



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 September 19, 2016

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

EXCUSED: Gordon Hasenei, Pamela Hawkins, Barbara Favola, Laurie Young

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

GUESTS: Jennifer Collins, Neil Schmentti, Elizabeth Dakin, Lynwood Sinnamon, Adrienne Busmante,

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

II. Approval of July Meeting Minutes

Minutes were approved unanimously.

III. Culpepper Garden Renovation Project and Progress: Linda Kelleher – Executive Director of Arlington Retirement Housing Corporation, Judith Cabelli, Wesley Housing Development Corporation

The full presentation is attached. Ms. Kelleher, the first Executive Director of Culpepper Garden, shared updates about the upcoming renovations to Culpepper Garden I, the Independent Living wing of Culpepper Garden. Ms. Cabelli, Project Manager with Wesley Housing Development Corporation, shared information about Wesley Housing and their partnership with CG during the renovations. Priorities include: 1) ensuring residents continue to live at CG, 2) application pending for additional tenant protection vouchers, 3) completely renovate the building. Renovations are scheduled to begin next summer and expected to take 26 months. Wesley Housing Development dedicated a staff person to assist residents with coordination for renovations. Included in the budget is personnel to assist with packing and moving belongings for residents.

Ms. Kelleher requested this Commission prepare a letter of support to the County Board for \$9.4 AHIF request. Mr. Feaster asked about the timing of the renovations for the community center and Ms. Kelleher responded the timing is part of on-going discussions with the contractor, the residents, Parks and Recreation, and other partners. Ms. McDermott asked about the total number of accessible units; the target is between 5-10%. Ms. Wood voiced concern about the Personal Needs Allowance, \$82 for residents who reside in assisted-living facilities and receive auxiliary grant. Ms. Blake recommends beginning the discussion early to offer mental health and counseling supports to residents during this time of transition.

Contact information: Linda Kelleher, Executive Director, 571-970-1210, LKelleher@culpeppergarden.org. Judith Cabelli, 703-642-3830 x215, JCabelli@whdc.org.

IV. Chair's Report

Mitch Opalski

- a. Erica Wood appointment – the Virginia Governor recently appointed Ms. Wood to serve on the Commonwealth Council on Aging. The first meeting is September 21 and Ms. Wood will share updates at future COA meetings.
- b. Commission Chair breakfast with Board Liaison Christian Dorsey – scheduled for September 27th and Mr. Opalski plans to attend.
- c. Topic and speaker ideas – for future presentations please share ideas for future programs with Mr. Opalski.
- d. NVAN breakfast – scheduled for Monday, September 26th at 8am at the Marriott Fair Oaks to discuss the 2017 NVAN Platform with regional elected officials.
- e. Legislative Forum – scheduled for Monday, November 14th at 9:45am at the Fairlington Community Center and will be hosted by the Commissions on Aging of Arlington and Alexandria.
- f. Nominations for Chair and Vice-Chair – Mr. Opalski opened the floor for nominations, and volunteered to serve as Chair and Ms. Wood volunteered to serve as Vice-Chair for an additional year. The full slate which will include new members will be submitted at the October meeting.
- g. Recognition of the service of the three Commissioners who served full six-year terms: Joan McDermott (former Chair), Linc Cummings, and Lena Wang. Mr. Opalski and Ms. Bah-Duckenfield shared remarks and words of gratitude, and the three commissioners were presented with certificates of appreciation and county pins.

V. Staff Reports

- a. ADSD Staff report (Maimoona Bah-Duckenfield)
 - i. Ms. Bah-Duckenfield shared handouts which include: Committee and Liaison assignments, AARP Fall Workshops, Emergency Preparedness event scheduled for Wednesday, September 21 at 9:30am, and the Fall AAA Newsletter.
 - ii. The Beacon Expo is scheduled for Sunday, September 25th from noon-4pm at the Springfield Town Center.
 - iii. Commission on aging membership survey was distributed for all members to complete to ensure compliance with the Federal Older Americans Act.
- b. Glenda Blake shared updates that the RAFT program was awarded an additional \$100,000 by the state, and there will be a RAFT recognition by the CSB on Wednesday, September 21 at 7pm. Through a partnership with the Alzheimer's' Association training can be offered for caregivers of residents in long-term care settings. Ms. Blake shared Arlington Weaves, etc. (formerly Woodmont Weavers) will host an Open House in October 27th from 11am-1pm.
- c. Jim Baker informed the group that budget season for the FY18 budget will begin shortly and he will provide more information as it becomes available.

EXERCISE BREAK

VI. Committee Reports

- a. Budget (Mitch Opalski) – Mr. Opalski shared more information will be available at the October meeting.
- b. Legislative (Laurie Young) – Mr. Opalski reported for Ms. Young and highlighted the NVAN Breakfast on September 26th and the Legislative Forum for Monday, November 14th. The Legislative committee met Monday, September 12 and much of meeting focused on the status of our legislative forum to be held at Fairlington Community Center on

Monday, November 14th. A number of delegates responded that they plan to attend and we are still waiting to hear back from others. Please be sure to mark your calendars for Monday, November 14, at 10:00am. Doors open at 9:30am. We would love to have a strong turnout as many of our delegation are attending. It is a great time to educate about needs for the aging population.

- c. Membership (Linc Cumming) – There are four vacancies on the COA and interviews have been conducted with the slate scheduled to be presented to the county board this week.
- d. Public Information & Outreach (Gordon Hasenei) – Mr. Opalski reported for Mr. Hasenei that the 55+ Beacon Expo at Springfield Town Center on September 25th from noon-4pm. PIO represented the COA at the Arlington County Fair.
- e. New Media/Technology (Laurie Young) – No report.
- f. Senior Centers (Jim Feaster) – Mr. Feaster reports the committee visited three senior centers: Arlington Mill, Lee, and Aurora Hills. Ms. Collins reports Arlington Mill will have a new director. Renovations are scheduled to begin at Aurora Hills and are anticipated to be completed in six months.
- g. Strategic Planning (Mitch Opalski) – Mr. Opalski reports the COA is drafting the Age-Friendly application and continue to meet with County board members.
- h. Supportive Services and Housing (Erica Wood) – Ms. Wood reports the committee will meet on September 27th and Mary Lee Anderson, the Director of Senior Services of Alexandria will be the guest speaker. The committee will continue to make strides in the realtor project.
- i. Transportation (Cragg Hines) – Mr. Hines shared his topic for the next quarterly meeting, Car-free Arlington, is so popular that it may be Commission and/or County wide to maximize benefit and outreach.

VII. Liaison Reports

- a. Alexandria Commission on Aging (Mitch Opalski) – Mr. Cummings attended the most recent meeting and shared the presentation focused on Safe Streets.
- b. Alliance for Arlington Senior Programs (Norton Beckerman) – Mr. Beckerman is scheduled to resign effective October. The group is experiencing transition.
- c. Interchurch Community Health Initiative (Pamela Hawkins) – No report.
- d. Disability Advisory Commission (Mary Ann Johnson) – Next meeting is 9/20.
- e. Arlington Neighborhood Village (Patricia Sullivan) – Ms. Sullivan reports 173 members, and 105 volunteers continues to expand. The group is transitioning to a new director and in process of hiring a second staff person. ANV is seeking new board members.
- f. Community Development Citizens Advisory Council (Linc Cummings) – Mr. Cummings reports all the non-profits groups have submitted their proposals and the group is meeting weekly to review proposals and select those for funding.
- g. Emergency Preparedness Advisory Commission (Valerie Crotty) – Ms. Crotty encouraged all to invite friends, colleagues, professional to the Emergency Preparedness on 9/21.
- h. Long-term Care Residences Commission (Erica Wood and Linc Cummings) – See below.
- i. Pedestrian Advisory Committee (Jim Feaster) – The group met with a journalist in July to walk the Pedestrian crossing (Washington and Stafford, Washington, and Randolph) and expressed concerns about the dangers of speeding drivers.
- j. Real Estate Tax Relief Working Group (Patricia Sullivan) – Ms. Sullivan reports the committee is in the early stages of development and spends meetings learning more

information about the program, services, and goals. She distributed copies of her summary report on the work of this group.

- k. Senior Adult Council (Vacant) – Ms. Collins reports the next meeting is 9/21.
- l. Steering Committee/Older Persons (Lena Wang) – The September meeting focused on Hospice and End of Life care. The next meeting is scheduled for Friday, November 18th at 9:30am. Ms. Crotty suggested considering Hospice for a future COA meeting presentation.
- m. Transit Advisory Committee (Hershel Kanter) – No report.
- n. Coalition to Improve Advanced Care (CIAC) (Joan McDermott) – Ms. McDermott shared CIAC received a \$10,000 from Arlington Community Foundation to expand the website and offer trainings for faith community leaders, Interfaith Community Health Initiative (ICHI) members, human services workers, and additional interested individuals. Jennifer Tripkin, Marymount University, completed a survey of Culpepper Garden residents around end of life issues.

VIII. Old Business

- a. Metro accessible Senior Center – follow up from the July meeting. Ms. Bah-Duckenfield and Ms. Collins identified a needs assessment survey completed in 2016 that discussed metro accessibility for senior center. The Senior Center council will review the survey. Ms. Crotty asked about the demographics, including the proportion of seniors who completed the survey.

IX. New Business

- a. The October meeting will include a discussion about the Commission Advisory handbook.
- b. Mr. Opalski made a motion to draft a letter of support from Culpepper Garden's AHIF request to the County board. The motion was approved unanimously.
- c. Commission on Long-term Care Residences (CLTCR) Update – the CLTCR voted unanimously to explore merging / unifying with this Commission, due to a decline in membership, and difficulty recruiting and retaining members. Ms. Wood provided an update from the most recent CLTCR meeting and voiced support for the CLTCR serving as a committee within COA. Mr. Cummings reports the significant need to guide the County Board around long-term care community's needs, and both he and Ms. Wood would like to see a continued role of the liaisons to long-term care communities. Mr. Opalski mentioned, for comparison, that Alexandria Commission on Aging does not have a separate commission for long-term care communities. Ms. Bah-Duckenfield mentioned there is support for engaging in discussions that would reduce duplication and strengthen advocacy and outreach efforts for citizens of all ages. Mr. Opalski asked for a motion to enter into discussions (he and Ms. Wood would serve in this capacity) with the CLTCR around merging / unifying with the Commission on Aging, the motion was approved unanimously.

X. Announcements and Public Comment

XI. Adjournment

The meeting concluded at 11:07 am.

Next meeting: Monday, October 17th at DHS Auditorium