



**Meeting Summary  
 November 21, 2016**

**PRESENT:** Mitch Opalski, Erica Wood, Carl Brooks, Valerie Crotty, Jim Feaster, Gordon Hasenei, Pamela Hawkins, Cragg Hines, Sophie Shen, Lynwood Sinnamon, Patricia Sullivan, Martha Villanigro-Santiago, Laurie Young

**EXCUSED:** Barbara Favola, Mary Ann Johnson

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

**GUESTS:** Jim Morris, Jennifer Collins, Elizabeth Dakin

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**I. Call to Order and Welcome at 9:04 a.m.**

**II. Arlington’s Public Health Community Assessment – Dr. Reuben Varghese, Division Chief of Public Health and Josephine Peters, Planning and Education Chief**

Dr. Varghese introduced the Community Health Assessment and discussed Health in All Policies (see attachments). Social determinants of health heavily influence how many localities, including Arlington, spend tax payer dollars. Ms. Peters discussed the Community Health Assessment and Strategic Planning Process. She shared highlights from focus groups and individual interviews from specific areas of the population such as teens from the Teen Network Board and centenarians. There was a discussion around County Health Rankings, and how to engage additional population groups. There are two additional health assessments: the local public health system assessment (Institute of Medicine), and [Forces of Change](#), which studies risks and threats.

**III. Approval of the October Meeting Minutes**

Minutes were approved unanimously.

**IV. Chair’s Report**

Mitch Opalski

- a. Mr. Opalski congratulated the Legislative committee on a successful Legislative Forum that occurred on November 14<sup>th</sup> with roughly 70 attendees, including elected officials and their representatives. More details will be shared during Committee reports.
- b. Annual report – the Commission Annual report is due to the County Board and Mr. Opalski requested committee chairs submit highlights from throughout the year by the end of December so that he may compile and submit the report in early January.
- c. Mr. Opalski reports that he was approached by County staff to comment on [Short-Term Residential Rentals](#), but felt the presentation would be more suitable for the Supportive Services and Housing committee meeting which is scheduled for November 21.

**V. Staff Reports**

Maimoona Bah-Duckenfield

- a. ADSD Staff report

- i. Ms. Bah-Duckenfield highlighted handouts from each Commissioners' packets which include:
  - 1. Meeting summary from the [Long-term Care Commission](#) meeting.
  - 2. Arlington County Community Services Board (CSB) Consumer and Family Forum on Aging Issues on November 28, 2016 from 6-8pm.
  - 3. Save the Date: the 2017 Virginia Governor's [Conference on Aging](#), scheduled for May 22-23, 2017 in Roanoke, VA.
  - 4. American Bar Association offers [Virginia Free Legal Answers](#), to Virginians who cannot afford a lawyer.
  - 5. [Veterans Navigator](#) is a recently launched website to connect Veterans and their families to benefits and services.
  - 6. Medicare will provide coverage for critical care and support services for individuals living with Alzheimer's disease.
  - 7. DARS secured a Federal grant to offer assistance for Virginians experiencing dementia and their caregivers.
- ii. Ms. Bah-Duckenfield met with Cheryl Beversdorf from Arlington Independent Media (AIM) who will be hosting a monthly radio program called Aging Matters. Connect with staff, if you have ideas or would like to promote COA topics.
- b. Budget (Jim Baker) shared the County continues to prepare for the 2018 Budget, FY2018 [Budget guidance](#) is available on the County website. Mr. Baker reports an anticipated \$7 million-dollar gap following an additional review of expenses. The County manager's office biggest concern is Metro: Arlington may owe between \$3-10 million-dollar to WMATA for Metro services. Finally, an updated proposed (five-year) agreement with Mary Marshall should be signed shortly and will include additional performance metrics.

## VI. Committee Reports

- a. Budget (Mitch Opalski) – See ADSD staff report.
- b. Legislative (Laurie Young) – Ms. Young shared highlights from the Legislative Forum the occurred on Monday, November 14<sup>th</sup> at the Fairlington Community Center. More than 70 attendees conversed with Senator Ebbin and Representative Herring, as well as legislative aides from Senator Barker and Favola and Delegate Lopez. Next steps will include meeting with local elected officials to promote the NVAN platform, followed by a larger group visit to Richmond in late January 2017.
- c. Membership (Vacant) – No report.
- d. Public Information & Outreach (Gordon Hasenei) – Mr. Hasenei reports the committee developed cell phone stickers promoting the x1700 number and updated the Speaker's Bureau flyer. Mr. Hasenei encouraged the group to consider Beacon Bits to promote upcoming events.
- e. New Media/Technology (Laurie Young) – Ms. Young is posting weekly and encourages Commissioners to visit the page and "Like" posts. Many recent posts focused on the Legislative Forum, which promotes a picture slideshow from the event.
- f. Senior Centers (Lynwood Sinnamon) – Mr. Sinnamon met with Jennifer Collins (DPR) about summarizing the visits to the Senior Centers and recruiting additional volunteers to serve on the committee.
- g. Strategic Planning (Mitch Opalski) – See Old Business.
- h. Supportive Services and Housing (Erica Wood) – Ms. Wood reports the committee will meet November 22<sup>nd</sup> and feature County staff discussing Short-term rental regulations. The meeting is expected to host a larger turnout than expected and may require a

different meeting room. The October meeting featured Don Ryan from Rebuilding Together Express which is minor home modifications and “handy-man” work.

- i. Transportation (Cragg Hines) – Mr. Hines shared the 4<sup>th</sup> quarter Transportation committee meeting will be December 19<sup>th</sup> (next Commission meeting) feature Larry Fillard and Steve Yaffe discussing various forms of Transportation in Arlington County. For more information, visit [www.carfreediet.com](http://www.carfreediet.com). Mr. Opalski requested the program highlight older adults.

## **EXERCISE BREAK**

### **VII. Liaison Reports**

- a. Alexandria Commission on Aging (Mitch Opalski) – No report.
- b. Alliance for Arlington Senior Programs (Doug Frost) – No report.
- c. Interchurch Community Health Initiative (Pamela Hawkins) – Ms. Hawkins presented on Emergency Preparedness to a group of 15.
- d. Disability Advisory Commission (Mary Ann Johnson) – No report.
- e. Arlington Neighborhood Village (Patricia Sullivan) – Ms. Sullivan reported on a successful Open House. ANV has 175 members with a goal to reach 200 by the end of the year. The group will focus on fundraising. New staff are settling in and recruiting new board members.
- f. Community Development Citizens Advisory Council (Vacant) – No report.
- g. Emergency Preparedness Advisory Commission (Valerie Crotty) – Ms. Crotty reports a recent presentation occurred at the Belvedere. CPAC is expanding more of their focus to older adults and published a large-print brochure targeting older adults.
- h. Long-term Care Residences Commission (Erica Wood) – See Old Business.
- i. Pedestrian Advisory Committee (Jim Feaster) – Mr. Feaster reports the committee includes older adults and safety on each meeting agenda.
- j. Real Estate Tax Relief Working Group (Patricia Sullivan) – Ms. Sullivan reports various sub-groups are targeting specific topics, with plans to hold a public forum in January. Ms. Sullivan will present the summarized recommendations at the December COA meeting. Carla De La Pava and Ingrid Monroy presented to the group about where to house the program. Future discussion will include the deferrals and revenues generated by deferral to go towards a future senior housing community.
- k. Senior Adult Council (Vacant) – Mr. Sinnamon will continue to work with DPR about appointing a representative. Aurora Hills is now shut down for renovations, and programs moved to Gunston, with plans to return to Aurora Hills in May. The lease at Culpepper Garden expires in December 2016. Mr. Sinnamon asked about demographics
- l. Steering Committee/Older Persons (Vacant) – The November 18<sup>th</sup> meeting featured Marsha Greenfield from LeadingAge, and Mark Gottlieb from the Gottlieb Institute.
- m. Transit Advisory Committee (Hershel Kanter) – No report.
- n. Coalition to Improve Advanced Care (CIAC) (Joan McDermott) – Ms. McDermott submitted a written report to Mr. Opalski, the main item of business was selecting a logo and the launch of the [CIAC website](#). The next meeting will occur on Monday, 12//5.

### **VIII. Old Business**

- a. Culpepper Garden was awarded \$9 million dollars in AHIF funds towards renovations.
- b. Update on Merge of Long-term Care Residences Commission – Mr Opalski highlighted the proposal from the LTC commission as a committee within Commission on Aging:

liaison roles to LTC communities and educating/advocacy to the community. The proposal recommends a committee of nine plus the chair as a committee. Mr. Opalski motioned for the Strategic Planning committee meet to discuss their proposal. Mr. Sinnamon reports the LTC needs recommendation. Ms. Sullivan asked about the downside. Ms. Crotty asked about the additional work and the time constraint.

**IX. New Business**

- a. Mr. Sinnamon highlighted the Commission on Long-term Care Residences Outstanding employees that occurred before the County Board on November 9<sup>th</sup>.
- b. Ms. Bah-Duckenfield proposed meeting to discuss strategic planning individually with each Commissioner.

**X. Announcements and Public Comment**

Mr. Morris shared additional concerns about age-discrimination with respect to medical treatment and will follow up with Ms. Young about adding this topic to the Legislative committee agenda and possibly NVAN.

**XI. Adjournment**

The meeting concluded at 11:10 am.

**Next Meeting: Monday, December 19, 2016 at DHS**

**Topic: Transportation Updates from Arlington's Transportation Division**