

**ALEXANDRIA COMMISSION ON AGING MEETING**  
Thursday, September 8, 2016, 4:00 pm – 6:00 pm

Meeting Location  
2525 Mt. Vernon Avenue, Cyphers Conference Room

**AGENDA**

**MEMBERS:** Please read all attachments and bring this packet of materials with you to the meeting.

1. Call to Order
2. Approval of Agenda
3. Welcome Guests
4. Approval of June minutes
5. Public comments – please limit your comments to 3 minutes
6. Special Presentation - update on Complete Streets and Vision Zero– see attached  
Presented by Hillary Orr, Complete Streets Program Manager
7. Executive Committee Report– see attached
8. Discussion / Action Items
  - A. Swearing in of COA Officers – Del Pepper
  - B. Commission and Committee Meetings– see attached
  - C. COA Annual Report – to be distributed at meeting
  - D. NVAN Legislative Breakfast Sept. 26– see attached
  - E. SAIL Program training – Stay Active and Independent Sept. 21– see attached
9. Liaison Reports

**Liaison Reports - Please provide a written summary to be included in the minutes. No oral reports.**

  1. Alexandria Police Department – Ian Torrance
  2. Division of Aging and Adult Services – Terri Lynch– see attached
  3. INOVA Alexandria Hospital – Ann Harbour
  4. Human Rights Commission – Michael Kreps
  5. Commission for Women – Elisabeth Palmer Johnson
  6. AHA – Jane King
  7. AARP – Jane King
  8. St. Martins Senior Center
  9. Virginia Hospital Center – Mary Belanich
  10. Partnership for a Healthier Alexandria – Mary Parker
  11. Commission on Persons with Disabilities - Mary Parker
  12. Senior Center @ Charles Houston – Vanessa Greene– see attached
  13. Senior Services of Alexandria – Mary Lee Anderson– see attached
  14. Recreation, Parks and Cultural Activities – Margaret Orlando
  15. Arlington County Commission on Aging – Mitch Opalski

- 16. Successful Aging – Darrell Wesley– see attached
- 17. Alexandria Adult Day Services Center – Darrell Wesley– see attached
- 18. Housing Affordability Advisory Committee – Bill Harris– see attached

10. Committee Updates

- 1. Housing – Chair, Jan Macidull– see attached
- 2. Advocacy and Legislation – Chair, Bob Eiffert
- 3. Communications /Outreach – Chair, Jim Lindsay;  
Vice Chair, Joan Dodaro
- 4. Transportation – Chair, Alan Dinsmore
- 5. Economic Development – Chair, Mary Lee Anderson – see attached
- 6. Strategic Planning – Chair, Jane King
- 7. Diversity Committee

11. Other Business

12. New Business

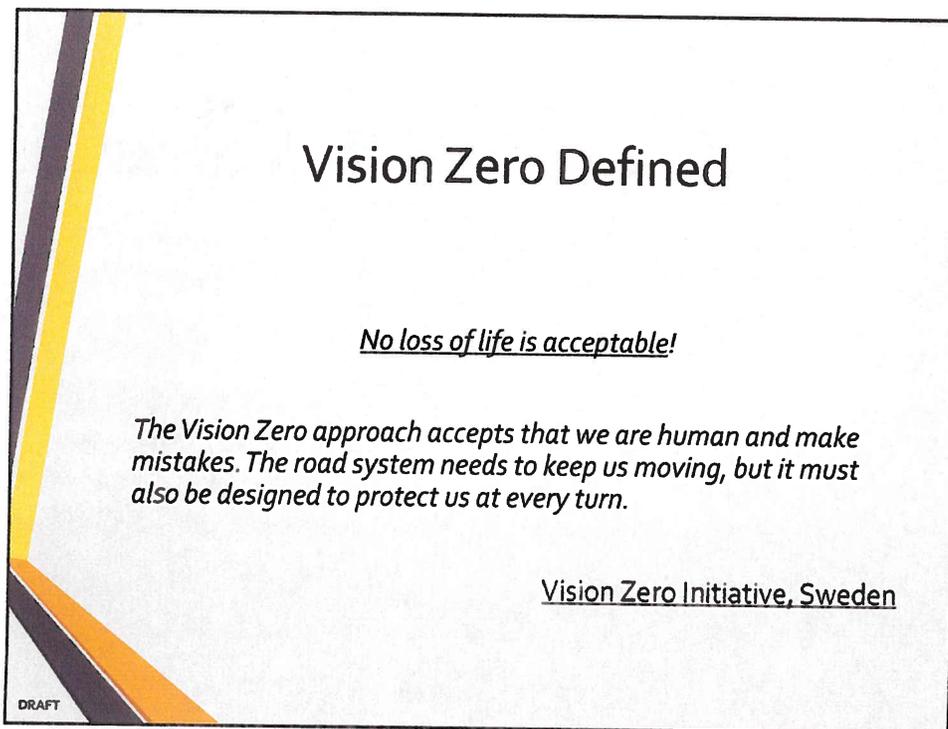
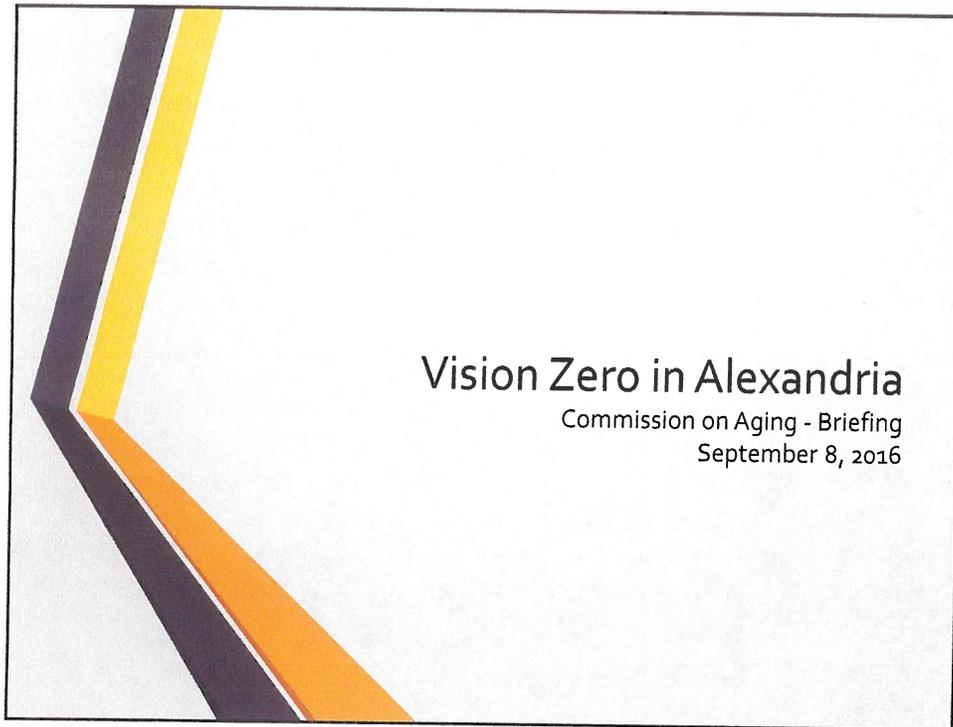
**Next Commission Meeting:** Thursday, October 13, 2016, 4pm, DCHS, 2525 Mt. Vernon Avenue, Cyphers Room , Alexandria, VA 22301

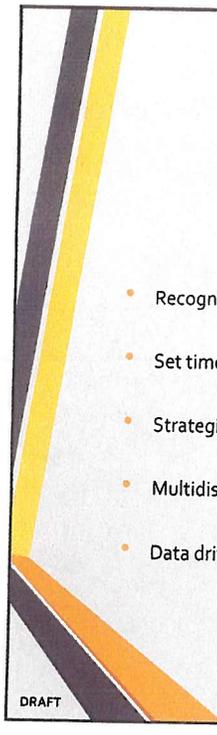
**Next Executive Committee Meeting:** Monday, October 3, 2016, 3pm, 4401 Ford Avenue. Go to Suite 103.

**COMMISSION OFFICERS:** Carol Downs, Chair  
Bob Eiffert, Vice Chair  
Secretary, Michael Kreps

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 an accommodation may contact the Division of Aging and Adult Services at 703.746.5999 (TTY 703.836.1493). Please provide at least 7 calendar days advance notice.



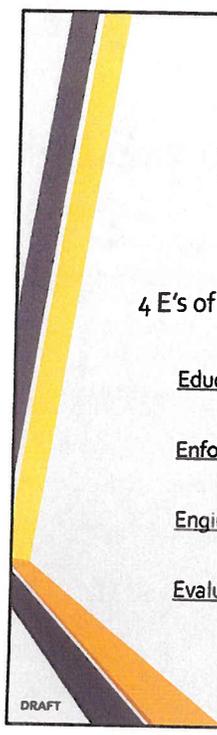


## Vision Zero Approach

- Recognize traffic fatality/injury is preventable
- Set timeline to eliminate both
- Strategic and measurable goals
- Multidisciplinary approach (Not just Traffic Engineers)
- Data driven

Vision Zero Network

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## How Vision Zero is Achieved

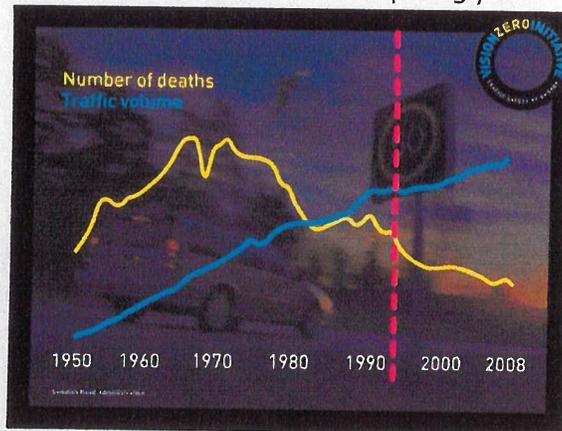
4 E's of Traffic Safety:

- Education (Inform Rules & Responsibility)
- Enforcement (Address Problems / Increase Awareness)
- Engineering (Design for Safety)
- Evaluation (Lessons Learned)

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## Vision Zero Origins

- Originated in Sweden in 1994 (made law 1997)
- 50% decline in Ped fatalities over past 5 years



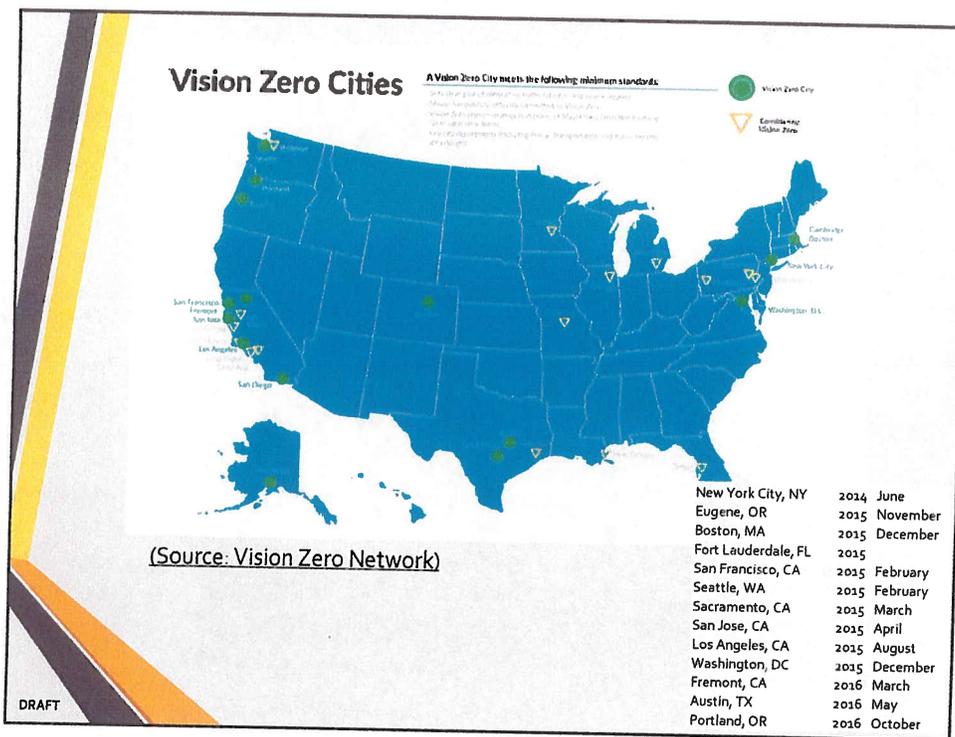
(Source: Vision Zero Initiative, Sweden)

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Traditional thinking	Vision Zero
Focus on accidents	Focus on fatalities and serious injuries
Perfect human behavior	Integrate the failing human in design
Individual responsibility	Shared responsibility between system and design
Industry must be forced	Industry can be stimulated
Saving lives is expensive	saving lives is cheap

(Source: Vision Zero Initiative, Sweden)

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## Vision Zero Network Recommendations

### Key Points:

- Action Plan with a target date for Zero (o)
- Clear, Measurable Strategies (Focus Areas)
- Multidisciplinary Plan (not just Traffic Engineers)

### 9 Components of a Strong Vision Zero Commitment

Based on the experiences of Vision Zero cities and the Vision Zero Network, the following 9 components are essential for a strong Vision Zero commitment. These components are interconnected and should be implemented in a holistic and integrated manner.

**POLITICAL COMMITMENT**

The highest ranking leadership (Mayor, City Council, or an equivalent) must be visible and public, consistent with a Vision Zero goal to achieve zero traffic deaths and serious injuries. This leadership should be visible in public settings, such as meetings, press releases, and through a visible presence in the community. This should include providing the local public with information on goals, budgets, milestones, and a commitment to consistent engagement, transparency, and regular reporting.

**MULTI-DISCIPLINARY LEADERSHIP**

A multi-disciplinary leadership team is essential for Vision Zero. Leadership should include representatives from the police, fire, public health, transportation, and public works. It should also include representatives from the business, industry, and academic sectors.

**ACTION PLAN**

A Vision Zero Action Plan is a clear, measurable, and time-bound plan that outlines the specific strategies, tactics, and goals for achieving zero traffic deaths and serious injuries. It should include a timeline for implementation and a process for regular reporting and evaluation.

**EQUITY**

Equity is a fundamental principle of Vision Zero. It means that all people, regardless of their race, ethnicity, income, or other characteristics, should have an equal opportunity to live safely and without fear. This requires a focus on addressing the needs of the most vulnerable populations.

**COOPERATION & COLLABORATION**

Success requires cooperation and collaboration among all stakeholders, including government agencies, community organizations, and the private sector. This involves sharing information, resources, and expertise to achieve common goals.

**SYSTEMS-BASED APPROACH**

A systems-based approach recognizes that traffic safety is a complex system involving many interconnected factors. This approach focuses on understanding the underlying causes of crashes and implementing interventions that address the system as a whole, rather than just individual components.

**DATA-DRIVEN**

Data is essential for understanding traffic safety issues and for evaluating the effectiveness of interventions. This involves collecting and analyzing data on crashes, traffic volume, and other relevant factors to inform decision-making and track progress.

**COMMUNITY ENGAGEMENT**

Community engagement is a critical component of Vision Zero. It involves working with the public to understand their needs and concerns, and to build a sense of shared responsibility for creating a safer community. This can be done through public meetings, surveys, and other outreach activities.

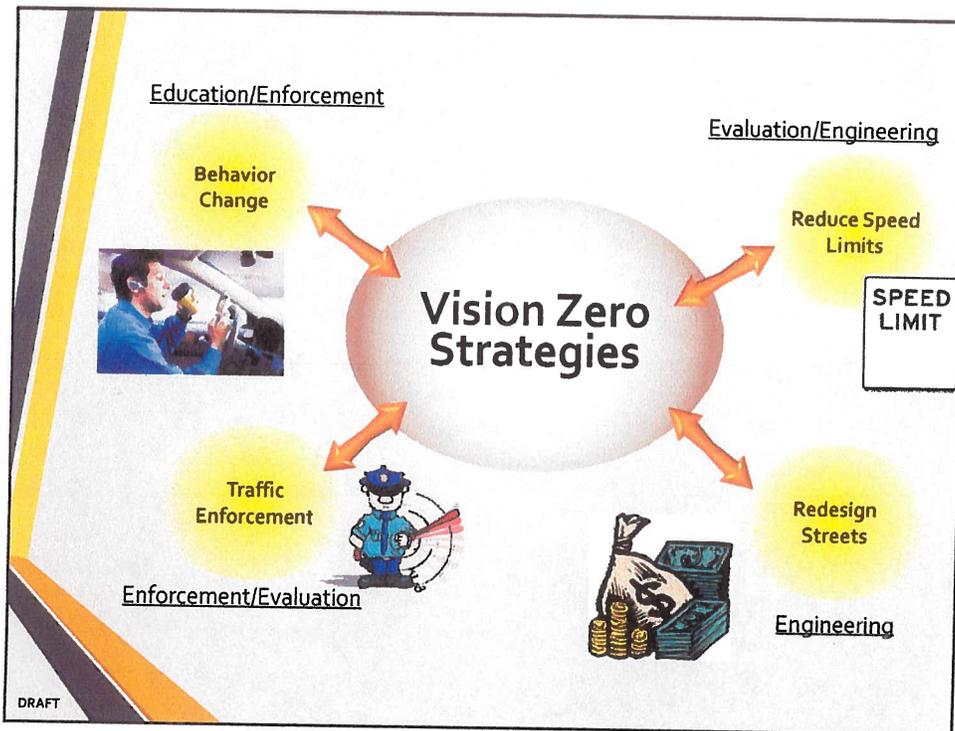
**TRANSPARENCY**

Transparency is essential for building trust and accountability. This involves providing regular updates on the progress of the Vision Zero plan and the results of evaluations, and being open to public scrutiny and feedback.

**VISION ZERO NETWORK**

(Source: Vision Zero Network)

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## Alexandria and Vision Zero

Pedestrian and Bicycle chapter updates to Transportation Master Plan

- Adopted May 2016
- “Conduct an evaluation of traffic fatalities and develop a Vision Zero program that outlines the framework, budget and staffing needed to work toward eliminating pedestrian and bicycle related deaths and serious injuries in Alexandria”**
- ▶ On target to be first city in Virginia to adopt a plan

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## Planning for Vision Zero

- Transportation Commission Support
  - Summer 2016 - draft policy & identify targets and goals
- City Boards and Commissions
  - Fall 2016 – Briefings on VZ and support for policy
- City Council Adoption
  - Winter 2016/2017
- Community Workshops
  - Winter/Spring 2017 – engage public & inform plan
- Coalition Partners
  - Winter/Spring 2016 – education, collaboration & support
- Action Plan & Framework
  - Summer 2017 – Crash analysis and detailed framework for future action and funding

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## Vision Zero Policy

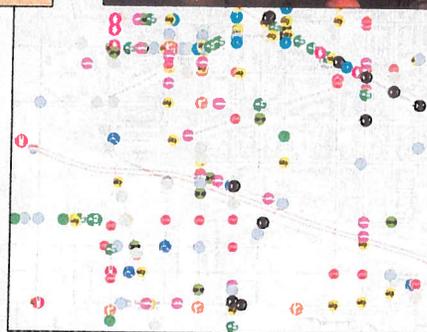
- Adopt Goal of zero traffic fatalities by 2030
- Engage residents, businesses, and the community in the development of a Vision Zero Action Plan
- Form an interdepartmental working group to develop a Vision Zero Action Plan that will:
  - Provide a comprehensive analysis of crashes in Alexandria
  - Outline the programs to reduce crashes
  - Identify associated funding needed
- Directs Boards, Commissions and City Departments to incorporate the key elements of Vision Zero into any new, updated or revised strategic plans.
- Directs staff to provide an annual report on the progress of crash reduction and the implementation of the Vision Zero Action Plan following the completion of the Action Plan.

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## Community Engagement



- Community workshops
  - Define priorities
- Online surveys and wikimaps



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## Vision Zero: Coalition Partners

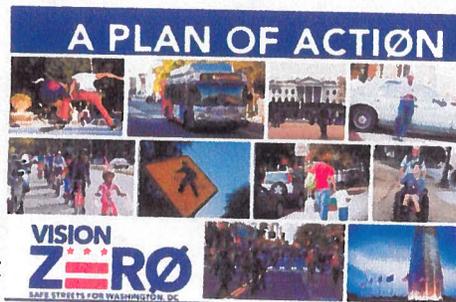
- Community Support
  - Advocacy groups
  - Non-profits with similar missions
  - Major employers (funding opportunities \$\$\$)
  - Boards and Commissions



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## Developing an Action Plan

- Intergovernmental Working Group
  - City Departments: Transportation, Police, Health, Communications, etc.
  - Public Schools
  - Boards and Commissions
- Community Workshops
- Crash analysis
- Identify programs
- Forecast costs and budget
- Timeline for evaluation and implementation



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## Developing an Action Plan

- Current Complete Streets Program Initiatives
  - High crash locations initiative
  - Bicycle and Pedestrian Priority Projects
  - Traffic Calming program
  - Residential Sidewalk Program
  - Safe Routes to School Program
    - Walk Audits -> infrastructure & programmatic recommendations
- Future Citywide Vision Zero Initiatives
  - Education campaign – i.e. distracted driving
  - Enhanced enforcement related to crashes
  - Health campaign - i.e. drunk driving

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## Data Driven Approach

- Detailed crash analysis & Mapping (2006-2015)
- Collect Baseline data
- Tracking enforcement efforts
- Tracking infrastructure improvements
- Citywide multimodal survey – Fall 2016

“Honesty and transparency  
make you vulnerable.  
Be honest and transparent  
ANYWAY.”

Mother Theresa

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Questions  
&  
Discussion

22 August 2016

**CITY OF ALEXANDRIA, VIRGINIA**

**RESOLUTION NO \_\_\_\_\_**

A RESOLUTION endorsing Vision Zero, for the City of Alexandria to achieve zero traffic deaths and serious injuries on Alexandria streets by 2028

WHEREAS, traffic crashes are among the leading cause of fatalities and injuries in the world, the United States, and the City; and

WHEREAS, death and injury on our streets is unacceptable and the City does not accept serious crashes as preventable; and

WHEREAS, the city's Strategic Goals include *protecting and enhancing the health of its citizens* and *protecting the safety and security of its residents, businesses, employees and visitors*; and

WHEREAS, our streets and transportation systems have traditionally been designed primarily for maximum capacity and mobility, Vision Zero focuses on safety as a primary objective for our traffic systems; and

WHEREAS, Vision Zero provides a framework for reducing traffic deaths to zero through a holistic combination of Education and culture change, Enforcement and prosecution, and Land use and transportation engineering; and

WHEREAS, cities and states around the country, including the District of Columbia and Montgomery County, Maryland, have established Vision Zero initiatives specifically focused on the needs of their respective communities; and

WHEREAS, the City has adopted an amendment to the Transportation Master Plan that includes a strategy to conduct an evaluation of traffic fatalities and develop a Vision Zero program that outlines the framework, budget and staffing needed to work towards eliminating pedestrian and bicycle related deaths and serious injuries in Alexandria; and

WHEREAS, successful Vision Zero programs are a result of both a whole of government approach (i.e. interdepartmental, coordinated initiatives) and citizen support of Vision Zero objectives and associated action plans; and

THE CITY COUNCIL OF THE CITY OF ALEXANDRIA, VIRGINIA, DOES RESOLVE AS FOLLOWS:

Section 1. The City of Alexandria hereby adopts a goal of eliminating traffic deaths and serious injuries to zero by 2028; and endorses Vision Zero as a comprehensive and holistic approach to achieving this goal.

COMMISSION ON AGING  
EXECUTIVE COMMITTEE MEETING SUMMARY  
August 29, 2016  
4401 Ford Avenue, Alexandria

AGENDA

1. Approval of Agenda
2. Planning for September 8 Commission meeting
  - Presentation - Complete Streets - Hillary Orr, Complete Streets Coordinator
  - Swearing in of COA Officers - Councilwoman Del Pepper
  - COA Annual Report
  - GIS Demographic Maps - Terri Lynch
  - New Chair for COA Diversity Committee
3. Planning for future Commission meetings (per availability of speakers)
  - October 13 - ARHA Presentation - Roy Priest, Executive Director ARHA and ARHA Board Chair
  - November 10 - Fall Prevention Presentation - DAAS staff
  - December 8 - Emergency Services Presentation - City Emergency Management staff
4. Northern Virginia Aging Network (NVAN) November 15 meeting - Alexandria COA sponsor
  - Identify speaker (Northern Virginia Falls Prevention Network? Other?)
5. Annual Legislative Forum - November 14, Fairlington Community Center, 10-11:30 AM  
(Sponsored by Alexandria and Arlington Commission on Aging)
6. Age Friendly Community:  
COA needs to have the Age Friendly plan ready in the next 21 months, but planning needs to start NOW. Committee Chairs need to start planning to outline a process for preparing the plan and assigning the work. Jane will work with all Committee Chairs to determine expected "outcomes" for the eight domains.
7. Committee Reports:
  - Diversity Committee - next meeting TBD
  - Economic Development Committee - next meeting, Tuesday, September 6 at 10:00 AM at Emma's in Delray
  - Housing Committee - next meeting Monday, September 19 at 1:30 PM at 4401 Ford Ave, 12th floor
  - Transportation Committee - report already submitted by Alan
8. Next meeting - Monday, October 3, 3:00 PM, 4401 Ford Ave., smaller 12th Fl conference room
9. Change October 31 EC meeting to Tuesday, November 1, 3:00 PM, 4401 Ford Ave.



## Commission on Aging Meeting Dates September 2016 – June 2017

**Updated August 29, 2016**

If you are unable to attend a meeting, please let Carol Downs and Debbie Ludington know.  
(Please note that COA Members are expected to attend at least 75% of Full Commission meetings)

<u>Executive Committee Meetings</u>	<u>Full Commission Meetings</u>
<p><b>Who Should Attend:</b> Commission Officers, Committee Chairs Other Interested COA members and individuals</p> <p><b>Time:</b> 3 – 5pm</p> <p><b>Where:</b> 4401 King Street, 12<sup>th</sup> floor Gilmore Gallery (guests go to room 103 and staff will meet you there)</p>	<p><b>Who Should Attend:</b> All Commission Members and other interested individuals</p> <p><b>Time:</b> 4- 6 pm</p> <p><b>Where:</b> Dept. of Community and Human Services 2525 Mt. Vernon Avenue Cyphers Conference Room</p>
Monday, August 29	Thursday, September 8
Monday, October 3	Thursday, October 13
<b>Tuesday, Nov. 1</b>	Thursday, November 10
Monday, November 28	Thursday, December 8
<b>Tuesday, January 3</b>	Thursday, January 12
Monday, January 30	Thursday, February 9
Monday, February 27	Thursday, March 9
Monday, April 3	Thursday, April 13
	Tuesday, May 9 Commission on Aging Awards 5:30 – 7 pm Vola Lawson Lobby in City Hall
	Lobby reserved 4pm – 8pm
Monday, May 1	Thursday, May 11
<b>Tuesday, May 30</b>	Thursday, June 8

Commission on Aging  
Committee Meetings FY 2017  
Updated 8-29-16

<u>September</u>			
6	10:00 a.m.	Economic Development Comm.	Emma's Espresso and Wine Bar, 106 Hume Avenue
8	4:00 p.m.	Full Commission	2525 Mt. Vernon Avenue, Cyphers Room
8	6:30 p.m.	Transportation Committee	Emma's Espresso and Wine Bar, 106 Hume Avenue
19	1:30 p.m.	Housing Committee	4401 Ford Avenue, go to room 103
26	5:30 p.m.	Diversity Committee	Panera, 3201 Duke St.
<u>October</u>			
3	3:00 p.m.	Executive Committee	4401 Ford Avenue, go to room 103
4	10:00 a.m.	Economic Development Comm.	Cameron Café, 4911 Brenman Park Dr
13	4:00 p.m.	Full Commission	2525 Mt. Vernon Avenue, Cyphers Room
13	6:30 p.m.	Transportation Committee	Emma's Espresso and Wine Bar, 106 Hume Avenue
17	1:30 p.m.	Housing Committee	4401 Ford Avenue, go to room 103
24	5:30 p.m.	Diversity Committee	Panera, 3201 Duke St.
<u>November</u>			
1	3:00 p.m.	Executive Committee	4401 Ford Avenue., go to room 103
1	10:00 a.m.	Economic Development Comm.	Emma's Espresso and Wine Bar, 106 Hume Avenue
10	4:00 p.m.	Full Commission	2525 Mt. Vernon Avenue, Cyphers Room
10	6:30 p.m.	Transportation Committee	Emma's Espresso and Wine Bar, 106 Hume Avenue
21	1:30 p.m.	Housing Committee	4401 Ford Avenue, go to room 103
28	5:30 p.m.	Diversity Committee	Panera, 3201 Duke St.

**The Northern Virginia Aging Network (NVAN)  
Requests your presence at the**

**17<sup>th</sup> Annual Legislative Breakfast**

*NVAN will introduce its legislative platform to state senators, delegates,  
and local elected officials.*

*Don't miss this opportunity to speak with your elected officials.*

**Monday, September 26, 2016  
8 – 10 a.m.**

**Fairfax Marriott at Fair Oaks**

11787 Lee Jackson Memorial Highway  
Fairfax, Va 22033

Keynote Speaker:

**Veronica Li, Author**

*Veronica Li, a resident of Northern Virginia, was a journalist and later an  
officer of the World Bank. She is the author of Confucius Says, a novel on caring  
for aging parents, and two other books.*

**Moderated by Peggy Fox of Channel 9 News**

**Registration deadline  
Wednesday, September 21**

To register online go to: <http://tinyurl.com/nvan2016>



# Stay Active & Independent for Life (SAIL)

a strength, balance, and fitness class for adults 65+

Northern Virginia Falls Prevention Network

## Stay Active and Independent for Life

Stay Active and Independent for Life (SAIL) is evidence-based falls prevention program for adults 65 and older. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chance of falling. The entire curriculum of activities in the SAIL Program can help improve strength and balance, if done regularly. SAIL is usually offered 2-3 times a week in a one hour class. Sites for SAIL classes include senior centers, recreation facilities, retirement communities, and residential facilities.

### SAIL Program Leaders

Stay Active and Independent for Life (SAIL) classes are conducted by fitness, exercise science and healthcare professionals who have completed SAIL Program Leader training. All program leaders are carefully selected for their ability to deliver effective and efficient training, while adhering to the core components of the SAIL Program.

### SAIL Program Leader Training

The Regional Training Office (RTO) at Marymount University is offering a SAIL Program Leader training event on Wednesday, September 21, 2016. Whether your organization is ready to offer a SAIL program or thinking about hosting one in the future, this training event will provide valuable information about the SAIL Program, its effectiveness in reducing falls, and what is needed to successfully provide a SAIL program. Anyone interested in potentially leading a SAIL program is invited to attend.

Learn more about starting an evidence-based falls prevention program at your organization.

#### **SAIL Program Leader Training**

**September 21, 2016**

**7:30am to 5pm**

**Goodwin House, Bailey's Crossroads**

Lunch and Snacks Provided

**Register by September 12th: <https://goo.gl/forms/OD03OPRibv8kSrZq2>**

**or call (703) 284-4988**

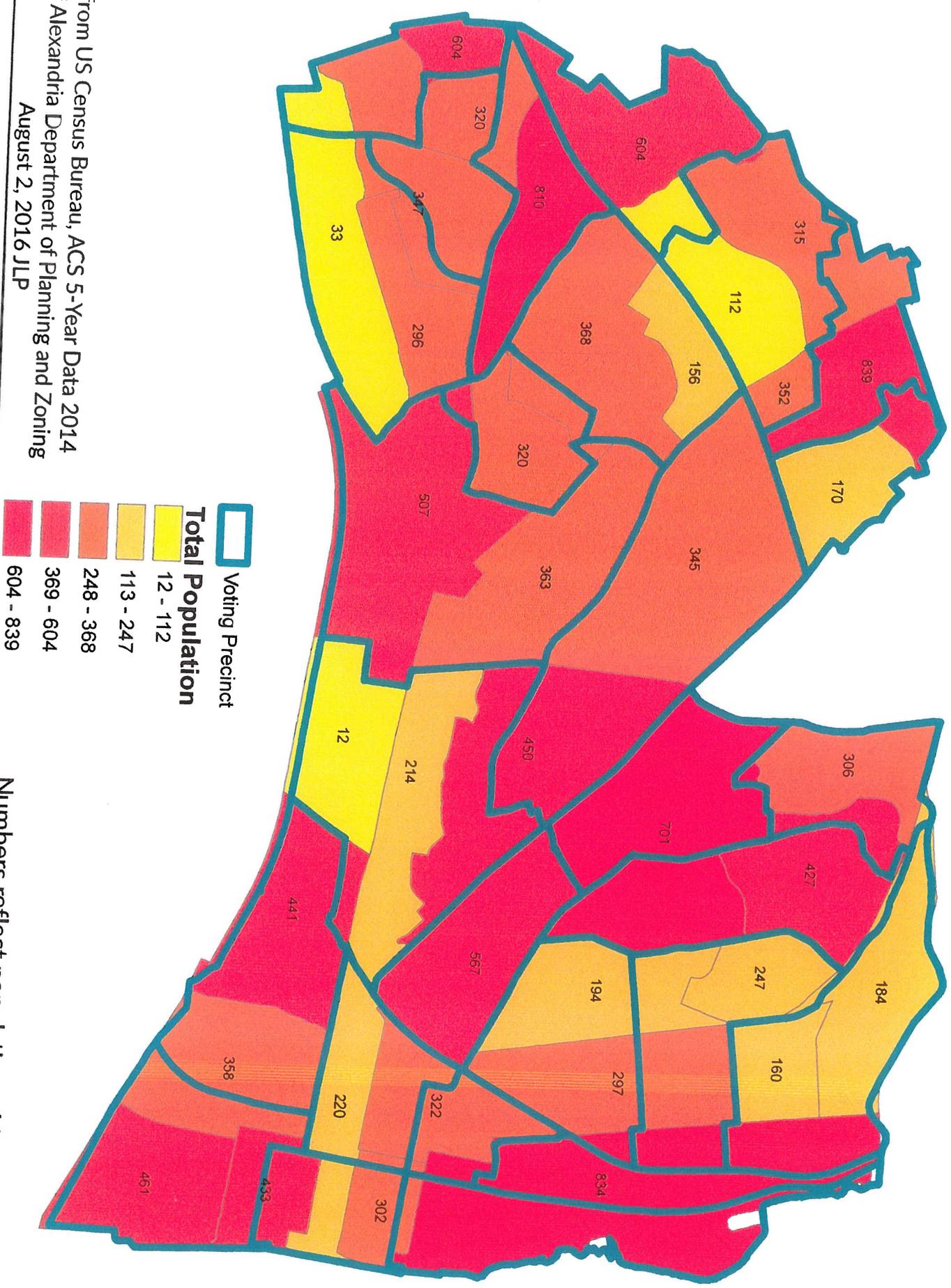
**Space is limited!**

#### **ACL Discretionary Grant Product Disclaimer Notice**

##### **REQUIRED**

This project was supported, in part by grant number 90FP0028-01-00 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

# Total Population over 65 by Census Tract



Voicing Precinct

Total Population

12 - 112

113 - 247

248 - 368

369 - 604

604 - 839

Data from US Census Bureau, ACS 5-Year Data 2014  
 City of Alexandria Department of Planning and Zoning  
 August 2, 2016 JLP

Numbers reflect population within census tracts.

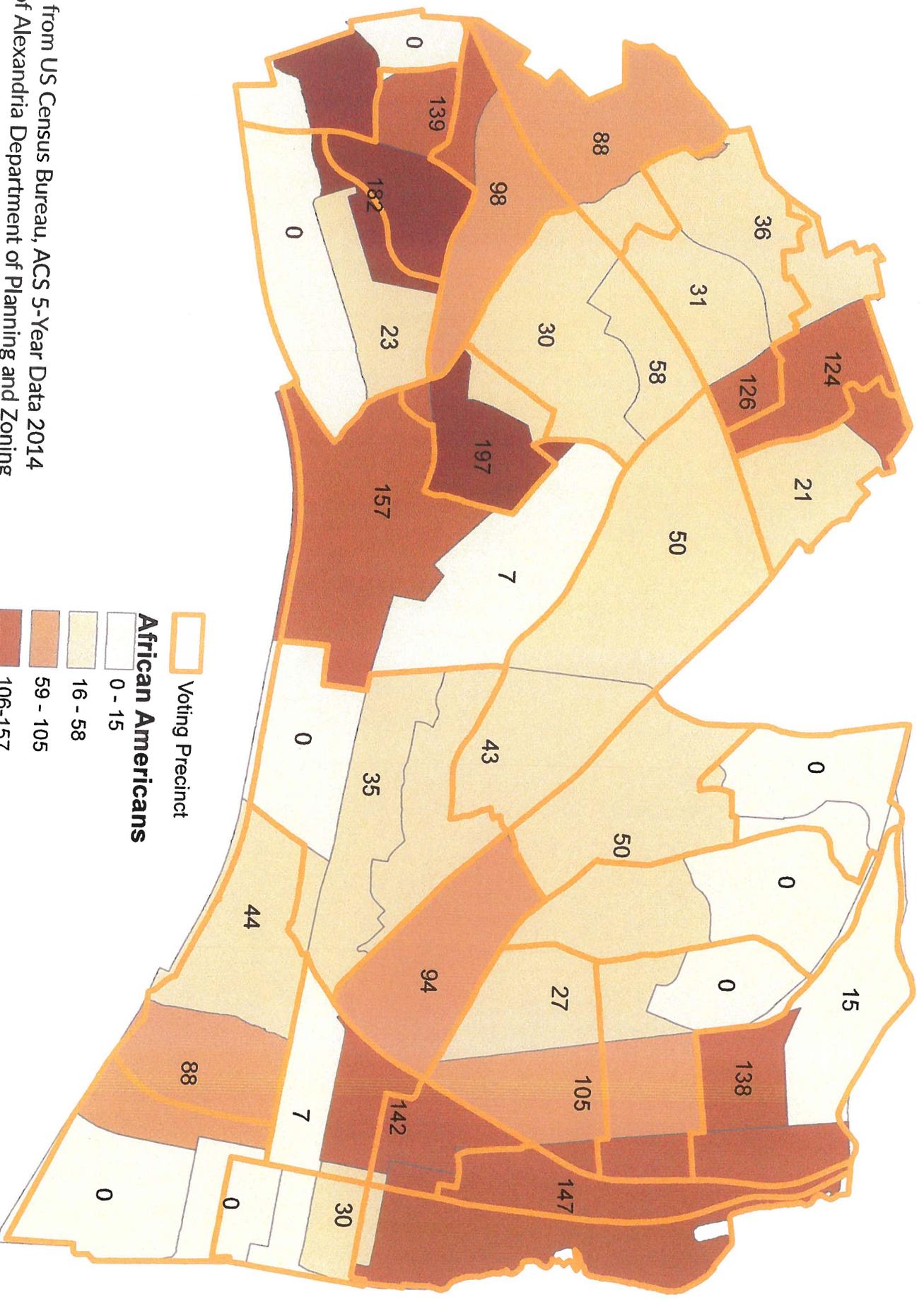
# People Living in Poverty over 65 by Census Tract



Data from US Census Bureau, ACS 5-Year Data 2014  
 City of Alexandria Department of Planning and Zoning  
 August 2, 2016 JLP

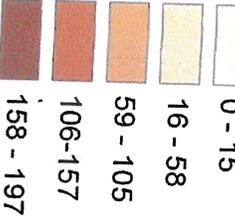
Numbers reflect population within census tracts.

# Number of African Americans over 65 by Census Tract



Voting Precinct

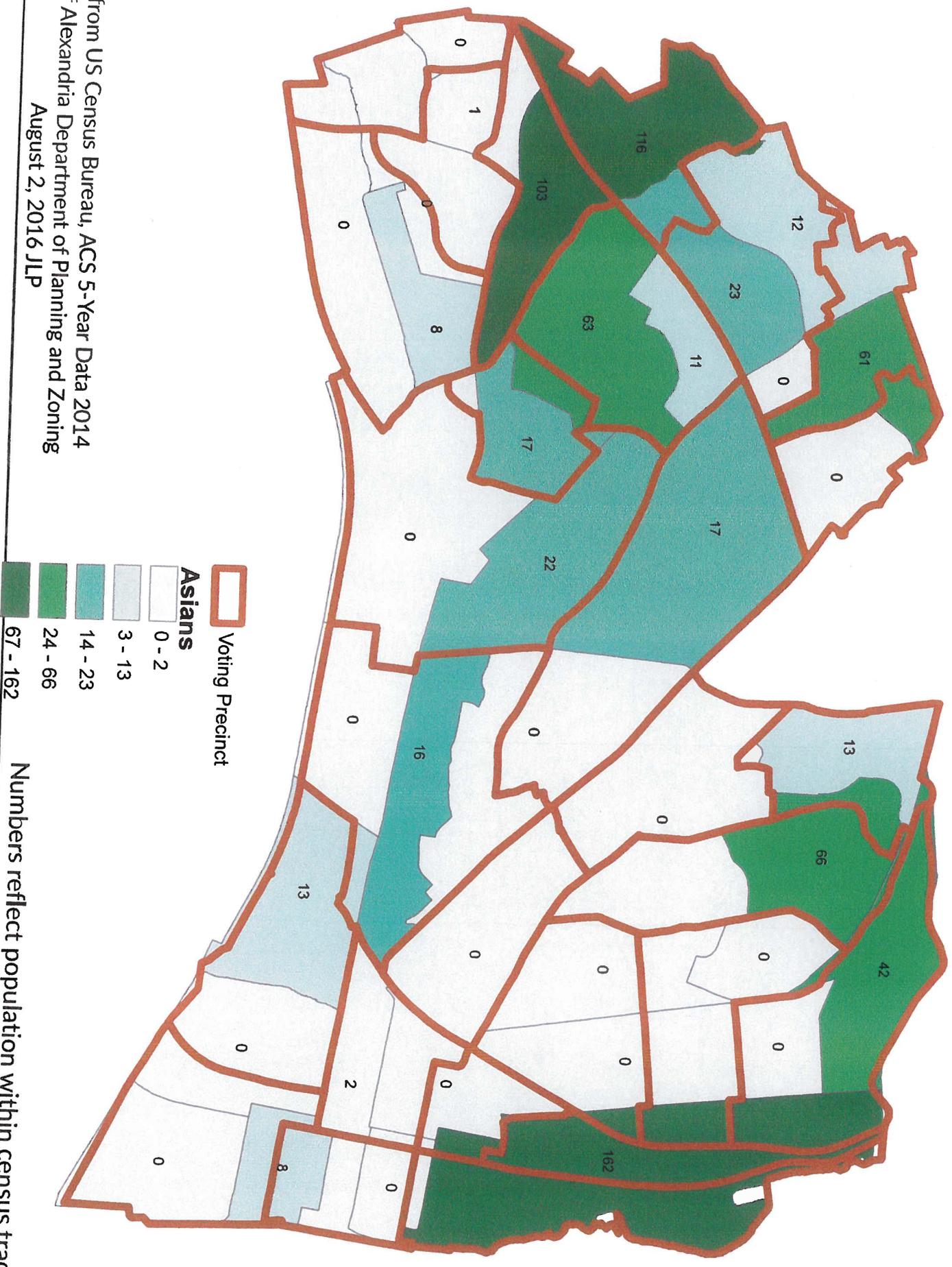
African Americans



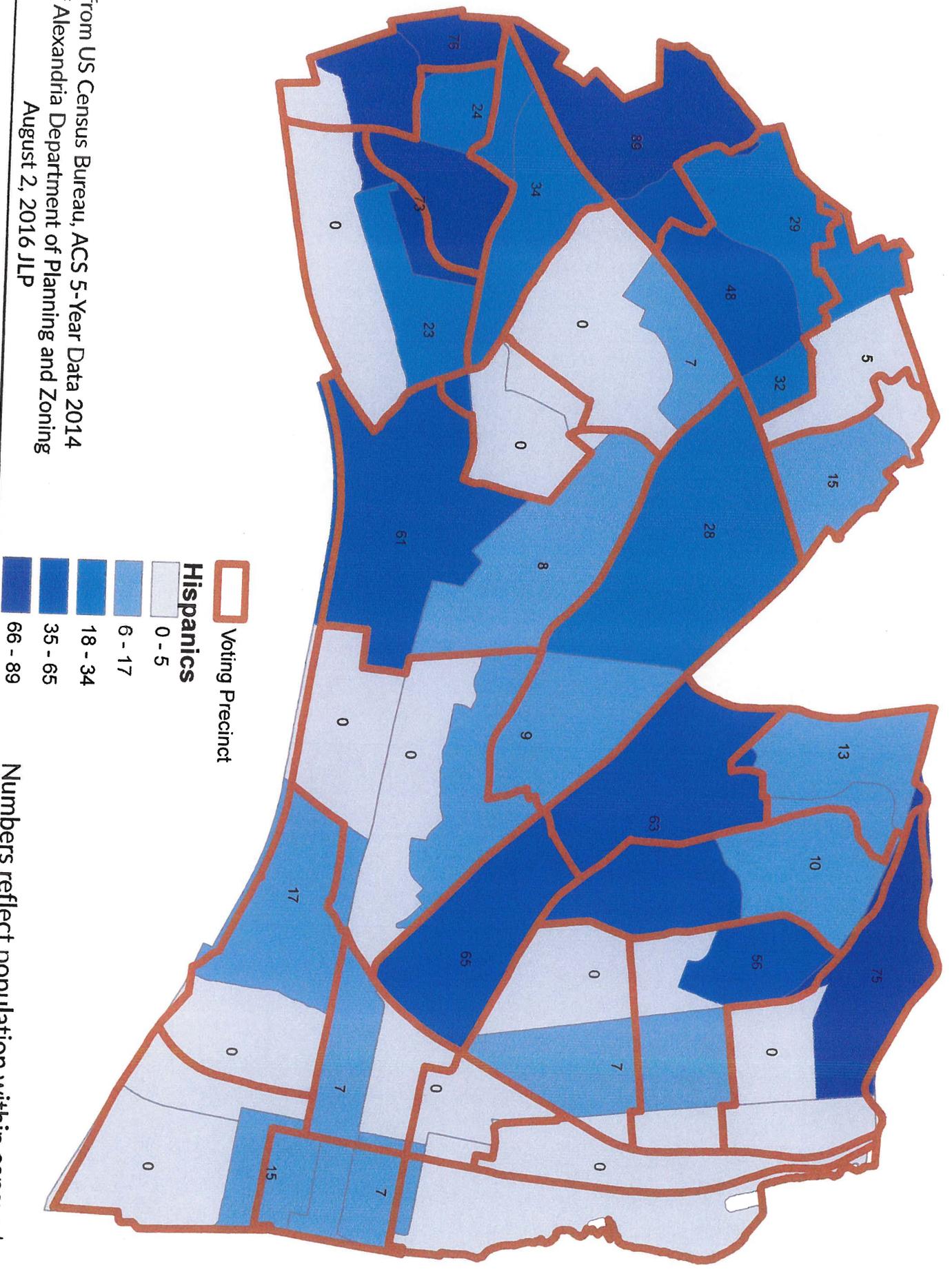
Data from US Census Bureau, ACS 5-Year Data 2014  
 City of Alexandria Department of Planning and Zoning  
 August 2, 2016 JLP

Numbers reflect population within census tracts.

# Number of Asians over 65 by Census Tract



# Number of Hispanics over 65 by Census Tract



Data from US Census Bureau, ACS 5-Year Data 2014  
 City of Alexandria Department of Planning and Zoning  
 August 2, 2016 JLP

Numbers reflect population within census tracts.

**The Senior Center @ Charles Houston COA Report – June, July & August 2016**

**The senior participants were involved in the following activities this summer:**

- **Flag Day Observance & Pontoon Boat Ride @ Bladensburg Waterfront Park**
- **End of the Year Picnic w/our Burgundy School Buddies**
- **Last cooking class of the session w/VA-Co-op Extension staff**
- **Waterworks Program @ CHRC Pool w/Red Cross Certified Instructor twice weekly**
- **Stenciled decorative tote bags, extraordinary purses and picture frames crafted using plastic tablecloths, as well as summer collage pictures created during our arts and crafts project activities**
- **Presentations on summer skin care and insect bites/allergic reactions and emergency preparedness by Del Ray Walgreen's pharmacist Krystal Patel**
- **Riding tours of Historic Richmond Monuments and Leesburg/Purcellville areas of interest**
- **Presentation & Discussion w/Katie Leonard of the Partnership for a Healthier Alexandria**
- **Several of our participants won medals and ribbons in the ADSC sponsored Senior Game Day held in July**
- **Presentation/Discussion w/ DAAS Staff on Fall & Fire Prevention**
- **Tai Chi, Golden Zumba and Arthritis Exercises Sessions were held**
- **Participation in ARHA sponsored events Ruby Tucker Day and National Night Out**
- **Presentation/Workshop on soul, mind and body wellness for seniors by Dr. Malgosia**
- **Safety Presentation w/ Alexandria Fire Department Personnel, which included a tour of a fire truck**
- **Intergenerational Activity with student counselors of the Peer Advisory Program's KAT Kamp. The counselors interacted with our group in playing assorted table and competitive games and shared family history stories**
- **An excursion to Chesapeake Beach**

**Our participants were also engaged in our regularly scheduled activities that include weekly bingo, weekly shopping trips to area located malls/stores, and cognitive games/activities.**

**Please see enclosure of a few of our events captured in attached photos.**

**Submitted By,**

**Vanessa K. Greene  
Senior Center Director**



NO SWIMMING





**August 26, 2016**

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

The second annual "Senior Academy" will begin on September 7 and continue each Wednesday of the month. 31 seniors from all over the City have registered for this free program. They will learn more about how the City operates and how they can make a difference. The Senior Academy is co-sponsored by SSA and the City's Office of Communications.

Register now for the sixth annual **Senior Law Day**, which will be held on Saturday, October 15, at the First Baptist Church of Alexandria from 8:30 a.m. to 12:30 p.m. The topic will be "Determining your Destiny: Understanding the Need to Plan". Local experts will discuss the importance of planning for the future, including knowing what legal instruments and documents everyone should have in place and the consequences of lack of preparation. The featured speaker will be Robert Blancato, National Coordinator for the Elder Justice Coalition. This free event is co-sponsored by Senior Services of Alexandria and the Alexandria Bar Association. Call 703.836.4414 ext 110 or go to [www.seniorservicesalex.org](http://www.seniorservicesalex.org) to register. Please share the attached flyer with your community!

The Fall Robust Walkathon will be held at Ben Brenman Park on Tuesday, September 27 beginning at 10am. Come join us for a stroll around the beautiful lake and learn some new stretching and strengthening techniques! Proceeds from the morning fund three annual events: Dance for All Ages, May Health & Fitness Fair and the Holiday luncheon. We will welcome special guest and former COA member Dr. Dan Kulund to the event, which will be followed by live music and a BYO picnic. See more details in the attached flyer!



Senior Services  
OF ALEXANDRIA

# ROBUST WALKATHON

Tuesday, September 27

10 a.m. - 1 p.m.

Ben Brenman Park

4800 Brenman Park Drive  
Alexandria, VA 22304

**Guest instructors lead groups through stations showing you how to:**

- ◆ Weave low-intensity exercises into a walk; use environmental objects as exercise props; gain balance, strength, agility, flexibility, and endurance
- ◆ Special return guest: **Dr. Dan Kuland**, originator of Robust Walking

**\$10 registration \$25 suggested pledge donations**

Register online at: [seniorservicesalex.org](http://seniorservicesalex.org)

*Participants are encouraged to bring a picnic lunch for the **NEW!***

*After Walk "**Cool Down Social**" with Music by Janna Audey*



**For more information call 703.836.4414 ext. 110**

*Sponsored by the Successful Aging Committee: Community & Human Services/  
Aging & Adult Services; Recreation, Parks & Cultural Activities; Senior Services of  
Alexandria; & Alexandria Redevelopment and Housing Authority*

*Robust Walkathon donations benefit annual events sponsored by the Committee:  
Seniors Holiday Celebration, Dance For All Ages, and Senior Health & Fitness Fair*

# ROBUST WALKATHON

Tuesday, September 27  
10 a.m. - 1 p.m.  
Ben Brenman Park  
4800 Brenman Park Drive, 22304

Keep this section as a reminder!

Register online at  
[seniorservicesalex.org](http://seniorservicesalex.org),  
or mail in the form below.

**RAIN OR SHINE**  
In the case of extreme weather,  
please call 703.836.4414.  
For more information, please call  
703.836.4414 or 703.746.5429.

Directions:

Look for green balloons!

On Duke St. toward Landmark Mall:  
First right after Foxchase Shopping Center  
and before Beatley Library

On Duke St. toward Old Town:  
First right after Somerville St. onto park  
entrance ramp



**Hold Harmless Agreement:**

In consideration of the City of Alexandria and Successful Aging Committee partners conducting various programs and allowing the undersigned to participate in such programs, the undersigned realizing the risk of injury attendant to such programs, does hereby and forever discharge the City of Alexandria and its partners, officers, agents, and employees from any and all action, claims or liability resulting from or arising out of or based upon any bodily injury or property damage which may be sustained by the undersigned while participating in such programs.

I have read and agree to the above waiver: \_\_\_\_\_  
*Please bring waiver to event if registering online* **Signature**

First and Last Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Email: \_\_\_\_\_

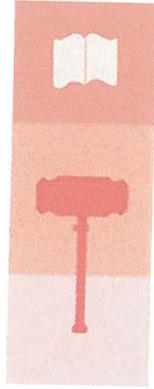
Enclosed is my check for \$\_\_\_\_\_ to cover \_\_\_\_\_ registrations (\$10 registration fee).  
Make checks payable to: Senior Services of Alexandria. Please write "Robust Walkathon" in memo line.  
**Or register online at: [seniorservicesalex.org](http://seniorservicesalex.org)**

**Mail forms to:**  
Senior Services of Alexandria  
ATTN: Robust Walkathon  
700 Princess Street  
Mezzanine Level  
Alexandria, VA 22314

I cannot attend the Walkathon, but I would like to send a  
donation in support of the Successful Aging Committee.

Enclosed is a check for \$ \_\_\_\_\_





# SENIOR LAW DAY 2 0 1 6

Senior Services of Alexandria and the Alexandria Bar Association

Present  
The Sixth Annual Senior Law Day

## ***Determining Your Destiny: Understanding the Need to Plan***

**Saturday, October 15, 2016  
8:30 am - 12:30 pm  
First Baptist Church of Alexandria  
2932 King Street, Alexandria, VA**

### **KEYNOTE SPEAKER:**

**Robert Blancato**  
National Coordinator for the Elder Justice Coalition

Local experts from the Alexandria Bar Association, estate and financial planners and geriatric care managers will discuss the importance of planning for the future, including knowing what legal instruments and documents everyone should have in place and the consequences of lack of preparation.

***The AARP "Shred" Truck will be in the church parking lot during the event.  
Please bring any materials for shredding!***

**Sponsorships are available and include a table at the event.  
Find out more by calling SSA at 703-836-4414, ext. 111.**

**Successful Aging Committee  
Report to the Commission on Aging  
September 2016**

**On behalf of the entire S.A.C. team we hope you had a wonderful summer. Before the commission ended for summer vacation, I listed the S.A.C.'s upcoming events. Instead of conducting the Autumn Robust Walkathon in October it will be held in on Tuesday September 27th. Please join us as these walkathons continue to help us organize the events below.**

**This year the committee has added a new feature to the walkathon. After your robust walk please stick around for the Cool Down Social. Bring your lunch and sit back and here the melodious music of Janna Audey. Also, keep your fingers crossed for an awesome weather day.**

**Remember your support and contributions mean a lot in keeping Alexandria residents aging successfully. A flyer is attached.**

**Here is an estimated timeline of our events starting in the Fall;**

- 1. September 2016 – Fall Robust Walkathon Fundraiser**
- 2. December 2016 - Senior Holiday Luncheon**
- 3. April 2017- Dance For All Ages @ TC Williams High School**
- 4. April/May- Spring Robust Walkathon Fundraiser**
- 5. May- SAC/SSA Health & Fitness Day**
- 6. Monthly - displaying and/or distributing senior related information**

**If you would like to join the committee, we meet the second Thursday of each month at 9:30am at the Lee Center 1108 Jefferson St., Alexandria, Va. 22314.**

**Alexandria Successful Aging Committee core members:**

<b>Margaret Orlando-</b>	<b>Alex. Dept. of Recreation, Parks &amp; Cultural Activities</b>
<b>Sadina Vanison-</b>	<b>Alex. Dept. Community &amp; Human Services, Aging Services</b>
<b>Vanessa Greene-</b>	<b>Charles Houston Senior Center</b>
<b>Darrell Wesley-</b>	<b>Adult Day Services Center-DCHS, Aging Services</b>
<b>Angela Redfearn-</b>	<b>Recreation, Parks &amp; Cultural Activities</b>
<b>Mary Lee Anderson-</b>	<b>Senior Services of Alexandria</b>
<b>Jackie McCord-</b>	<b>Adult Day Services Center, DCHS, Aging Services</b>

# ROBUST WALKATHON



Senior Services  
OF ALEXANDRIA

Tuesday, September 27

10 a.m. - 1 p.m.

Ben Brenman Park

4800 Brenman Park Drive  
Alexandria, VA 22304

**Guest instructors lead groups through stations showing you how to:**

- ◆ Weave low-intensity exercises into a walk; use environmental objects as exercise props; gain balance, strength, agility, flexibility, and endurance
- ◆ Special return guest: **Dr. Dan Kuland**, originator of Robust Walking

**\$10 registration \$25 suggested pledge donations**

Register online at: [seniorservicesalex.org](http://seniorservicesalex.org)

*Participants are encouraged to bring a picnic lunch for the **NEW!***

*After Walk "**Cool Down Social**" with Music by Janna Audey*



**For more information call 703.836.4414 ext. 110**

*Sponsored by the Successful Aging Committee: Community & Human Services/  
Aging & Adult Services; Recreation, Parks & Cultural Activities; Senior Services of  
Alexandria; & Alexandria Redevelopment and Housing Authority*

*Robust Walkathon donations benefit annual events sponsored by the Committee:  
Seniors Holiday Celebration, Dance For All Ages, and Senior Health & Fitness Fair*

**Alexandria Adult Day Services Center  
Report to the Commission on Aging  
September 2016**

**Welcome back members of the Commission on Aging. On behalf of the ADSC family we hoped you had a wonderful summer.**

**It is still not too late to rsvp for the Adult Day Service Center 30<sup>th</sup> anniversary celebration. We will have good food, fun and a host of dynamic speakers including Mayor Allison Silberberg. If you have not reserve your spot please call the center at 703.746.5676 or email myself or Wykiki @ [wykiki.alston@alexandriava.gov](mailto:wykiki.alston@alexandriava.gov) or [darrell.wesley@alexandriava.gov](mailto:darrell.wesley@alexandriava.gov)**

**An invitation is attached for more information.**

**As always, if know of anyone who need our services or have questions about the program, please have them give me a call at 703-746-5676 or email me at [darrell.wesley@alexandriava.gov](mailto:darrell.wesley@alexandriava.gov)**

**If you would like to volunteer at the Adult Services Center, please call the above number between the hours of 8:00am and 5:00pm.**

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



The Alexandria Adult Day Services Center  
cordially invites you to our

## *30th Anniversary ADSC - Caregivers Reunion*

Thursday, September 15, 2016

4:00 pm – 6:00 pm

*Alexandria Adult Day Services Center*

*1108 Jefferson St.*

*Alexandria, VA 22314*

Please join us as we pay tribute to ADSC caregivers, family and friends from  
1986 through 2016

To RSVP or for more information please call 703.746.5676

This is an event you don't want to miss !

# MEMORANDUM

**TO:** Commission on Aging  
**FROM:** Bill Harris, CoA Liaison to the Alexandria Housing Affordability Advisory Committee  
**DATE:** September 1, 2016  
**SUBJECT:** Alexandria Housing Affordability Advisory Committee Report

The AHAAC met today in its regular monthly meeting at 7 PM in room 2000 at City Hall.

The primary focus of the meeting was presentations from directors of housing in Arlington and Fairfax counties about what they are doing in the area of “affordable” housing.

1. Arlington County is endeavoring to increase affordable housing with two programs:
  - a. Use of “planning tools” – The goal of this program is to produce housing affordable to tenants with incomes between 40% to 80% of the AMI (Area Median Income). The AMI for a family of four in Alexandria is \$108,600.
    - i. One tool is a Special Zoning Ordinance that requires a developer to pay cash or build apartment units above what is normally required by zoning in other areas.
      - (1) Units built with this program must remain affordable for 30 years for tenants with incomes at 60% of AMI.
    - ii. The goal of this program is for 20% to 35% of net new units be affordable to tenants earning 60% of AMI.
  - b. Use of “Housing Grants” as monthly rental assistance to eligible tenants.
    - i. The goal of this program is to produce housing affordable to tenants with income between 20% and 40% of AMI.
      - (1) This program targets tenants with very low incomes, **elderly**, disabled, and working families, and serves some 1,300 tenants.
        - (a) **This program has been beneficial to Culpepper Garden residents.**
2. Fairfax County has four affordable housing goals:
  - a. End homelessness in 10 years – need 2,650 units
  - b. Provide affordable housing to people with special needs, including elderly people. **Units specifically for elderly people:**
    - i. **Lindsay Hill Apartments in the Mt Vernon District will provide 55 units.**
    - ii. **Lewinsville Senior Facility in the Dranesville District will provide 82 units.**

Following miscellaneous comments and announcements the meeting adjourned at 9:10 P.M.

Note: At the June meeting I was appointed to represent AHAAC on the “Eisenhower West/Landmark Van Dorn Implementation Advisory Group.” The purpose of this group is planning the implementation of the previously approved small area plan for the City’s west end area. The initial meeting of the group is scheduled for September 13, 2016 from 7:00-9:00 P.M. in the Victory Center Lobby, 5100 Eisenhower Avenue. In addition to advocating affordable housing in general I will be looking for opportunities important to seniors, especially for mixed-income/affordable assisted living.

For any questions I can be reached at [wpharris@comcast.net](mailto:wpharris@comcast.net) or 703-684-6432.

**Commission on Aging  
2015-2016 Housing Report**

**GOAL ONE:** proactively support the increase, on an annual basis, of Alexandria's net stock of accessible, affordable housing and assisted living units by working with those groups and individuals that have major influence over the creation and demise of such housing in our community. Specifically: local and state governmental bodies, developers, realtors, financing institutions, affordable and assisted living providers and advocates. 2015-16 accomplishments include:

1. **Active involvement on and collaboration with the Alexandria Housing Affordability Advisory Committee and Alexandria Commission on Persons with Disabilities.** Bill Harris continues to represent the Commission on the Housing Affordability Advisory Committee while Mary Parker represents the Commission on ACPD. Through these valuable cross-commission relationships, potential and actual development opportunities and issues of common concern continue to be addressed, with particular focus on accessible affordable housing and assisted living, e.g., Jackson Crossing, the Eden Project, Church of the Resurrection and the projects below.
2. **Investigation of potential affordable assisted living developers and sites.** The number of available affordable assisted living units in Alexandria is virtually non-existent and falls far short of the both today and tomorrow's needs. The City has ONE affordable bed at the Sunrise of Alexandria. The only other affordable assisted living beds for Alexandrians are at Willow Oaks in Manassas, a 45 minute to one hour (or longer) drive from Alexandria. Lacking sufficient funds to afford full market rate services, either care must be sought outside Alexandria (often far from family and support networks) or families must take on caregiving responsibilities for which they are often practically and emotionally ill-prepared. Bill Harris and Bob Eiffert continue a years-long diligent effort to address this growing need with the Office of Housing's Director, Helen McIlvaine and others listed below.
3. **Exploration of potential development opportunities that could include seniors:** Individual Committee and/or Commission meetings have been held with leadership of the following groups regarding current or potential (re) development projects:
  - a. Alexandria Office of Housing
  - b. Alexandria Department of Planning and Zoning
  - c. Planning and Zoning's Old Town North Small Area Planning staff and Advisory Committee
  - d. Brandywine Development Project
  - e. ARHA (Ramsay Housing; Ladrey; Hopkins Tancil Court)
  - f. Alexandria Housing Development Corporation (Gateway at Beauregard, Carpenter's Shelter, and Alfred Street Baptist Church)

4. **Collection and Analysis of Alexandria’s Senior related housing data:** Housing facts inform the Commission’s planning and decision making.
  - a. 1273 affordable housing units were in the 2015-2021 development pipeline as of October 2015 (meeting with Helen McIlvaine, October 2015)
  - b. Market Affordable Rental Units have decreased from 18,218 to 3,829 between 2000 and 2016. Rental units for those at 30% of AMI moved from 36,436-7,706 units. (Melodie Seau, Housing Affordability Advisory Committee, May 2016)
  - c. Mapping of where seniors live. A P&Z dot map by census tract shows the greatest concentrations of seniors in the Old Town and West End areas.
  - d. Creation and updating of a list of condo and rental communities with high concentrations of seniors (“Naturally Occurring Retirement Communities”) has been prepared by DAAS.
  - e. Learning national trends. Housing Committee members participated in the *Atlantic Affordable Housing Conference* sponsored in D.C. by *The Atlantic Magazine* and AARP. Speakers, including the head of the Department of Housing and Urban Development, drew a picture of changing federal policy goals, funding reductions and targeted funding that are making it increasingly difficult to obtain new funds as well as funding to maintain affordable housing residents. Meanwhile, the demand for affordable housing continues to rise, especially for those on fixed incomes, i.e., seniors.
  
5. **Learning effective methods for addressing resistance to affordable housing.** Members participated in “**Overcoming NIMBYism: New Tools for Positive Community Engagement on Affordable Housing**”, sponsored by Housing Virginia. This half day workshop included information and challenging role plays that enabled participants to experience on a personal level the competing interests involved in decision making about where affordable housing will be sited in a community.

**GOAL TWO:** Work with DAAS and others to educate residents and managers of Naturally Occurring Retirement Communities (NORCs) about public and private supportive services that be provided onsite, enabling them to live longer in their present homes. Specifically, identify current NORCs in Alexandria, hold meetings with residents and managers in four with major providers of services.

1. Services identified that enable seniors to age in place safely in their homes, often avoiding or delaying the need for relocation to an assisted living facility
  - a. Terri Lynch, Interim DAAS Director, assembled and explained in depth the array of services aging persons typically require prior to or instead of seeking institutional assisted living care. Some services are provided by DAAS, some available through partner organizations, and some are only available at cost on the open market.
  - b. The lowest income residents of the 4 HUD financed apartment buildings for older adults [Annie B. Rose, Beasley Square, Claridge House, and Ladrey Apartments] are eligible for community based services available through the Division of Aging and Adults Services in the Department of Human and Community Services. Examples of available services

include, homemaker or personal care, home delivered meals, mental health therapy, transportation, and a personal emergency alert.

2. Informing residents and managers of Alexandria's NORC's continues, with coordinated presentations provided by DAAS, Senior Services of Alexandria, and At Home in Alexandria. Written materials describing these and other services for seniors are stocked in Alexandria libraries by Senior Services of Alexandria.

**GOAL THREE:** Work with key organizations and individuals to incorporate "housing for a lifetime" features in both new housing and redevelopment of existing housing, specifically: promote implementation of universal design and home visitability principles in new construction, expand "Home Fit" workshops and advocacy, and conduct meetings with City, developer and realtor communities to explain and demonstrate the economic value of housing for a lifetime.

1. Carol Downs presented a "AARP Home Fit" workshop in Alexandria in September 2015. These workshops describe ways residents can modify their homes to maximize functionality, accessibility and safety as they age.
2. Carol Downs represented both the Commission and AARP at the Governor of Virginia's Housing Conference where approaches to and funding of housing construction and modifications were addressed.
3. Housing Committee members met with Rebuilding Alexandria to identify opportunities to collaborate with community partners on public education, development projects, and home modification projects for vulnerable seniors.

**GOAL FOUR:** Advocate for and track the impact of City Property Tax and Rent Relief Programs for Elderly and Disabled on these groups, specifically, monitor impact of program changes on resident participation and advocate for changes, as indicated.

The Commission continues to work with City Council and others to maintain this important program that enables older, less affluent residents to stay in their homes as they age. Council's recognition of this need, especially the contributions these residents have and are making to our community, is deeply appreciated.

**Rent Relief program – FY 16**

- 87 households with 122 individuals were served
- 29 older adults and 16 persons with disabilities were served

**Tax Relief and Deferral Program – FY 16**

- 927 older adult households participated
- 40 adults with disabilities participated

Minutes from July 13, 2016 meeting of the Economic Development Committee

Attending: Mary Lee Anderson, Evelyn Quiles, Babs Waters, MaryAnne Beatty, Jane King  
Absent: Joan Dodaro, Pat Miller

The meeting began at 10:10am at Cameron Café, 4911 Brenman Park Drive in Alexandria

Senior Consumers: *Goal is to encourage businesses to offer discounts, services targeted to seniors.*

#### Silver Service Program

We have added a few businesses in Old Town and Fairlington, but need more personal introductions to get things rolling. Mary Lee will meet with Pat Miller to discuss contacts who might be useful, and Babs will be following up in Cameron Station area. Evelyn has two contacts with businesses in Old Town and she will see if they are interested.

Senior Employment: *Goal is to help seniors find employment and to encourage businesses to hire seniors.*

Evelyn reported that the June 9 WDC hiring event for Senior Helpers went well, but not as large a turnout of seniors as hoped. MGM just released 30 job types of positions for application. MGM will consider life experience and volunteer work in the application process. They still plan to be operational by year-end.

#### AARP Livable Community

Jane announced that AARP and WHO have accepted Alexandria's application to begin the Livable Community planning process. The Mayor and all members of City Council confirmed their approval of the initiative. She plans to circulate draft goals and actions to each COA committee in September. The process is expected to take up to two years to complete. Jane will send MaryAnne a brief announcement of this milestone, which SSA will share with those who attended the April Senior Speaker Series community forum.

#### Computer Training classes

Mary Lee has reached out to contacts at Commonwealth Academy and Bishop Ireton to see if they might be interested in supporting a student-led computer training program for seniors.

#### New Business

We reviewed and all approved the Committee's annual report (attached), which COA Chair Carol Downs will include in her year-end report to City Council.

Our next meeting will be Tuesday, September 6 at Emma's Coffee Shop, 105 Hume Avenue in Alexandria at 10am. There will be no committee meeting in August. The first Tuesday of the month will be our regular meeting date, and we will alternate between Cameron Café and Emma's. The meeting adjourned at 11:15am.

Submitted by: Mary Lee Anderson