



ARLINGTON COMMISSION ON AGING
c/o Agency on Aging, DHS
2100 Washington Blvd. Arlington, VA 22204
TEL: 703-228-1700 FAX: 703-228-1174 TTY: 703-228-1788
EMAIL: arlaaa@arlingtonva.us

Meeting Summary July 18, 2016

PRESENT: Mitch Opalski, Valerie Crotty, Lincoln Cummings, Erica Wood, Gordon Hasenei, Cragg Hines, Laurie Young, Mary Ann Johnson, Lena Wang

EXCUSED: Jim Feaster, Pamela Hawkins, Joan McDermott, Patricia Sullivan, Barbara Favola

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

GUESTS: Jennifer Collins, Jim Morris, Lynwood Sinnamon, Hershel Kanter, John Crawford (OEM)

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

II. Approval of June Meeting Minutes

Minutes were approved with various revisions: under Chair's report, section c, change from "six" to "seven panel members" and include "public schools" before Superintendent. "Pamela Hawkins" led the Exercise Break, not "Lena Wang". The next Steering Committee meeting was "Friday, July 15th" not "13th". Finally, Patty Sullivan volunteered to represent the Commission on the newly formed Real Estate Tax Relief advisory group.

III. Arlington Free Clinic Presentation on Services and Needs of their Older Adult Population: Jody Kelly – Director of Clinical Administration

Ms. Kelly, Director of Clinical Administration for the Arlington Free Clinic (AFC) is a private, non-profit organization that provides free, high-quality medical care to low-income, uninsured Arlington County adults through the generosity of donors and volunteers. Ms. Kelly recognized the commitment and dedication of Arlington partners to ensure patients. Patients connect with AFC through the hospital, shelters, County referrals, and a monthly lottery; and once they are connected with services they complete an annual reassessment for continuation of services. Many patients must decide between food, shelter and healthcare. The median income for AFC patients is roughly \$15,000. There has been a decline in AFC patients ages 60+ which may be related to the passage of the Affordable Care Act. Currently, AFC serves nearly 200 patients, ages 50-60, who will NOT be eligible for Medicare. Some of the difficulties for aging patients include: a lack of caretakers, limited English, poor medication compliance, lack of community resources (with specific regard to individuals who are undocumented), and vision, hearing and mobility problems. One of the greatest unmet needs is access to dental care and services; as a result, the AFC partnered with Arlington County DHS to expand dental services, and continue to explore public-private and government partnerships for additional growth. Should Medicaid expand in Virginia, it would reduce the number of patients who need AFC services by 25%. The AFC wish list would add a full-time social worker to assist patients with paperwork, case management, and connecting with services. For more information visit, <https://www.arlingtonfreeclinic.org/>.

IV. Chair's Report

Mitch Opalski

- a. Blue Ribbon Panel – Mr. Opalski mentioned the Commission on Aging (COA) submitted a letter to Chair Garvey concerning the Blue Ribbon Panel and recommended the panel includes and incorporates the AARP Livable Communities concept, and address how all of the Commissions can effectively participate in the Strategic Planning process. A vote occurred in support of this letter, and carried unanimously.
- b. Coalition to Improve Advanced Care – Mr. Opalski requested a vote to sign a letter of support for the Coalition to Improve Advanced Care's (CIAC) request for a VCU grant. A vote to permit Mr. Opalski to sign the letter on behalf of the COA carried unanimously.
- c. NVAN Legislative and Budget Priorities for 2017 General Assembly Session – Ms. Young shared a summary of the 2017 NVAN platform to refer to the Arlington County Board; COA voted to support unanimously. Ms. Young will draft a letter and summary to submit to the County Board.
- d. Mr. Opalski shared a letter drafted by Ms. Crotty requesting the County Board address the metro-accessibility of senior centers. There was a discussion of need and follow up actions. Ms. Wang shared there has been a decrease in attendance of the VHC mall walkers group following the transition from Ballston to Pentagon City which was verbally attributed to a refusal to utilize public transportation. Jennifer Collins, DPR, shared the SCAT transportation program is underutilized, and travel training is offered through the Senior Centers. Ms. Wang asked if this is an isolated need. Mr. Hines asked about conducting a survey to assess transportation to senior centers, which is included in Ms. Crotty's letter. Mr. Hasenei mentioned the participants who attend the Beacon Expo less than 5% travel by metro. Staff will gather information and research to engage in further discussion around this topic later in the year.

V. Staff Reports

Maimoona Bah-Duckenfield

- a. ADSD Staff report
 - i. Ms. Bah-Duckenfield mentioned the successful Centenarian event that occurred on June 28th and thanked the Commission for support. Commissioners Linc Cummings and Patty Sullivan attended and escorted attendees.
 - ii. Ms. Bah-Duckenfield mentioned an increased security presence at DHS Sequoia campus and will share an email with more information. Additionally, for meetings on the 4th floor of DHS, there was a request to check-in/out with the front desk.

VI. Committee Reports

- a. Budget (Mitch Opalski) – Mr. Opalski requested an update on the Capital Improvement Project (CIP) and Ms. Bah-Duckenfield will follow up.
- b. Legislative (Laurie Young) – Ms. Young shared they have tentatively booked the Fairlington Community Center for the 2017 Legislative Forum on Monday, November 14th.
- c. Membership (Linc Cumming) – There are four vacancies on the COA and interviews are being scheduled. There is the continuous need for diversity on the COA.
- d. Public Information & Outreach (Gordon Hasenei) – Mr. Hasenei reports the group met June 28th and discussed the 55+ Beacon Expo at Springfield Town Center on September 25th from noon-4pm. There was also discussion about promoting COA at the County Fair.
- e. New Media/Technology (Laurie Young) – Ms. Young continues to post weekly. Recent posts include the Centenarian event, Older Americans act anniversary, and Senior Farmers Market.

- f. Senior Centers (Vacant) – Ms. Collins reports County Board member Mr. Dorsey spoke during their Senior Center leadership luncheon. Aurora Hills will close in October for renovations and most programming will transition to Gunston. She also shared job vacancies at Langston Brown and Arlington Mill.
- g. Strategic Planning (Mitch Opalski) – Mr. Opalski reports that he, Ms. Wood, Ms. Sullivan and AARP staff Amber Nightingale-Sultane met with Mr. Dorsey about the AARP Age-Friendly initiative and incorporating these objectives in to the Blue Ribbon Panel.
- h. Supportive Services and Housing (Erica Wood) – Ms. Wood shared the committee will next meet July 26, and plan to connect with media to promote a series on home modifications and aging in place.
- i. Transportation (Cragg Hines) – Mr. Hines shared highlights from the 2-hour bus tour that occurred in June and focused on transportation projects that are senior-centric; such as curb cuts, pedestrian crossings, grocery loops, and metro safety.

EXERCISE BREAK

VII. Liaison Reports

- a. Alexandria Commission on Aging (Mitch Opalski) – Mr. Opalski reports the group takes two months off for summer break. No report.
- b. Alliance for Arlington Senior Programs (Norton Beckerman) – No report.
- c. Interchurch Community Health Initiative (Pamela Hawkins) – No report.
- d. Disability Advisory Commission (Mary Ann Johnson) – No report.
- 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 shared an update from EPAC, that include their support for relocating Fire Station #8.
- h. Long-term Care Residences Commission (Erica Wood and Linc Cummings) – Ms. Wood's shared the July meeting was canceled due to low expected attendance.
- 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, September 16th and will focus on hospice issues with a panel presentation.
- l. Transit Advisory Committee (Hershel Kanter) – Steve Yaffe updated the committee on the Ten-Year Transit plan that was adopted by the County Board at their July meeting, Metro Safe-Track developments, and the security changes to accessing Ft. Myer by taxi.
- m. Coalition to Improve Advanced Care (CIAC) (Joan McDermott) – Ms. Sparico provided an update received from Ms. McDermott which included the VCU grant, and the Conversation Sabbath scheduled for Nov. 11 – 16th, with trainings in August and September. The next meeting is scheduled for August 22, 2016 at 3pm at Capital Caring Halquist Center.

VIII. Old Business

No old business.

IX. New Business

- a. Emergency Preparedness Outreach to older Arlingtonians – Ms. Crotty shared an update from a recent study about the emergency preparedness of seniors. John Crawford, Office of Emergency Management, shared an update on OEM’s Framework for outreach to vulnerable populations and mentioned that he is working with staff to update the website and make it more accessible. More information about OEM and Preparedness can be located, [Arlington County Emergency Operations Plan](#). A coordinated event between OEM, DHS Aging and Disability Services Division, and American Red Cross is scheduled for September 21, from 9:30-11am at DHS.

X. Announcements and Public Comment

XI. Adjournment

The meeting concluded at 11:02.

ENJOY YOUR SUMMER BREAK!

**Next meeting – Monday, September 19, 2016 at 9:00 am at DHS, 2100 Washington Blvd.
Lower Level Auditorium, Arlington VA 22204.**