

ALEXANDRIA COMMISSION ON AGING MEETING AGENDA

Virtual Meeting: Thursday, June 09, 2022, 4 PM – 6 PM

This meeting is being held electronically, unless a determination is made that it is safe enough to be held in person at a location to be determined. Electronic access will be provided in either event. The meeting can be accessed by the public through the Zoom link or phone number provided below. Public comment will be received at the meeting. Public comments can also be sent to daas@alexandriava.gov in advance of the meeting. Please indicate that your comments are for a meeting related to the Alexandria Commission on Aging in the subject line. A recording will be made of this meeting.

Zoom Link: https://zoom.us/webinar/register/WN_5Vq0LkPxQumDqON4WjQ

Meeting ID: 935 7751 7116

Password: 251935

Phone In number: 301-715-8592

MISSION

To identify the needs of the elderly, develop overall planning to meet those needs, evaluate service delivery plans as implemented, and advocate on behalf of the elderly

MEMBERS: PLEASE READ THROUGH THE AGENDA & HAVE AVAILABLE FOR REFERENCE AT THE MEETING.

1. Call to Order
2. Approval of Agenda
3. Approval of Thursday, May 12, 2022, Minutes- see attached
4. Alexandria Police Department Liaison Report – Sgt. Ian Torrance
5. Special Presentation: Mr. Mike Doyle, Families for Safe Streets
6. Executive Committee Report - see attached
7. Discussion / Action Items
 - A. **Update on Potential Opportunities for Senior Affordable Housing: Bob Eiffert & Michael Schuster**
 - B. **Age Friendly Final Reports to be sent to AARP**
 - C. **City’s Scooter Program Update**
 - D. **Alexandria Pride Month Activities: Ray Biegun**
 - E. **COVID-19 Vaccinations Updates: Gerri Wallace**
 - F. **Installation of COA 2022 -2023 Officers**
8. Liaison Reports - Please provide a written summary to Pamela.Austin@alexandriava.gov
 1. Division of Aging and Adult Services – Christopher Moore
 2. INOVA Alexandria Hospital
 3. Human Rights Commission – Tom Reeder
 4. AHA – Bob Eiffert
 5. AARP – Jane King
 6. NVAN – Babs Waters
 7. St. Martins Senior Center – Anne Coyne- see attached
 8. Virginia Hospital Center – Kate Chutuape/Blanca Cali
 9. Commission for Women – Jenn Stowe
 10. Partnership for a Healthier Alexandria – Joanne Broderick
 11. Public Health Advisory Commission
 12. Commission on Persons with Disabilities – Michael Kamin
 13. Senior Center @ Charles Houston – Pamela Guerra- see attached
 14. Senior Services of Alexandria – Mary Lee Anderson- see attached

15. Alexandria Commission on Employment, ACE – Mary Lee Anderson
16. Northern Virginia Falls Prevention Alliance, NVFPA – Mary Lee Anderson
17. Arlington Legislative Committee – Michael Schuster
18. Arlington Commission on Aging – Linc Cummings
19. Successful Aging – Margaret Orlando
20. Recreation, Parks, and Cultural Activities – Margaret Orlando
21. Alexandria Adult Day Services Center, ADSC – Darrell Wesley
22. Housing Affordability Advisory Committee, AHAAC – Jan Macidull
23. Alexandria Housing Action Plan - Michael Schuster

9. Committee Updates

1. Housing Committee Chair, Michael Schuster- see attached
2. Outreach Committee – Co-Chairs, Ray Biegun & Barbara D’Agostino- see attached
3. Transportation – Co-Chairs, David Kaplan & Bill Campbell
4. Economic Development – Chair, Mary Lee Anderson- see attached
5. Strategic Planning – Chair, Babs Waters
6. Health /Dementia Friendly Committee – Chair, Barbara Huelat- see attached
7. By-Laws – Chair, Michael Kreps
8. Advocacy – Babs Waters, Chair

10. Other Business Sincere thank you to members of the Executive Committee for their leadership and to the full commission for full participation in the work of the Commission.

11. New Business

12. Public comments – please limit your comments to 3 minutes

13. Adjournment

Happy Birthday to everyone celebrating birthdays during the summer months!

Next Commission Meeting: Thursday, September 08, 2022 – 4 PM in person

Next Executive Committee Meeting: Monday, August 29, 2022 - 1:30 PM in person

COMMISSION OFFICERS: Babs Waters, Chair
Barbara D’Agostino, Vice Chair
Secretary, Michael Schuster

The business of the Commission on Aging is largely conducted by its committees. **ALL COMMISSION AND COMMITTEE MEETINGS ARE OPEN TO THE PUBLIC.** Please call the Division of Aging and Adult Services at 703.746.5999 for more information. In addition, the Commission has official liaisons with several other commissions, organizations or activities.

The City of Alexandria complies with the terms of the Americans with Disabilities Act (ADA). An individual with a disability who wishes to request a reasonable accommodation may contact the Division of Aging and Adult Services at 703.746.5999, email DAAS@alexandriava.gov

Visit the Division of Aging and Adult Services website for Commission on Aging agendas and minutes and other aging information: www.Alexandriava.gov/aging

The Alexandria Commission on Aging Racial Social Equity Committee
(as of June 01, 2021)

No one should be denied the opportunity to engage fully in our community.

We encourage people of different cultures, races, nationalities, immigration status, ages, abilities, sexual orientation, gender identities, and religious affiliation in Alexandria to be informed about and have access to the range of services available in the City, and to be engaged in civic life.

We are committed to representing a diverse community that represents the rich heritage of our city. We are committed to ensuring older persons have access: to affordable housing, transportation, health care, broadband, nutrition services and to opportunities for meaningful employment and related training.

Older adults and persons with serious medical conditions often experience various degrees of inequity, particularly in obtaining access to health care. It is essential to support older persons, family caregivers, and direct care workers since these residents face additional biases and hurdles.

ALEXANDRIA COMMISSION ON AGING MEETING MINUTES

*May 12, 2022 – DRAFT [May 13, 2022]
Virtual Meeting*

Members Present: Chair, Babs Waters; Mary Lee Anderson; Ray Biegun; Joanne Broderick; Barbara D’Agostino; Dawn Higgins; Barabara Huelat; David Kaplan; Ellen Nelson; Tom Reeder; Michael Schuster; Lois Steele; Gerri Wallace.

Members Excused:

Liaisons Present: Bianca Cali; Anne Coyne; Pamela Guerra; Margaret Orlando; Darrell Wesley

Staff Members Present: Christopher Moore

Guests Present: Robert Eiffert; Jessica LeFevre

1. **Call to Order.** Chair Babs Waters called the March meeting of the Commission on Aging (“COA”) to order at 4:02 PM.
2. **Approval of Agenda.** The agenda for the meeting was approved unanimously.
3. **Approval of Minutes.** The April minutes were approved unanimously.
4. **Alexandria Police Department Liaison Report.** Sgt. Torrance said there was no update on the recent accident in Old Town involving a young pedestrian and an older driver, who remained on the scene, so it was not a hit and run; there has been some accidents near Mark Center because of the new turnoff to Interstate 395 and increased traffic in the area; and that there is increased traffic on Russell Road and Mount Vernon Avenue because of the redirection of traffic due to the closure of bridge on West Glebe Road. He will let the traffic safety section know of the Commission’s concerns about traffic safety.
5. **New Commission Members.** Chair Babs Waters welcomed the new Commission member Joanne Broderick.
6. **Executive Committee Report.** Materials were part of the Agenda distribution. She added that at Monday’s meeting of board and commission chairs with the Director of Community and Human Services, Director Kate Garvey said that more money was added to the recently approved \$306,000 to eliminate the Rent Relief waiting list. The move to the new Mark Center facility is on schedule for November 2022.
7. **Special Presentation:** Kristen Lucia, Outreach Specialist and Outreach to Alexandria, with the Northern Virginia Long-Term Care Ombudsman Program (LTCOP) made a

presentation of the LTCOP. They have seven staff members and currently 34 volunteer ombudspersons. The program covers Alexandria city, and Arlington, Fairfax and Loudon counties, and handles complaints from residents of nursing facilities, assisted living facilities, and of those receiving services through a home health care agency. She said nursing facility residents have certain rights under the 1972 Nursing Home Reform Act, such as the rights to be fully informed of the decision concerning their care; to make complaints without retaliation; from chemical and physical restraints; and of privacy and confidentiality. Under the Older Americans Act, the LTCOP has mandates to investigate and resolve complaints, educate the public about long term care issues, monitor laws affecting vulnerable adults in institutionalized settings, and to provide training and certification of long term care advocates. The LTCOP visits facilities quarterly. The volunteers spend four hours a weeks visiting facilities. They commit for one year. The LTCOP for Northern Virginia is responsible for monitoring care in 29 nursing facilities and 110 assisted living facilities, for a total of 12,344 licensed facility beds. There are three government agencies with which they work: the Department of Social Services, responsible for licensing assisted living facilities; the Office of Licensing and Certification, certifying nursing facilities; and Adult Protective Services, dealing with complaints of elder abuse and financial exploitation.

8. Discussion/Action Items

- a. **Update on COA Excellence in Aging Awards, scheduled for Tuesday, May 10, 2022 via Zoom – Barbara D’Agostino.** Barbara thanked Babs and Pam Austin for all of their preparatory work leading up to the May 10th award ceremony, presided over by Mayor Justin Wilson. The winners were: Susanne Adams (Annie B. Rose Lifetime Achievement Award); Babs Waters and Frederick Readon (Lois Van Valkenburg Excellence in Aging Award for an Individual); Home Aid Northern Virginia (Excellence in Aging Award for an Organization); Terri Lynch (Public Service Award).
- b. **Age-Friendly Final Reports to be sent to AARP.** Michael Schuster reported that Jane King would like to complete the evaluations by the end of June, and finalize the new plan by September.
- a. **Draft Testimony on the 2023 FY Draft Annual Plan for Housing and Community Development.** Michael Schuster reported that the hearing went well, and that the vice mayor seemed interested in the Commission’s focus on Mixed Income and Affordable Assisted Living.
- b. **Covid-19 Vaccination Updates.** Gerri Wallace reported that under the new CDC criteria that Alexandria moved higher into the Medium range. As of May 11th, the City of Alexandria reports that 77.2% or 118,756 residents are fully vaccinated, and 85% or 130,860 are either partially or fully vaccinated. In Virginia, over 7 million or 82% received at least one vaccination, and over 6 million or 73.4% are fully vaccinated. For questions about Covid-19, call 703-746-4988, and to get alerts; text ALEXCOVID19 to 888777.
- c. **Election of COA 2022-2033 Officers:** The COA unanimously approved the slate of new officers: Michael Schuster, Chair; Barbara D’Agostino, Vice Chair; and Barbara Huelat, Secretary.

9. **Liaison Reports**

- a. *Division of Aging and Adult Services.* Christopher Moore, the director of the division, updated the commission on activities within the division. He shared with some members a preliminary report on the hiring of a demographer for aging agencies within Virginia. The division has hired a management specialist, and will be hiring a replacement for Debbie Luddington.
- b. *AHA.* Bob Eiffert said they are doing in-person events. He described what AHA is. It is one of the Villages around the country that assists members with various tasks, such as transportation to medical appointments and home repairs. It is an informal arrangement that follows a concierge model. They currently have 212 members. In June, they will celebrate their 11 year anniversary.
- c. *AARP.* Bob Eiffert said that he and Jane King have been doing Home Fit programs for AARP. They will be doing another one at the end of May at Pohick Church.
- d. *Virginia Hospital Center.* Bianca Cali reported that they have hired a new CEO. The name of the facility has been changed to VHC Health. They will have a healthy aging program on May 27th featuring senior nutrition and cooking.
- e. *Commission for Women.*
- f. *Commission on Persons with Disabilities.*
- g. *NVAN.* Babs Waters said that the next NVAN meeting will be on May 17th, starting at 9:30 a.m. At this meeting, the 2022 NVAN platform priorities will be approved. There will be a total of 6 priorities chosen – 3 legislative and 3 budget ones.
- h. *Senior Center at Charles Houston.* Pam Guerra said they should be back to in-person events by the end of the month, and will be using air purifiers to minimize the spread of the Covid-19 virus.
- i. *Arlington Legislative Committee.* Michael Schuster said they did not meet in May.
- j. *St. Martins Senior Center.* Anne Coyne submitted a written report as part of the Agenda packet.
- i. *Senior Services of Alexandria.* Mary Lee said the next Senior Ambassador training is scheduled for June 6th from 10:00 a.m. to noon. On May 19th there is a health fair offering many free evaluations such as glaucoma and blood pressure testing. On June 4th, there will be a Senior Law Day, sponsored with the Alexandria Bar Association. The SSA Gala last Friday night, May 6th, was very successful. Several commission

members attended. The honorees were Janet Barnett, Gerry Cooper, Vanessa Green, and the Honorable Redella “Del” Pepper.

- j. Alexandria Commission on Employment.* Mary Lee reported on the recent work of ACE. She discussed the new entrepreneurial program.
- k. Northern Virginia Fall Prevention Alliance, NVFPA.* Mary Lee Anderson said the alliance will be presenting in a health and fitness fair (discussed above), and they are discussing an in-person event in the Fall.
- l. Successful Aging.* Margaret Orlando said the intergenerational dance in collaboration with the Alexandria High School will be held on Friday, May 13th
- m. Recreation, Parks, and Cultural Activities.* Margaret Orlando said the programs will be in-person.
- n. Alexandria Adult Day Services Center.* Darrell Wesley said that participants are slowly coming back to the center. They reopened on April 4th, but due to social distancing guidelines, the number of participants per day have been limited. However, he said that the participants are showing more enthusiasm as they come back more. Chris Moore said he has gotten compliments about the program.
- o. Housing Affordability Advisory Committee.* Michael Schuster said that last night, the Hillco representatives for the Potomac Power Plant development made a presentation. They said there will be a three prong affordable housing plan: a voluntary contribution of \$7 to 11 million, 58,000 square feet of affordable units, and a potential public-private partnership that could add additional affordable units. The plan will be the topic at the Housing Committee meeting on May 16th.

10. **Committee Updates.**

- a. Housing.* The next Housing Committee meeting is May 16thst at 1:30. The agenda features a presentation concerning the Hillco project at the Potomac Power Plant site.
- b. Outreach.* The Committee meets on the fourth Wednesday of the month at 11:30m
- c. Transportation.* They meet on the fourth Monday of each month. David Kaplan discussed the additional funding for DASH.
- d. Economic Development.* Mary Lee Anderson gave a brief report.
- e. Strategic Planning.*
- f. Health/Dementia Friendly.* Barbara Huelat reported that June is Alzheimer’s Awareness Month.

11. **Other Business.** None.

12. **Meeting Adjournment.** There being no further business, the meeting adjourned at 6:02 PM.

Minutes will be presented at the Thursday, June 9, 2022, COA meeting for approval. The next Executive Committee meeting is on Monday, May 23, 2022 at 1:30 p.m.

Minutes prepared by Michael Schuster, COA Secretary.

Alexandria Commission on Aging (COA)

Executive Committee Meeting Notes from Monday, May 23, 2022 meeting via **Zoom 1:30 – 3:30 PM**

This meeting is being held electronically, unless a determination is made that it is safe enough to be held in person at a location to be determined. Electronic access will be provided in either event. The meeting can be accessed by the public through the Zoom link or phone number provided below. Public comment will be received at the meeting. Public comments can also be sent to daas@alexandriava.gov in advance of the meeting. Please indicate that your comments are for a meeting related to the Alexandria Commission on Aging in the subject line. A recording will be made of this meeting.

MISSION

To identify the needs of the elderly, develop overall planning to meet those needs, evaluate service delivery plans as implemented, and advocate on behalf of the elderly

Notes

MEMBERS PRESENT: “Babs” Waters (COA Chair), Barbara D’Agostino, (COA Vice-Chair-via telephone), Michael Schuster, Mary Lee Anderson, Ray Biegun, and Bill Campbell.

STAFF MEMBERS PRESENT: Chris Moore, Director, DAAS and Pam Austen

GUEST PRESENT: Lois Steele, Gerri Wallace via telephone and Jane King

1. **Welcome** - The Commission Chair welcomed members present and requested a Moment of Silence be observed for the Buffalo Shooting Victims
2. **Call to Order** - The meeting was called to Order at 1:30 PM by Chair, Babs Waters.
3. **Approval of Agenda** - the agenda was approved as submitted. There were no decision items on the agenda, only discussion items which generated much discussion.
4. **COA Executive Committee (ExCo) Business Meeting**
 - A. Presentation - none
 - B. ExCo Information only
 - (1). Chair Report
 - (a) Since Gerri was absent, the usual statistical report about COVID-19 was not given, but members were encouraged to use their judgement on whether to mask or not, when in the agora since Alexandria remains vulnerable to the Coronavirus Omicron subvariants.
 - (b) NVAN 2023 Legislative Platform Priorities were discussed - Michael Schuster. Bob Eiffert and Jane King will chair committees to research the issues and Lois Steele and Chris Moore are members of the September 30, 2022 Legislative Breakfast Committee – details about the breakfast will be shared later.
 - (c) Racial Equity and Social Inclusion – a Tool Kit designed by the Racial Equity and Social Inclusion based on the results from focus groups and questionnaires will be shared with Boards and Commissions after it becomes available.

- (d) Babs thanked each member of the COA Executive Committee and other non-ExCo members, namely: Chris Moore and Pam Austin for their outstanding contributions to the COA's work on the Age Friendly Plan.
- (2). DAAS Staff Report
 - (a). Chris has hired a new staff person and is hoping to hire a Program Manager soon.
 - (b). He is envisioning restructuring to enhance efficient service delivery to DAAS clients. Included is a dedicated staff person to man the In-take Line, rather than rotational staff each day – a dedicated person will enhance the experience for those using the phone lines.
 - (c). A new management analyst will begin on Tuesday.

C. ExCo Discussion Items

- (1). Potential opportunities to discuss Moderate-Income Affordable Living Facility (MIALF)
 - (a) There will be a meeting with Helen McIlvaine, Director of Housing and Tamara Jovovic via Zoom on Thursday, May 26, 2022 to discuss potential opportunities for affordable senior housing. A report will be submitted for inclusion in the agenda packet.
 - (b) There was much discussion about various aspects of the Excellence in Aging Awards program – from extending the time of the announcement for submission of candidates, to the number of endorsees required for a submission, to including members of the City's Adult Day Services Center (ADSC) since relatives of persons being cared for have been complimenting staff members for their excellent care and service to their loved ones. The Director, DAAS has suggested that perhaps a recognition program within the Division should be established to recognize all employees who go beyond their work to serve their clients. It was suggested that SSA's Senior Ambassadors would be another avenue to disseminate information to their respective communities, in addition to the other outlets currently utilized to advertise the Annual Excellence in Aging Awards.
- (2). Committee chairs are continuing to evaluate the first Age Friendly Plan and are completing reports in addition to formulating goals for the next Plan. Everyone is doing an exceptional job!
- (3) Input for July 2021-June 2022 Annual Report due June 30, 2022 to outgoing Chair

5. Planning for Thursday, June 9, 2022 COA Monthly Meeting

A. Presentation

- (1). Mike Doyle – Family for Safe Streets
- (2). Q &A

B. COA Information Items

- (1). Chair Report
 - (a). Updates on COVID and its Omicron sub variants – Gerri Wallace
 - (b). NVAN 2023 Legislative Platform Priorities - Michael Schuster.
 - (c). Racial Equity and Social Inclusion
- (2). DAAS Staff Report – Chris Moore

C. COA Discussion Items

- (1). Moderate-Income Affordable Living Facility (MIALF)
- (2). Committee Chairs
 - (a). Age Friendly Plan Evaluation
 - (b). Completion of Reports
 - (c). Formulation of Goals for next Plan
- (3) Input for July 2021-June 2022 Annual Report due June 30, 2022

6. Planning for future COA Meetings

A. Future Speakers

- (1). Sarah Taylor
- (2). Mary Lee Anderson

B. Additional Items – none

7. Other Business

8. Announcements

A. Next two (2) COA Executive Committee (ExCo) Meetings

(1).	Date: Monday, August 29, 2022 Time: 1:30 – 3:30 PM How: Via Zoom
(2).	Date: Monday, September 03, 2022 Time: 1:30 – 3:30 PM Place TBD

B. Next two (2) COA Monthly Meetings

(1).	Date: Thursday, September 08, 2022 Time: 4:00 – 6:00 PM via Zoom
(2).	Date: Thursday, September 08, 2022 Time: 4:00 – 6:00 PM Place TBD

C. Other non-Alexandria COA events

(1).	SSA Law Day – Saturday, June 04, 2022 in -person
(2).	Alexandria Pride Day, June 04, 2022 in - person

9. Public Comments - none

10. Adjournment – the meeting adjourned o/a 2:45 pm.

The City of Alexandria complies with the terms of the Americans with Disabilities Act (ADA). Anyone with a disability who wishes to request an accommodation may contact the Division of Aging and Adult Services at 703.746.5999 or Virginia Relay 711. Please provide at least 7 calendar days advance notice

St. Martin de Porres Senior Center Report for June COA Meeting 2022

We are closely following the COA's COVID-19 Omicron's community transmission rates. We acknowledge the transmission level is medium and we do our part ensuring the seniors are safe and safeguarded to the best of our ability. We had two close calls but fortunately no seniors came in contact with two personnel who tested positive for COVID-19 Omicron. All personnel who enter the center continue to social distance, wear an approved facial covering, washing hands, seniors remain at home if sick. Also, we conduct a 100 % health screening along with temperature. We screen the seniors prior to coming to the center and collaborate closely with the Alexandria Health Department for professional guidance as well as advocating for the seniors to get booster number 2. The majority of our activities are in person with one to two exercise classes and a virtual cooking class offered virtually. Our average daily census ranges from 14-16 seniors. During this month the participants took part in a field trip to the National Museum of African American History and Culture, shopping trips, Alexandria High School's senior Dance for all Ages and a SSA Health Fair. The seniors enjoyed various fitness classes such as Walking Fit, and SAIL exercise classes at the Patrick Henry Recreation center twice a week. Now with the return of warmer weather we planted our garden vegetables, herbs and flowers. We also reinforced the garden this Spring, so it is deer and other small animals resistant. We were fortunate to have Chef Phillippe return to the center with a cooking class highlighting nutritious vegetables. Finally, we were able to operate the senior center over at Patrick Henry Recreation Center (PHRC) for three weeks while our bathrooms were renovated. I am delighted to report our center reopened on time without delays.

- The following activities and wellness checks continued throughout May:
- We continue outreach for the seniors meeting basic needs delivering wellness kits and supplies as needed for seniors home bound. Also, we contacted by prospective new seniors who want to join the center and meet new friends while learning new skills and activities.
- Food and Fun with Chef Phillippe cooking healthy food with active participants and volunteers.
- Daily trivia, puzzles, crossword puzzles, crafts, sudoku and various card games as well as group team games like basketball and bowling
- Continued partnership with Charles Houston Senior Center and Alexandria Day Care Center at the Dance for All Ages, SSA health fair and AFE exercise classes.
- Assisting eligible seniors to receive COVID-19 booster vaccine. We are collaborating with AHD to educate and assist seniors to get the second booster and answer questions.
- Hybrid exercise programs such as Arthritis Foundation, Line Dancing and both in person and Zoom SAIL exercise classes.
- SMDP invited the AHD to speak to the seniors on developing trends, booster vaccine availability and status of Omicron in NOVA area, are in close contact with AHD's ALX Moving Forward. We have scheduled two additional vaccine clinics for the participants at PHRC and the Lee Center for the booster.
- We coordinate with seniors who need food and assistance with utility and rent assistance through DCHS, Alive, and Emergency Assistance at Christ House.
- SMdP senior center reopened 23 May with new state of the art restrooms. We appreciated the hospitality and assistance received from the PHRC lending 3 rooms each day between 9:00AM until 1:00 PM
- Finally we salute our friends from HomeAid Construction Company for receiving the COA's Excellence in Aging Award for An Organization in 2021 for their much-needed renovations at the SMdP center. HomeAid covered all renovation costs and contributed over \$40K in labor costs. Congratulations to HomeAid.
- Submitted by Anne T. Coyne, Senior Center Director, St. Martin de Porres Senior Center. Tele: 703-751-2766. Email: anne.coyne@ccda.net

**The Senior Center at Charles Houston
May 2022 Report for June COA meeting**

May turned out to be a busy eventful month. The Krunch Bunch indulged in a Mother's Day Tea Party event. The ladies dressed in their Sunday best and enjoyed a variety of finger foods and an assortment of desserts. Staff prepared the center for our re-opening on May 24th by setting up sanitization stations and having two air purifiers at both sides of the Senior center room

The Staff continued to conduct weekly wellness telephone checks, weekly teleconference, and virtual Zoom activities until opening day. Virtual activities included: Bingo and cognitive/brain teaser exercises such as: scavenger hunts, geography knowledge questions, general and television trivia, word search, word scramble, and rebus puzzles).

Other notable activities and events during May included:

- **Wellness/Informative Wednesday Presentation** Chef Phillippe cooking demonstration was a delicious avocado toast with cilantro. Chef Phillippe gave a brief history of avocados and the countries that have eaten avocado toast before it became a trend.
- **Weekly Thursday Shopping Trip** – Traveled to local area markets and grocery stores, including Walmart, Dollar Tree, Roses, and the Dutch Amish Market to allow participants to buy food, medical supplies, and other essential items (personal and household).
- **Weekly Monday Walking Club** – Participants continued their walk twice weekly at the Pentagon Mall.
- **Arthritis Exercise Class** – Participants enjoyed a virtual exercise class over Zoom and in person at our re-opening, during the month. The average for the two classes was thirteen participants.
- **Goody Bag Distribution** – No distribution of Goody bags this month to participants.
- **Sock Hop**- Fourteen Participants enjoyed a night of dancing and fellowship at the sock hop at Alexandria High School. We had three winners, two ladies won gift cards and one gentleman won the prom King title. Everyone showed off their dance moves to oldies but goodies music! The evening was a fantastic collaboration of high school students and senior participants learning new dances.
- **Fourteen participants were able to attend the Health Fair:** Participants attended a fall prevention presentation. Once that was over, they visited several health stations for blood pressure checks, glaucoma tests and a vaccination/booster clinic.
- **Staff supplied handouts and community resources to acknowledge Mental Health Awareness month.**

Although our re-opening was an immense success two days later, we had two positive Covid-19 cases and we closed the center for two days while we cleaned and sanitized. We have followed the guidelines of the health department as we navigate the protocols put in place by the health investigator as we aid participants in getting tested. Thirty participants were tested for Covid-19. The Senior Center will re-open June 1, 2022.

Submitted By:
Pamela Guerra, Senior Center Manager
Senior Center @ Charles Houston



June 3, 2022

To: Commission on Aging
From: Mary Lee Anderson, Executive Director
Senior Services of Alexandria
Subject: Update on Senior Services of Alexandria

On June 17, SSA will participate in a community partners discussion led by the Alexandria Health Department which will focus on their Air Cleaning Evaluation (ACE) Healthy Homes Project. SSA assisted with recruitment of candidates for the ACE program, which included a health assessment, home assessment, and provision of an air cleaning device and monitor. Participants were low-income Alexandria residents with chronic respiratory impairments, many are older adults.

Plans are underway for SSA's 2022/23 Speaker Series program. If you have any suggestions for topics or speakers, please let me know by email: executivedirector@seniorservicesalex.org

**Commission on Aging Housing Committee Meeting Minutes for April 18, 2022
1:30 p.m. via Zoom**

Attendance: Michael Schuster, Committee Chair; Bob Eiffert, Marshall Hespe, Jane King, Jan Macidull, Lois Steele, Babs Waters and Gerri Wallace. Staff: Chris Moore from DAAS.

Welcome and Introductions – Michael Schuster, Committee Chair, called the meeting to order at 1:33 p.m. and welcomed participants.

Review and Approval of the Agenda – The agenda was approved as submitted.

Review and Approval of the April 18, 2022 Minutes – The minutes were approved as submitted.

Update on Power Plant Project, identified as 1300 North Royal Street, Potomac River Generating Station (CDD#2021-0004) – Jan Macidull, Bob Eiffert and Michael Schuster – Bob reported that he, Babs, Michael and Jan met with the developer Hilco's representatives on May 5 to propose the idea of including a moderate income/affordable assisted living facility (MIAALF) on the site. They spoke with Michelle Chang, Hilco local development coordinator and Mary Catherine Gibbs, Hilco development attorney. Bob noted the need for low or no-cost land, but Michelle said that would not be possible on the site. They were not completely opposed to the idea, but the free land is not an option. She expressed an interest in a continuing conversation, perhaps after the concept plan is approved. Mary Catherine noted that the plan has to go through 3 separate approval phases with the City: the preliminary application called a concept plan for a coordinated development district (CDD); a detailed infrastructure plan; and the final plan and special Use Permit (SUP). The first and third phases must be approved by the Planning Commission and City Council. The concept plan will go to the Planning Commission on June 23 and to City Council on July 5.

Jan Macidull and Michael Schuster attended the May 11 special meeting of the Alexandria Housing Affordability Advisory Committee (AHAAC) virtually. The meeting was to consider Hilco's affordable housing concept plan for the power plant site. They noted it was very hard to hear people in the room speaking. From the written materials before the meeting, they learned that Hilco wants to use the bonus density provisions of city code to add about 170,000 square feet of bonus density for affordable housing and the arts. One third of that, or about 58,000 square feet, would have to be set aside for affordable housing. In addition, Hilco proposed at the meeting some sort of public/private partnership that could add another 70 units of affordable housing on the site. That project would use tax credits as the definition of affordable (usually affordable at about 60% of area median income). Jan and Michael thought those units might be a possibility for an MIAALF. They suggested a meeting with Helen McIlvaine, the director of the City's Office of Housing, to learn more about what might be possible for an MIAALF either on the Hilco site or elsewhere. Bob Eiffert agreed to contact Helen to propose a meeting, preferably before the next AHAAC meeting on June 2 where they will be voting on whether to approve the Hilco concept plan for affordable housing. Babs, Michael, Lois, Jan, Jane and Bob will attend the meeting with Helen.

Jan noted that Hilco will be holding site tours open to the public on June 11 and 12. Jan is hosting Michelle Chang this Wednesday, May 18 at 1:30 p.m. at Marina Towers to learn about senior concerns and needs from residents of the Towers. The meeting will take place in the lobby at 501 Slaters Lane. Please let Jan know if you would like to attend.

Jan asked about whether we could get some demographic maps that would show where seniors live in the city, and what income levels are represented. Chris Moore said he would look into that.

Michael Schuster said he would follow up with Thomas Jones of ARHA to arrange a time for the committee to talk further about the Ladrey redevelopment and whether an MIAALF might be a possibility for that site.

Other Business – None.

Public Comment – None.

Adjourn – the meeting adjourned at 2:17 p.m.

Next Committee Meeting: The normal meeting day would be June 20, but that is a federal and City holiday in commemoration of Juneteenth. Consequently, the committee proposed Monday, June 13, 2022 at 1:30 p.m. That meeting will likely have to be in-person. Michael will check with Tamara Jovovic to see if she can present the City's proposed amendments to the zoning code regarding developer contributions for affordable housing.

Notes prepared by Bob Eiffert

**Commission on Aging Call with the Office of Housing
May 26, 2022 at 1:00 p.m. via Zoom**

Attendance: Michael Schuster, Committee Chair; Bob Eiffert, Jan Macidull, Lois Steele and Babs Waters. Office of Housing Staff: Helen McIlvaine, Tamara Jovovic and Eric Keeler.

Welcome and Introductions – Participants introduced themselves. The purpose of the call was to get an update on the status of affordable assisted living in Alexandria, and to talk about the Hilco project to redevelop the power plant site in North Old Town.

Update on Power Plant Project, identified as 1300 North Royal Street, Potomac River Generating Station (CDD#2021-0004) – Jan Macidull and Michael Schuster presented the Commission on Aging's case for developing a Moderate Income Affordable Assisted Living (MIAALF) project in Alexandria. They spoke about the COA Housing Committee's call with Hilco representatives Michelle Chang, Hilco local development coordinator and Mary Catherine Gibbs, Hilco development attorney on May 5 to introduce them to the idea. They reported that Hilco rejected the idea of free land anywhere on the site. Jan noted that the Old Town North Small Area Plan envisions this site as an "innovation zone." She said she did not think that Hilco was being very innovative.

Helen McIlvaine said that Hilco has not been very flexible or innovative with plans for the site. She said that Tamara Jovovic is the lead staff person dealing with developers, and that she has worked very hard to get to where the City is with an affordable housing plan for the site. The current plan has three components: a voluntary contribution of between \$7.5 and \$11 million; 60 units of affordable housing (about 58,000 square feet) based on the developer's request for bonus density in exchange for affordable housing; and a possible public-private partnership (PPP) in exchange for bonus density based on the arts that could produce up to 100,000 square feet of development. If the PPP is used for the arts, it would require an active arts "anchor" space, not just a passive gallery type of space. Helen would prefer that the PPP also be used for affordable housing, but she is not optimistic. Tamara said that if it is used for affordable housing, pursuant to the city's contribution formula, a third of the bonus area, that is, 33,000 square feet would be used for affordable housing. The PPP is just a concept at this point and might not happen at all. To use the PPP for affordable housing would require an application for competitive housing tax credits from Virginia Housing. The developer is required by the City to try three times for the competitive tax credit application. If they all fail, the developer is free to propose a different use for the space, not including affordable housing.

Helen also spoke about alternative possibilities for the MIAALF. She noted that it is included in multiple City plans, and Council is supportive of the concept. She added that the Office of Housing will support it in its presentation at the Council's June 28th public hearing on legislative priorities. There are some City funds set aside for such a project if an opportunity arises. One possibility is co-location of the facility with another City facility. Another possibility is to partner with ARHA to use some of their re-developable land. ARHA will be an important partner to provide the option of vouchers to cover a unit's rent.

The group discussed possible strategies to raise the issue of an MIAALF at the Hilco site. Individual COA members could speak on their own behalf at the coming Planning

Commission (June 23) and City Council (July 5) public hearings on Hilco's concept plan. Two important points to make would be to stress the need for innovation on the site, and the need to address the All-Alexandria Equity and Race Resolution, which requires plans to include provisions about equity and race.

Finally, Bob Eiffert announced that Goodwin House Incorporated has made a deal to buy The Hermitage of Northern Virginia on Fillmore Avenue across from the Goodwin House Alexandria community. The Hermitage is no longer a continuing care retirement community with a large buy-in fee, but is now all rental. Residents pay for any additional services they require beyond independent living. This arrangement could provide for a more affordable model of living at the site, including assisted living. Goodwin House has talked with ARHA about the possibility of using vouchers at the site, including possible re-location of residents of Ladrey when it is redeveloped. All plans are very preliminary at this point, and Goodwin House will not own or operate the facility until the deal closes on or after August 1. Helen pointed out that the City Council granted Goodwin House an unusual exemption from property taxes at its Alexandria location, a very valuable exemption that could allow them additional flexibility in serving a more economically diverse population at The Hermitage. They are also a tax-exempt 501(c)(3) non-profit under the Internal Revenue Code, which also means they have to have a charitable purpose.

Michael thanked the Housing staff for their input and candor. Helen suggested that such meetings become more routine, perhaps twice a year, to provide updates on the MIAALF concept in the City.

City of Alexandria, Commission on Aging
Outreach Committee Minutes
May 25, 2022, 11:30 a.m. Via Zoom

This meeting was held electronically. A determination was made that it was not safe enough to be held in person.

Members Present: Ray Biegun, Barbara D'Agostino, Margaret Orlando, Jane King, Dawn Higgins, MaryAnne Beatty, Gerri Wallace, Michael Schuster, and Tom Reeder.

Absent: Victoria Almquist, Gary Hacker, and Babs Waters

Hosting staff: Pamela Austin

The meeting was called to order at 11:30 a.m. by Ray Biegun.

1. Approval of Agenda

The agenda and minutes were approved as proposed.

2. Welcome

Michael Schuster, Secretary of COA and soon to be Chair of COA.

Ray also expressed gratitude for Victoria Almquist, who will no longer be a regular member of the Outreach Committee. Victoria had planned to leave the committee in December but agreed to stay a few months longer to support the new co-chairs.

3. Updates on Outreach to:

LGBTQ community: There will be a Pride Day celebration on June 4, 1-4 pm at Charles Houston Recreation Center. There are not any webinars planned at this time, just the celebration. DAAS has reserved a table at this event.

Faith Community: No update.

Senior Ambassadors:

Tom stated that there is an orientation for new Ambassadors that he will attend. MaryAnne stated that the scheduled date is June 6 at 10 am via zoom. Barbara thanked Tom for signing up as the goal is that all COA members are also Senior Ambassadors through SSA.

Alexandria Age Friendly Plan:

Jane stated that the hope is that all evaluations from all committees will be completed by June so that the new plan may be started. The challenge is surveying seniors in the beginning of September. May be done by survey monkey or focus groups at senior centers and other areas that may attract seniors. Dawn offered to help.

Jane discussed the livability status of Alexandria, stating that we do very well. There was an AARP survey from approximately 3 years ago. Michael suggested using this as a base line.

4. Committee Planning for 2022

As we all volunteer for a team for our outreach goals, Ray emphasized to choose something for what you have a passion. He also stated the need to support each other. He asked, "Why are we doing this?" He shared that he was thinking personally about aging and feels a sense of security knowing that others in the city are planning for older adults. There are many resources in Alexandria so there is a need to get the word out to older adults and their families. Jane added the importance of communication on availability of services. Also, older adults tend to be more faithful to local papers versus regional newspapers.

Ray and Barbara are available to support the teams. The newly formed teams are broken out below:

Social Participation Goal #1 - Older adults are aware of and are increasingly comfortable accessing services available in the city and are engaged in civic and community life.

MaryAnne
Pam
Margaret
Jane

Social Participation Goal #2 - Create inclusive services for LGBTQ older adults

Gerri
Ray

Communications Goal #1 – Communication of information

Dawn
Gerri

Communications Goal #2 – Relationship with SSA and other organizations

Barbara
Tom
MaryAnne

Other – Assessment and measurement (what we learned, what worked, what did not work, etc.)

Gary
Dawn
Ray

If possible, please make the goals measurable and track the change of measure, as this is important to AARP. Jane stated that AARP has resources to help with this plan.

5. Follow up Items

Members were asked to review the prior evaluation from the last 3 years as well as the Alexandria Age Friendly Plan for a Livable Community regarding the goal they chose. Be prepared to discuss approaches at the next meeting and we can then determine cross overs. We may also want to review the AARP Age Friendly Plan for other community plans to determine how others were able to measure their outcomes.

Dawn stated that diversity related training is required for universities. Training may be obtained online as a curriculum has already been in place, including training for LGBTQ. Dawn will reach out to the Council of Social Work Education. **Reached out to colleague and will follow up.**

Pam discussed minority owned businesses and how we may provide information. Victoria suggested finding out if there is a list from the city and reaching out to these businesses. **Pam will check into this.**

Ray will speak with Erika Kleiner (with the Alexandria LGBTQ+ Task Force) to see if she is aware of other groups that involve the older adult community. He has connected with Erika and will discuss further in the future.

Pam reported a few months ago that a new attorney at Alexandria Law wants to meet with Alexandria seniors and do a presentation, starting with Senior Centers. Elizabeth M. Crego, Staff Attorney
Legal Services of Northern Virginia **No date set.**

5. Public comments: None

6. Date of next meeting: Wednesday, 22 June 2022 at 11:30 a.m. via Zoom.
The committee voted to take a summer break and will not be meeting in July or August 2022.

7. The meeting was adjourned at 1:00 p.m.

Notes prepared by Barbara D'Agostino, COA Vice-Chair

Minutes from May 4, 2022 meeting of the Economic Development Committee

Attending: Mary Lee Anderson; Sandy Freedman, Jane King, Jim Lindsay, Evelyn Quiles (City Staff Coordinator), Jessica LeFevre (guest)

Absent: Sylvia Benatti, Pat Miller, Gerri Wallace

The meeting began at 10:04 a.m.,

It was noted that Committee meetings continue via Zoom.

Senior Consumers. Renewed focus is on adding businesses to the Silver Service Card program. Committee members are encouraged to get involved. Pat Miller and Mary Lee were unable to do Del Ray outreach in March, will reschedule sometime soon!

Senior Employment. Goal is to help seniors find employment and to encourage businesses to hire. Evelyn Quiles shared a presentation about the Work Based Learning Program, which included info about the number of clients served and subsequent job placement statistics. Kat Ashmore has been appointed as the new WDC Director.

Seniors as Entrepreneurs. Website is still being finalized and plans are in the works for the kickoff event, now planned for 5/26 at Beatley Library.

SNAP for Seniors SSA continues to work with the City to encourage older adults to apply for SNAP benefits, and is actively seeking to hire a Spanish speaking staff person to help develop outreach to that community.

Senior Ambassadors Next Ambassador training session is scheduled for June 6. SSA was asked to share information about the program with Montgomery County's Commission on Aging.

Livable Community Plan Jane King is preparing final report for AARP and will schedule time to review WDC information with Evelyn so that she may update goals, accomplishments and outcomes from a WDC perspective. Jane suggested committee members look at the AARP Age Friendly website page focused on Economic Development to explore new ideas for the committee based on program developed in other similar communities.

The meeting was adjourned at 11:10 a.m.

The next meeting will be held Wednesday, June 1 at 10:00 a.m. via Zoom.

Submitted by: Mary Lee Anderson

Minutes from June 1, 2022 meeting of the Economic Development Committee

Attending: Mary Lee Anderson; Sandy Freedman, Jane King, Sylvia Benatti, Gerri Wallace, Evelyn Quiles (City Staff Coordinator)

Absent: Annabelle Reitman, Pat Miller, Jim Lindsay

The meeting began at 10:06 a.m.,

It was noted that Committee meetings continue via Zoom.

Senior Consumers. Renewed focus is on adding businesses to the Silver Service Card program. Committee members are encouraged to get involved. Pat Miller and Mary Lee were unable to do Del Ray outreach in March, will reschedule sometime soon!

Senior Employment. Goal is to help seniors find employment and to encourage businesses to hire. Evelyn Quiles reported that WDC had a very successful mock interview workshop, with 28-29 participants in-person. She will provide stats on the number of older adults who attended. She is also looking at getting their calendar for workshops back up on the website, and will share details about future events with the Committee.

Seniors as Entrepreneurs. Website is still being finalized and they are taking the summer to develop a marketing program and finalize workshops. They are working with the Small Business Development Office and are also seeking grant funding. Geri Wallace is interested in helping with the program and will reach out directly to Sylvia Benatti.

SNAP for Seniors SSA continues to work with the City to encourage older adults to apply for SNAP benefits, and is actively seeking to hire a Spanish speaking staff person to help develop outreach to that community. Information about SNAP will be included in Senior Ambassador training and in packets for new clients in SSA's grocery delivery program.

Senior Ambassadors Next Ambassador training session is scheduled for June 6. SSA will invite WDC to present in a future weekly zoom call.

Livable Community Plan Jane King is preparing final report for AARP and will schedule time to review WDC information with Evelyn so that she may update goals, accomplishments and outcomes from a WDC perspective. The new plan must include a community survey and WDC would be willing to host focus groups. Jane and Evelyn will meet to discuss details. communities.

The meeting was adjourned at 10:40 a.m.

The next meeting will be held Wednesday, September 7 at 10:00 a.m. location TBA.

Submitted by: Mary Lee Anderson

City of Alexandria, Commission on Aging
Health and Dementia Friendly Committee
June 2, 2022, 4:00 PM Via Zoom

This meeting was held electronically. A determination was made that it was not safe enough to be held in person.

Members Present: Pamala Austin, Jackie Barbarito, Barbara Huelat, Jane King, Jenn Stowe

Hosting Staff: Pamala Austin

Committee Discussion

The following activities were discussed:

1. Spike in Covid cases may postpone June 14 Expo. Barbara D'Agostino / Jackie to let us know the final decision next week. The Brain Health Expo was held at the Goodwin House Auditorium on June 14 from 9 AM to 12 noon. At 4800 Filmore Avenue, Alexandria. To be confirmed
2. In conjunction with the Expo, Jane is coordinating a tentative speaking engagement with Mark Warner. To be confirmed.
3. Consider inviting Natalie Talis to our committee meeting and possibly joining our group. With the Health Department, Natalie shares many of our same issues and concerns, and she would help establish the health needs of the elderly in our community. Jackie will contact Natalie with an invite.
4. Committee would like to provide Jane with assistance and input for the "Plan." Jane said she was current but may ask for help after completing the evaluation process.
5. No meetings are planned for July and August and will resume in September. Location for meeting TBD.

Action Items:

1. Barbara D'Agostino to confirm go-no-go for June 14 Expo

Next Meeting: September 1, 2022, at 4:00 PM. Lactation to be determined.

Meeting adjourned at 4:30 PM

Notes prepared by Barbara Huelat, Health and Dementia Friendly Committee