



**ARLINGTON COMMISSION ON AGING**

c/o Agency on Aging, DHS  
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**Meeting Summary  
January 22, 2018**

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

**PHONE:** Cynthia Schneider (Florida)

**MEMBERS EXCUSED:** Carl Brooks, Barbara Favola, Cragg Hines

**MEMBERS ABSENT:** Pamela Hawkins

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

**GUESTS:** Kathleen Cameron (NCOA), Randy Feliciano (NCOA) Erica Wood, Joan McDermott, Elizabeth Dakin, Jennifer Collins (OSAP), Angela Chadbourne, Wendy Zenker (ANV), Mitch Opalski, Clara Churchill (Marymount), Angela Wenger (CCC+ liaison for Northern Virginia), Janet Newsum, Alex Hennesey (Arlington AAA intern), Hannah Withers (Arlington AAA intern)

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

**II. Presentation by Jim Firman – President/CEO of National Council on Aging**

Mr. Firman presented on the National Council on Aging: Your Partner in Serving Seniors. Mr. Firman highlighted the online resource [Benefits Check Up](#), a free tool to help older adults maximize their health and economic security. NCOA invited an expansion in Arlington of the [Aging Mastery Program](#), a fun and engaging program that empowers older adults to build their own playbook for aging well. An invitation was offered to expand the Community-Wide Falls Prevention Initiative in Arlington; Chair Young invited Jim Firman and Kathleen Cameron to present to the Northern Virginia Aging Network (NVAN) at the March meeting. More information about NCOA may be found on their [website](#).

Commissioner Crotty recognized the value of the newsletter and Mr. Firman encouraged everyone to sign up for the [NCOA newsletter](#). There was a discussion about risk factors of falls and Commissioner Beck encouraged more awareness around risk factors like changes in weight and balance as well as encouraging strength training. There was a discussion about the safety of the sidewalks and Commissioner Feaster shared that the [Neighborhood Complete Streets Advisory Group](#) is recruiting members.

**III. Approval of December Meeting Minutes**

Minutes were approved unanimously.

**IV. Chair's Report**

Laurie Young

- a. Chair Young shared highlights from an Age-Friendly meeting with Department of Human Services (DHS) leadership. She reports this Commission was encouraged to move forward with Age-Friendly efforts. Chair Young will organize a meeting of the Strategic Planning committee (date TBD) to include the Chairs of each of the committees. The February meeting will focus on Age-Friendly and the March 19<sup>th</sup> Community Engagement Forum will announce these efforts as well as engage the community around the Age-Friendly efforts. Chair Young voiced her commitments to these efforts, including leading this initiative beyond her formal role on this Commission. These efforts may redesign the

Commission committee structure around the Age-Friendly domains, but will maintain the Legislative committee. These domains may influence this Commission's future committee structure. The Arlington Age-Friendly domains will include:

- i. Community Support, Housing and Health Services
  - ii. Social Inclusion, Employment, Civic Participation and Respect
  - iii. Communication and Information
  - iv. Transportation, Outdoor Spaces and Buildings
- b. Recruitment efforts are underway to replace the position vacated by Mary Ann Johnson, who resigned from the Commission. Direct anyone who may be interested to the [website](#).

#### V. ADSD Staff Reports

Maimoona Bah-Duckenfield

- a. Ms. Bah-Duckenfield highlighted changes to the agenda including the addition of the Mission, Vision and Networking break.
- b. Commission on Aging member profiles were distributed. Please review and share any edits with Maimoona.
- c. 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. The event will feature a panel presentation to include Christian Dorsey (County Board), Lisa Fikes (Volunteer Arlington), DHS Public Health (Social Determinants of Health), and Erica Wood (Commonwealth Council on Aging). Commissioner Kanter recommends that the speakers are provided talking points aligned with Age-Friendly.
- d. V4A will meet in Richmond on January 23<sup>rd</sup> and updates will be shared at the February meeting. Ms. Bah-Duckenfield included the v4a budget amendments for 2018.
- e. Ms. Bah-Duckenfield shared that earlier this month, the Arlington AAA expanded to include the Customer Service Center (intake), VICAP, and the Guardianship program.

#### VI. Committee Reports

- a. **Budget** (Carl Brooks): No report.
- b. **Legislative** (Martha Villanigro-Santiago): Commissioner Villanigro-Santiago provided an update on the NVAN platform.
- c. **Long Term Care Residences** (Cyndy Schneider): The committee is recruiting new members. The next meeting is scheduled for March 14<sup>th</sup> at 4pm at Brookdale.
- d. **Membership** (Sophie Shen): The committee is soliciting applications for one vacancy.
- e. **Public Information & Outreach** (Gwendolyn Beck): The committee is creating a list of Naturally Occuring Retirement Communities (NORC) to promote upcoming events and increase outreach. The committee's next meeting is February 14<sup>th</sup> at 9:30 a.m.
- f. **New Media/Technology** (Sophie Shen): Commissioner Shen and Chair Young will meet to transition this role.
- g. **Senior Centers** (Linc Cummings): Commissioner Cummings was appointed and will take over this role in January.
- h. **Strategic Planning** (Laurie Young): A meeting will be scheduled prior to February 1.
- i. **Supportive Services and Housing** (interim Laurie Young): Next meeting is January 30<sup>th</sup> at 3:45 in Room 400 at DHS.
- j. **Transportation** (Cragg Hines): No report.

#### VII. Liaison Reports

- a. **Alexandria Commission on Aging** (Mitch Opalski/Linc Cummings): No report.
- 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): No report.
- d. **Commonwealth Council on Aging** (Erica Wood): The group met on 12/20/17 and heard from Marcia DuBois about the reorganization of DARS and the Governor's biannual

budget; the appointment of Dr. Daniel Carey, the new Health and Human Services Secretary; and presentations from AARP on Age-Friendly / Livable Communities (four communities in Virginia have been launched). The Council is soliciting Best Practice awards which are due March 1. The next meeting will be a joint meeting in April.

- e. **Interchurch Community Health Initiative** (Pamela Hawkins): No report.
- f. **Disability Advisory Commission** (Vacant): No report.
- g. **Arlington Neighborhood Village** (Wendy Zenker): Ms. Zenker shared highlights from 2017; including doubling the number of service requests that were filled, and an increase in mileage from volunteers who help support the requests. She mentioned the need for additional transportation around weekly programs, like the Falls Prevention classes.
- h. **Community Development Citizens Advisory Council** (Linc Cummings): No report.
- i. **Emergency Preparedness Advisory Commission** (Valerie Crotty): Commissioner Crotty reported on the need for gas during inclement weather, as well as better preparedness from WMATA. The Commission is drafting a letter to WMATA's General Manager about communication, including reaching those who may be hard of hearing.
- j. **Pedestrian Advisory Committee** (Jim Feaster): The committee has drafted a letter about the design of Long Bridge Park to encourage the trail connects to the Mt. Vernon trail.
- k. **Steering Committee/Older Persons** (Gwendolyn Beck): The committee met on Friday, January 19, 2018 and heard a presentation on Alzheimer's and Dementia from Marissa Panzer. Commissioner Beversdorf will assume the role of liaison. The March 16<sup>th</sup> meeting will feature a Legislative Update presented by Patrick Hope.
- l. **Transit Advisory Committee** (Vacant): More information about the committee may be located [here](#).
- m. **Coalition to Improve Advanced Care (CIAC)** (Joan McDermott): Seven 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 group is offering free training for healthcare professionals and is also offering one-on-one assistance with creating the Advanced Directives.

## VIII. Old Business

### 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 Beversdorf shared that an upcoming Aging Matters program will feature Steve Yaffee, of Arlington Department of Environmental Services.
- b. Commissioner Beck shared highlights from Virginia Hospital Center Lifeline Assistance fundraiser which raised \$20,000 to contribute to support the program.
- c. CCC+ open enrollment ends the end of February.
- d. National Academy of Sciences (2/12-2/13) is having a meeting about physician assisted death. The event will be livestreamed, but registration is required.

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

**Next Meeting: Monday, February 26<sup>th</sup> at DHS – AARP Age Friendly: Discussion, Update and Plans (No Speaker)**