



ARLINGTON COMMISSION ON AGING
c/o Agency on Aging, DHS
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Meeting Summary June 20, 2016

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

EXCUSED: Barbara Favola, Gordon Hasenei, Cragg Hines, Arlene Spinelli

STAFF: Glenda Blake, Maimoona Bah-Duckenfield, Jim Baker, Rachel Sparico

GUESTS: Jennifer Collins, Jim Morris, Lynwood Sinnamon, Hershel Kanter, Elizabeth Dakin, John Durant

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

II. Approval of May Meeting Minutes

Minutes were approved unanimously, with the revision to add Mary Ann Johnson to attendance.

III. Loudoun County Agency on Aging's Ambassador Program – Lesley Katz

Ms. Katz shared her background with Arlington County Aging and Disability Services Division, and now works with the Loudoun County Agency on Aging and facilitates the Volunteer Community Ambassador Program. The program was initially based on the Loudoun Neighborhood Watch model to combat fraud and abuse. Trainings are offered quarterly for new volunteers, and additional training is offered on relevant topics like mental health and hoarding. Outreach has increased 145% from the previous year. Ms. Katz and the Volunteer Coordinator co-facilitate the program. The Public Information Officer wrote a press release and helped spread the word to recruit volunteers. Currently, the program has 71 trained volunteers.

For more information visit, <https://www.loudoun.gov/aaa>.

I. Chair's Report

Mitch Opalski

- a. VACANCY – Senior Centers Committee & Senior Advisory Council – Mr. Feaster volunteered to serve in this role, and will schedule an orientation with Jennifer Collins and DPR.
- b. Conversation with the Commission Chairs – Mr. Opalski provided an overview of the meeting with the Commission Chairs and members of the County Board. Mr. Opalski shared highlights from this meeting which include: recruitment and onboarding, leadership, inactivity, Chair limits, and foster diversity. There were recommendations for trainings on the Advisory Group handbook, as well as onboarding and orientation for new members; greater communication between the Commissions and Board Liaisons; and greater collaboration with staff and the community.

- c. County Board Blue Ribbon Panel – Mr. Opalski shared the history and overview of the Blue Ribbon Panel, and the update that the group will be deferred with opportunity for public comment through July 1, 2016. Ms. Wood made the connection to gathering the documents aligned with “Age-Friendly” and Ms. Sullivan asked about collecting and gathering documents through the lens of “Livable Communities” and updating the Elder-Readiness task force. The Blue Ribbon Panel will have seven panel members, one appointed by each of the County Board, one by the County Manager, and one by the public schools Superintendent. The Commission voiced a recommendation to request representation on the panel, and once appointed invite the panel to speak with this Commission. There was a decision to write a brief letter to the board, make known the growing population of older adults in the community, aging in place, and request a representative on the Blue Ribbon panel that will represent the older adult community.
- d. County CIP Budget – Yearly, the County Board reviews the ten year Capital Improvement Plan (CIP) budget. Mr. Opalski mentioned the Complete Streets program. Noted in the minutes, the Complete Streets program is included in the proposed 2017-2026 Capital Improvement Plan budget. For more information visit, <https://arlingtonva.s3.amazonaws.com/wp-content/uploads/sites/18/2016/05/CM-FY7-FY26-Proposed-CIP-Managers-Presentation.pdf>.

II. Staff Reports

Maimoona Bah-Duckenfield

- a. ADSD Staff report
 - i. Ms. Bah-Duckenfield thanked Commissioners who assisted with Meals on Wheels delivery as part of the May meeting and Older Americans month.
 - ii. Shared the 2016 Urban Profile completed by Arlington County Community Planning, Housing and Development. Mr. Opalski mentioned Arlington was just nationally recognized as the best community to live. Ms. Bah-Duckenfield will invite County Demographer’s to present at a fall meeting.
 - iii. The Arlington County Centenarian event will occur at 11:30am on June 28th at DHS. An invitation was extend to Commissioners.
 - iv. Senior Centric Bus Tour scheduled for tomorrow, June 21 at 10:30am at DHS.
 - v. Public Health Focus Group will begin meeting June 20th to discuss Community Health study; Laurie Young will represent this Commission.
 - vi. Ms. Bah-Duckenfield shared handouts detailing changes to the Older Americans Act (OAA), and the 2016 and 2017 Appropriations funding for OAA programs, as well as the AAA Newsletter.

III. Committee Reports

- a. Budget (Mitch Opalski) – Mr. Opalski reference the CIP budget that he discussed during his Chair’s report.
- b. Legislative (Laurie Young) – Ms. Young reports there will be no meeting in July. The next meeting will be Monday, August 1. The Legislative forum will occur on Friday, November 18th, pending reservation of the Fairlington Community Center. Ms. Young will confirm with the Alexandria Commission on Aging.
- c. Membership (Linc Cumming) – Mr. Opalski will work with AAA staff concerning a schedule for interviews of applicants.
- d. Public Information & Outreach (Gordon Hasenei) – No report.
- e. New Media/Technology (Laurie Young) – Ms. Young posts about upcoming events and averages twice a week.
- f. Senior Centers (Vacant) – Ms. Collins provided an update on the renovations of Culpepper Garden. DPR and Culpepper Garden leadership has continued discussion

about the renovations. DPR will transition programming and staff out of the Senior Center over the summer. Culpepper Garden plans to transition the lower level in to residential units. Ms. Collins spoke with the resident council and will continue to provide updates. Lubber Run will undergo renovations in 2017, and there will be opportunities for community comment.

- g. Strategic Planning (Mitch Opalski) – Focused on Age-Friendly / Livable Communities. This Committee met with Senator Favola to discuss partnerships in this effort. The group will proceed in a meeting with County Board liaison.
- h. Supportive Services and Housing (Erica Wood) – Ms. Wood shared the next meeting is scheduled for June 28th and will focus on outreach with realtors and connecting with Arlington Independent Media, as well as continued Assistive Technology presentations.
- i. Transportation (Cragg Hines) – Senior Centric bus tour is scheduled for June 21.

EXERCISE BREAK ~ Pamela Hawkins

IV. Liaison Reports

- a. Alexandria Commission on Aging (Mitch Opalski) – Mr. Opalski attended the most recent meeting which included a presentation by James Meenan, Virginia Hospital Center. Alexandria received approval from all legislators and submitted the AARP Age-friendly application.
- b. Alliance for Arlington Senior Programs (Norton Beckerman) – No report.
- c. Interchurch Community Health Initiative (Pamela Hawkins) – Ms. Hawkins reports there will be an Active Shooter training and Emergency Preparedness training tomorrow at St. Johns' Church.
- d. Disability Advisory Commission (Mary Ann Johnson) – Ms. Johnson reports the group requests more representation as it relates to zoning and accessibility. There was a mention of Clarendon restaurants expansion limiting sidewalk accessibility.
- e. Arlington Neighborhood Village (Patricia Sullivan) – Ms. Sullivan reports the organization continues to grow with members and volunteers. A new ED was hired.
- f. Community Development Citizens Advisory Council (Linc Cummings) – This council considers allocation of funds for organizations and transitioning to online cloud system.
- g. Emergency Preparedness Advisory Commission (Valerie Crotty) – Ms. Crotty reports the group continues to work with staff to develop programs that address planning for older adults. Ms. Crotty shared the mean age of death for both Hurricane Katrina (69) and Superstorm Sandy (60).
- h. Long-term Care Residences Commission (Erica Wood and Linc Cummings) – Ms. Wood shared an update of the most recent LTC Commission meeting that included a presentation of ADSD services for to older adults. The group is actively recruiting new members.
- i. Pedestrian Advisory Committee (Jim Feaster) – Mr. Feaster reports that the most recent meeting included a presentation by Dennis Leach which included a discussion about the reconfiguration of the Clarendon circle.
- j. Senior Adult Council (Vacant) – No report.
- k. Steering Committee/Older Persons (Lena Wang) – Next meeting is Friday, July 15th at DHS and will focus on End of Life issues.
- l. Transit Advisory Committee (Hershel Kanter) – Mr. Kanter represents the COA at these meetings. He reports the most recent meeting discussed alternative options to the streetcar, and Metro SafeTrack for Metro renovations.

- m. Coalition to Improve Advanced Care (CIAC) (Joan McDermott) – The May meeting focused on ADSD services for end of life and advanced care planning. The group would like to recruit more volunteers and offer training. November is end of life planning month and may feature a special event. The next meeting is Monday, July 27th.

V. Old Business

No old business.

VI. New Business

Ms. McDermott shared the *History of the Commission on Aging* (May 1977) a document that she received from a member of her church.

Ms. Bah-Duckenfield mentioned the Real Estate Tax Relief program is seeking members for an Advisory group and would like representation from this Commission. Ms. Sullivan volunteered to represent the Commission.

Announcements and Public Comment

Ms. Dakin thanked Rachel Sparico, and Anita Walgreen from Arlington Neighborhood Village for their presentation to her building community about services for older adults.

The Senior Farmer's Market application is now available online at <https://aging-disability.arlingtonva.us/programs/farmers-market/>

VII. Adjournment

The meeting concluded at 11:15am.

Next meeting – Monday, July 18, 2016 at 9:00 am at DHS, 2100 Washington Blvd. Lower Level Auditorium, Arlington VA 22204.