



ARLINGTON COMMISSION ON AGING

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

PRESENT: Mitch Opalski, Erica Wood, Carl Brooks, Valerie Crotty, Jim Feaster, Gordon Hasenei, Pamela Hawkins, Cragg Hines, Cynthia Schneider, Sophie Shen, Martha Villanigro-Santiago, Martha Wilson, Laurie Young, Julia Chun Legislative Assistant to Senator Barbara Favola

MEMBERS EXCUSED: Mary Ann Johnson

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

GUESTS: Cheryl Beversdorf, Angela Chadbourne, Cindi Miller, Jennifer Collins, Alex Deffer, Hannah Withers, Robin Edwards, Gwendolyn Beck, Hershel Kanter

I. Call to Order and Welcome at 9:05 a.m.

II. Presentation from Kendall Lord – Associate Pastor - Elder Worship, Care, and Benevolent Fund. Cherrydale Baptist is a 104-year-old faith community with 627 members and six pastors who focus on shepherding and care assigned by affinity. Mr. Kendall Lord has been at the church for 23 years and both he and his wife serve the congregation. Mr. Lord serves as lead church worship and plays piano and organ. The church serves the community through its representation on the Cherrydale Nursing Home Community Advisory Board (CAB), as an Emergency shelter for Cherrydale should the need arise, meal ministry to members of the congregation experiencing significant life events, and a benevolence fund to support community members in need. The church has two groups for individuals with Parkinson's, an exercise group and a support group. Mr. Lord shared the story of a congregation member who was the victim of financial exploitation, but through the church and community supports she remains in the community. There was a discussion about outreach and partnership with other faith communities. Mr. Lord mentioned the Senior Pastor meets with other local faith leaders every Wednesday. He mentioned an upcoming event would be a holiday sing a long and suggested this type of event would be ideal for an ADSD presentation. There was a question about outreach to non-English speakers and Mr. Lord mentioned in the past, the church hosted an ESL course; some members are non-English speakers, and a Thai church meets at their site. He mentioned a Chinese speaking member and the church provides listening devices for translation services. More information can be located on their website, <https://www.cherrydale.org/>.

III. Approval of the July Meeting Minutes

Minutes were approved unanimously with one change in the Alliance for Senior Adult Programs liaison report from "held" to "will host a table" at the Arlington County Fair.

IV. Chair's Report

Mitch Opalski

- a. Chair Opalski shared a request from Culpepper Garden to endorse their pursuit of a local grant to fund a volunteer coordinator full-time position. The Commission voted to provide a letter of support.
- b. Chair Opalski recognized this meeting is his final as Chair. He expressed his appreciation and gratitude to current Commissioners Vice Chair Erica Wood, Patricia Sullivan, and Gordon Hasenei and their contributions. He thanked Joan McDermott, former Commission Chair, who helped prepare him for this role. He reflected on his recent interview on [Aging Matters](#) and shared how proud he is of this Commission and the work accomplished. He thanked and recognized the incoming leadership of Chair Laurie Young and Vice Chair

Jim Feaster. Vice Chair Wood expressed her gratitude to Chair Opalski and for all his hard work, dedication and service.

V. ADSD Staff Reports

Maimoona Bah-Duckenfield

- a. Ms. Bah-Duckenfield recognized those Commissioners whose terms are ending; thanking Chair Opalski for his leadership; Vice Chair Wood for her knowledge and passion about aging issues at all levels of governance; and Commissioner Hasenei for his contributions to outreach and engagement.
- b. Outreach:
 - i. Ms. Bah-Duckenfield shared highlights from the national n4a conference, including the award for outreach efforts. She and Ms. Sparico presented on Community Engagement and Emergency Preparedness for Older Adults.
 - ii. Handouts include: Legislative Forum and Emergency Preparedness for Older Adults and Vulnerable Populations, AAA Fall 2017 Newsletter, the Calendar of Events, and feedback from the 2017 Community Engagement forum for review.
- c. The first Chronic Disease Self-Management Program (CDSMP) graduation is tomorrow at the Carlin from 10am-noon.
- d. Share your ideas for future Commission meeting topics with Ms. Bah-Duckenfield; some suggestions included National Council on Aging, SAGE to discuss cultural competence on LGBTQ issues, Marymount on Falls Prevention, and an overview of the Arlington Agency on Aging.
- e. Interns Alex and Hannah, introduced at the start of the meeting, are second year graduate students from the George Mason School of Social Work: Social Change. Alex and Hannah will work with the Arlington AAA from September 2017 – May 2018.
- f. Senior Nutrition programs will transition to a new vendor for home-delivered meals, Social 60+ Cafés, and Walter Reed Adult Day program. Commissioner Young mentioned she would like to host a future meeting at a senior center and remain for lunch at one of the cafés.
- g. Ms. Booth, Division Chief for ADSD, mentioned additional funds for the RAFT program, new hires for the Developmental Disabilities team, and the county entering the early stages of the FY19 budget. Mr. Baker shared the County is implementing a new budgeting system.

VI. Committee Reports

- a. **Budget** (Mitch Opalski): County Manager plans to meet with Commission Chairs on Wednesday, September 27th from 8-9:30am at Courthouse plaza room 311. Chair-Elect Young plans to attend.
- b. **Legislative** (Laurie Young): Meetings focus on the NVAN platform and preparing for the Legislative Forum on Thursday, November 9th at Fairlington. The committee is in the process of sharing the NVAN priorities with elected officials. The NVAN breakfast is scheduled for the morning of Monday, October 2nd.
- c. **Long Term Care Residences** (Cyndy Schneider): Next meeting is October 11th at DHS at 4pm and will hear a presentation on Adult Protective Services.
- d. **Membership** (Sophie Shen): Received a number of applications and the board will vote on the nominations tomorrow. The nominees are Gwendolyn Beck, Hershel Kanter, Duke Taylor, Linc Cummings, and Cheryl Beversdorf.
- e. **Public Information & Outreach** (Gordon Hasenei): The committee met in August and September with outreach events throughout the summer and fall. Commissioner Hasenei will remain on the committee, but a new chair (Commissioner) is required.
- f. **New Media/Technology** (Laurie Young): Commissioner Shen will assume responsibilities upon Commissioner Young's transition to Chair.
- g. **Nominations** (Cragg Hines): see Membership report.
- h. **Senior Centers** (Valerie Crotty): see Senior Adult Council report.

- i. **Strategic Planning** (Mitch Opalski): see Chair's report.
- j. **Supportive Services and Housing** (Erica Wood): The Universal Design video is being shared in the community. Additional areas of focus include: Zoning and Variances, Accessory Dwelling Units, and Residential Parking. Commissioner Johnson will assume the role of committee chair when Vice Chair Wood terms off. Commissioner Wood mentioned September is Older Adults Mental Health Awareness month.
- k. **Transportation** (Cragg Hines): Next meeting is scheduled for September 19th from 1-2:30 pm and will focus on pedestrian safety and dangerous intersections.

VII. Liaison Reports

- a. **Alexandria Commission on Aging** (Mitch Opalski): Alexandria Commission on Aging met last week after taking July and August off for the summer.
- b. **Accessory Dwelling** (Martha Villanigro-Santiago): Commissioner Villanigro-Santiago shared the group is raising awareness through the November meeting when the final recommendations are shared with the County Board.
- c. **Alliance for Senior Programs/Senior Adult Council** (Cindi Miller): the MOA between Arlington County and the Alliance was approved at the County Board meeting on Saturday, September 16. The County Board endorsed the design for the Lubber Run Senior Center. Ms. Miller shared upcoming events, and that, as of today, OSAP is fully staffed.
- d. **Commonwealth Council on Aging** (Erica Wood): Meets on Wednesday, September 20th to vote and finalize the final report and policy platform, then meet with elected officials.
- e. **Interchurch Community Health Initiative** (Pamela Hawkins): No report.
- f. **Disability Advisory Commission** (Mary Ann Johnson): No report.
- g. **Arlington Neighborhood Village** (Vacant): Executive Director Michelle Brydges is no longer with the organization. Anita Walgreen will be the main point of contact until the position is filled.
- h. **Community Development Citizens Advisory Council** (Vacant): No report.
- i. **Emergency Preparedness Advisory Commission** (Valerie Crotty): No report.
- j. **Pedestrian Advisory Committee** (Jim Feaster): No report.
- k. **Steering Committee/Older Persons** (Gwendolyn Beck): The meeting on Friday, September 15th featured Autumn Campbell of n4a sharing updates about Federal legislation and budget issues that impact older adults.
- l. **Transit Advisory Committee** (Hershel Kanter): see Transportation report.
- m. **Coalition to Improve Advanced Care (CIAC)** (Joan McDermott): Ms. McDermott submitted her report electronically and shared by Chair Opalski. There will be an Advanced Directive Facilitator training at Marymount on October 24th to certify Respecting Choices instructors. The next meeting is scheduled for Tuesday, November 21st.

VIII. Old Business

IX. New Business

- a. Discussion and Vote for staff presentation on the County's [Residential Parking Workgroup Recommendations](#) – Erica Wood and Cragg Hines. Commissioner Wood shared information about the Residential Parking issue and will submit her report with the full Commission electronically. She shared Stephen Crim, Arlington County Principle Planner, met with the Supportive Services and Housing committee to provide an overview of this issue and the potential impact on older adults, affordable housing, aging in place and visitor parking. Commissioner Hines recommends the full Commission hear this presentation at the October meeting, voicing concerns about the number of spaces per

market rate unit depending on distance from metro, bike and car share spaces, and a lack of consideration for “missing middle” housing. Commissioner Feaster voiced concern about the impact on neighborhood parking if parking is eliminated from shared living situations.

- b. Letter of Support for Arlington County Grant to Northern VA Resource Center for Deaf and Hard of Hearing Persons. Chair Opalski shared an overview and a copy of the letter of support. Jennifer Collins shared that Department of Parks and Recreation (DPR) also wrote a letter of support. The motion passed unanimously.

X. Announcements and Public Comment

- a. Public Comment: Aleksander Belinskiy shared a handout with the Commission (see attached). He suggests looking at the Arlington County Affordable Housing Master Plan and voiced concern about accessible parking.
- b. On September 29th at 11am, Virginia Hospital Center will host the Attorney General’s office for a presentation on Fraud Protection and Prevention at the Carlin Springs campus.
- c. On behalf of ADSD and AAA, we would like to express our sincere gratitude to Mitch Opalski, Erica Wood, and Gordon Hasenei for their numerous contributions and solid commitment over the past 6 years. Arlington County has gained tremendously from their outstanding leadership, advocacy, and outreach efforts to create a more livable community for all!
- d. Aging Matters Minute is a new feature to be offered on Tuesdays mornings at 8am to highlight upcoming aging events.
- e. Advocacy Alert – Commissioner Young encouraged Commissioners to write, call and email elected officials to protect VICAP / Medicare Counseling.

XI. Adjournment at 11:12 a.m.

**Next Meeting: Monday, October 16th, 2017 at 9am at
DHS, 2100 Washington Blvd. Arlington VA 22204**