

Final Minutes
Arlington Senior Adult Council (SAC)
September 11, 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 Treasurer Valerie Turner. Attending for Center Advisory Committees were Marge Ginsburg, Judy McVerry, Robin Scott, Dee Bivens, 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, Ashley Gomez, Sidney Reid, April Rosenthal and Jessica Vasquez.

II. Secretary's Report, in Tom Curtis's absence, David Litman presented the minutes of the July meeting, and they were approved.

III. Treasurer's Report, Valerie Turner - Treasurer Valerie Turner reported 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 - Sharleka Ashton reported in Jennifer Collins' absence.

Sharleka reported the good news, that the August 22nd Movie at the Drafthouse was a grand success, and the bad news, that Shelia Budhoff is retiring. She also noted that the BBQ signup was over 100 that day, and on September 4th, a 'clean-up' was conducted at Lubber Run. The full 55+ Program Manager Report is in the Detailed Meeting Report, Item IV. (See Part 2 of these minutes).

V. Alliance for Arlington Senior Programs Report - Doug Frost

Doug brought the group up-to-date on AASP's Internet Access Program, now in its third year, providing free or low-cost internet to qualifying (low income) seniors, as well as training on use of a computer, and a tablet. Doug also raised issues that have been identified with use of the AASP on-line payment system, which provides a way for advance payment of Center programs sponsored by Committees. Chair David Litman suggested Committee Chairs seek input regarding use of the system and the issue will be re-visited at the November SAC meeting. The full AASP Report is in the Detailed Meeting Report, Item V. (See Part 2 of these minutes).

VI. Advisory Committee Roundtable - See Item VI in the detailed meeting report, contained in Part 2

VII. Old Business –

- a. The BBQ on October 2nd at Lubber Run is on track. All County Board Members plan to attend. Several organizations (ANV, SAC, AASP, Linda Sholl from Rocklands) will donate gift cards to use as prizes for BBQ events. AASP Chair Frost to coordinate purchases (paper products, drinks) at Costco, and work with County Staff for set-up. Parking is being coordinated as well since there is limited garage parking at the site.
- b. A New Years Celebration is planned for December 31st, at the Celtic House. Discussion centered around whether to continue with the present plan for inviting subsidized members of the Social Sixty cohort, since the present system does not reach the full Social Sixty cohort. Sidney Reid is coordinating the event.
- c. Chair David Litman suggested that Committees combine succession planning with their goal setting for the coming year, making an outreach event one of the goals for the year.

VIII. New Business -

- a. As noted above in Old Business, Chair David Litman suggested that Committees combine succession planning with their goal setting for the coming year, making an outreach event one of the goals for the year.

IX. Organization and Committee Reports (see item IX in the detailed meeting report, (See Part 2 of these minutes).

Next Executive Committee Meetings: October 9, and November 13, 2024

Next Senior Adult Council Meeting: November 20, 2024

PART 2

DETAILED MEETING REPORT SAC Meeting September 11, 2024

Note: item numbers correspond to numbers on the agenda.

III. Treasurer's Report, Valerie Turner.

Senior Adult Council

Bank Balance as of Jul 01, 2024:	\$3,335.45	Aug 1, 2024:	\$3,333.45
Income	\$0.00	Income	\$0.00
Expenses:	\$0.00	Expenses	\$0.00
Bank Balance as of Jul 31, 2024:	\$3,335.45	Aug 31, 2024:	\$3,333.45

Arlington County Senior Centers Bank Balance

Senior Center	Jul 1, 2024	Income	Expenses	Aug 1, 2024	Income	Expenses	Aug 31, 2024
Arlington Mill	\$967.06	\$0.00	\$249.56	\$717.50	\$0.00	\$0.00	\$717.50
Aurora Hills	\$9,329.65	\$0.00	\$147.02	\$9,182.63	\$0.00	\$393.56	\$8,789.07
Langston Brown	\$2,404.33	\$0.00	\$46.59	\$2,357.74	\$0.00	\$0.00	\$2,357.74
Lubber Run	\$2,240.05	\$0.00	\$0.00	\$2,240.05	\$0.00	\$0.00	\$2,240.05
Walter Reed	\$3,066.51	\$0.00	\$493.67	\$2,572.84	\$0.00	\$0.00	\$2,572.84
Total	\$18,007.60	\$0.00	\$936.84	\$17,070.76	\$0.00	\$393.56	\$16,677.20

Arlington Mill – July expenses. the Intergenerational Dance event.

Aurora Hill – July expenses supplies, food & drinks. August expenses food & drinks, bingo prizes, goodbye cards, supplies for ice cream social and piano events.

Langston Brown – July expenses egg dying supplies and a Summer Social event.

Walter Reed – July expenses movies, social times, arts and crafts and garden supplies.

IV. 55+ Program Manager Report, Sharleka Ashton

Recruitment:

- Application have been received for the Senior Center Director position an Aurora Hills and Publication Coordinator. Interviews will be in the upcoming weeks. The Assistant Travel Coordinator, held by Sheila Budoff will be recruiting. Sheila is retiring at the end of October.

70th Anniversary:

- **Movies:** On Thursday, August 22nd, over 60 participants attended the movie event at the Arlington Cinema Drafthouse. The group enjoyed watching Yesterday together. A big shout-out to Walter Reed Center Director Jennifer Weber for organizing this successful event, along with the 55+ staff for their support!
- **Marketing**
 - **Anniversary eNews:** On Sunday, Outreach Supervisor Jessica Vasquez and her team released a special edition of eNews in celebration of the 70th anniversary. Shout out to Jessica for a job well done.
- **Events and Programs**
 - **Lubber Run Playground Clean-Up Community Project (Completed)**
 - **Date:** Wed., Sept. 4th
 - **Culpepper Garden Senior Food Dive**
 - **Date:** Monday-Friday, Sept. 16th – 20th
 - **Time:** 9:00 am – 3:00 pm
 - **Location:** Lubber Run, Room 115
 - **Arlington Food Assistance Center Cereal Drive**
 - **Date:** September 1-30
 - **Time:** Varies
 - **Location:** Arlington 55+ Centers
 - **Tacos for Teens**
 - **Date:** Thurs., Sept. 26th
 - **Time:** 2:30 – 5:00 pm
 - **Location:** Arlington Mill
 - **55+ Gratitude Book**
 - Contact Sharleka Ashton at sashton@arlingtonva.us.



- **Picnic:** (Reported by 55+ Countywide Program Specialist Sidney Reid)
- **New Year's Eve:** (Reported by 55+ Countywide Program Specialist Sidney Reid)

Reminder:

Upcoming Registration Dates:

Registration Type	Proposed Date, Time
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 AASP (Doug Frost)

ALLIANCE FOR ARLINGTON SENIOR PROGRAMS
MONTHLY REPORT

- Doug Frost Chair of the Alliance reported that the Internet Access for Arlington Seniors Project had begun its third year of classes with the start of three new classes this Fall. To date the Alliance internet project has graduated more than 140 Arlington senior students, providing each with 18 hours of classes on computer training and a free laptop.
- Doug also reported that ticket sales for the Bar B Q on October 2nd were being processed by the Alliance online payment system but that purchases were lagging behind registrations and that those who sign up should remember to purchase their tickets as soon as possible.
- Doug asked Center Advisory Committee members to share with the Alliance if they were satisfied with the system and any suggestions for improvement.

VI. Advisory Committee Roundtable.

a. 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.

b. Langston Brown (Linda Sholl)

- 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.

c. Arlington Mill (Robin Scott)

- Carrie worked tirelessly to get SAIL to South Arlington and the Mill.
 - It started this week with a full class of 20 and there is a wait list.
- Foot Health program last night was attended by 22.
- Note - Appreciation to SAC/Alliance for all the support as we continue to grow programs.
- Intergenerational Dance in July was a huge success.
- Monthly Social last Friday was Retro Game themed. We had 15 attendees.
 - Carrie's husband refurbished an ATARI game console and generously loaned it to us for the Social. PAC MAN seemed to be especially popular!
 - Assortment of other retro board games were available to explore
 - We enjoyed retro snacks of deviled eggs and artichoke dip
- Senior Olympics at Arlington Mill on 9/20
 - Cornhole and
 - Crosswords
- Taco for Teens on 9/26
- Latin Dance Party on 9/27

d. 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.

e. 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.

IX. Organization and Committee Reports

a. Arlington Neighborhood Village (ANV), Wendy Zenker.

Arlington Neighborhood Village was pleased to host its annual picnic at the Bluemont Picnic Shelter on September 7; we had more than 100 attendees. The Picnic Shelter was great. We were slightly challenged by parking availability since there were a lot of soccer teams at the Park. We had previously had our picnics in the Spring and did not have a parking problem so we will likely try to schedule the picnic in June. On a separate note, ANV will be reaching out to DPR to talk about taking advantage of the low-income 55+ membership program. We have 170 members who are low income and we need to discuss if there is a manageable way to sign these members up in the 55+ program at the discounted rate.

b. Commission on Aging (No Report).

c. Parks and Recreation (No Report).

d. Sports and Fitness (Don Hesse)

- A new 55+ Sports and Fitness Program Assistant, Marc Hitzig, come on board last month to support Sidney Reid.
- Registration for Fall classes/programs began on Aug 20
- New Fall classes are:
 - a. Barre (Long Bridge)
 - b. Zumba Gold + Tone (Arlington Mill)
 - c. Core Conditioning and Strength (Walter Reed)
 - d. 55+ Group Training (TJ and Madison)
 - e. Vinyasa Yoga (Long Bridge)
 - f. Forest Bathing 101
- Senior Olympics Opening Day is scheduled the afternoon of Sep 14 at Thomas Jefferson

e. Travel Committee (Jim Mason/Sharleka Ashton)

- As you know, registration for our Fall trips began Tuesday, August 20 for Arlington residents and Thursday, August 22 for non-residents. We are happy to report that our seniors have quickly adapted to the new schedule and came out in full force to sign up for the Fall programs.
- Of the 42 travel opportunities offered in the Fall program guide (September, October, and November), 19 quickly sold out – almost half - with waiting lists for almost all of them. And many other trips are close to being full.
- This fall, we are offering trips that haven't been on our list since before Covid, such as a Chesapeake Bay Lighthouse cruise or a ride on the Western Maryland Scenic Railroad.

We are also offering new trips, such as a visit to the famous Hollywood Cemetery in Richmond and a tour of the Water Pollution Control Plant in Arlington.

- Our first sellout this fall was yesterday's trip to see the new exhibit at the National Gallery of Art, "Paris 1874: The Impressionist Moment", that, for the first time, brings together the major paintings featured in the first exhibition the so-called Impressionists. This will be one of the National Gallery's most popular exhibits in several years, and DC is the only U.S. stop. We encourage all of you to go check it out during its run through January 19th.
- Two other quick items to report:
 - The Travel Office just issued a new guide for travel leaders that updates our guidelines in light of new issues and experiences by our travel leaders and travelers. Leka has scheduled a special meeting of the Travel Leaders for September 23 to discuss these new guidelines and provide additional training.
 - Finally, please feel free to join us a week from tomorrow, Thursday, September 19, at 2:30 pm for a Travel Open House, which will be a meet and greet with light refreshments for both new and experienced travelers. Sharleka and Sheila will present the latest information about the 55+ Travel Program and participants will have the opportunity to ask their questions.

INFORMATION: The below is included for information as Committees develop plans/goals for the upcoming year. This was material developed by the SAC and summarized by the Chair.

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?)