



**ARLINGTON COMMISSION ON LONG-TERM CARE RESIDENCES**  
c/o Agency on Aging, DHS  
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**Meeting Summary**  
**DHS Auditorium, 2100 Washington Blvd., Arlington, VA 22204**  
**September 14, 2016**

**PRESENT:** Cynthia Schneider, Joy Nathan, Martha Wilson, Alice Paxton

**EXCUSED:** Claire Jacobsen

**ABSENT:** George Kelly

**STAFF:** Maimoona Bah-Duckenfield, Rachel Sparico

**GUESTS:** Karen Elrod (Ombudsman), Heather Price (Ombudsman), Erica Wood (COA), Neil Schimmenti, John Duran

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**I. Called to Order at 6:38 p.m. and Introductions of guests**

**II. Strategic Planning 2016/2017**

Ms. Schneider opened the meeting by discussing the current membership (five – following Alice's term completion 09/30/2016) and difficulty recruiting new members. Ms. Schneider recognized Alice Paxton for her work and efforts over the past 3 years. Ms. Schneider mentioned the impact of fewer members' results in liaison vacancies at long-term care (LTC) communities in Arlington. She encouraged members to review the charge and opened for discussion how the Commission can plan for the future.

Ms. Nathan asked about staff concerns and in response Ms. Bah-Duckenfield mentioned similar concerns to Ms. Schneider despite strong outreach and recruitment efforts. Ms. Bah-Duckenfield mentioned DHS is open to the Commission's recommendations. She voiced opportunity of a unified front between this Commission and the Commission on Aging (COA), and would like to continue supporting a liaison role to long-term care communities, and updates from Ombudsman, APS, and ACFD. Ms. Bah-Duckenfield recognized the value of having liaisons as a resource to the long term care communities and a way to exchange information and offer support. Ms. Bah-Duckenfield reports the County Board supports aligning commissions and advisory groups to promote efficiency and effectiveness in advocacy efforts.. Ms. Nathan offered consideration for the CLTCR to serve as a sub-committee within the COA which would continue to fulfill the role of liaisons to LTC communities, and help increase the clout of both Commissions. Ms. Nathan would like to see the CLTCR continue to serve as a resource to the LTC communities. She mentioned some of the communities may view this commission as an extra set of eyes, but if partnered with the COA both may serve a greater purpose. Ms. Wilson mentioned exploring more information about joining with the COA and ensuring continuity of the liaison role. She mentioned establishing a unified list of expectations of the liaisons' role and shared that she views the liaison role as more of a friendly visitor program versus programs like Ombudsman or APS. Ms. Wood shared she was initially opposed to unifying with CLTCR, but more open after

hearing about the efforts that have been achieved, and the work accomplished. She encouraged considering a different time for meeting, but realized it may not be conducive for the group. She talked about the COA and its very active committees. Ms. Wood suggested inviting specific LTC staff together, like activities directors, administrators and dieticians. Ms. Paxton suggested reaching out to former members about their service and reasons they ended their terms.

Ms. Nathan asked about the downsides of unifying with COA. Ms. Schneider mentioned COA has very active members and committees and they would still need volunteers to serve as liaisons to LTC communities. Ms. Schneider voiced concern about the burden on staff of serving both Commissions. Ms. Wood shared concern about a reduction of face time in front of the County board during the budget season and state legislative package. Ms. Schneider reports testifying before the County board often was in support of COA's recommendations. Ms. Wood mentioned that a unification would be a reduction in the number of DHS commissions. Ms. Nathan reported when the Health Center Commission existed, volunteers served as liaisons to LTC communities. Ms. Paxton asked about the differences between liaisons and the Ombudsman program: Ms. Elrod shared that Ombudsmen conduct investigations. Ms. Bah-Duckenfield shared staff would continue to be invested in maintaining the connections and relationships with administrators of all LTC communities in Arlington to help older adults' age in place.

Ms. Schneider made a motion to support CLTCR discussing a merger with COA, seconded by Ms. Nathan.

Ms. Nathan and Ms. Schneider will meet with COA members Erica Wood and Chair Mitch Opalski along with Ms. Bah-Duckenfield on Friday, September 16. Ms. Schneider mentioned plans to follow up with County board liaison Christian Dorsey.

### **Approval of June's Meeting Minutes (C. Schneider)**

The minutes were approved unanimously. (July was cancelled due to expected low turnout).

## **III. FY16 Overview Report**

- a. ADSD – Ms. Bah-Duckenfield reports Cherrydale submitted their annual report and shared updates. It has been one year for the Cherrydale CAB meetings and DHS meetings with the Cherrydale administrator. Cherrydale exceeded the minimum 60% of Medicaid beds as required in the MOU. Cherrydale is still exploring transferring 60 beds to another facility; they plan to fill these beds through attrition, with the goal of more private rooms for LTC. Dean Montgomery is conducting a new study around LTC beds and rehab. His previous study can be found here, <https://arlingtonva.s3.amazonaws.com/wp-content/uploads/sites/24/2015/09/NVCF-Aging-Report-No-Highlighting-Vol-1.pdf>. An Emergency Preparedness forum for older adults is scheduled at DHS on September 21 from 9:30 - 11am at DHS. DARS appointed a New Director of Adult Licensing Programs.
- b. Ombudsman – Ms. Elrod shared updates on LTC communities with volunteer Ombudsman, and those without: Brookdale, Culpepper Garden, Jefferson (ALF or NF), and Mary Marshall. They are currently training new volunteers. She shared

updates on two investigations. Sunrise Bluemont (admin offices) reported the water has been turned off due to renovations and no access to running water. The Ombudsman plans to follow up with an onsite visit and will update ADSD on her findings.

#### **IV. Liaison Reports**

- a) Cherrydale – See ADSD report.
- b) Brookdale – Ms. Wilson provided a written report (see below). She shared that this week is National Assisted Living week.
- c) The Jefferson – No report.
- d) Manor Care – No report.
- e) Culpepper Garden – Ms. Wood attended the CG RAC meeting. See notes for updates. Residents love the food. ED is applying for grants and programs continue to expand.
- f) Sunrise at Bluemont and Sunrise of Arlington – No report.
- g) Mary Marshall – Ms. Wood shared MM hired a new Director of Nursing. She attended the Harvest festival. The Community Advisory Board is exploring venues for additional outreach which include: the Columbia Pike Revitalization Organization and Ft. Myer among others.

#### **V. Chair's Report (C. Schneider)**

Chair's Report: Cherrydale CAB meeting (Cyndy cannot attend perhaps Claire or Joy); NVAN breakfast, November 14th is COA Legislative Forum at Fairlington. COA members met with Don Beyer about the federal budget and authorization of the OAA. Claire is working with the General Registrar's office to ensure LTC communities are covered with voter registration. For more information, <https://vote.arlingtonva.us/>.

#### **VI. Announcements and Public Comment**

Recognition of Erica Wood's appointment to the Commonwealth Council on Aging.

#### **VII. Adjournment 8:20pm**

**Next Meeting: October 12, 2016 at 6:30pm at Department of Human Services (DHS) Lower Level Auditorium, 2100 Washington Blvd.**

Addendum: Report on Brookdale: Submitted by Martha Wilson

Report to LTC Commission on Brookdale Assisted Living, Arlington, VA.

September, 2016

We all know, of course, this week is National Assisted Living Week, don't we? And Sunday was Grandparents Day

Brookdale is starting 24 hour nursing care in January, 2017, including full and part time staff in memory care. The facility is 96.7% occupied, has 4 empty units and a waiting list of 3.

They have fully renovated their garage, are installing motion sensitive lighting in the hallways so that anyone walking in the halls at night can be sure of proper lighting, and are putting LED lighting throughout the facility.

Major breaking news is that they are in the process of converting to an electronic (computer) medication distribution system. This is a brand new project for Brookdale and the Arlington campus is the pilot facility in the company to launch it. It will eliminate possibly illegible or confusing manual entries in a ledger. This will facilitate entering the meds in the order/ quantity/dosage they are given, improving reordering of medications, streamline entering new physician orders and will enable immediate updates to the medication information records. It is a much safer system, eliminating confusion and enabling immediate results.

The new president of the Resident's Council, Lisa Snow's health is unfortunately deteriorating, but she has a beau to help her through her issues. I didn't want to press Colleen on the details, as I'm sure she wouldn't have been able to share them with me due to Lisa's privacy, so I don't know any more details. I'll be going to the all-important food committee meeting and the Resident's Council meeting next Wednesday.

Colleen and her staff were getting ready for a visit today by the Brookdale Investors Group. The Arlington facility is considered the jewel in Brookdale's crown, and they are extremely flattered to have been chosen for the visit, so they have had all hands on deck polishing every nook and cranny in that crown!

*Martha Wilson, Liaison*