

MINUTES OF THE SENIOR ADULT COUNCIL MEETING

MAY 21, 2025 – LUBBER RUN COMMUNITY CENTER

- I. **Call to Order, David Litman.** At 1:03 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. Representing Center Advisory Committees were Dee Bivens, Marge Corletti, Marge Ginsburg, Judy McVerry, Robin Scott, and Linda Sholl. Doug Frost represented the Alliance for Arlington Senior Programs. Don Hesse represented the Sports and Fitness Committee and Jim Mason represented the Travel Committee. Representing County Staff were Jennifer Collins, Cory Cox, Ashley Gomez, Sidney Reid, Sharkleka Ashton, and Jessica Vasquez. Also attending Anya Gan, who was nominated to be the new SAC Treasurer, pending election at the end of the meeting.
- II. **Secretary's Report.** Minutes of the March, 2024 meeting were approved.
- III. **Treasurer's Report, Valerie Turner** - Treasurer Valerie Turner reported that as of April 30, 2025, the SAC had a balance of \$\$2,804.88. Valerie also noted that she will be leaving the Treasurer's job very soon—election permitting—and feels more than confident about her replacement, Anya Gan. Valerie's report, covering the months of March and April, 2025, was approved and is included in full in the Detailed Meeting Report (Part 2 of these minutes).
- IV. **IV. 55+ Program Manager Report - Jennifer Collins.** Jennifer discussed where she and the County are in their recruitment efforts at Langston Brown, Arlington Mill, and Aurora Hills, noting that the County determined not to increase Aurora Hills director slot to five days a week. But, she had good news that Brittany Martin is joining her staff as the new travel person. Welcome, Brittany! Jennifer also reminded everyone that the Volunteer Luncheon will be at the Jefferson on June 26th. She also suggested everyone look at the Community Picnic event scheduled for June 20th at Lubber Run (see page 8 of the Catalog). Her full report is in Part 2 of these minutes.
- V. **V. Alliance for Arlington Senior Programs Report (Doug Frost).** Doug reported on the continuing computer literacy program, and his recruiting for new members of AASP. See his detailed report in 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. Election of Officers

The slate of Donald Hesse, for Chair, and Anya Gan, for Treasurer, was adopted. They will be sworn in at the June 26th Volunteer Luncheon.

b. Jessica Vasquez reported that she is close to completing a SAC webpage and will soon be circulating a DRAFT.

VIII. New Business - David Litman.

State of the SAC and Advisory Committees and where we go from here

- i. New Sac Volunteer Positions
- ii. Attracting former Federal employees

A broad-ranging discussion of these issues ensued. David Litman noted that while we were probably very good at identifying and achieving tactical goals for the SAC these past few years, we were not as successful with strategic goals.

A large issue looms and that is attracting 'younger' 55+ members, noting that many of this group might still be employed, hence a need to look at evening and weekend activities.

To enhance the SAC's viability in the next years, David developed, and the Committee approved, the description and addition of two new SAC members: Communication and Outreach and Special Events. A copy of the 'position description' for these two additional SAC members is attached at the end of these minutes. It was also suggested that this opportunity be mentioned at the upcoming Volunteer Luncheon.

David's summary of our broad-reaching discussion follows:

"WHERE WE GO FROM HERE"

- Agreed to advertise 2 additional SAC positions: 1) Communications and Outreach, and 2) Special Events.
 - Positions will be for 2 years with mutual option to renew
 - Positions will be advertised in E Newsletter and Program Guide as well as posted at 55+ Centers.
 - Robin Scott volunteered to fill the Communications and Outreach position.
 - Members agreed that a second person in this critical role would be useful so we will still advertise for 2 positions.
- SAC Members, 55+ Staff, and Advisory Committees will work together to identify opportunities to reach recently retired Federal workers.
 - Piggyback on existing County initiatives to help former Federal workers.
 - Explore possibility of allowing former Federal workers in the 50-55 age range to participate in 55+ Program.
 - Explore possible special membership category for former Federal workers with free membership for 1 year.

- Initiate efforts to determine if the programs we offer appeal to the current 55 to 65 age demographic.
 - Can we identify members by age range so we can do focus groups and/or surveys?
 - Possible activities/programs might include: learning a new skill, keeping up to date with technology, weekend and evening programs, meet ups.
- Make efforts to reach beyond the traditional program venues to advertise and promote the programs.
 - Update and broaden distribution of 55+ brochures.
 - Develop a list of events across the County where 55+ Program could have a representative and coordinate participation by SAC members and AC members.
 - Look at cross age venues such as Farmer's Markets as younger Arlingtonians may know seniors who could benefit from the 55+ Program.
- What should the Advisory Committees be doing?
 - AC's are very good at the core functions of keeping 55+ Programs going at their Centers – raising funds, helping plan activities, supporting the Center Director.
 - AC's need to focus some energy on pursuing the strategies discussed above such as attracting new people and identifying new types of activities for growing the 55+ Programs as well.
 - The shift from "going" to "growing" will be critical for keeping the 55+ Programs vital and relevant.

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

Next Executive Committee Meetings: June 11th and July 9th

Next Senior Adult Council Meeting: July 16th

END OF PART 1 - MEETING SUMMARY

PART 2

SAC DETAILED MEETING REPORT

May 21, 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 Mar 1, 2025:	\$2,804.88	Apr 1, 2025:	\$2,804.88
Income:	\$0.00	Income	\$0.00
Expenses:	\$0.00	Expenses	\$0.00
Bank Balance as of Mar 31, 2025:	\$2,804.88.	April 30, 2025:	\$2,804.88

Arlington County Senior Centers Bank Balance

Senior Center	Mar 1, 2025	Income	Expenses	Apr 1, 2025	Income	Expenses	April 30, 2025
Arlington Mill	\$919.24	\$0.00	\$49.85	\$869.39	\$0.00	\$0.00	\$869.39
Aurora Hills	\$7,353.46	\$167.75	\$1,116.33	\$6,404.88	\$3,834.50	\$81.47	\$10,157.91
Langston Brown	\$2,583.04	\$0.00	\$0.00	\$2,583.04	\$0.00	\$374.56	\$2,208.48
Lubber Run	\$2,517.05	\$0.00	\$0.00	\$2,517.05	\$0.00	\$424.70	\$2,092.35
Walter Reed	\$3,935.18	\$1,029.32	\$599.13	\$4,365.37	\$224.00	\$296.08	\$4,293.29
Total	\$17,307.97	\$1,197.07	\$1,765.31	\$16,739.73	\$4,058.50	\$1,176.81	\$19,621.42

Arlington Mill – March expenses: January social.

Aurora Hills – March expenses: Donation lockbox, St. Patrick's Day Luncheon, gift cards, food & drinks, games and supplies. April expenses: coffee, and popcorn. Income: Coffee bar donations and Trash and Treasure fundraiser sale.

Lubber Run –April expenses: Feb movie refreshments, APR Tropical Event entertainment, refreshments and decorations.

Langston Brown – April expenses: Refreshments, posters and projects.

Walter Reed – March expenses: Movies, games, social, and Acoustic Café performers. Income Games Friendly and Silent Auction fundraiser, donation and Acoustic Café patrons. April expenses: Acoustic Café performers, Arts & crafts and social. Incomes Acoustic Café patrons.

IV. 55+ Program Manager Report - Jennifer Collins. Jennifer submitted the following full report:

Hiring Updates

LBCC Social 60+ Program Coordinator: We finished interviews and have offered the position to a candidate. We are working with HR to finalize paperwork in hopes of bringing this person on early June so they have some overlap with Cindy Leiva before she retires on June 13th.

AMCC 55+ Center Director: We have selected a candidate for the Arlington Mill position and are working with HR to prepare the offer letter.

In the meantime, Mona Farah from Walter Reed has been the Acting Director at AMCC for almost 2 months now and has been doing a great job.

Aurora Hills 55+ Center Director: The position has been live for recruitment since May 9th and closes Thursday, May 22nd at 11:55pm. Aurora Hills seniors have extended their appreciation to Program Assistant Marc Hitzig, who continues to excel as the center's substitute until a new director is hired.

Once Cory received the applications, he plans to start interviews as soon as possible.

Travel: Brittany Martin will begin her role as the new Travel Program Assistant on Monday, May 19th. The 55+ Travel Program is excited to welcome her aboard.

Brittany brings great energy, a passion for helping others, and a commitment to enhancing the travel experiences for our 55+ community. We're so happy to welcome her aboard and look forward to the creativity, care, and support she'll bring to our programs.

Born and raised in Washington DC. Began her journey with Arlington County in libraries (Columbia Pike, Aurora Hills) and spent the last 3 years with DPR registration office. She is a honors student at the University of Maryland in the final year obtaining her Bachelors in History. In her free time, she enjoys crafting, collecting vinyl and having passionate discussion on football! (Go Commanders!)

Please join me in giving her a warm welcome!

To help ensure a smooth onboarding process, former Travel Program Assistant Sheila Budoff will assist with her training next week. Sheila's firsthand experience and familiarity with the role will be invaluable in helping Brittany get up to speed quickly. The 55+ Travel Program is grateful for Sheila's continued support during this transition and looks forward to Brittany's contributions in the weeks ahead.

2025 Leadership Luncheon- Thursday, June 26th

We are excited to be back at the Jefferson for the annual 55+ Leadership Luncheon. Invitations have been sent out. Please be sure to RSVP by June 9th. Currently all 5 County Board members has said they plan to attend.

Annual Outcomes Survey

We need everyone's help in encouraging 55+ participants to fill out the annual 55+ Outcome Survey. This information is used for our end of year reports and performance measures.

Survey can be found at the centers or by going to the following link:

<https://us.openforms.com/Form/efa6d4c2-7463-4b6f-9d3a-3be94bac7313>



	55+	Gold	Total by age breakdown
55-64	371	1658	2029
65-74	876	1690	2566
75-84	891	889	1780
85-94	239	112	351
95+	17	4	21
Total	2394	4353	6747
Total			6747

largest age group

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

1. Thanked and congratulated Valerie Turner and David Litman for their service on the SAC.
2. Attended Arlington Palooza on the 17th.

3. Internet Access for Arlington Seniors Program still going strong. The second year of in-person training classes ended this month. AASP working/cooperating with Arlington's Digital Equity Coalition
4. The Alliance is looking for new members for the AASP Board of Directors.
5. Reminder: the new Summer Catalog has events that can be paid for via the AASP online payment system, using either a credit card or PayPal. Directions on how to access, make payments, in the Catalog.

VI. Advisory Committee Roundtable.

A. Langston Brown (Linda Sholl).

- **Rockland Fundraiser:** June 3, 2025
 - The Rockland fundraiser is coming along well, I have contacted the volunteers and am working on a schedule to send out shortly. I also want to thank Jessica for her work on preparing the advertising material for the event and getting the word out for us. The event would not be a success without her assistance.
- **Summer Bingo with a Purpose:**
 - Fri., Aug. 8, 1:30-3 p.m. at Langston-Brown Join us for an afternoon of Bingo fun with prizes while supporting local high school students! Bring a donation of school supplies to the event or drop them off in the box in the Langston Brown senior room during the month of August. Sponsored by the Langston-Brown 55+ Advisory Committee. Register: #914600-08
- **Acoustic Afternoon:**
 - Enjoy an afternoon of live acoustic music performed by Arlington residents Ed Girovasi, Judy McVerry and Cameron Fletcher. The event will feature classic pop, folk and blues favorites from across the decades. Refreshments provided by the Langston-Brown 55+ Advisory Committee. • July 16 Wednesday 2-3 p.m. Langston-Brown #914301-02 1 session.

B. Arlington Mill (Robin Scott). No report. Robin noted AM continues with Walking Groups and they plan a Dance for the Decades

C. Lubber Run (Dee Bivens). No report. Dee noted that she would be departing her position, no replacement at this point. Also noted their event Piece of the Tropics was well attended with some 60 people.

D. Walter Reed (Judy McVerry).

1. Officers for the new two-year term were voted in:
 - Chair: Judy McVerry (returning)
 - Vice-Chair: Ginna Schneider (returning)
 - Treasurer: Billy Guey-Lee (new)

Co-Secretary: Liz Licher (returning)
Co-Secretary: Elaine Eder (new)

2. Input for Advisory Committee Roundtable issue of where do we see the 55+ program in 5 years and how do we build its appeal to all 55+ individuals:

--More advertising in cross-age venues, e.g., farmer's markets.
--Offer more daytime trips and possibly some overnight trips.
(Note: Loudoun County has overnight trips for seniors)
--For eligible 55+ individuals who still work and cannot participate in weekday activities, offer more weekend activities. One idea would be weekend Pickleball classes.
--Considering the number of 55+ members who provide daytime care for young grandchildren, offer some "grandparent & grandchild" programs on weekdays.
--Survey the new younger members as to what they would like to see.
--Evaluate whether our programs are designed to appeal to both younger and older members of the 55+ Program. What are we currently doing to specifically identify new and different interests of the younger end of the 55+ age range?

E. Aurora Hills (Marge Ginsburg).

--We continue the intergenerational story time. We have approximately 35 attendees.
--At the end of March, we hosted Caring for Dementia, a four hour session hosted by VHC.
--April was our Trash and Treasure. It was quite successful.
--We celebrated Mother's Day with a tea last week.
--and....the new Chair is Claire Bannon!

IX. Organization and Committee Reports

A. Arlington Neighborhood Village (ANV). No Report.

B. Commission on Aging. (No Report).

C. Parks and Recreation. (No Report).

D. Sports and Fitness. Don Hesse reported:

- I. Registration for Summer classes started on Tuesday, May 20 for Arlington County members.
- II. Fees for 55+ memberships and drop-in classes increase beginning on July 1. Other class fees will not increase until the Fall.

III. Fitness Day and Health Fair will be held on Wednesday, May 28th from 11am until 1pm at Lubber Run. Fitness demos will be held for Tai Chi, Total Body Fitness, and Cardio Kickboxing. The Fair is open to all.

E. Travel Committee. Sharleka Ashton reported:

Hiring Update:

Our biggest news is the hiring of the Travel Program Office's new Travel Assistant, Ms. Britany Martin, who started her new position just two days ago (Monday, May 19). The Travel Advisory Committee and Travel Leaders are thrilled to have her onboard and look forward to working with her, although I'm sure we're not half as thrilled as Leka, who has been juggling at least two jobs since last fall.

Summer Travel Program Opportunities

Registration for our Summer travel program began yesterday for Arlington residents. We have 11 trips scheduled for June, 11 for July, and 12 for August. Non-county residents may begin signing up for trips at noon tomorrow (Thursday, May 22).

Registration has already been extremely busy. Here is the current status:

Full Trips:

- 7/15 Luray Caverns
- 7/25 Choptank Riverboat Lunch Cruise
- 8/1 Glenstone Museum Tour
- 8/13 Basilica of the Nations Shrine of the Immaculate Conception Tour
- 8/25 Supreme Court Tour
- 8/27 American Landscapes in the Watercolor from the Corcoran Collection at National Gallery of Art

Near full:

- 6/30 Smithsonian National Zoological Park
- 7/2 "Give Me Liberty" exhibit at the Virginia Museum of History and Culture

There are many other great trips for the summer as well, including:

- 6/18 Trip to the Riverside Center for Performing Arts in Fredericksburg to see "To Kill A Mockingbird"
- 6/24 Tour of the Hershey Gardens in Pennsylvania
- 7/30 Tour of the beautiful Pennsylvania State Capitol
- 7/19 and August 23 "Day on the Bay" boat trip to St. Michaels

ADDENDA

Position Description for Senior Adult Council Volunteers

SENIOR ADULT COUNCIL VOLUNTEER POSITIONS

The Senior Adult Council (SAC) is looking to fill two volunteer positions/roles.

SAC assists and advises the Arlington County Office of 55+ Programs in carrying out its mission to foster an environment that brings together senior adults in a positive atmosphere, encourages independence and well-being, and promotes the cultural richness of Arlington County. SAC works with the 55+ Center Advisory Committees to plan, sponsor and provide leadership for both Countywide activities and activities managed by the Center Advisory Committees for 55+ adults.

SAC has identified 2 areas where it could use additional support and expertise to accomplish these objectives and is seeking volunteers to become SAC members to fulfill these roles:

Communication and Outreach: This individual will work with County staff and SAC and Center Advisory Committee members to coordinate, develop, and implement strategies to strengthen and grow the 55+ Programs by communicating more effectively utilizing both existing and new communication tools including web sites, electronic newsletters, printed materials, etc. Goals including increasing awareness of the 55+ Programs, attracting new members, and increasing participation in the programs by diverse and underserved populations.

Special Events: This individual will work with County staff and SAC and Center Advisory Committee members to help plan and implement special events for 55+ Programs membership. Typical events include a New Year's Eve celebration or Countywide celebrations of notable occasions.

To qualify for these positions, individuals must be 55+ Members or be willing to become 55+ Members and reside in Arlington County.

Volunteers for these positions will be appointed to the SAC for a two-year term with the option to renew through mutual consent of the parties.

The expected time commitment for volunteers is about 2 hours per month plus attendance at SAC meetings for 1.5 hours every other month.

If you are interested in volunteering for either of these roles or want more information, please send an email to 55plus@arlingtonva.us.