

Meeting Report
Arlington Senior Adult Council
Wednesday May 15, 2024
1st Draft

I. Call to Order, David Litman. At 1:00 p.m. SAC Chair, David Litman called the meeting to order. In addition to David, SAC Officers present were Secretary Tom Curtis, Vice Chair Marilyn Marten, and Treasurer Valerie Turner. Attending for Center Advisory Committees were Dee Bivens, Marge Corletti, Andres Izaguirre, Judy McVerry, and Linda Sholl. Doug Frost represented the Alliance for Arlington Senior Programs and Wendy Zenker represented Arlington Neighborhood Village. County staff included Sharleka Ashton, Jennifer Collins, Cory Cox, Ashley Gomez, Sidney Reid, Jessica Vasquez, and Jennifer Weber.

II. Secretary's Report, Tom Curtis. Tom presented the minutes of the March meeting, and they were approved.

III. Treasurer's Report, Valerie Turner. Treasurer Valerie Turner reported that the SAC has a current balance of \$3333.45. Valerie's full report is included in the Detailed Meeting Report (part 2 of these minutes).

IV. 55+ Program Manager Report, Jennifer Collins.

Jennifer informed the Council that the county board has approved the county Budget. The \$5 increase in the cost of the 55+ program annual fee was approved as part of the Budget. Jennifer also reported that senior fitness room hours at Langston Brown Will be restored when school resumes this fall. Jennifer's full report is included in the Detailed Meeting Report.

V. Alliance for Arlington Senior Programs Report, Doug Frost.

Alliance Chair Doug Frost reported on the ongoing internet access and computer training program. Participation remains strong, with 130 graduates (each receiving a free laptop) so far this year. Doug also mentioned that a priority for the Alliance is the upcoming 70th anniversary

celebration of the 55+program, along with the June fundraiser through Rocklands BBQ and the Spring Fling coming up at Lubber Run. Doug also announced the Alliance has made a grant to the Acoustic Café and is helping support the Volunteer Appreciation Luncheon.

Finally, Doug let center representatives know that the Alliance will provide a speaker to any center upon request to provide information or answer questions about the Alliance and its work.

VI. Advisory Committees Roundtable (See items VI a-f in the Detailed Meeting Report.

- a. Lubber Run (Dee Bivens).Langston Brown (Linda Sholl)
- b. Walter Reed (Judy McVerry)
- c. Aurora Hills (Marge Ginsberg)
- d. Langston Brown (Linda Sholl)
- e. Arlington Mill (No Report)
- f. Discussion and Next Steps (All)

VII. Old Business. David summarized the report of the most recent (April 17) meeting of the 70th anniversary planning committee. Jennifer Webber added that voting is underway for the 70th Anniversary movie, to be shown at 2:00 p.m. on August 2.

VIII. New Business. The slate of officers presented at the March meeting was approved: Marilyn Marten for another 2 year term as Vice Chair and Tom Curtis for another 2 year term as Secretary.

IX. Organization and Committee Reports (See items IX A-E in the detailed meeting report).

- a) Arlington Neighborhood Village (Wendy Zenker)
- b) Commission on Aging (Andrea Walker)
- c) Parks and Recreation (Dean Foster)
- d) Sports and Fitness (Don Hesse)
- e) Travel Committee (Jim Mason)

Next Executive Committee Meetings: June 12 and July 10.

Next Senior Adult Council Meeting: July 17.

DETAILED MEETING REPORT

SAC Meeting May 15, 2024

Note: item numbers correspond to numbers on the agenda.

III. Treasurer's Report Senior Adult Council April 30, 2024

Valerie Turner 703-489-3821

Bank Balance as of Mar 01, 2024: \$3,425.53 Apr 30, 2024:
\$3,333.45

Income: \$0.00 Income \$0.00

Expenses: \$90.08 Expenses \$0.00

Bank Balance as of Mar 31, 2024: \$3,335.45 Apr 30, 2024:
\$3,333.45. On Feb 16, 2024, \$30.31 was deposited thru PayPal not reported
on previous Treasury Report. Expenses for March for Flowers for Vera
Libeau as former long-term president of the SAC.

Arlington County Senior Centers Bank Balance

| Senior Center | Mar 1, 2024 | Income | Expenses | Apr 1, 2024 | Income | Expenses | Apr 30, 2024 |
|-----------------------|--------------------|-----------------|-----------------|-----------------|-----------------|-----------------|--------------------|
| Arlington Mill | \$967.06 | Inactive | Inactive | \$967.06 | Inactive | Inactive | \$967.06 |
| Aurora Hills | \$5,481.28 | \$814.37 | \$344.51 | \$5,951.14 | \$3,324.25 | \$868.41 | \$8,406.98 |
| Langston Brown | \$2,105.67 | \$500.00 | \$108.76 | \$2,496.91 | \$0.00 | \$0.00 | \$2,496.91 |
| Lubber Run | \$2,308.18 | \$0.00 | \$0.00 | \$2,308.18 | \$0.00 | \$0.00 | \$2,308.18 |
| Walter Reed | \$2,925.67 | \$323.00 | \$342.66 | \$2,906.01 | \$708.00 | \$281.90 | \$3,332.11 |
| Total | \$13,787.86 | \$1,637.37 | \$795.93 | \$14,629.30 | \$4,032.25 | \$1,150.31 | \$17,511.24 |

Aurora Hills – March income St. Patrick's Day Luncheon. Expenses Acoustic Hour, Mahjong pushers, supplies for special and decorations for special events. April income Trash & Treasure event sale. Expenses St. Patrick's Day luncheon and painted rocks supplies.

Langston Brown - March income The Alliance. Expenses snakes and Ukrainian eggs project.

Walter Reed – March income donations from Acoustic Café participants & a donation from Bill Guey-Lee. Expenses Acoustic Café performer, St. Patrick's Day and Arts and Crafts supplies. April income donations Acoustic Café patrons and AASP to Acoustic Café. Expenses Acoustic Café players and Arts & Crafts.

IV. 55+ Program Manager Report, Jennifer Collins.

V. Alliance for Arlington Senior Programs (Doug Frost).

VII. ADVISORY COMMITTEE ROUNDTABLE.

a. Lubber Run (Dee Bivens).

b. Walter Reed (Judy McVerry). The Garden Subcommittee is helping to host an afternoon tour of the Sensory Garden at Walter Reed on May 17 from 1-2:30 pm.

Our Acoustic Cafe program has received a matching funding grant from AASP for 2024/25. The grant, along with donations from audience members, will help ensure that the Cafe continues to bring quality musical performances to the community.

We will be hosting an Independence Day party on June 28th from 1-3 pm. Cake and ice cream will be served. The event is free.

c. Aurora Hills (Marge Ginsberg). Aurora Hills Report, May, 2024
Our big event during the past two months was our annual Trash and Treasure. Many people wandered through to make this a success. New this year we had a jewelry appraiser come to guide us on pricing and that was a big help.

Our Mother's Day Tea was a wonderful event.

Our Volunteer Celebration Event to honor those who volunteer at our center will take place June 5th..

Painting Patriotic Rocks, a new event that we're trying out, will take place on June 14th.

d. Langston Brown (Linda Sholl). The Langston-Brown 55+ Advisory Committee is sponsoring four events this summer:

1) Summer Trivia Social. Celebrate the start of summer with friends, trivia, snacks and fun! Sponsored by the Langston-Brown 55+ Advisory Committee. • June 21 Langston-Brown Friday 1:30-3 p.m. #914899-04 1 session

2) Games and Ice Cream. Fri., July 12, 10:30 a.m.-12:30 p.m. at Langston-Brown Come join friends for a morning of summer fun with games, music and ice cream in honor of National Parks and Recreation month! Sponsored by the Langston- The Brown 55+ Advisory Committee. Register: #914899-06

3) Create a Paracord Bracelet. Volunteer Carmela Miller will show you how to create your own unique and beautiful friendship bracelet from paracord. Supplies will be provided. Sponsored by the Langston-Brown 55+ Advisory Committee and the Alliance for Arlington Senior Programs. • June 6 Thursday 1:30-3 p.m. Langston-Brown #914310-01 1 session

4)Crochet a One-of-a-Kind Necklace. Carmela Miller, volunteer, will teach you how to crochet a beautiful necklace with ladder ribbon and a pendant. Basic knowledge of crocheting is necessary. All materials will be provided, but if you have a crochet hook (Boye size J USA) please bring it. Sponsored by the Langston-Brown 55+ Advisory Committee and the Alliance for Arlington Senior programs. • July 11 Thursday 1:30-3 p.m. Langston-Brown #914310-08 1 session.

e. Arlington Mill. Robin Scott was unable to attend and there is no report.

X. Organization and Committee Reports

A. Arlington Neighborhood Village (ANV), Wendy Zenker. Wendy described the 10th anniversary of ANV and some of its accomplishments, and passed out the following flyer:



B. Commission on Aging (Andrea Walker). Hi Folks, I wanted to let you know that I've resigned from the Com on Aging, effective June 30. I'll of course remain active in the very fine 55+ Program and will attend SAC meetings periodically.

But a promo for the Commission—why you want to know.

The Commission has not just the ear of the County Board but has a Board member as liaison. This year it is Libby Garvey. This means that your wants and needs can be transmitted to the County Board through the Commission.

The Commission's Age Friendly Arlington initiative (which has been fully adopted by the County Board) is in full swing with initiatives such as Wendy's Ambassador program and a very active promotion of senior housing and nursing home care. This includes being a voice for affordable units when senior housing is being planned; working with the County to incorporate universal design in its building codes (think walker/wheelchair accessibility); and working to get legislation passed to improve working conditions for nursing home staff (and by extension patient care).

And the Commission is doing much, much more.

C. Parks and Recreation.

D. Sports and Fitness. Don Hesse submitted the following report:

- I. 55+ Registration Schedule Change:
 - a. Starting May 2024, registration will open on the 3rd Tuesday of the month for Arlington residents and Thursday of the same week for non-county residents. Registration time will change to 12pm.
 - b. Registration for Summer programs will start on Tuesday, May 21st.

- II. 55+ Fitness Day and Health Fair:
 - a. Scheduled on May 29th at Lubber Run from 10am-noon. The event is free and open to all – no 55+ Pass required.
 - b. There will be vision and hearing screenings; fall risk assessments; fitness class demonstrations; Q&As with dieticians, pharmacists, insurance counselors and more. Event is in partnership with Virginia Hospital Center and Marymount.
- III. Pickleball: A representative mentioned that there had been talk about making pickleball a drop-in activity rather than requiring pre-registration. Folks using the Old Glebe courts were not happy to hear that.
- IV. Weight Room: Summer hours at Langston Brown will be from 9am-4pm Monday-Friday starting the day after school gets out.
- V. Aqua Classes: There will be no shallow water classes at Long Bridge until July due to the ongoing repairs at the facility. Deep water classes are still being held.
- VI. Biking Group: 10-15 people are participating on rides twice a month. The group is trying to add some social activities to rides such as stopping for coffee or lunch.
- VII. Golf: Golf is in full swing.
- VIII. Ice Skating: 30-35 skaters are showing up weekly.
- IX. Walking Clubs: 10-15 people are joining the walks. New forest meditation walks will be demonstrated in May
- X. Tennis: All is good on the tennis front.
- XI. 55+ 70th Anniversary events:
 - a. Movie at Arlington Cinema Drafthouse on August 22nd from 2pm-5pm. Transportation will be provided from Barcroft.
 - b. BBQ will be held on October 2nd at Lubber Run.
 - c. Sports & Fitness has discussed having a Zumba dance party in early September.
- XII. Next Meeting:
 - a. Sports & Fitness Committee meeting – June 17th at 11am at Lubber Run

E. Travel Committee (Sharleka Ashton). Sharleka reported that things are going smoothly with the 55+ travel program. There's a lot of enthusiasm building up for registration next week. The program is currently focusing on trips scheduled from September through November.

Here's a sneak peek at some of the upcoming adventures:

- Antietam Battlefield tour guided by DPR's Park Historian
- Fall Doo Wop Concert at American Musical Theatre
- Western Scenic Railroad Train Ride
- Beautiful: The Carol King Music at Riverside Center for Performing Arts
- Delaware Art Museum
- Hollywood Cemetery Tour
- Graves Mountain Apple Harvest Festival
- A Longwood Christmas

Volunteer Travel Leaders:

On May 22 the travel program will welcome and train three new volunteer travel leaders. With our expanding capacity for trip participants and the growing number of trips, the program is in need of additional volunteers. New volunteers are:

Tina Asinugo
Patricia Bullinger
Tom Curtis

End of SAC Summary and Detailed Meeting Report