

Final Minutes
Arlington Senior Adult Council
July 17, 2024

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 Vice Chair Marilyn Marton and Secretary Tom Curtis. Attending for Center Advisory Committees were Marge Corletti, Dorothy Sauer, Judy McVerry, and Linda Sholl. Doug Frost represented the Alliance for Arlington Senior Programs and Wendy Zenker represented Arlington Neighborhood Village. Don Hesse represented the Sports and Fitness Committee and Jim Mason represented the Travel Committee. County staff included Sharleka Ashton, Jennifer Collins, Cory Cox, Ashley Gomez, Sidney Reid, and Jessica Vasquez,

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 was absent but David Litman reported on her behalf that the SAC has a current balance of \$3,333.45. Valerie's full report is included in the Detailed Meeting Report (part 2 of these minutes).

IV. 55+ Program Manager Report, Jennifer Collins. See Jennifer's report in the Detailed Meeting Report, Item IV.

V. Alliance for Arlington Senior Programs Report, Doug Frost. Alliance Chair Doug Frost reported that the Alliance is focused on the upcoming 55+ 70th anniversary celebration and on the ongoing internet access and computer training program. Participation remains strong in the computer program, with 140 graduates (each receiving a free laptop) so far. The Alliance is seeking funding for a third year of this program.

Finally, Doug mentioned again 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. Special Topic Discussion: SAC and AC Leadership.

VII. Old Business. David summarized the current plans for the 70th anniversary celebration.

VIII. Advisory Committees Roundtable (see item VIII in the detailed meeting report).

IX. Organization and Committee Reports (see item IX in the detailed meeting report).

Next Executive Committee Meetings: August 14 and September 4

Next Senior Adult Council Meeting: September 11.

Note: item numbers correspond to numbers on the agenda.

Lubber Run – June expenses, get to know programs, Bi-lingual bingo, and a candy jar.

Walter Reed – May income Acoustic Café patrons, expenses Acoustic Café performers and Games. June income from donation from friend of Walter Reed and donations from Acoustic Café patrons. Expenses Pickleball and garden supplies, movies, and Acoustic Café performers.

The six-month reports from the senior center on donations and events during the period January thru June 2024, were forwarded to the Alliance on July 14, 2024.

IV. 55+ Program Manager Report, Jennifer Collins.

Staff Updates. Aurora Hills 55+ Director Lila Paig will be leaving. Her last day will be August 16th. Staff are working with HR to hire as soon as possible. Cory Cox is working on coverage for the center until we are able to hire a new director, which will probably be early fall.

September SAC meeting date Change. September's SAC meeting will be held on **Wednesday, September 11th** in the Magnolia Room. Please note the date change as it will not be on the third Wednesday of the month. DPR is having an all staff training that day so all programs will also be canceled that day.

Reminder: 55+ Registration Day and Time Change. In May, 55+ Programs moved the registration dates for county residents forward one day, from Wednesday to Tuesday. Registration for out-of-county members will remain on Thursdays. The reason for the change is due to the Vermont Systems production schedule. Usually, their updates are pushed out on Wednesdays and DPR is trying to avoid having registrations during that time as the updates can slow and complicate the registration process.

The registration time also moved to 12pm. This is consistent with the time DPR holds all other registrations and also addresses the issue of 10am being a popular class time at all the centers.

Upcoming Registration Dates:

Registration Type	Proposed Date, Time
55+ Classes FALL September/October/November (RES)	Tuesday, August 20, 2024, 12pm
55+ Classes FALL September/October/November (NR)	Thursday, August 22, 2024, 12pm
55+ Classes WINTER December 2024/January 2025/February 2025 (RES)	Tuesday, November 19, 2024, 12pm
55+ Classes WINTER December 2024/January 2025/February 2025 (NR)	Thursday, November 21, 2024, 12pm

V. Alliance for Arlington Senior Programs (Doug Frost). No written report.

VI. Special Topic Discussion: SAC and AC Leadership. After the SAC discussion David Litman submitted this written summary:

LEADERSHIP DEVELOPMENT/RECRUITMENT STRATEGIES FOR SAC AND ADVISORY COMMITTEES

- Develop a consistent recruiting pitch for volunteers – benefits, opportunities, etc.
- Develop a coordinated recruitment campaign with a message – target high volume power users and selected 55+ classes.
- Develop a flyer on Center, Advisory Committee and SAC volunteer opportunities to hand out at both 55+ and Non-55+ Events. Develop a list of venues/events which we can recruit at.
 - 70th Anniversary events
 - Community Center Fairs – e.g., health fairs
 - Senior Olympics
 - County Fair
 - Enjoy Arlington classes.
 - Civic Association meetings/newsletters
 - Evening 55+ events
 - Travel open house.
 - Libraries

- Develop a volunteer registry for 55+ Programs - sign up through Program Guide
- Identify one-time or short-term volunteer opportunities supporting Centers, Advisory Committees, and SAC.
- Identify tasks for at-large SAC participation.
- Invite Advisory Committee members or other 55+ members to come to a SAC meeting.
- Hold a 55+ Program session on SAC and Advisory Committees.
- Hold a 55+ Program session on volunteering – “now that you’ve retired”
- Have a volunteer “job fair” at each 55+ Center.
- Promote volunteer opportunities on social media (e.g., Next Door)
- Establish a leadership flow – i.e., Vice Chairs succeed to Chair position.

ACTION PLAN FOR FALL 2024

- Develop flyer and campaign message
- Identify highest priority events to target
- Develop volunteer registry format for Winter Guide
- Identify tasks for new volunteers supporting AC’s and SAC
- Develop a 55+ Program session on SAC and AC for the Winter (maybe a panel discussion?)

VII. Advisory Committee Roundtable.

a. Walter Reed (Judy McVerry). Judy McVerry reported that three Advisory Committee members received Leadership Awards at this year’s Leadership Luncheon: Carolyn Bainer was honored for her ongoing arts and crafts programs at Walter Reed, and Phil Rosen and Ed Girovasi were given awards for their efforts in finding musical talent for, and hosting, the monthly Acoustic Cafe performance at the center. efrpj

The Center’s Independence Day party, held June 28th, had lower than expected attendance. Attendees were entertained with a patriotic sing-along, a USA Bingo game, and ice cream cake.

Completed crafts projects from advisory group member Carolyn Bainer's arts&crafts classes are now on display in the front entrance display case at Walter Reed.

b. Aurora Hills (Marge Ginsberg). Marge reported that to celebrate Mother's Day, the center held its annual Mother's Day tea.

The center was hopping in June with three events taking place on June 14th. The center's volunteers were recognized with a speech, applause, and a wonderful cake.

At the same time, the ever popular Piano Lounge was happening.

In the back room members of the rock painting group were creating wonderful red, white and blue patriotic rocks for the garden or shelves.

July 19th is our Fun in the Park day with cooling drinks and outdoor games.

c. Arlington Mill (Robin Scott). No report.

d. Lubber Run (Dee Bivens). Dee reported that Lubber Run will be hosting a coffee discussion beginning in September from 9am - 10:30 on Mondays & Wednesdays.

The center will be having 3 acts in the Talent Show

The center will also feature Ken doing a special "Name That Tune" event with music from the 50's, 60's, 70's & 80's.

Finally, the Advisory Committee is beginning to work on projects for the winter quarter.

e Langston Brown (Linda Sholl). Linda submitted the following report: Rockland Fundraiser Update: We have not heard back from Rocklands regarding the amount of money we raised from them, but we made \$225 from the 50/50 drawing and \$60 from the donation Jar for a total of \$285. The winner of the drawing was Verna Miller, a 55+ member.

Every center provided volunteers so we will be dividing the proceeds among the five centers.

70th Anniversary planning for Langston-Brown. The LB Advisory Committee is sponsoring a pizza party on September 19th. There will be activities related to our high school years in the 40's, 50's, 60's, 70's, and 80's, such as trivia on events and dances from these decades.

“55+ Gives Back”: The link for giving on-line to AFAC has been set up and the plan is to collect boxes of cereal at LB Center events. More details to come.

X. Organization and Committee Reports

a. Arlington Neighborhood Village (ANV), Wendy Zenker. Wendy reported that mid-year stats for Arlington Neighborhood Village continue to show membership growth and strong service fulfillment. As of July 1, ANV has 426 members of which 160 are lower income seniors. In the first six months of the year, ANV fulfilled 2,000 service requests, most of which were for transportation to medical appointments or grocery shopping and prescription pickup. ANV members receive 55+ membership as a part of their ANV benefits package and we have a good working relationship with DPR staff to problem-solve any individual issues that arise. ANV members participated in two well-attended events at Lubber Run – the May Health and Wellness Fair and the June Senior Housing Fair. ANV's quarterly 55+ presentation is well-attended and a good vehicle for sharing information on services and volunteering with ANV. Thanks to Sheila and Jessica for their support!

b. Commission on Aging (No Report).

c. Parks and Recreation (No Report).

d. Sports and Fitness (Sidney Reed). Sidney reported that the Northern Virginia Senior Olympics (NVSO) will take place Sept. 14-29. Opening day will take place on 9/14 at Thomas Jefferson. Registration for the NVSO opened on July 1 and will close Aug. 29.

The personal training program was cut in the county's FY 25 budget. There were multiple comments on this in the public hearing.

Group Fitness is coming in the fall at Thomas Jefferson (with a max of 6) and at Madison (with a max of 8). Classes will be offered Monday-Fri at varying times including the evening to reach the working crowd. The series will be 6 sessions and will cost \$48 for the series.

A Sports and Fitness assistant will be starting soon, bringing experience in programming and special event planning

Bootcamp returned this summer to Walter Reed with a great turn out, with 24 people enrolled.

New classes coming in the fall-vinyasa yoga (Long Bridge), core conditioning and strength (WR), barre (Long Bridge), seated exercise (returning to Madison)

Another new program coming is Forest Bathing 101 (essentially mindfulness walks).

e. Travel Committee (Jim Mason). Jim reported that since Since we just closed out the County fiscal year, the Travel Advisory Committee thought it would be helpful to provide some FY23 year-end statistics about the program.

Between July 1, 2023 and June 30, 2024, the 55+ Program completed just under 120 trips. Under Leka's leadership, the program is gradually building up to where we were before Covid. For example, we started this fiscal year at about 7 trips per month, steadily increasing to the current 13-14 trips per month. To accommodate long waiting lists, the Travel Office has added additional trips for especially popular venues, such as to special exhibits at the Virginia Museum of Fine Arts and tours of Solomons Island.

Of course, we wouldn't have this program without our volunteers. Sharleka indicates that over the past year, volunteers donated approximately 2200 hours to lead trips and hikes, and other programs benefiting our County's seniors.

In addition to scheduling and overseeing these trips, the amazing Travel Office staff conducted approximately 135 virtual programs during the year, ranging from presentations on White House State dinners, to tips for serving as an estate executor, to reports on sobering recent visits to two Nazi concentration camps.

Finally, just a few more figures you may find interesting about the programs administered by the 55+ Travel Office:

Of the seniors participating this fiscal year:

- 2637 were female.
- 590 were male.
- 2850 were County residents.
- 377 were non-residents.
- 635 enrollees in these programs were first-timers, with a total enrollment of 3,227. And,
- The average age of program participants is 75.94!

In questions and answers it was confirmed that there will be no overnight trips sponsored by the 55+ travel program.

End of SAC Summary and Detailed Meeting Report