

2nd Draft Minutes
Arlington Senior Adult Council (SAC)
Wednesday, March 19, 2025

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, Treasurer Valerie Turner and Secretary Tom Curtis. Representing Center Advisory Committees were Dee Bivens, Marge Corletti, Marge Ginsburg, Judy McVerry, and Linda Sholl. Doug Frost represented the Alliance for Arlington Senior Programs. Don Hesse represented the Sports and Fitness Committee and Wendy Zenker represented Arlington Neighborhood Village. From County Staff were Sharleka Ashton, Jennifer Collins, Cory Cox, Ashley Gomez, Kisha Holland, and Sidney Reid.

II. Secretary's Report. Minutes of the January 15, 2025 meeting were approved.

III. Treasurer's Report, Valerie Turner. Treasurer Valerie Turner reported that as of February the SAC had a balance of \$2804.88 Valerie's report was approved and is included in full in the Detailed Meeting Report (Part 2 of these minutes).

IV. 55+ Program Manager Report - Jennifer Collins. Jennifer made the following report on staffing:

1. Arlington Mill is in a transition period. Carrie Conley's last day as center director was on Friday March 7th.
2. Recruitment paperwork has been submitted to open the Program Director position and will be posted on March 21st.
3. Also we have submitted a PPA to have Mona Farah work as the Acting Director at AMCC until we fill that position.
4. Travel Staff Position - Sharleka received 199 applications and HR forwarded 70 of them. Sharleka plans to extend interviews to 5 candidates and start the first round of interviews next week.
5. Aurora Hills position - We continue to wait and see the outcome of the FY26 budget. Once that is finalized and a decision is made about AH going 5 days a week, we will start recruitment.
6. Kisha Holland, DPR Finance Officer, made a report on the departmental Budget as proposed by the county manager. A PDF summary of her report is attached to the email that sent you these minutes.

Alliance for Arlington Senior Programs Report (Doug Frost). Doug reported that the computer literacy program continues, and that the Alliance also seeks to

help Arlington seniors obtain internet service in their homes or apartments. Furthermore he noted that the Alliance is helping to support the Arlington Palooza Celebration upcoming on May 17. A description of this event can be found here: <https://www.arlingtonva.us/Government/Departments/Parks-Recreation/Arlington-Palooza>

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

VII. Old Business.

1. **SAC Web Presence.** David described the vision for a SAC “web presence” as an accesible repository for SAC bylaws, approved minutes, etc. County staff are working on a template which will be presented and discussed at an upcoming SAC meeting
2. **SAC Nominating Committee.** Tom Curtis reported that the Nomnating Committee (Dee Bivens, Marge Corletti, and himself) nominate Don Hesse for Chair and Anya Gan for Treasurer. Nominations can also be made from the floor when the election of a new Chair and a new Treasurer takes place at the next meeting, on May 21.

VIII. New Business. Sidney Reid discussed the upcoming Volunteer Luncheon and indicated that she is awaiting a response from the proposed venue (The Jefferson). The tentative date is June 26.

IX. Organization and Committee Reports. See Part 2 of these minutes.

Next Executive Committee Meetings: April 9 and May 14.

Next Senior Adult Council Meeting: May 21.

END OF MEETING SUMMARY (MINUTES PART 1)

PART 2

SAC DETAILED MEETING REPORT

March 19, 2025

Note: item numbers correspond to numbers on the agenda.

III. Treasurer's Report, Valerie Turner. (703) 489-3821

Senior Adult Council

Bank Balance as of Jan 1, 2025: \$5,004.07 Feb 1, 2025: \$2,804.88
Income: \$773.31 Income: \$0.00
Expenses: \$2,972.50 Expenses: \$0.00
Bank Balance as of Jan 31, 2025: \$2,804.88. Feb 28, 2025:
\$2,804.88

January expenses & income were from the New Year's Eve Party. Expenses are the bill from the Celtic House for the party. Deposits were from PayPal, and cash. In addition, a cash deposit from The Alliance to cover 50% of the cost of the party and was collected by the attendees.

Arlington County Senior Centers Bank Balance

Senior Center	Jan 1, 2025	Income	Expenses	Feb 1, 2025	Income	Expenses	Feb 28, 2025
Arlington Mill	\$919.24	\$0.00	\$0.00	\$919.24	\$0.00	\$0.00	\$919.24
Aurora Hills	\$7,517.63	\$0.00	\$13.47	\$7,504.16	\$0.00	\$150.70	\$7,353.46
Langston Brown	\$2,607.25	\$0.00	\$24.21	\$2,583.04	\$0.00	\$0.00	\$2,583.04
Lubber Run	\$2,517.05	\$0.00	\$0.00	\$2,517.05	\$0.00	\$0.00	\$2,517.05
Walter Reed	\$3,991.80	\$0.00	\$37.58	\$3,954.22	\$0.00	\$19.04	\$3,935.18
Total	\$17,552.97	\$0.00	\$75.26	\$17,477.71	\$0.00	\$169.74	\$17,307.97

Aurora Hills – January expenses fabric for ornaments workshop. February expenses Food, coffee and supplies.

Langston Brown – January expenses for refreshments.

Walter Reed – January expenses Arts and Crafts. February expenses cost of movies.

IV. 55+ Program Manager Report - Jennifer Collins. See Part 1 of these minutes.

VI. Advisory Committee Roundtable.

A. Lubber Run (Dee Bivens). The -Lubber Run Advisory Committee had a movie in February with 20 people attending.

We are planning a spring event called “A Taste of the Tropics” for April 11th with decorations, mocktails, fruit of the islands, music by a group playing Hawaiian music called “Ukulele Lele Hui” then a DJ will play music. We ask everyone to wear their best Hawaiian cloths because we will have prizes for the best ones. We invite everyone to come.

June will bring a crafts hour or so to decorate the wall in the Senior room. We’re calling in "Bare Foot & Beach” crafts.

B. Aurora Hills (Marge Ginsburg). Marge made the following report:

In February we had our Valentine Day Soiree with Vallerie Welsh playing romantic love songs.

Our very own, part-time director, Cory Coss, will present three lectures for Black History Month: African-American Woman Inventors, Black Inventors in American History, and History of the Civil Rights Movement.

The Center hosted a Travel Gurus presentation on a trip to Iceland.

We made ornamental star ornaments out of spring-like fabrics.

Our St. Paddy’s Luncheon on March 14 was very successful. We had 60 participants. We had two contests and because it was Pi Day, the prizes were apple pies.

The Center is gearing up for our Trash and Treasure Sale on April 26.

C. Walter Reed (Judy McVerry). We held our first Games Friendly fundraiser on March 4th. Thirty-one people registered for the event and 24 showed up to play.

Games choices were Samba, Mahjong, Rummikub, and 5 Crowns. The winners from each game had a play-off game of Bunco to determine the overall winner. A Silent Auction was held during the event. Registration fee was \$10. We raised a total of \$609.

On Monday, March 17th, we held our annual St. Patrick's Day party. We had approximately 70 attendees who were treated to holiday-decorated donuts and cookies, and green punch. Entertainment included an Irish dance lesson by Aurora Hills line dance instructor Suzie Pratts, and music performed by the all-women's Irish band, Malarkey. We also had a game of Irish Bingo, with a loaf of Irish Soda Bread and Irish cookies for the winners.

We have a Nominating Committee in place and a tentative slate ready for a vote in June for the Chair, Vice-chair, Co-Secretary, and Treasurer positions.

D. Langston Brown (Linda Sholl). The Rocklands Fundraiser will be held on June 3, 2025. I will be sending out a call for advisory committee volunteers in about a month.

Langston-Brown Projects are in full swing. The projects for which we provide the materials so the class can be free have been doing well with most having wait lists. We did an Evergreen wreath Making, Jigsaw puzzle contest and swap, and making a paracord bracelet. The spring we still have 2 sessions of Pysanky Ukrainian Easter Eggs and in the summer we are planning a woodcarving and beaded bracelet projects.

Our committee suggests a county-wide event to celebrate the 250th birthday of the USA next year.

E. Arlington Mill (Robin Scott). Arlington Mill has added a Make it Monday craft session on the 4th Monday of the month. Bring your own craft or use limited resources on hand.

Make-It Monday. Come work on your own craft projects or help create decorations for special events at Arlington Mill! Basic materials will be provided or bring your own. Donations of craft supplies are welcome. We're also seeking volunteers to assist with designing decorations. No formal instruction is offered or required, but this is a great opportunity to collaborate with fellow crafters. All skill levels are welcome! Meets on fourth Mondays. Open to all ages: no 55+ Pass required. No program 5/26.)

We are excited to be holding our first Supper Club on March 26th, sponsored by Advisory Committee and the Alliance for Arlington Senior Programs. Join us for a casual and fun dinner party with great company and conversation! Bring your own dinner, but drinks and dessert will be provided. It's the perfect way to get to know your neighbors and enjoy a relaxed, friendly evening together! The event is sponsored by the Arlington Mill 55+ Advisory Committee and the Alliance for Arlington Senior Programs. Register: #913899-03)

F. Discussion and Next Steps. In discusión, David suggested and others agreed that at the next meeting it would be productive to discuss “where the program should be” in 3 to 5 years. Are there things we are now doing that the 55+ community doesn't especially participate in, enjoy, or benefit from? Are we now not doing things the 55+ community would enjoy, participate in, and benefit from? How can we better “market” the 55+ program to make it more widely known to the population of Arlingtonians 55 and older?

IX. Organization and Committee Reports.

A. Arlington Neighborhood Village (Wendy Zenker). Wendy reported that ANV serves over 450 older adults, 45% of whom are low income, and has answered over 4400 service calls in the last year, many involving requests for transportation to medical appointments, etc. The Village needs and appreciates volunteer drivers.

B. Commission on Aging, William Way submitted the following report: The Commission on Aging held its 2025 Community Engagement Forum themed Safe at Home, at Macedonia Baptist Church on March 17, 2024. County Board members Mat de Ferranti and J.D. Spain attended with J.D. providing opening remarks. Forum speakers included Joanna Shin from True Ground Housing (building low income older adult rental units), Regine Gerard from Arlington County's Child and Family Services (assistance to older adults caring for grandchildren), Capt. Robert Bowen, Community Risk Reduction Program Manager for the Arlington County Fire Department (free home safety visits), and Sydney Palinkas, Dementia Education & Outreach Coordinator, RAFT (dementia risk and care).

Helen King, Area Agency on Aging Director, noted that the Aging and Disability Resource Center (ADRC) continues to experience an increase of walk-in services,

adding the top three service categories,. Making up to 82% of the requests received are food security, emergency financial assistance, and in-home services.

Ms. King reported the Virginia Governors Conference on Aging is scheduled for May 19 to May 20 at the Williamsburg Lodge in Williamsburg, Virginia, and noting the Executive Committee decided to cancel the May COA meeting so commissioners can consider attending the conference.

Ms. King announced that the Northern Virginia Aging Network (NVAN) participated in Older Virginians Day in Richmond on February 5, with Erica Wood and Terry Lynch joining more than 200 older adults in Richmond to meet with House and Senate delegates, the governor, and the attorney general.

Commission Chair Way reported the Executive Committee meeting focused on the top goals for 2024 and priorities for 2025 from the Age Friendly Arlington Plan. The following was provided by each of the committee chairs:

Aging Equity and Engagement: the 2024 goals included advocating for LGBTQ+ older adult programs and activities and pursuing partnerships with local organizations for the intergenerational connections through book clubs, podcasts, and murals. The committee plans to continue this work in 2025.

Health & Wellness: the 2024 goals are working to provide dental care resources to low-income adults and improving discharge coordination with Virginia Hospital Center. The committee plans to continue this work in 2025 along with identifying pathways to increase access to older adult mental health services.

Transportation: the 2024 goals focused on outreach to the Social 60+ Café patrons, and improving safety on sidewalks, especially near Social 60+ cafés and older adult residences. In 2025, the committee will expand outreach to the independent living residences for older adults and will advocate for frequent and reliable transportation for older adults through service on Arlington's Transportation Future Task Force.

Housing: the 2024 goals focused on inclusion of affordable units into planned housing projects and the finalization and use of the universal design checklist for residential developments to promote livability. The work will continue in 2025, along with the promotion of universal design in private residences by providing a guide to funding for home modifications.

Long Term Care: the 2024 goals included establishing community advisory councils to bridge long term care facilities and community and tracking and highlighting nursing home ownership and management information for better public understanding. They will continue this work in 2025.

Age Friendly Arlington Plan:

<https://www.arlingtonva.us/files/sharedassets/public/v/1/commissions/coa/arlington-county-age-friendly-five-year-plan-2023-2028-final.pdf>

C. Parks and Recreation. (No Report).

D. Sports and Fitness (Don Hesse). 55+ Sports & Fitness Advisory Committee Notes, February 17, 2025.

- I. Classes in the Spring (March-May):
 - a. The Spring Guide will be available online this week
 - b. Registration for Arlington residents will start at noon on February 25th
 - c. Early class (6-7am) Cardio Kickboxing @ Long Bridge on Tuesdays
 - d. Early class (6-7am) Deep Water Aqua @ Long Bridge on Mondays
 - e. Qi Gong
 - i. Mondays from 10am-11am @ Walter Reed
 - ii. Mondays from 8:30am-9:30am @ Arlington Mill
 - f. Advanced Mat Pilates @ Walter Reed on Tuesdays from 8:45am-9:30am (in the gym for up to 25 people)
 - g. Water Fit and Tone @ Long Bridge Wednesdays 11:10am-12:10pm
 - h. Unwind and Stretch @ Long Bridge Tuesdays from 3:15pm-4:15pm
 - i. There will not be pickleball instruction in the Spring.
 - j. 55+ Group Training at Madison and TJ will be offered for 12 weeks instead of two 6-week sessions.
 - k. Zumba Gold and Toning returns to Arlington Mill on Tuesdays from 5pm-6pm
- II. Pickleball: August 8th is National Pickleball Day
- III. Weight Room: The Langston Brown weight room will be available from 9am-3:30pm on the following days since school will not be in session: March 14, March 31, April 14, April 21 and from June 20 on when school lets out for the summer.
- IV. Aqua Classes are going well.
- V. Biking Group will start back in the spring with rides every other week.
- VI. Golf will begin again in late March.
- VII. Ice Skating: 40-45 skaters are showing up weekly.
- VIII. Walking Clubs: There have been limited walks due to weather and holidays.

- IX. Northern Virginia Senior Olympics registration is from July 7th- August 29th
 - a. Games will begin on September 13th and run through September 30th.
 - b. No events on September 23rd or 24th because of Rosh Hashanah.
- X. Upcoming Special Events:
 - a. 55+ Fitness Day and Health Fair planned for 5/28/2025 at Lubber Run from 11am-1pm.
 - b. Arlington Palooza is scheduled for 5/17/2025 at Lubber Run.
 - i. Block party with live music, dancing, food trucks, crafts and more!
 - ii. Will feature 55+ musical acts, fitness demos, and line dance instruction.
- XI. Next Meetings:
 - a. Senior Adult Council – 3/19/2025 at 1pm at Lubber Run
 - b. Sports & Fitness Committee meeting – 4/21/2025 at 11am at Lubber Run

D. Travel Committee (Sharleka Ashton). Sharleka made the following report for the travel committee. In March eleven trips were scheduled with two cancellations. Six held so far were full or almost full:

1. St. Patrick Day Lunch at The Celtic House
2. Kennedy Center Coffee Concert
3. Maple Sugar Festival
4. MGM Casino and Tanger Outlets
5. James Monroe's Highland Tour
6. Age of Innocence at Arena Stage

April Trips Update: Thirteen trips are scheduled, with eleven full or almost full:

1. The Wharf DC
2. Chancellorsville Battlefield Tour
3. The Rose Gaming Resort
4. Frida Beyond the Myth exhibit at Virginia Museum of Fine Arts
5. Kennedy Center Coffee Concert
6. C.S. Lewis and The Myth that Became Fact exhibit at Museum of the Bible
7. Jesus Christ Superstar at Riverside
8. Arlington Water Pollution Plant (2 Buses)
9. Nationals vs Mets
10. Smithsonian National Zoo
11. Historic Garden Week

May Trips Update: Ten trips are scheduled. Seven of them are full or almost full:

1. Kennedy Center Coffee Concert
2. 86th Annual Flower Mart
3. Frida Beyond the Myth exhibit at Virginia Museum of Fine Arts
4. Union Market
5. Maryland Live! Casino
6. Chanticleer Garden Tour
7. Setting Sail: The Story of Sea and Cloud at Hillwood Gardens

END OF SAC MINUTES PART 2