

ALEXANDRIA COMMISSION ON AGING MEETING

Thursday, April 14, 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. Welcome Guests
3. Approval of March minutes– see attached
4. Public comments – please limit your comments to 3 minutes
5. Special Presentations –
 - a. Update from the Office of Housing presented by Helen McIlvaine, Director
 - b. Update from the Division of and Planning and Zoning, Presented by Karl Moritz, Division of Planning and Zoning
6. Executive Committee Report– see attached
7. Discussion / Action Items
 - A. FY 2017 budget impact on seniors– see attached
 - B. FOIA updates– see attached
 - C. 2016 Awards
 - D. Appointment of Nominating Committee

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

16. Arlington County Commission on Aging – Mitch Opalski
17. Successful Aging – Darrell Wesley– see attached
18. Alexandria Adult Day Services Center, ADSC – Darrell Wesley– see attached

9. Committee Updates

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

10. Other Business

11. New Business

Next Commission Meeting: Thursday, May 12, 2016, 4pm, DCHS, 2525 Mt. Vernon Avenue, Cyphers Room , Alexandria, VA 22301

Next Executive Committee Meeting: Monday, May 2, 2016, 3pm, 4401 Ford Avenue. Go to Suite 103.

COMMISSION OFFICERS: Carol Downs, Chair
 Bob Eiffert, Vice Chair
 Secretary, Jane King

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 ext. #1 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.

COA Executive Committee Minutes

April 4, 2016

Attendees: Carol Downs, Bob Eiffert, Jane King, Mary Lee Anderson, Alan Dinsmore, Jan Macidull (by phone), Terri Lynch

Absent: Joan Dodaro, Anestacia Graham Evans, Vanessa Greene, Jim Lindsay, Debbie Ludington

Agenda items: Planning for April 14 Commission on Aging meeting

Discussions:

1. Questions for Helen McIlvaine, Director, Housing Division and Karl Moritz, Director, Planning and Zoning were solicited from attendees. Carol will send out the list to Executive Committee members for any revisions prior to sending to Helen and Karl.
2. Update on advocacy items from March 14 City Council Hearing (Charles Houston Congregate Meal Senior Program; Dental Program; Complete Streets Program). We will monitor how these are going.
3. Additional explanation of FOIA regulations. The information from Jackie Henderson and Christina Brown was reviewed. This additional information will be included in the COA meeting packet.
4. Update on COA Annual Awards. Bob said recommendations had come in for all categories. He will convene a meeting of the Awards Committee to discuss and vote on the nominations.
5. Notice of the Alexandria Community Services Board (CSB) April 7 Public Hearing on the needs of Alexandrians with mental illness, intellectual disabilities or a substance abuse was distributed. Jan will attend as an individual because the COA does not have an official position.
6. Update on Alexandria as an Age Friendly Community. Jane, Bob and Carol met with Mayor Silberberg to discuss the project and answer any questions the Mayor may have about the program. It was noted that this project would NOT involve any funding from the City Budget.
7. Development of new City Strategic Plan. Carol and Jane attended the March 14 Visioning session. Carol sent a request to all COA members to encourage them to take an active part in the process developed by the City for citizen input.

Agenda Item: Planning for future COA meetings

1. May – Ombudsman Program Presentation – Laura Nichols
2. June – Discharge Planning Presentation – Mary Lee will contact a representative from Inova Alexandria Hospital.

Agenda Item: Committee Reports

1. Advocacy – Bob gave an update on the March 14 Budget Hearing in regards to his testimony on behalf of reinstating the cuts to the Charles Houston Congregate Meal Senior Program; Carol’s testimony regarding the reinstatement of the cuts to the Dental Program and Alan’s testimony on behalf of Complete Streets. Carol sent a message to the Boards and Commission Chairs to encourage them to support reinstating the funds to the Dental Program.
2. Economic and Development Committee – Mary Lee will chair the April 6 Committee meeting. A report will follow.
3. Housing Committee – Jan will forward her report from the March 21 meeting to Debbie for the COA packet.
4. Transportation Committee – Alan said the Committee met March 10 after the COA meeting. He will send his report to Debbie for inclusion in the COA packet.

The next meeting of the Executive Committee is Monday, May 2 at 3:00 PM, 4401 Ford Ave.

Submitted by Carol Downs, Chair

Commission on Aging
Committee Meetings FY 2016

<u>April</u>			
4	3:00 p.m.	Executive Committee	4401 Ford Ave., go to room 103
6	10:00 a.m.	Economic Development Comm.	Emma's Espresso and Wine Bar, 106 Hume Avenue
12	2:30 p.m.	Awards Committee	Charles Houston Recreation Center, 901 Wythe St.
14	4:00 p.m.	Full Commission	2525 Mt. Vernon Avenue, Cyphers Room
14	6:30 p.m.	Transportation Committee	Emma's Espresso and Wine Bar, 106 Hume Avenue
18	5:30 p.m.	Housing Committee	First Baptist Church, Room 242, 2932 King Street
25	5:30 p.m.	Diversity Committee	Panera, 3201 Duke St.
<u>May</u>			
2	3:00 p.m.	Executive Committee	4401 Ford Ave., go to room 103
4	10:00 a.m.	Economic Development Comm.	St. Elmo's Coffee Pub, 2300 Mt. Vernon Avenue
10	6:00 p.m.	Excellence in Aging Awards Prog.	Vola Lawson Lobby, 301 King Street
12	4:00 p.m.	Full Commission	2525 Mt. Vernon Avenue, Cyphers Room
12	6:30 p.m.	Transportation Committee	Emma's Espresso and Wine Bar, 106 Hume Avenue
16	5:30 p.m.	Housing Committee	First Baptist Church, Room 242, 2932 King Street
31	3:00 p.m.	Executive Committee	4401 Ford Ave., go to room 103.
??	5:30 p.m.	Diversity Committee	Panera, 3201 Duke St.
			Normal meeting date is a holiday -
<u>June</u>			
1	10:00 a.m.	Economic Development Comm.	St. Elmo's Coffee Pub, 2300 Mt. Vernon Avenue
9	4:00 p.m.	Full Commission	2525 Mt. Vernon Avenue, Cyphers Room
9	6:30 p.m.	Transportation Committee	Emma's Espresso and Wine Bar, 106 Hume Avenue
20	5:30 p.m.	Housing Committee	First Baptist Church, Room 242, 2932 King Street
27	5:30 p.m.	Diversity Committee	Panera, 3201 Duke St.

FY 2017 Commission on Aging Budget Positions, March 14, 2016
Presented by Bob Eiffert, Carol Downs and Alan Dinsmore

Charles Houston Senior Center: One of the proposals in the City Manager's budget is to end the congregate meals program at the Charles Houston Senior Center and consolidate the senior congregate meals programs at the Saint Martin de Porres Senior Center in the West End. The Commission on Aging opposes this proposal. We know that City staff is discussing the continuation of some of the programs at Charles Houston, but we urge you to fully restore funding for the programs and the current staff at Charles Houston. The City Manager's proposed budget reduces the total \$180,000 senior center budget by \$100,000. We urge you to restore the \$100,000 cut to continue the current ARHA staff and programming for \$180,000 at Charles Houston.

As I'm sure you know, the Charles Houston "Krunch Bunch" has been in existence for 43 years in the City. It is a historically African American community program that dates back to the first Older Americans Act programs established in the City. In a neighborhood that is rapidly gentrifying, the Charles Houston Senior Center stands out as an important symbol of the rich heritage of the Parker Gray community. I believe you will hear personal stories from some of the program participants that will highlight its importance. The cut in City General Funds that support the program sends the wrong message to the community that has been there for so long. We urge you to fully restore the \$180,000 funding for current staff and programming at the Charles Houston Senior Center.

Dental Program: The Commission is concerned about the \$57,914 cut in funds for the Dental Services Program. This cut will eliminate **all** City financial support for individual clients who need dental services. The City will only continue to support the Northern Virginia Dental Clinic in Fairfax by providing funds to the clinic to provide 1,300 appointments for very low income City residents, but clients will have to fully fund their own care, which many can not do. In addition, funds to cover an additional 375 new appointments are also eliminated. That will increase the wait time for services, which is already over five months. Oral health is critical to the overall health of older adults. Poor oral health contributes to and exacerbates chronic health conditions such as heart disease. We believe that the \$57,914 should be restored so that very low income Alexandria adults can receive the care they need but cannot afford.

Complete Streets Program: In the few years since the Complete Streets program was created, the Commission on Aging has been pleased to see parts of our road network made safer and more accessible for those who use them, especially older residents. Many challenges and opportunities remain when we examine pedestrian safety, access to schools, parks and transit, and connectivity within and between neighborhoods. The 2013-2017 Strategic Plan on Aging clearly outlines a goal of providing a variety of mobility options, including

pedestrian-safe streets to make moving in and around the City and region possible for Alexandrians of all ages.

The Complete Streets program has funded important transportation projects to move the City along the way to this goal. In addition, the scheduled update to the bike and pedestrian master plan coming to the Council later this spring includes many recommendations envisioning Complete Streets actions and studies to make streets safer for all people who walk and bike. These recommendations include many pedestrian safety recommendations of vital importance to older residents.

We are appreciative that the City Manager has included funding in the Capital Improvement Program to continue funding Complete Streets, but we are concerned that the amount proposed is inadequate to meet existing needs. In FY2016, Complete Streets has been able to spend almost \$1.5 million on projects according to a February 17 memo from the Complete Streets Coordinator to the Transportation Commission. In FY17, the Manager has proposed just \$557,000 for Complete Streets after subtracting \$230,000 for staff salaries and benefits from the total amount recommended. The Commission on Aging is concerned that this amount will require the City to forego necessary safety and accessibility improvements.

Therefore, the Commission on Aging requests to the Council that a budget memorandum on the Complete Streets program that addresses the level of funding necessary to keep up with road resurfacing schedule for FY17, respond to citizen requests for street and sidewalk improvement, and to begin moving forward on the bike and pedestrian master plan safety improvements. With this information, we hope that Council will be able to come up with a way forward for FY17 and in the 10 year Capital Improvement Program that continues the critical and sometimes lifesaving work done by the Complete Streets program.

Clarification from Jackie Henderson and Christina Brown on FOIA guidelines – 3/17/16

1. If the Commission Chair sends out an email to all members, is it considered a meeting when:
 - a. Several people reply all within 10 minutes
 - b. 2 or more people reply only to the chair within 10 minutes

I will defer to Christina Brown (City Attorney's Office) – I'm copying her on this email - on this, but the short answer is yes, if a group email is sent out, and several reply very soon afterward, then yes, it is considered a public meeting/record.

From Christina Brown - To clarify the response to number 1, a meeting is can be created when three members are discussing public business. The Virginia Supreme Court has examined but not provided specific guidance about how quick the communications need to be occurring in order for a meeting to have occurred.

2. Is it acceptable for add a statement like, "Do Not Reply All" as a reminder on emails, or would this be considered an attempt to work around FOIA?

Yes, it is acceptable.

3. When votes are taken on an issue, do the minutes need to reflect how each individual member voted or can the minutes reflect the issue passed 7 to 4 in favor?

Yes, minutes should include how each member voted. It should read: The motion carried by a vote of 7-4 and was recorded as follows: In favor, members A, B, C, D, E, F and G; Opposed, members H, I, J and K. Or similar words to that affect.

4. Can an agenda include an item for New Business for unexpected items that come up?

You may have a docket item for new business, but you would need to be careful about what that new business is. In general, these should not be significant items, as you would want notice of that to be on the posted agenda.

5. Can you define what constitutes an acceptable emergency meeting?

An emergency meeting is defined as an unforeseen circumstance requiring immediate action that makes it impossible or impracticable to comply with the act's regular notice requirements. In such a situation, you should notify the individuals who have asked to be notified of your meetings at the same time that you notify the members of the public body. This notice must be "reasonable under the circumstances." Obviously, therefore, if you are notifying the members by phone or email because regular mail will not arrive in time, it is not adequate to mail notice to the requesting citizens. You must make a reasonable effort to reach them by phone or email as well."

Northern Virginia Long-Term Care Ombudsman Program
Annual Report: July 1, 2015 to December 31, 2015
Date of Report: 2/25/2016

Overview

The Northern Virginia Long-Term Care Ombudsman Program (NVLTCOP) advocates for improving the quality of life and care for persons receiving long-term care services. The program resolves complaints against providers (nursing and assisted living facilities, as well as home care agencies) through counseling, negotiation and investigation. Examples of complaints are: insufficient help to eat or drink; inadequate hygiene care; medication errors; unfair discharge plans or procedures; staff shortages; safety hazards; failure to meet a person’s need for supervision; and a lack of meaningful activities.

The NVLTCOP educates the community about long-term care issues and provides information about long-term care providers to assist consumers in making informed choices. In addition, well-trained and supported volunteers make weekly monitoring visits to their assigned facilities.

- The NVLTCOP serves the jurisdictions of Alexandria, Arlington, Fairfax, and Loudoun. The NVLTCOP covers a total of 107 long-term care facilities with a total of 9,999 beds. Of those facilities, there are twenty-nine (29) nursing facilities (with 3,779 beds) and 78 assisted living facilities (with 6,220 beds) are in this area. (These figures were effective 7/1/15).

Northern Virginia Region

From **July 1, 2015 to December 31, 2015**, the NVLTCOP *staff* handled 35 complaint cases that included 65 issues regarding long-term care facilities in Northern Virginia. Trained *volunteers* of the Ombudsman Program handled 236 complaint cases that included 278 issues.

The resolution rate of the closed complaint issues handled by *staff* is: 92% resolved [75% resolved and 17% partially resolved] and 8% not resolved. This rate reflects those issues that were closed with a disposition. Cases opened at the end of the time period may have issues that are pending resolution. Federal guidelines indicate that “resolved” means that the complaint/problem was addressed to the satisfaction of the resident or complainant.

Long-Term Care Ombudsmen counseled consumers about their rights and how to address issues, giving them the support needed to advocate for themselves or for family

members. Information and counseling was provided to 3,247 consumers verbally or by email. Other citizens sought information from the program via the internet. During this period, there were 70,111 Web hits and 12,739 Web pageviews to the NVLTCOP website to view various topics.

Four editions of the NVLTCOP newsletter, "UPDATE", were distributed to 4,948 self-registered consumers via list-serve.

Long-term care providers turn to staff and volunteers of the NVLTCOP for advice on matters such as Residents' Rights and ethical concerns. Between July and December, 43 consultations to provider staff were provided by paid and volunteer staff.

From July 1, 2015 to December 31, 2015 NVLTCOP *staff* conducted 130 unannounced site visits. Ombudsman *staff* conducted 16 placement/monitoring visits of Volunteer Ombudsmen during this period.

At the close of December 2015, 42 Volunteer Ombudsmen were assigned to visit residents living in 46 different long-term care facilities throughout Northern Virginia. One volunteer covers two jurisdictions. One (1) in-office volunteer is assigned to perform administrative duties only.

Eleven (11) candidates for the Volunteer Ombudsman Program were trained and attended the Volunteer Ombudsman Training in September 2015. Of these trainees 8 completed the training and were placed in facilities. After attrition and addition of new volunteers, there is a comprehensive total of 42 Volunteers at the close of 2015.

Volunteer Ombudsmen assigned to facilities devoted 4,079 hours – valued at more than \$94,102 – to this advocacy work and made a total of 1,645 visits.

New Volunteer Management System (VMS) Update – Program staff continued to work with the Office of Public Private Partnerships (OP3) to implement the county-wide Volunteer Management System. VMS is now actively being used by volunteer Ombudsmen and new volunteers are registering on the system when they apply.

During July 1, 2015 to December 31, 2015 Ombudsman Program staff provided a total of 14 trainings for all jurisdictions. These trainings included various topics such as an overview of NVLTCOP, Residents' Rights, subtle abuse and culture change.

There was a lot of staff movement in the Ombudsman program during the July 2015-December 2015 time frame. One Ombudsman staff left the program for another opportunity, another retired, and a third accepted a promotion as a supervisor in Adult Protection Services (APS). NVLTCOP welcomed 3 new Ombudsman: Karen Elrod,

Heather Price, and Ramona Wilson. Ramona completed all training and is now a certified Ombudsman. Heather and Karen continue to train and are on track to becoming certified very soon.

The most frequently reported issues of concern in the Northern Virginia long-term care facilities include the following:

1. Care: Complaint issues involving negligence, lack of attention, and poor quality in the care of residents (e.g. injury of unknown origin; falls; care plan; contracture; medications – administration and/or organization; personal hygiene; pressure sores).
2. Environment/Safety: Complaint issues involving the physical environment of the facility and resident's space (e.g. air/environment: temperature and quality, cleanliness, equipment/buildings, furnishings, infection control, laundry, odors, ADA accessibility).
3. Autonomy, choice, exercise of rights, privacy: Complaint issues involving the resident's right, as stated in the category (e.g. Resident has choice of physician/ health care provider; dignity, respect- staff attitudes, exercise preference/ choice and/ or civil/ religious rights, exercise right to refuse care/treatment, privacy, response to complaints, reprisal).
4. Activities and Social Services: Complaint issues involving social services for residents and social interaction of residents (e.g. choice/appropriateness of activities and/or social services, community interaction, transportation, resident conflict).
5. Rehabilitation or Maintenance of Function: Complaint issues involving failure to provide needed rehabilitation or services necessary to maintain the expected level of function (e.g. facility lacks, fails to maintain or has problems with assistive devices or equipment, facility fails to provide bowel and bladder training, dental services not provided or arranged, mental health or psychological services not provided, failure to provide or arrange for therapies).

Jurisdiction of Alexandria

From July 1, 2015 to December 31, 2015, NVLTCOP *staff* investigated 1 complaint case with 1 issue in the jurisdiction of **Alexandria**. Trained *volunteers* of the Ombudsman Program handled 17 complaint cases with 18 issues.

Information and counseling was provided to 400 consumers in the jurisdiction of **Alexandria**. Long-term care providers consulted staff and Volunteer Ombudsmen on 2 occasions during this time period.

NVLTCOP *staff* completed 14 unannounced site visits to facilities in the jurisdiction of **Alexandria**.

Five (5) Volunteer Ombudsmen visited the residents of 5 different long-term care facilities in the jurisdiction of **Alexandria**. They devoted 570 hours – valued at more than \$13,149 – to this advocacy work and made a total of 190 visits.

Jurisdiction of Arlington

From July 1, 2015 to December 31, 2015, Ombudsman *staff* investigated 4 complaint cases with 9 issues in the jurisdiction of **Arlington**. Trained *volunteers* of the Ombudsman Program handled 22 complaint cases with 27 issues.

Information and counseling was provided to 145 consumers in the jurisdiction of **Arlington**. Long-term care providers consulted staff and Volunteer Ombudsmen on 3 occasions.

NVLTCOP *staff* completed 12 unannounced site visits to facilities in the jurisdiction of **Arlington**.

Seven (7) Volunteer Ombudsmen visited the residents of 5 long-term care facilities in jurisdiction of **Arlington**. They devoted 584 hours—valued at more than \$13,472—to this advocacy work and made a total of 216 visits.

Jurisdiction of Fairfax

From July 1, 2015 to December 31, 2015, Ombudsman *staff* investigated 25 complaint cases with 43 issues in the jurisdiction of **Fairfax**. Trained *volunteers* of the Ombudsman Program handled 152 complaint cases with 183 issues.

Information and counseling was provided to 1,918 consumers in the jurisdiction of **Fairfax**. Long-term care providers consulted staff and Volunteer Ombudsmen on 27 occasions.

NVLT COP *staff* completed 86 unannounced site visits to facilities in the jurisdiction of **Fairfax**. Ombudsman *staff* conducted 11 placement/monitoring visits of Volunteer Ombudsmen during this period.

Twenty-three (23) Volunteer Ombudsmen visited the residents of 28 different long-term care facilities in the jurisdiction of **Fairfax**. They devoted 2,259 hours – valued at more than \$52,115 – to this advocacy work and made a total of 931 visits.

Jurisdiction of Loudoun

From July 1, 2015 to December 31, 2015, NVLT COP *staff* handled 5 complaint cases with 12 complaint issues in the jurisdiction of **Loudoun**. Trained *volunteers* of the Ombudsman Program handled 45 complaint cases with 50 issues.

Information and counseling was provided to 737 consumers in the jurisdiction of **Loudoun**. Long-term care providers consulted staff and Volunteer Ombudsmen on 10 occasions.

NVLT COP *staff* completed 18 unannounced site visits to facilities in the jurisdiction of **Loudoun**. Ombudsman *staff* conducted 5 placement/monitoring visits of Volunteer Ombudsmen during this period.

Seven (7) Volunteer Ombudsmen visited the residents of 8 different long-term care facilities in the jurisdiction of **Loudoun**. They devoted 666 hours – valued at more than \$15,364– to this advocacy work and made a total of 308 visits.

**Contact Laura Nichols, Director, at 703-324-5861 or
 Laura.Nichols@FairfaxCounty.Gov for additional information.**

St. Martin de Porres Senior Center Highlights Report for March 2016
to the Alexandria Commission on Aging Meeting in April 2016

- This month, the seniors visited the Renwick Art Gallery in DC. The seniors enjoyed walking around and viewing the beautiful artwork. For their second field trip, the participants visited the National Geographic Museum and then relaxed and enjoyed Cici's Pizza for lunch.
- Crafty Crew continued to meet on Thursdays. In celebration of the coming of Spring, the seniors made little eggs with a pop up chick in it. Seniors also helped paint a cherry blossom mural that we will put up on our bulletin board.
- Maria continued her One-on-One Tech Classes. Her students learned how to use different applications on their iPads and smart phones as well as how to fix settings on them.
- The Senior Center started Blood Pressure Checks on both Tuesdays and Thursdays. This allows seniors who are not here on Tuesday to still get a chance to get their blood pressures checked.
- On Tuesdays, we have a nurse come in and do Senior Health Preventions talks, this month, she did a talk about Cold and Flu preventions and Falling. She also does a question segment in her class that allows her students to ask any prevention/medical question they need.
- On March 14th, we had student visitors from Alexandria Country Day School come in and interview some of our participants. After the interviews, they played a game of hot pocket with the seniors. They returned on March 17th to do a presentation on those who they interviewed. The presentation can be view online at <http://fold2016.weebly.com/> password: thankyou
- On March 17th, we played a game of Pin the Clover on the Leprechaun. This was a new game in which they enjoyed and would like to play again.
- On March 30th, the VA Cooperative Extension Services came in and did a presentation on Controlling Clutter.
- Exercise programs such as Fit 4 Life, Workout Walking, and Jazzercise were held daily, providing opportunities for movement enjoyed by many of the seniors.
- Team Indoor Shuffleboard, Indoor Bowling, and Inter-active Wii Games were the most physically energetic among the stimulating games this month other games included Bridge, Indoor Skee-ball, Musical Chairs and Fish Cup Carnival Game.
- Our usual schedule of activities also included Tuesday morning shopping trips, pretty nails, bread raffles, and prize bingo.

7. Who has been the kindest to you and why?



Photo of participant and student from Alexandria Country Day School!

Submitted by: Luis Angel, Senior Center Assistant Director, St. Martin de Porres Senior Center

The Senior Center @ Charles Houston COA Report – March 2016

March program highlights for The Senior Center @ Charles Houston include:

- **Review of the March Activity calendar with program participants**
- **Comfort & Cheer Discussion Group w/Debbie Latimer**
- **Yoga & Arthritis Exercise classes**
- **A new morning discussion activity entitled, “Successful Aging Topic.”**
Topics are listed on the dry/erase board pertinent to aging and the aged viewpoint; each table chooses a topic and discusses opinions and thoughts and after a period of time, thoughts are revealed to the group at large. So far this has proven to be very effective in enhancing cognitive stimulation
- **Our Marymount University Nursing Student partners conducted a blood pressure screening clinic and did a wellness topic on meditation**
- **TCWHS Cosmetology students provided complimentary hair makeovers and manicures to our participants in preparation for the “Senior Prom” Dance for All Ages @ TCWHS**
- **Rebuilding Together Alexandria/AmeriCorps did a presentation of the home rehabilitation/repair program and how our participants could qualify to participate.**
- **Riding tour fieldtrip of the waterfront of Georgetown and Embassy Row with lunch @ Red Lobster Restaurant was a great hit with our group**
- **Participant Shirley Cruse and Assistant Director Cynthia Pearce brought their dog and cat, respectively into the Center for our Pet Therapy activity. This event was a first time effort and was received well by our participants**
- **Energizing “Golden Zumba” demonstration, sponsored by “I Heart Seniors, LLC.” This is a slower paced Zumba exercise class, especially for the elderly and those who have physical limitations. This was a great activity with lots of nostalgic tunes. This also will become an ongoing class held on the third Mondays of the month**
- **Tai Chi is an additional exercise/movement activity featured on the first Mondays of the month**
- **DAAS Nutritionist Barbara Ravenell did a nutrition presentation on menu development when trying to eat more healthily that included the group’s involvement in menu preparation as well as nutrition Sudoku and Word Search puzzles**
- **The “Easter Bunny” (Courtesy of the Alexandria Sherriff’s Department) made a special delivery of stuffed furry bunnies for our group as well as assisted staff in the distribution of special Easter treats to every participant in attendance**
- **The group thoroughly enjoyed the March breakfast program sponsored by “I Heart Seniors, LLC.” The members and volunteers of this wonderful organization always add a special touch expressing their love and respect for our participants**

Our participants were also engaged in our regularly scheduled activities that include bingo, 5 cent pokeno, weekly shopping trips to DMV area malls/stores, and cognitive games/activities.

Submitted By,

**Vanessa K. Greene
Senior Center Director**



April 1, 2016

To: Commission on Aging

**From: Mary Lee Anderson, Executive Director
Senior Services of Alexandria**

Subject: Update on Senior Services of Alexandria

The **“March for Meals”** campaign was a great success. Local dignitaries delivered meals throughout the month, and had a chance to meet our senior clients to see firsthand how important the City’s support for this program is to the most vulnerable residents. Carol Downs, Jane King, Alan Dinsmore and Joan Dodaro represented the Commission on Aging. Other “Champions” included Congressman Don Beyer, Mayor Allison Silberberg, Councilmembers Del Pepper, John Chapman, Tim Lovain, Justin Wilson and Willie Bailey, Fire Chief Robert Dube, and Deputy Sheriff Tim Gleeson.

Save the date for the April Senior Speaker Series event which will be held on Wednesday, April 13 at Beatley Central Library at 5005 Duke Street, from 9:30 a.m. to Noon. This will be the first public forum related to the Commission’s Livable Community initiative. Deputy City Manager Debra Collins, Terri Lynch, Jane King and I will lead a discussion about all the programs and opportunities currently available to seniors and help set priorities for the future. Come help us get feedback from the audience about what’s needed for Alexandria’s future! Register at www.seniorservicesalex.org.

The Spring Robust Walkathon will be held at Ben Brenman Park on Wednesday, April 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. Please help support the Successful Aging Committee and register today by calling SSA at 703 836 4414.



**Present
A 2015/16 Speaker Series Event**

AGING WELL IN ALEXANDRIA
Working Together for a Livable Community for all Ages!

**Wednesday, April 13
10:00 a.m.-Noon
(Registration at 9:30)
Beatley Central Library
5005 Duke Street, Alexandria, VA**

**Come be a part of Alexandria's future!
City representatives will discuss plans for making Alexandria a
"Livable Community" for all ages and improving the lives of
senior residents. You will hear about all the programs and
opportunities currently available to seniors and
help set priorities for the future.**

**Light refreshments will be served
This event is FREE and open to the public!**

**Please RSVP online at www.seniorservicesalex.org
or by calling (703) 836 4414 ext. 110.**

ROBUST WALKATHON



Senior Services
OF ALEXANDRIA

Wednesday, April 27
10 a.m. - Noon
Ben Brenman Park
4800 Brenman Park Drive
Alexandria, VA 22304

Group leaders walk participants to exercise stations to learn how to

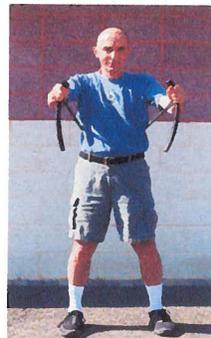
- ◆ Weave low-intensity exercises into a walk
- ◆ Use environmental objects as exercise props
- ◆ Gain balance, strength, agility, flexibility, and endurance

\$10 suggested donation to register; \$25 suggested pledge donations

NEW! Prize for top 3 Pledge Leaders

Trophy for highest participation by a group or organization!

Register online at: seniorservicesalex.org



**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**

The Robust Walkathon benefits 3 annual events sponsored by the Successful Aging Committee: Dance For All Ages, Senior Health & Fitness Fair, and Senior Winter Holiday Celebration

ROBUST WALKATHON

Wednesday, April 27

10 a.m. - Noon

Ben Brenman Park

4800 Brenman Park Drive, 22304

Keep this section as a reminder!

Register online at seniorservicesalex.org,
or mail in the form below.

RAIN OR SHINE
In the case of violent 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: _____

Signature

First and Last Name: _____

Street Address: _____

City/State/Zip: _____

Phone: (____) _____ - _____ Email: _____

Enclosed is my check for \$_____ to cover _____ registrations (\$10 suggested registration fee).

Make checks payable to: Senior Services of Alexandria. Please write "Robust Walkathon" in memo line.

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 in a check for \$ _____

Successful Aging Committee
Report to the Commission on Aging
April 2016

On Friday April 1, 2016 the Successful Aging Committee collaborated with T.C. Williams High School Student Government Association for the annual Dance for All Ages event. An estimated 110 seniors, family and friends packed the TC Williams High School cafeteria for a night of good food, music, and dancing. There were a lot of new faces and more seniors got up and danced this year than previous years. The door prizes are always a big hit and the student's ice cream treat topped off the evening. Some of the seniors stated that this year's dance was great and they cannot wait for next year.

On behalf of all the SAC members and attendees, we would like to thank the TC Williams Student Government Association for an absolute awesome evening. The students were wonderful and did a great job organizing the event. The students even said they will make it better next year.

As a reminder the Successful Aging Committee's bi-annual Robust Walkathon is fast approaching. It will take place on Wednesday, April 27, 2016 from 10am till Noon. Remember your donation and pledge helps the committee continue their wonderful work in the community. A flyer and registration form is attached.

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:

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

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

In last month's report I mentioned that the program was gearing up for its annual Department of Social Services inspection. I also mentioned that I was hoping that that the outcome of the inspection will be the same as the previous one, perfect. I am happy to inform the Commission that my wish came true. The center's recent DSS inspection resulted in no violations. Since the start of the new year we have had two inspections. One from the Health Dept. and the other DSS. Fortunately the results from both inspections were the same, perfect.

Of course all of the credit and success go to the wonderful staff, volunteers, caregivers and participants of the program. Without each group doing their part ADSC would not be as successful as it is. We hope this success will continue throughout the year.

Since the Commission has new members, I would like to leave the caregiver group information below in my report for another month. Please spread the word so we can assist families caring for their loved ones. Caregiving is a very challenging job.

The Adult Day Services Center facilitates a caregiver support group on the first Wednesday of every month from 4pm until 5:30pm. If you are interested in this group please call Jennifer Sarisky, LCSW on Wednesdays only at 703.746. 5676.

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

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

Darrell Wesley,
Program Director, Adult Day Services Center

Minutes of Commission on Aging Transportation Committee
March 10: 6:30PM; Teatism; 106 Hume Avenue; Alexandria, VA

Members Present:

Alan Dinsmore, Chair

Cedar Dvorin

Sharon Danzig

David Kaplan

Excused Absence: Jane King

Guest: Jim Dunham Bike and Pedestrian Ad Hoc Committee

Discussion Items:

Monitoring of Complete Streets reports with possible specific goals by certain dates.

Letter of support for Bike and Pedestrian Transportation Master Plan on completion of final plan, prior to Council vote.

Monitor Council action on suggested OMB memo on Complete Streets.

No votes taken

Minutes from April 6, 2016 meeting of the Economic Development Committee

Attending: Mary Lee Anderson, Jane King, Joan Dodaro, Evelyn Quiles, Babs Waters

Absent: Pat Miller

The meeting began at 10:15am at Emma's Coffee Shop, 105 Hume Avenue in Alexandria

Senior Consumers

Goal is to encourage businesses to offer discounts, services targeted to seniors.

Silver Service Program:

Distribution of Silver Service Cards has begun and the list of 13 participating businesses is on the websites of SSA and AHA. DAAS listing is pending. Recipients are being asked to provide feedback on service. Mary Lee will follow up with those who had expressed interest but have yet to confirm details of their discount offer. Evelyn will connect her with the Old Town and West End Business Associations so that we can present the program to them and ask for their assistance in expanding the program to those areas of the City. The committee will review the current listing at our May meeting and consider streamlining the offerings before the expansion.

Senior Employment

Goal is to help seniors find employment and to encourage businesses to hire seniors.

Evelyn updated the committee on new job openings and advised the WDC will be participating in the JCA Employment Fair in Tysons Corner on April 18.

AARP Livable Community

Jane advised that the draft application has the support of the Mayor and Councilwoman Del Pepper. She and the COA Officers will be meeting with other members of City Council in the next few weeks. The April 13 Senior Speaker Series event will be the first community forum for the initiative. Deputy City Manager Debra Collins, Terri Lynch(DAAS), Jane King and Mary Lee will lead the discussion.

JCA Computer Training classes

JCA is still looking for low-cost/no-cost space for their computer training classes for seniors, since they are losing their Crystal City location. Mary Lee provided them with info about space available in her building, and is waiting for their followup.

New Business

The Spring Robust Walkathon will be held on Wednesday, April 27 beginning at 10am at Ben Brenman Park. Participants are asked to donate \$10 and all money raised goes to fund the annual Senior Holiday Luncheon and Dance for All Ages. These events are organized and sponsored by the Successful Aging Committee.

Our next meeting will be at Emma's (106 Hume Avenue) on Wednesday, May 4, at 10am.

The meeting adjourned at 10:55am. Submitted by: Mary Lee Anderson

Diversity Committee Minutes

March 28, 2016

Attendees: Jenny Chin, Carol Downs, Christine Fulgencio, Jane King, Nat Zewdu

Absent: Alan Dinsmore, Anestacia Graham Evans, Vanessa Greene, Reggie Banks

Agenda Items: Outreach to the Following Communities:

Discussions

1. African American Community

Vanessa and Anestacia are in the process of scheduling a time to meet with leaders of the senior groups of Alfred Street Baptist Church and Shiloh Baptist Church. The intent is to schedule "listening sessions" between members of the two senior groups and COA members. And, to encourage members of the two groups to join the Diversity Committee.

2. Korean and Asian Community

Jenny has made contact with a minister from the Korean Baptist Church in Alexandria. Carol will add the contact information to the list of contacts for the monthly newsletter, Aging Well in Alexandria. Jenny has also contacted the Washington Korean Day Center in Alexandria and the Korean newspaper that publishes a directory of community listings including services for seniors.

3. Filipino and Hispanic Communities

Christine said her research into the Filipino community revealed there were not many Filipino families living in Alexandria. She suggested outreach to the Hispanic community at Blessed Sacrament Catholic Church where services in Spanish are held. Jane and Carol will contact the person who works with the Hispanic community in Alexandria and St. Rita's Catholic Church.

4. Ethiopian Community

Nat Zewdu, who attended the Diversity Committee for the first time (by Christine) has connections within the Ethiopian community. He has developed relationships within the Kidane Meharet Church. Nat is interested in connecting older Ethiopians to healthcare and other services.

5. Alexandria as an Age Friendly Community

Jane talked about the importance of including the many diverse communities within Alexandria to ensure that the domain relating to diversity in the application was complete.

The next Committee meeting will be April 25 at 5:30 pm at Panera's, 3201 Duke Street.