



**ARLINGTON COMMISSION ON AGING**

c/o Agency on Aging, DHS  
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**Meeting Summary  
December 18, 2017**

**PRESENT:** Laurie Young, Gwendolyn Beck, Cheryl Beversdorf, Carl Brooks, Linc Cummings, Jim Feaster, Herschel Kanter, Sophie Shen, Duke Taylor, Martha Villanigro-Santiago, Cynthia Schneider, Martha Wilson

**MEMBERS EXCUSED:** Valerie Crotty, Barbara Favola, Cragg Hines, Pamela Hawkins

**MEMBERS ABSENT:** Mary Ann Johnson

**STAFF:** Maimoona Bah-Duckenfield, Rachel Coates, Gelareh Bassiry

**GUESTS:** Erica Wood, Angela Chadbourne, Cindy Miller, Jennifer Collins, Wendy Zenker (ANV), Mitch Opalski, Blanca Caldi (VHC), Eli Amerson (Iona Senior Services)

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

**II. Presentation by Culpepper Garden – Linda Kelleher, Executive Director and Doug Schroeder, Director of Property Operations of Coordinated Services Management**

Culpepper Garden partners with many non-profit and community organizations, in addition to local government and are partnering with the Fenwick Foundation and Arlington THRIVE to provide dental care for residents. Most residents exhaust all of their personal assets; they pay Assisted-Living Facilities (ALF) 30% rent (HUD requirement), pay for their meals, residents are permitted to keep \$100 per month. A recent [news article](#) emphasizes the concern about the tax bill and the impact on Affordable Housing like Culpepper Garden. Renovations to Culpepper Garden are expected to begin in Spring 2018. There was a question about the accessibility of the units and 10% will be fully accessible with some universal design features added to every unit. There is a wait list of roughly one year, which is somewhat longer than usual due to the pending renovations. The wait list for Culpepper Garden II is greater than one year, and in the ALF it is dependent upon private pay versus subsidy. A question was asked about a HUD loan and Ms. Kelleher explained Culpepper Garden paid off the loan with assistance through the Affordable Housing Investment Fund (AHIF). The meal subsidy requirement ended in October and while some residents initially chose to end the service, some have recently returned because of the value of socialization and the convenience of the meal option. See attached presentation. More information may be located at <http://www.culpeppergarden.org/>.

**III. Approval of November’s Meeting Minutes**

Minutes were approved unanimously.

**IV. Chair’s Report**

Laurie Young

- a. Chair Young reports her activities over the previous month have focused on Legislation and Advocacy, including promoting the NVAN platform and preparing for the 2018 General Assembly. On January 3<sup>rd</sup>, Senator Janet Howell will host public meetings to hear public comment on the state budget. Chair Young thanked Mitch Opalski and Erica Wood for drafting a letter to request support for the Age-Friendly Initiative and will meet with DHS leadership on January 10<sup>th</sup>.

**V. ADSD Staff Reports**

Maimoona Bah-Duckenfield

- a. Ms. Bah-Duckenfield wished everyone Happy Holidays and provided handouts including: [Upcoming Events](#) and the ADSD Newsletter focusing on Socialization and Volunteerism.

The January meeting will feature Jim Firman from NCOA, and in February we will visit the Walter Reed Social 60+ Café.

- b. Save the Date for the 2018 Community Engagement Forum on March 19 at the Department of Human Services (DHS), 2100 Washington Blvd. Arlington, VA 22204.
- c. Aging and Disability Services Division will restructure and the Arlington AAA will welcome the Volunteer Guardianship program, VICAP and the Customer Service Center/Intake.
- d. V4A will next meet on January 23<sup>rd</sup> and updates will be shared at the February meeting.
- e. Real Estate Tax Relief applications and income guidelines will be available and mailed in mid-January. Please share the information with your neighbors and networks.

## VI. Committee Reports

- a. **Budget** (Carl Brooks): Commissioner Brooks will continue to meet with County staff to discuss the County FY2019 budget. Follow up meetings will be open to all Commissioners.
- b. **Legislative** (Laurie Young): see Chair's report.
- c. **Long Term Care Residences** (Cyndy Schneider): The December meeting planned to visit Regency, but staffing changes forced the committee to postpone. The group met at DHS and learned updates from Brookdale, Cherrydale and the two Sunrise communities. Committee member and former Long-Term Care Commission Vice Chair, Joy Nathan resigned from the committee. The committee is recruiting new members. The next meeting is scheduled for March 14<sup>th</sup> at Brookdale.
- d. **Membership** (Sophie Shen): No report.
- e. **Public Information & Outreach** (Gwendolyn Beck): The committee is creating a list of NORC's to promote upcoming events and increase outreach. Jim Morris shared a brochure about "The Death Process" for the committee to review and consider updating. The committee is recruiting new members and the next meeting will be February 14<sup>th</sup>.
- f. **New Media/Technology** (Sophie Shen): Commissioner Shen and Chair Young will meet to transition this role which will be effective in January.
- g. **Senior Centers** (Linc Cummings): Commissioner Cummings was appointed and will take over this role in January. See Senior Adult Council report.
- h. **Strategic Planning** (Laurie Young): No report.
- i. **Supportive Services and Housing** (Mary Ann Johnson): No report.
- j. **Transportation** (Cragg Hines): No report.

## VII. Liaison Reports

- a. **Alexandria Commission on Aging** (Mitch Opalski/Linc Cummings): Mr. Opalski attended the meeting and shared that the group kicked off their Community Ambassador program to share information and resources about their services. They trained their first 16 ambassadors who consisted of Commissioners and representatives from the Naturally Occurring Retirement Communities (NORC's). Alexandria is requesting budget cuts of 2% to all programs.
- b. **Accessory Dwelling Workgroup** (Martha Villanigro-Santiago): Commissioner Villanigro-Santiago shared that the ordinance was approved to lessen restrictions to existing ADU's.
- c. **Alliance for Senior Programs/Senior Adult Council** (Cindy Miller): Ms. Miller shared the [Long Bridge Aquatics and Fitness Center](#) was approved and OSAP hopes to have programs there. Arlington County is closed on December 26<sup>th</sup> but the Social 60+ cafes will remain open. A new email for Trip Reminder has been established. A new and comprehensive volunteer training will be implemented in January 2018. The Senior Adult Council NYE party is scheduled for Friday, December 29<sup>th</sup> at Champps.

- d. **Commonwealth Council on Aging** (Erica Wood): The group meets on December 20<sup>th</sup> and will discuss the recently released Governor's budget as well as hear presentations on AARP Age-Friendly Communities as well as the Oral Health Coalition Summit.
- e. **Interchurch Community Health Initiative** (Pamela Hawkins): No report.
- f. **Disability Advisory Commission** (Mary Ann Johnson): No report.
- g. **Arlington Neighborhood Village** (Wendy Zenker): Ms. Zenker shared highlights from recent holiday events including an event that resulted in the collection of \$500 to sponsor Arlington County's Secret Santa program. Locations for Coffee and Conversation meeting have been secured for 2018 and speakers are being identified and arranged.
- h. **Community Development Citizens Advisory Council** (Linc Cummings): The group evaluated applicants online and made final recommendations to staff and the County Board to award funds.
- i. **Emergency Preparedness Advisory Commission** (Valerie Crotty): No report.
- j. **Pedestrian Advisory Committee** (Jim Feaster): the group heard a presentation on the Master Transportation plan as it relates to Bicycles including safe crossing, clearing trails, and increased signage.
- k. **Steering Committee/Older Persons** (Gwendolyn Beck): The next meeting is Friday, January 19, 2018 and will focus on Alzheimer's and Dementia. Commissioner Beck has a conflict and the Commission will need a new representative.
- l. **Transit Advisory Committee** (Hershel Kanter): The group did not meet this month. More information about the committee may be located [here](#).
- m. **Coalition to Improve Advanced Care (CIAC)** (Joan McDermott): Six volunteers completed the Respecting Choices training and are now certified as Advanced Directive Facilitators. The [website](#) has a list of the certified AD Facilitators. The next meeting is January 8 at 3:30 at Capital Caring Halquist Center.

#### VIII. Old Business

- a. Commissioner Shen shared the County passed the Residential Parking Working group recommendations and asked about follow up. Chair Young will draft a follow up letter to continue this Commission's advocacy.

#### IX. New Business

- a. Commissioner Taylor asked about implementing a Community Ambassador program in Arlington. Chair Young reports that it is something this Commission should explore.
- b. Commissioner Taylor asked about creating a Commission Twitter account. He will meet with Commissioner Shen and Ms. Bah-Duckenfield to discuss this new development.

#### X. Announcements and Public Comment

- a. Commissioner Beck mentioned that Virginia Hospital Center is hosting a fundraiser to support the Lifeline Assistance fundraiser.
- b. Commissioner Beversdorf shared that an upcoming Aging Matters program will feature Steve Yaffee, of Arlington Department of Environmental Services.

#### XI. Adjournment at 11:00 a.m.

**Next Meeting: Monday, January 22<sup>nd</sup> at 9am at DHS, 2100 Washington Blvd. Arlington, VA 22204 – Mr. Jim Firman, President/CEO of National Council on Aging (NCOA).**