. Reviews of the food were more mixed.

Presentation: Congregate Meal Nutrition, Jennifer Collins, Acting Program Manager

Ms. Bah-Duckenfield reported on the program's services in the Area Plan. Mr. Kocian gave budget figures. Ms. Collins noted the Office of Senior Adult Programs coordinates the congregate meal program at Walter Reed, Langston-Brown and Arlington-Mill senior centers. Federal and state funding comes through the Agency on Aging. The meals are available to persons 60 and older and their spouses, regardless of age. In FY2014, 273 individuals were served 13,340 meals. In a participant survey, 73% of respondents ranked the meals as "good" and 93% said the program improved their overall quality of life. Ms. Collins also reviewed participant demographics, budget, and donations data.

Presentation: In-Home Services (Community Living Program), Amy Vennett, Program Manager

Ms. Bah-Duckenfield reported on the program's services in the Area Plan and Mr. Kocian gave budget figures. Ms. Vennett stated the program is provided by a combination of internal county (2.5 FTEs) and vendor (currently Home Care Partners [HCP]) staff. She reviewed eligibility guidelines, noting 81% of their clients are 60 plus. Services are typically provided Monday-Friday, but when necessary, weekend services are offered. The goal is to keep people safely aging in the community. Referrals are received from many places, internally from county staff, and externally from individuals and family members. Clients received an assessment to determine eligibility, services and hours needed. HCP's aides are

paid Arlington's living wage. There are about 276 clients currently active in the program. Services provided by each aide are clustered to promote scheduling efficiency.

III. **Minutes Approval:** Unanimously approved the January 23, 2015 meeting minutes.

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

- Arlington County Facilities Study: The name has been changed to Arlington Community Facilities Study. About 24 appointments to the study group have been made, half by the County Board and half from the School Board. Mitch Opalski will be the CoA representative to the Resident Forum, which will advise the Arlington Community Facilities Study members.
- February 19 Meeting with County Board Liaison, Libby Garvey: Mr. Cummings, Ms. McDermott, and Ms. Wood represented the CoA at this meeting. Ms. Garvey would like to see more communication among Commissions and suggested a Commission fair would be a good way to educate the public on its work. The Commission on the Status of Women is working on getting Virginia Hospital Center to be a place where a rape kit can be assembled so that victims can get tested in Arlington. They are sponsoring a Rape Forum in April.
- Other: The CoA's letter to the Affordable Housing Task Force Chair was sent on February 18. A copy of the letter was distributed at today's meeting.

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

- Updated CoA Brochure: A draft copy of the brochure was distributed. The AAA intern, Rachele Thompson, created this with Ms. McDermott. Please send comments to Ms. Bah-Duckenfield.
- Home Show on March 7: Thanked the commissioners who signed up to staff a table with ADSD staff. It is a great opportunity for new member recruitment and educating the public on aging resources.
- Calendar of Events Highlights: CoA's Community Forum and budget meeting, March 16, at Langston-Brown Senior Center, 10:00 a.m. – 12:30 p.m. (Commissioners plan to arrive about 9:30); TRIAD Information Exchange meeting, April 15, 2:00 p.m. at DHS Sequoia building
- April 16 National Healthcare Day: Emphasizing the need to do advanced planning.
- Retirement: Susan Lane is retiring on March 20 after 15 years with the Agency on Aging. She received a round of applause for her work in support of the CoA.
- Glenda Blake, ADSD Division Chief spoke about collaborative efforts between ADSD and: Cultural Affairs (creative aging), the EMTs (proactive planning for 911 frequent callers), Arlington Jail (Aging without Bars), universities (offering students insights into gerontology), and Cherrydale (MOU).

*** Stretching/exercises with Mitch Opalski for 5 minutes.

VI. **Committee Reports**

- Budget (Mitch Opalski): The committee will meet on March 4 for an FY 2016 budget briefing. Mr. Kocian noted that the County Manager's budget was released, focused on continuing services but no growth.
- Legislative (Joan McDermott): On February 2, Ms. McDermott, Mr. Feaster, and Ms. Young visited the Arlington delegation at the General Assembly to discuss the NVAN platform. Ms. Wood testified on the Hospital Observation Status Notification bill.
- Membership (Joan McDermott): Recruitment notices were sent out. Received two applications. Hoping to fill the one vacancy by April.
- Public Information and Outreach (Gordon Hasenei): Making the final updates to the PowerPoint

- presentation. Will send to Ms. Bah-Duckenfield for review soon. Looking at next projects.
- Social Media/Technology (Laurie Young): Posted photos from the General Assembly trip. There were eight or nine new “likes” recently.
- Senior Centers (Andrea Walker): Visited Aurora Hills. Renovation planning is in progress for this center. Encouraging all senior centers to use the Senior Adult Council as a forum for their issues.
- Strategic Planning (Joan McDermott): At the February 19 meeting, brainstormed where services could be improved or added to. Noted a few of the many possible areas to work on.
- Supportive Services and Housing (Erica Wood): At their retreat on February 24, will review their mission and areas to focus on for the next two years.
- Transportation (Cragg Hines): At the March 10 meeting, representatives from Uber and Arlington Red Top Cab will discuss such topics as what they have to offer senior riders and what they do to attract senior riders.

VII. Liaison/Meetings Reports

- Alexandria Commission on Aging (Mitch Opalski): Last meeting at Ladrey retirement community. Talked with seniors to find out if they are happy with services. The Alexandria City Council approved expansion requests for Goodwin House and Woodbine’s memory unit. Suggested it would be beneficial for Arlington and Alexandria CoAs to discuss affordable housing issues together.
- Alliance for Arlington Senior Programs (Nort Beckerman): E-mailed a report. The Alliance is working to make itself better known in the community. It is sponsoring classical music programs throughout the year that will be available to both 55+ members and the community at large.
- Arlington Interfaith Council(Joan McDermott): The February meeting was with County Board Chair Mary Hynes.
- Arlington Neighborhood Villages (ANV) (Patricia Sullivan): ANV continues to grow. As it is nearly one year old, the challenge will be to get renewals and double membership in the next year.
- Community Development Citizens Advisory Council (CDCAC) (Linc Cummings): No report.
- Emergency Preparedness Advisory Commission (Valerie Crotty): E-mailed a report. Much of the January 28 meeting was spent discussing the Metro smoke issues with Arlington and District of Columbia Fire Departments and Metro. The Commission would be happy to send a speaker to the CoA. They would like a permanent member on their Commission to represent seniors.
- Housing Study: The CoA’s letter was sent on February 18 and distributed at this meeting.
- Long-Term Care Residences Commission (Nels Andersen/ Lynwood Sinnamon): In February, met at The Carlin. Had presentations on their Service Plan and many activities there. A big issue is the dangerous street crossing at Glebe Road and Carlin Springs Road which has resulted in a fatality.
- Pedestrian Advisory Committee (Jim Feaster): No report.
- Senior Adult Council (Andrea Walker): The Culpepper Garden Senior Center Director position will be filled in March. There are two openings at Walter Reed, director and congregate meals coordinator.
- Steering Committee/Older Persons (Lena Wang): March 20 - legislative update by Delegate Hope.
- TRIAD (Maimoona Bah-Duckenfield): See Director’s Report above.
- Transit Advisory Committee (Fran DeSilva): E-mailed a report. Heard a report from the Metro Deputy General Manager on safety actions and recommendations from the “smoke incident” investigation. There was also an update on Silver Line ridership. There will be public hearings in March and April about potential Metro fare increases. Steve Yaffe gave a report on “Mobility Resources for Seniors and the Disabled.” Awaiting alternate options to replace the streetcar.
- Vertical Village (Mitch Opalski): No report.
- Volunteer Advisory Task Force (Lynnwood Sinnamon): Had about 690 survey responses. So far,

there is not a clear mandate on the option to take moving forward. The Task Force must present recommendations to the County Board by the end of March.

VIII. Old Business: Clarification of CoA Meeting Snow Policy - Straw vote: Keep as written now.

IX. New Business: None.

X. Announcements and Public Comment

- Dr. Dan Kulund led chair exercises and Motos. He distributed a Motos chart.

The meeting was adjourned at 11:15 a.m.