

ALEXANDRIA COMMISSION ON AGING MEETING MINUTES

*December 8, 2022 – DRAFT
Virtual Zoom Meeting
4-6 PM*

Members Present: Chair, Michael Schuster; Barbara D'Agostino, Barbara Huelat, David Kaplan, Dawn Higgins, Gerri Wallace, Jessica LeFeyre, Lois Steele, Mary Lee Anderson, Ray Biegun, William Campbell, William Thomas Reeder

Members Excused: Babs Waters; Caneck Aguirre; Ellen Nelson; Jim Lindsey

Members Unexcused: Jennifer Stowe; Joanne Broderick; Karen McKeon; Michael Kamin; Michael Kreps; William Campbell

Liaisons Present: Anne Coyne, St. Martins Senior Center; Blanca Cali, Virginia Hospital Center;

Staff Members Present: Pam Austin; Chris Moore

Guests Present: AnnMarie Yoder; Cedar Dvorin; Marshall Hespe, SSA; Bill Eger, City of Alexandria Energy Manager; Bob Eiffert, Housing Committee; Jan Macidull, Housing Committee; Jane King, Housing Committee; Jennifer O, Medicare For All; Farhan; Jonahon Krall, Medicare For All

1. **Call to Order.** Chair Michael Schuster called the December meeting of the Commission on Aging ("COA") to order at 4:05 PM. Each attendee introduced themselves.
2. **Approval of Agenda.** The agenda for the meeting was approved unanimously.
3. **Approval of Minutes.** Correction to previous minutes to Hermitage and not Heritage. The correction was noted. The minutes of the November Minutes could not be approved for lack of a quorum at the outset of the meeting. They will be presented again at the January 12, 2023 meeting for approval.
4. **Alexandria Police Department Liaison Report.** Sgt. Torrance was not present.
5. **Special Presentation:** Jessica Lefevre introduced guest speaker Bill Eger, Alexandria City's Energy Manager, who presented the Energy and Climate Change Action Plan and gave a summary of the Office of Climate Action. Bill will forward a copy of the presentation to COA. Discussion followed.
6. **Executive Committee Report.** Materials and minutes were distributed as part of the Agenda.
7. **Discussion/Action Item.**

- a. **Covid-19 Updates** – Gerri Wallace gave a presentation on COVID as follows:

CITY OF ALEXANDRIA

Covid-19 Measures: COVID-19 Community Level Transmission rate is **LOW** as of December 1, 2022. The City of Alexandria reports 80.3% or 126,465 fully vaccinated residents and 86.6% or 136,327 partially vaccinated residents. Hospital admissions per 100k is 3.8 = **LOW**. Inpatient bed rate is 3.30% = **LOW**. **Demographics included City-wide: Ages 65+ = 83.5%** have vaccinations.

STATE OF VIRGINIA

As of December 5, 2022, across the state of VA, 6.3M, or 73.5% were fully vaccinated.

Demographics included State-wide: Ages 65+ = 96.1 have vaccinations.

CDC website for Health Topics from A-Z:

<https://www.cdc.gov/health-topics.html>

- b. **Goodwin Living Acquisition** – Christopher Moore updated the acquisition of the Hermitage, now known as the View. There is great need for affordable Assisted Living for older Alexandrians who cannot afford assisted living. DAAS and the COA are working with the City and Goodwin House for possible use of a floor of the View for affordable housing.
- c. **Ledray Redevelopment** - Michael and Chris attended a stakeholder meeting for an update on the redevelopment of Ledray. During the demolition and construction of the new building, the current 170 low income residents will be relocated with a right to return. There will be an additional 100 units in the new building for families at up to 80% of the regional AMI.
8. **City Manager's Proposed Budget** – Chris Moore noted that City departments were required to propose 2% budget cuts, but he does not know what cuts will be included in the City Manager's proposed budget, and all City departments are required to keep their budget proposals confidential. The proposed budget will be published on February 28, 2023. The Advocacy Committee will convene sometime in March to discuss what to support and what to propose in the City Budget. The Committee's recommendations will then be given to the full Commission for consideration.
9. **Alexandria Fund for Human Services (AFHS)** – Michael gave an update on the work of the AFHS. There will be approximately \$1.2 million in grants available in February or March 2023. Older residents are not adequately represented among the current grant beneficiaries. Only about 9 percent of the beneficiaries are 55 or older. Mary Lee Anderson presented a motion for the COA to address the disparity issue.

Motion - "COA strongly recommends that AFHS allocate funds to programs that serve older adults that are reflective of the percentage of the city's population, that is, approximately 17% of Alexandrians are 60 of age or older."

Second by Jessica Lefevre.

Motion was approved unanimously, after a quorum was present.

10. Liaison Report

- a. Division of Aging and Adult Services (<https://www.alexandriava.gov/Aging>) – Chris Moore, Director of the Division of Aging and Adult Services, introduced Ashley Johnson, the Division’s new Long Term Care Coordinator, who will be starting on Monday. He added that there are numerous slots for the Senior Rent Relief Program, and they're open for applications. Finally, DAAS is working on an R.F.P. for the Senior Taxi Service.
- b. *Human Rights Commission* – Tom Reeder. Nothing new to report
- c. AARP – Jane King will provide a full report next time.
- d. NVAN – Michael Schuster - NVAN will be active with special weekly meetings during the upcoming General Assembly session, starting in January 2023.
- e. *St. Martins Senior Center* - Anne Coyne report attached. Rent-assistance representatives are coming on 12/12/22.
- f. Senior Center Charles Houston – Report attached. Pamela Guerra,
- g. *Senior Services of Alexandria* - Mary Lee Anderson, report attached. Nothing new to add.
- h. Alexandria Commission on Employment. Mary Lee Anderson, the report is attached. Nothing new to add.
- i. Successful Aging – Mary Lee Anderson report attached, nothing new to add.
- j. Alexandria Adult Day Services Center, ADSC – Nothing new to add.
- k. Housing Affordability Advisory Committee, AHAAC – Jan Macidull. She sent out the summary document earlier.

11. Committee Updates.

- a. *Outreach*. The Committee – Co-Chairs Ray Biegun & Barbara D'Agostino said they will dive deeply into the Age-Friendly plan.
- b. *Transportation* – Co-Chairs David Kaplan & Bill Campbell. There is no January meeting and the committee will meet again in March 2023.

- c. **Health and Dementia Friendly** – Barbara Huelat. The committee did not meet in December but is scheduled to meet in January.

12. **Other Business.** None.

13. **New Business.** City Offices are closed on Jan 2. The next Executive Committee meeting needs to be rescheduled.

14. **Public Comments.**

Jonathan Krall asked for an official report indicating the CoA position on Medicare for All. Michael and Barbara D' Agostino stated the CoA position was indicated in the minutes from the last COA month.

Jennifer O – Encouraged the commission to reconsider the resolution for Medicare for all.

Annemarie Yoder – Annemarie also expressed support for Medicare for All

Farhan – He supported Medicare for All.

15. **Meeting Adjournment.** There being no further business, the meeting adjourned at 6:03 PM.

The minutes will be presented for approval at the COA meeting on Thursday, January 12, 2023, at the Landing.

February COA Meeting: at DASH headquarters, on February 9, 2023, at 4:00 p.m., located at 3000 Business Center Drive, across from Bishop Ireton High School, off of Duke Street.

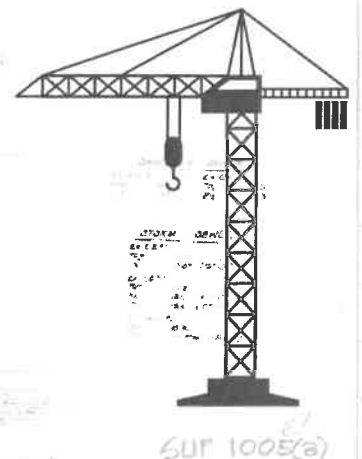
The next Executive Committee meeting date is to be determined

Minutes prepared by Barbara Huelat, C.O.A. Secretary.

Why New Construction ?

Our proposal will preserve the things you value, while:

- Allowing you to be involved every step of the way and giving you control over the look and feel of your community
- Increasing density, in prime location, while creating green space and community space
- Addressing problems with the existing structure, such as low ceilings, narrow units, obsolete building systems, shallow hallways, small bays and limiting floor plans
- True mixed-income community
- More units creates more revenue stream, translating to more budget for programs and service
- Expanding accessibility and ADA compliance
- Maximizing space for amenities, by locating parking underground
- Improving energy efficiency and accomplishing the City of Alexandria's goals for DSUP projects
- Honoring the hard work that went into developing the Small Area Plan



St. Martin de Porres Senior Center Report for November 2022

This report covers the activities and events from November to the December COA meeting. We continue to follow CDC's COVID-19 Omicron's community transmission rates and consult with the Alexandria Health Department for guidance on communicable disease ratios for the city of Alexandria and the protection of the seniors as they go about their business in the community. We continue to assist seniors to schedule and receive their COVID boosters and flu vaccines for their protection as we prepare for the upcoming winter and safely increase our average daily census. Fortunately, there were no seniors, volunteers or staff who tested positive for Omnicron or the flu. We screen all personnel who enter the center ensuring they adhere to social distance, wear an approved facial covering, sanitize hands and stay home when ill. The seating capacity at the center for participants remains at 40 personnel in the main room as a precaution to potential exposure to viruses. Our average daily census for the first two weeks of November reached 27. We are slowly increasing our maximum capacity to 48 this month under the guidance of ADH and have registered four new seniors and had four seniors return to the center. It appears seniors are feeling more comfortable returning to pre-COVID lifestyles and more comfortable returning to social settings.

During the month participants enjoyed two field trips the first to the Cox Pumpkin farm's farmers market. The second trip was to the Smithsonian's National Museum of the American Indian. Our senior garden was officially retired for the winter. Chef Phillipe demonstrated three delicious recipes preparing three delicious types of squash recipes.

- The following activities and wellness checks continued throughout the month:
- AHD's Presentation on STI such as chlamydia, Monkey Pox, COVID, Flu and RSV; addressed many senior questions
- This month we were pleased to continue our intergenerational activities with Bishop O' Connell High School/Blessed Sacrament students; seniors enjoy the company and fun with the students.
- AHD encouraged eligible seniors to receive COVID-19 booster and flu shots. Update seniors with weekly COVID facts from the AHD to educate and assist seniors to get the bivalent booster and answer questions.
- Continue weekly Line Dancing, in person SAIL class at PHRC and virtual SAIL exercise classes.
- ESL classes continue to go well assisting seniors learn and practice English conversational communication. We officer beginner, intermediate and advanced class levels to help nonconventional students.
- Continue biweekly SAIL classes with Marymount University, Patrick Henry Recreation Center and SMdP. Senior reporting feeling more confident, less pain, improved balance and stronger when they walk.
- CUA junior/senior Community Health program's nursing students; briefed an informative lecture on preventing falls and how to safely fall and get back up preventing further injury; led to an informative Q&A.
- Seniors attended the Successful Aging Committee's informative lecture on Genealogy

Submitted by Anne T. Coyne, Senior Center Director, St. Martin de Porres Senior Center. Tele: 703-751-2766. Email: anne.coyne@ccda.net

Minutes from November 2, 2022 meeting of the Economic Development Committee

Attending: Mary Lee Anderson, Jessica Lefevre, Margaret Shetler, Michael Shuster, Geri Wallace

Absent: Pat Miller, Jim Lindsay, Sylvia Benatti, Evelyn Quiles

The meeting began at 10:05 a.m.,

Senior Consumers. Del Ray Business Association included info about the program in their monthly newsletter and new businesses have already reached out to enroll. Old Town Business Association will also be reaching out to their members. SSA will update list of businesses at the end of November and promote the card during the holiday season.

Senior Employment. *Goal is to help seniors find employment and to encourage businesses to hire.* Evelyn Quiles will report any new activities to the committee via email.

Seniors as Entrepreneurs. Orientation/introduction event was held on 10/27, but attendance was disappointing. Sylvia will share the powerpoint with the Committee via email and is looking for advice as to marketing strategy.

SNAP for Seniors SSA continues to work with the City to encourage older adults to apply for SNAP benefits. City is working on grant application which will be run through Hunger Free Alexandria for data collection about target populations for SNAP and to develop targeted outreach, going to the residents through trusted community partners such as ALIVE, Neighborhood Health, SSA.

Senior Ambassadors Additional Ambassadors trained in October. Suggestion that Ambassadors be offered training to encourage residents to enroll in SNAP. SSA may reach out to Neighborhood Associations that are starting to meet in person again, attend meetings to share information and recruit new Ambassadors. Spanish-speaking Ambassador numbers are increasing. Training in Spanish has been recorded.

Age Friendly Plan Final report on the first plan is nearing completion. Discussion about avenues for community/city department input on new plan.

The meeting was adjourned at 10:49 a.m. The next meeting will be held Wednesday, December 14 at 10:00 a.m. at WDC's office, 1900 North Beauregard, Suite 300.

Submitted by: Mary Lee Anderson

**Adult Day Services Center
Report to the Commission on Aging
December 2022**

Christmas has come a little early at the adult day services center. On behalf of the staff and program participants we would like to give a shout out to Rebuilding Together for the work they did for our center in October and November.

We cannot thank them enough for all the time and energy they put in making our center vibrant and beautiful. Furthermore, we want to express the unbelievable kindness the staff and volunteers showed our seniors while they were here.

They are truly a wonderful organization dedicated with helping seniors.

Rebuilding Together project highlights.

- **Painted the main areas of the center that the seniors utilize**
- **Painted a beautiful mural**
- **Build bird houses**
- **Clean the patio area**
- **Build and rebuild flower beds that rotted over the years**
- **Planted tulips in some of the beds**

If you know of a senior that need repairs or minor work on their home, please visit their website or give them a call. I think they can improve their quality of life.

Attached is a video from project day ADSC.

https://www.canva.com/design/DAFSmiGWkY8/Mxp_6nFWoAvKniDOszUBxw/watch?utm_content=DAFSmiGWkY8&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton

**Darrell Wesley,
Program Director, Alexandria Adult Day Services Center**

Date: December 7, 2022
To: The Commission on Aging
From: Jan Macidull, Liaison to AHAAC
Subject: October AHAAC 2022 Meeting Notes

AHAAC Meeting Documentation: Notetaking is rotated among AHAAC members for each meeting. As a result, formal minutes may become available a month or two later. However, as issues of immediate concern to COA are raised, I bring them to COA's Chair and to COA's Housing Committee on an oral or written basis.

If COA wishes me to keep separate, abbreviated notes for the COA Board packet focused only on issues of relevance to the COA, I'm glad to do so. The following notes are abridged from the formal notes, with my additions about considerations for COA.

OCTOBER AHAAC MINUTES (Abridged)

1. New member introductions and Chair remarks (Chair)

Chair Betsy Faga introduced AHAAC's two newest members: Devon Stokes, representing a financial professional with knowledge and experience in the field of finance, and Peter Siderovski, representing housing consumers under age 30.

2. Consideration of an Affordable Housing Plan for Witter Place (Tamara Jovovic/Bob Brandt)

Action Requested: Vote on Affordable Housing Plan

Tamara Jovovic introduced Bob Brant, the attorney representing Community Housing Partners (CHP); Mr Brandt provided an overview of CHP and the proposed project. David Schultz, Senior Vice President of Development and Construction for CHP, also participated in the meeting via phone.

The proposed project is located at 2712 Duke Street, a site which has functioned as an automotive dealership for over 30 years. The new building will be oriented toward Duke Street and is proposed to be four-to-five stories in height. Amenities are planned to include a rooftop space, outdoor children's play area, firepits, and outdoor seating. The 94-unit two- and three-bedroom project will be affordable at 40% to 60% AMI. Members commended the level of affordability and unit mix.

Shelley Murphy made a motion to approve the Affordable Housing Plan; Mike Doyle seconded the motion. **The Committee voted to approve the Affordable Housing Plan**

unanimously.

COA Implications: Monitor as units come on line, to assess appropriateness for seniors.

3. Alexandria West Small Area Planning Process (Jose Ayala)

Action Requested: Designate 1-2 Committee Members to Follow Planning Process

Jose Ayala provided an overview of the Alexandria West Small Area Plan (AlexWest SAP), which will combine two existing SAPs, Alexandria West and Beauregard, into one 1,200-acre area. During the Beauregard planning process, AHAAC was a very active participant. Mr. Ayala outlined the demographic composition of the area and stressed a strong need for affordable housing. The planning process will begin in November 2022 and City staff have begun engaging the community. The City is working to identify the community's preferred methods of participation and staff have published a webpage with four language options; additional engagement efforts include multiple social media sites, eNews releases, emails, and outreach to community associations and businesses. As the plan area abuts Fairfax County on the west side, the City is coordinating with Fairfax County.

Devin Stokes and Betsy Faga volunteered to monitor the Alexandria West planning process and report updates to AHAAC.

COA Implications: This SAP currently contains several senior housing and care communities. The new Landmark Mall redevelopment is expected to offer at least one more. Balancing types of needs with income levels will be the challenge. A presentation of this community's demographics as well as those of the City at large, focusing on senior needs, will enable COA to identify any senior needs for AHAAC and Council attention.

4. Consideration of an Affordable Housing Plan for Samuel Madden (Eric Keeler/Mill Creek & Fairstead)

Action Requested: Vote on Affordable Housing Plan

The proposed Samuel Madden project comprises 532 rental residential units, of which 326 will be affordable, in addition to an early learning and childcare center, retail space, and food hub. 161 units will be affordable to households making up to 30% AMI, 79 will be affordable to households making between 50-60% AMI, and 86 units will be affordable to households making up to 80% AMI. 240 units are attributed to the applicant's use of the RMF Zone and Section 7-700. On-site amenities will be available to all residents.

Residents of the existing 65 Samuel Madden units will be relocated temporarily during construction. In compliance with HUD's Rental Assistance Demonstration (RAD) program, all relocated residents are guaranteed a right to return; Housing Opportunities Unlimited, a company specializing in relocation and support services,

will assist all residents in good standing in relocating during the construction phase and, if desired, facilitate their return. The applicant will cover all relocation costs for residents. The applicant plans to seek approval from Planning Commission and City Council in February 2023.

One member asked if project-based vouchers will remain with the project. The applicant responded that project-based vouchers do not travel with the renter. Another member asked why all market rate units are all in the South Building; The choose to consider this option, though funding may be more challenging due to the continued need for operating subsidies in such facilities.

COA Implications: Find out number of seniors impacted by relocation and identify potential for senior housing in the new facility.

5. ARHA Updates

There were no additional ARHA updates.

6. AHDC Updates (Jon Frederick)

There were no AHDC updates.

6. Consideration of Draft September 2022 Minutes

Action Requested: Vote on Draft Minutes

Agenda item #7 was amended to read, "Betsy noted that there were no recent updates on the Seminary Road project." With this correction, the Committee approved AHAAC's September 2022 minutes unanimously.

7. Information Items:

Financial Report

Staff provided the most recent Financial Report

8. Staff Updates (Staff)

Tamara Jovovic asked members to think about informational topics that AHAAC would like to discuss during fiscal year 2023. Robyn Konkel suggested discussing the background and process for small area planning. Betsy Faga had previously expressed interest in an informational session focused on public housing finance.

9. Announcements and Upcoming Housing Meetings (Staff)

Members were asked to promote the following events:

Tenant Rights and Responsibilities Trainings

Workshop 3: Thursday, October 13, 2022, 6:00-8:00 p.m. Patrick Henry Recreation Center, 4653 Taney Avenue, Alexandria, VA 22304

Workshop 4: Saturday, October 29, 2022, 10:00 a.m. – noon; Fairlington Presbyterian Church, 3846 King Street, Alexandria, VA 22302

ARHA Redevelopment Work Group

October 20, 2022; 5:30 p.m.
City Hall, Council Work Room, 301 King St

**The Senior Center at Charles Houston
November 2022 Report for December COA meeting**

November started out with all participants exercising their right to vote! Most came in with their voting stickers and engaged in a chat and chew about the importance of voting.

November also generated a warning of a tridemic overwhelming the healthcare system from the spread of RSV, Flu and Covid infections. Both Staff and participants exercised greater caution through social distancing, continue wearing masks and ensuring proper hand washing techniques and frequency to prevent further spread of these three viruses. Fortunately, our participants have participated in the vaccine clinics and have indicated that they are vaccinated with the latest booster and flu vaccine.

Our participants continue to enjoy 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 November included:

- **Wellness/Informative Wednesday Presentation – Unfortunately, we had to cancel/postpone both presentations in November due to presenters taking vacation time with their families. We hope to re-schedule each of these presentations as soon as schedules permit.**
- **Weekly Thursday Shopping Trip – Traveled to local area markets and grocery stores, including Walmart, Dollar Tree, TJMAXX and the Dutch Amish Market to allow participants to purchase food, medical supplies, and other essential items (personal and household).**
- **Weekly Friday Walking Club – As transportation permits, we have been consistent on our weekly walk at the Pentagon City Mall.**
- **Arthritis and Mindful Movement Exercise Class – Participants attended a weekly Monday class for mindful movement and bi-monthly class for Arthritis exercise class. The average number of participants for the two classes was eighteen.**
- **Goody Bag Distribution – No Goody bags were provided this month.**

- **Staff and participants celebrated with a thanksgiving luncheon and shared stories of all the things to be grateful about this year. Jeffreys catered the event and provided all the Thanksgiving fixings for thirty participants. We were able share a meal together and take pictures.**
- **Aided participants who wanted to take advantage of resources available for free Alexandria Taxi services for Seniors. We will continue to spread the word that this valuable resource is available.**

In Summary, Participants remained healthy and showed up to the center consistently and enthusiastic for our everyday activities.

Submitted By:

***Pamela Guerra, Senior Center Manager
Senior Center @ Charles Houston***

