



**ARLINGTON COMMISSION ON AGING**  
c/o Agency on Aging, DHS  
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## **Meeting Summary May 16, 2016**

**PRESENT:** Mitch Opalski, Joan McDermott, Valerie Crotty, Lincoln Cummings, Erica Wood, Gordon Hasenei, Pamela Hawkins, Cragg Hines, Mary Ann Johnson, Jim Feaster, Lena Wang, Laurie Young

**EXCUSED:** Patricia Sullivan, Barbara Favola

**STAFF:** Maimoona Bah-Duckenfield, Jim Baker, Rachel Sparico, Gelareh Bassiry

**GUESTS:** Jennifer Collins, Jim Morris, Lynwood Sinnamon, Marla Dougherty, Elise Brooks, Hershel Kanter, Elizabeth Dakin

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**I. Call to Order and Welcome at 9:00 a.m.**

**II. Approval of April Meeting Minutes**

Minutes were approved unanimously.

**III. Presentation by Langston High School's Intergenerational Programs – Mr. Cleveland James – Principal of Langston High School's Continuation Program**

Mr. James, Principal of Langston High School's Continuation Program, mentioned Langston High School was one of the first "green" buildings in Arlington with 90% of all the materials recycled. The facility is joint-use with an activity center, a senior center with a congregate meal site, and the high school continuation program for students who need more specialized attention in an education setting. There are 110 students, ages 16-18, enrolled in the program. The semester is 18 weeks and students have the opportunity to graduate with a high school diploma.

Mr. James noticed the opportunity for intergenerational partnerships using this unique location and after a discussion with his staff, they developed a program for students to archive oral histories of the older adults. Following the success of the oral histories, students and older adults developed a current events discussion based on information and articles in the Washington Post Express, which is free and published daily. Mr. James shared that the Spanish speaking students will connect with older adults who are also Spanish speakers. Meals also provide an intergenerational opportunity; monthly, Langston, hosts "Express Yourself Café" to highlight skills and talents of students and older adults. Each year, the facility hosts an annual Thanksgiving luncheon for the students and older adults; (Mr. James is a Master Chef, his grandfather one of the first White House Maître di) with more than 300 people attending at the most recent dinner. The Langston seniors are ranked 5<sup>th</sup> in the nation for Wii Bowling; there is an intergenerational competition between the students and the older adults, with the older adults prevailing.

Recommendations for older adults to partner with schools, similar to how business partner with public schools; older adults to mentor and volunteer; and bilingual volunteers to serve with the program. Mr. James suggested means of partnering with other commissions and advisory groups to have a stronger voice. There was a discussion about the partnerships between Arlington Public Schools and other County programs; zoning for schools; and alternative and binary use of space. For more information visit, [Langston High Continuation Program](#).

## **I. Chair's Report (Mitch Opalski)**

- a. Vacancies – there is a vacancy on the Commission, and a need for a representative for the Senior Center Committee due to the resignation by Nels Andersen. Mr. Opalski and Mr. Cummings made the announcement for recruitment of new Commissioners.
- b. In Memoriam – Fran DeSilva – Ms. DeSilva passed away and she served as the representative to the COA Transportation committee, and Transit Advisory Council Committee. Mr. Hershel Kanter will serve on the Transit Advisory Council committee as the COA representative.
- c. Conversation with the Commission Chairs – Mr. Opalski mentioned this meeting and will share the summary with the group via email.
- d. The League of Women Voters is hosting a training on Robert's Rules of Order will be Sunday, May 22<sup>nd</sup> at 4pm at the Central library. This will be shared with the group via email.

## **II. Staff Reports (Maimoona Bah-Duckenfield)**

- a. ADSD Staff report
  - i. Ms. Bah-Duckenfield thanked staff and residents who reside at the Carlin for hosting this meeting. The Carlin Residents Service Plan, drafted by Jorvina Richmond, Service Coordinator, was shared with the group.
  - ii. Virginia Governor's Conference on Aging occurred on May 2-3, 2016 in Richmond. Ms. Bah-Duckenfield discussed theme and highlights from the event. Erica Wood presented at the conference, and Rachel Sparico shared a poster presentation.
    1. Ms. Bah-Duckenfield shared highlights from two of the sessions that she attended; which led to a discussion about Advanced Directives and partnerships with hospitals, universities and faith communities. Ms. Wang shared the next version of Virginia Hospital Center's Resource Guide will include a 4-page Advanced Directive, tear-out.
    2. The host of A&E's Hoarders presented during the lunch session; it was suggested to feature the Arlington Hoarding Task Force at a meeting.
  - iii. Older Americans Month Proclamation will be Tuesday, May 17<sup>th</sup> at 3pm in the County Board offices.
  - iv. Reauthorization of the Older Americans Act was signed by the President in April 2016. Mr. Hines mentioned the significance of the passage of this act, despite political gridlock; which is a testament acknowledging older adults vote.
- b. **County Board Budget Approval (Jim Baker)**
  - i. \$1.3 billion County budget was approved in April 2016. ANV received \$30,000 in one-time funds; and Culpepper Garden received roughly \$107,000.

Additionally, the County Board approved \$30,000 funds to review the Real Estate Tax Relief program.

### **III. Committee Reports**

- a. Budget (Mitch Opalski) – a budget was approved by the County Board in April. The Committee is now dormant until next year’s cycle begins.
- b. Legislative (Laurie Young) – Ms. Young reports the Committee met last week to discuss the NVAN platform which will be approved at the NVAN meeting tomorrow, May 17, and includes: the three Legislative asks, the three budget items, and the continuing concerns.
- c. Membership (Linc Cumming) – No updates.
- d. Public Information & Outreach (Gordon Hasenei) – Mr. Hasenei discussed updates from the PIO meeting which included a review and update of the Speakers Bureau flyer and the PowerPoint presentation.
- e. New Media/Technology (Laurie Young) – Ms. Young posts about upcoming events, especially as they relate to Older Americans month. She reports 1000 views for each post.
- f. Senior Centers (Vacant) – Ms. Collins reports within the next two weeks, Walter Reed should have a full-time coordinator. Aurora Hills coordinator will be a permanent position. Aurora Hills renovations will begin in the fall and programs will move to Gunston. There will be updates shared at the June meeting about renovations to Culpepper Garden Community Center, and Lubber Run.
- g. Strategic Planning (Mitch Opalski) – No report.
- h. Supportive Services and Housing (Erica Wood) – Ms. Wood shared the committee’s most recent Handyman brochure which was distributed at the Arlington Home and Garden Expo. The Committee continues to work with the AT Suitcase with an upcoming presentation next week at Culpepper Garden.
- i. Transportation (Cragg Hines) – Staff are working to schedule a 2-hour tour in late June of transportation projects that are senior-centric; such as curb cuts, pedestrian crossings, grocery loops, and metro safety.

**EXERCISE BREAK** ~ Mitch Opalski

### **IV. Liaison Reports**

- a. Alexandria Commission on Aging (Mitch Opalski) – Neither Mr. Opalski nor Mr. Cummings could attend the last Alexandria COA meeting.
- b. Alliance for Arlington Senior Programs (Norton Beckerman) – working out fundraising issues, and planning an event in the fall.
- c. Interchurch Community Health Initiative (Pamela Hawkins) – Ms. Hawkins reports the group met at the Northern Virginia Resource Center for the Deaf and Hard of Hearing Resource room. Tours can be arranged through Marla Dougherty.
- d. Disability Advisory Commission (Mary Ann Johnson) – Ms. Johnson reports the next meeting is tomorrow. Local theaters (Signature, and Theater on the Run) in Arlington are now offering captioned shows for every show, which are filling up at the box office.
- e. Arlington Neighborhood Village (Patricia Sullivan) – No report.
- f. Community Development Citizens Advisory Council (Linc Cummings) – No report.

- g. Emergency Preparedness Advisory Commission (Valerie Crotty) – Ms. Crotty reports they continue to work with staff to develop programs. Miki Goerd and Jessica Vasquez presented at the Belvedere and Ms. Crotty was very appreciative of this informative presentation.
- h. Long-term Care Residences Commission (Erica Wood and Linc Cummings) – Mr. Cummings attended the most recent meeting, which focused on Voter Registration for residents of Long-term care communities.
- i. Pedestrian Advisory Committee (Jim Feaster) – No report.
- j. Senior Adult Council (Vacant) – No report.
- k. Steering Committee/Older Persons (Lena Wang) – Next meeting is Friday, May 20<sup>th</sup> at DHS and will focus on Hospital Admissions and Discharges with James Meenan.
- l. Transit Advisory Committee (Vacant) – There is a vacancy following the passing of Ms. DeSilva.
- m. Coalition to Improve Advanced Care (CIAC) (Joan McDermott) – the next meeting is May 23<sup>rd</sup> at DHS and Joan will attend. The group had a brainstorming session on May 5<sup>th</sup> on strategic planning for this group. Mr. Opalski mentioned the Commission on Long-term care residences was granted permission by the Arlington County Board to support this initiative. The Commission took a vote to support this initiative and the initiative was approved.

**V. Old Business**

No old business.

**VI. New Business**

Ms. Bah-Duckenfield mentioned the Centenarian Events was moved to June 28<sup>th</sup> at 11:30am.

**VII. Announcements and Public Comment**

Mr. Morris shared that Law Day was a success – good attendance, good panel and food. And an AT Suitcase presentation on assistive devices will be the program for the local AARP chapter on Wed, the 25<sup>th</sup> at 1:30 in Culpepper Garden auditorium – all are invited.

Ms. Bah-Duckenfield introduced Ms. Elise Brooks, president of the Carlin Resident Council. The Carlin has 162 apartments, with nine 2-bedroom apartments. Ms. Brooks shared highlights from some of their programs: the Exercise and Aerobic clubs, Garden clubs, Walking clubs, and many others. During the month of May, the group does an annual fundraiser and proceeds to benefit Juvenile Diabetes. Ms. Brooks also serves on the Community Advisory Council with representatives from the Carlin, ADSD, and Arlington Housing. The Carlin has a strong partnership and participates in a variety of events through OSAP 55+ programs.

**VIII. Adjournment**

The meeting concluded at 10:48am.

**Next meeting – Monday, June 20, 2016 at 9:00 am at DHS, 2100 Washington Blvd. Lower Level Auditorium, Arlington VA 22204.**