



ARLINGTON COMMISSION ON AGING

c/o Agency on Aging, DHS
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**Meeting Summary
July 17, 2017**

PRESENT: Mitch Opalski, Erica Wood, Carl Brooks, Valerie Crotty, Jim Feaster, Cragg Hines, Mary Ann Johnson, Cynthia Schneider, Sophie Shen, Martha Villanigro-Santiago, Martha Wilson, Laurie Young

MEMBERS EXCUSED: Senator Barbara Favola, Gordon Hasenei, Pamela Hawkins

MEMBERS ABSENT: Patricia Sullivan

STAFF: Maimoona Bah-Duckenfield, Rachel Sparico, Gelareh Bassirey

GUESTS: Jim Morris, Cheryl Beversdorf, Gwendolyn Beck, Angela Chadbourne, Hershel Kanter, Jennifer Collins, Cindy Miller, Linda Kelleher, Linc Cummings, Charlotte Terry, Sandy Seinberg

I. Call to Order and Welcome at 9:06 a.m.

- II. Presentation from DHS' Community Outreach Program – Victoria Ongodia, Program Manager and Zineb Mourchid, Human Services Specialist** – see attached. The Community Outreach Program is a multicultural program promoting self-sufficiency and community belonging through neighborhood educational programs and services for newly arrived and low-income Arlington County residents. More information can be located at <https://publicassistance.arlingtonva.us/cop/>. There was a question about how communities learn about this program: outreach, community events, word of mouth and referrals. The majority of older adults served are non-American born and limited English speakers, which may increase risk of isolation. The program reports a decline among those who request service because of a fear of deportation and a misunderstanding that applying for benefits will have a negative impact on qualifying for citizenship.

III. Approval of the June Meeting Minutes

Minutes were approved unanimously with amendments to revise the Senior Adult Council report to state "Senior Adult Council" not "Senior Center Advisory Council" and change "MOU" to "MOA".

IV. Chair's Report

Mitch Opalski

- a. Chair Opalski shared an update from the Real Estate Tax Relief working group. The final report is available [online](#).
- b. [Aging Matters](#) WERA Interview – Chair Opalski will be interviewed on August 15th to provide COA highlights and promote recruitment.
- c. Arlington County is undertaking a process to evaluate the [Public Space Master plan](#) and Chair Opalski mentioned that this would be beneficial for this Commission to provide feedback.
- d. Age-Friendly – the Commission plans to meet with the other four County Board members and educate them around Age-Friendly. Chair Opalski mentioned the top down approach may be more effective and impactful. Commissioner Young shared that this initiative has helped shaped our strategic plan. Commissioner Hines recommended highlighting this initiative as part of economic development. Vice Chair Wood mentioned age-friendly is a state-wide initiative tied to the Virginia Blueprint for Livability. Chair Opalski shared AARP has offered to coordinate a one-day workshop to plan and help tackle a project related to age-friendly.

V. ADSD Staff Reports

Maimoona Bah-Duckenfield

- a. **Interns** – Ms. Bah-Duckenfield introduced Charlotte Tiery, an intern from Yorktown high school, who is interested in older adults. AAA is planning to host two masters level interns from George Mason school of Social work starting in fall 2017.
- b. **Outreach** – Ms. Bah-Duckenfield presented to Goodwin House in June and encouraged the residents to connect with Arlington residents “Beyond the Walls” in Wildwood Towers. AAA will help facilitate the connection.
 - i. ADSD will host a table at the Arlington County Fair from August 18-20th; please let staff know if you are interested in volunteering at the Fair.
 - ii. Summer Series presentations for older adults continues on Wednesday afternoons at 3pm at the Aurora Hills library.
- c. **Advocacy** – The National Council on Aging (NCOA) provides resources for advocacy, <https://www.ncoa.org/public-policy-action/>. There is still concern about reductions to Older Americans Act programs, Medicare/Medicaid and elimination of SHIP/VICAP.
- d. **Reflection** – No meeting in August, but please reflect over the past year and how to plan for the future. The next meeting will be hosted by Cherrydale Baptist, a close partner of the Cherrydale CAB and a shelter location for Cherrydale NF.

VI. Committee Reports

- a. **Budget** (Mitch Opalski): No report.
- b. **Legislative** (Laurie Young): Meetings are focused on the NVAN platform and preparing for the Legislative Forum on Thursday, November 9th at Fairlington. Representation confirmed from elected officials Lopez, Barker, Sullivan, Favola, and Ebbin. Commissioner Villanigro-Santiago volunteered to chair this committee upon Commissioner Young’s appointment to Chair. The next few months will focus on sharing the NVAN priorities with elected officials.
- c. **Long Term Care Residences** (Cyndy Schneider): Met last week and heard a presentation from the Northern Virginia Ombudsman program. In 2016 in Arlington, they reported 1,455 ALF and LTC beds in Arlington County. Seven FT staff, including the director, and volunteer staff. Assign volunteers to the different facilities and when a volunteer is not assigned then staff visit the community at least quarterly. The majority of complaints are around environmental issues and discharges. Next meeting in October 11 at 4pm and will feature Adult Protective Services.
- d. **Membership** (Sophie Shen): Posted opportunity on several university alumni groups. Recruitment is on-going and all interested parties are welcome to apply [here](#).
- e. **Public Information & Outreach** (Gordon Hasenei): Commissioner Hasenei’s term ends shortly and this committee needs a new Chair.
- f. **Supportive Services and Housing** (Erica Wood): the Universal Design video premiered and will be promoted in the community. Attorney Barnes Lawson and Martha Moore met with the committee to share information about zoning and variances and the impact on Aging in Place. County staff from BZA will present at a future meeting, then the committee will provide a recommendation to the full Commission. Commissioner Johnson will assume the role of committee chair when Vice Chair Wood terms off.
- g. **New Media/Technology** (Laurie Young): Commissioner Young continues to update and post events and advocacy alerts to the COA Facebook page. Commissioner Shen will assume responsibilities upon Commissioner Young’s transition to Chair.
- h. **Senior Centers** (Valerie Crotty): see Senior Adult Council report.
- i. **Strategic Planning** (Mitch Opalski): see Chair’s report.
- j. **Transportation** (Cragg Hines): next meeting is scheduled for September 19th and will focus on pedestrian safety and intersections.

VII. Liaison Reports

- a. **Alexandria Commission on Aging** (Mitch Opalski): No report.
- b. **Accessory Dwelling** (Martha Villanigro-Santiago/Patricia Sullivan): Commissioner Villanigro-Santiago shared highlights from the County Board review. The final workgroup meeting is scheduled for July 25th.
- c. **Alliance for Senior Programs/Senior Adult Council** (Cindi Miller): the MOA between Arlington County and the Alliance was scheduled for review before the County Board on Tuesday, but both parties requested the item be pulled from the agenda because of the wording of the location of where the received funds would be stored. The Alliance and Senior Adult Council will host a table at the Arlington County Fair. The next meeting will be at Aurora Hills. Please complete and share the 55+ Guide survey, <https://www.surveymonkey.com/r/LN7KC6V>.
- d. **Commonwealth Council on Aging** (Erica Wood): At the last meeting the group adopted their legislative platform and focused on senior nutrition, oral health and Medicaid Managed Care plans through Commonwealth Coodinated Care Plus. The group discussed the Commonwealth Council on Aging Awards one of which was awarded to Alexandria Senior Services 'Groceries to Go' program.
- e. **Interchurch Community Health Initiative** (Pamela Hawkins): No report.
- f. **Disability Advisory Commission** (Mary Ann Johnson): No report.
- g. **Arlington Neighborhood Village** (Patricia Sullivan): No report.
- h. **Community Development Citizens Advisory Council** (Linc Cummings): The council is reviewing applications and will award funding in September / October.
- i. **Emergency Preparedness Advisory Commission** (Valerie Crotty): No report.
- j. **Pedestrian Advisory Committee** (Jim Feaster): Hershel Kanter shared the committee discussed locations to store ART buses when not in use, expanding service in Clarendon, and he recently joined the streetlight advisory committee.
- k. **Steering Committee/Older Persons** (Gwendolyn Beck): next meeting is Friday, July 21st at DHS and will feature a provider resource exchange.
- l. **Transit Advisory Committee** (Hershel Kanter): see Transit Advisory Committee report.
- m. **Coalition to Improve Advanced Care (CIAC)** (Joan McDermott): submitted via email to Chair Opalski. Eighteen people attended the Advanced Care Planning workshop at Central Library in May. The goal of the workshop was to train people to teach seniors and caregivers how to complete an Advanced Directive. CIAC is applying for another grant — application due August 1 — to offer more Advanced Care Planning workshops during the coming year to continue with "train the trainer" opportunities. The 2017 General Assembly passed a new law — HB1747 patroned by Dr. John O'Bannon of Henrico County — establishing that "the Department of Health shall approve a program for the training of qualified advance directive facilitators, including a written examination on information provided during the training program." There will be a training program in Arlington to become an Advanced Directive Facilitator led by a certified instructor using the Respecting Choices First Steps Advanced Care Workshop model. Cost: \$115 per person. Requirements: Completion of one full day (7-8 hours) in person and four online modules (3-4 hours). Possible dates: Oct. 24 or Oct. 27. Location TBD. Next meeting of CIAC Steering Committee: Tuesday, August 15, 2017, 3 PM, Halquist Center.

VIII. Old Business

IX. New Business

- a. Motion to Nominate Chair and Vice Chair for October – both Chair Opalski and Vice Chair Wood will term off at the end of their terms.

- b. Vote on Chair/Vice Chair – Laurie Young as Chair and Jim Feaster as Vice Chair. Commissioner Hines read a background biography for both Commissioners. The election passed unanimously. See attached Nominating Committee report submitted by Commissioner Hines.

X. Announcements and Public Comment

- a. Gwendolyn Beck shared Virginia Hospital Center (VHC) was approved for 44 new beds. The hospital may move some of the physician offices to a new location.

XI. Adjournment at 11:11 a.m.

**Next Meeting: Monday, September 18th, 2017 at 9am at
Cherrydale Baptist Church, 3910 Lorcom Ln, Arlington, VA 22207**