

ALEXANDRIA COMMISSION ON AGING MEETING

Thursday, January 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. Introduction of new COA Member – Sharon Dantzig
3. Welcome Guests
4. Approval of December minutes– see attached
5. Public comments – please limit your comments to 3 minutes
6. Special Presentation: What Medicaid Does
Presented by: Terri Lynch and JoAnn Callender
7. Executive Committee Report– see attached
8. Discussion / Action Items
A. Approval of By-Laws amendment– 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. Recreation, Parks and Cultural Activities – Margaret Orlando
3. Arlington County Commission on Aging – Mitch Opalski
4. Successful Aging – Darrell Wesley
5. Alexandria Adult Day Services Center, ADSC – Darrell Wesley
6. Housing Affordability Advisory Committee – Bill Harris– see attached
7. Division of Aging and Adult Services – Terri Lynch
8. INOVA Alexandria Hospital – Ann Harbour
9. Human Rights Commission – Michael Kreps
10. Commission for Women – Elisabeth Palmer Johnson
11. AHA – Jane King
12. AARP – Jane King
13. St. Martins Senior Center– Kathryn Toohey– see attached
14. Virginia Hospital Center – Mary Belanich
15. Partnership for a Healthier Alexandria – Mary Parker
16. Commission on Persons with Disabilities - Mary Parker
17. Senior Center @ Charles Houston – Vanessa Greene– see attached
18. Senior Services of Alexandria – Mary Lee Anderson– see attached

10. 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 and Vanessa Greene

11. Other Business

12. New Business

Next Commission Meeting: Thursday, February 11, 2016, 4pm, DCHS, 2525 Mt. Vernon Avenue, Cyphers Room , Alexandria, VA 22301

Next Executive Committee Meeting: Monday, February 1, 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.

January 6, 2016

Executive Committee Report

Submitted by Carol Downs

Participants: Mary Lee Anderson, Alan Dinsmore, Carol Downs, Joan Dodaro, Bob Eiffert, Jane King, Jan Macidull, Terri Lynch

1. Planning for January 14 Commission on Aging (COA) meeting
 - Welcome new COA members – Sharon Dantzig and Christine Fulgencio
 - Presentation on Medicaid – Terri and Jo-An
 - Action Item – vote on Bylaws amendment
 - FOIA regulations

2. Planning for future COA meetings
 - February – City Budget Process - Mark Jinks, City Manager
 - March – City Budget and 2016 COA Awards
 - April – Housing and Planning – Helen McIlvaine and Karl Moritz
 - May – Ombudsman Program – Laura Nichols
 - June – Outreach to Diverse Communities – Loudoun County representative

3. Other Business:
 - Schedule COA information session for new and current COA members
 - Expand members for NVAN

4. Committee Reports

5. Next meeting Monday, February 1, at 3:00 PM, Gilmore Gallery (12th fl), 4401 Ford Ave.

Recommended amendment to the Commission on Aging By-Laws
January 14, 2016

The Executive Committee moves the following amendment to the Commission on Aging By-Laws: replace Section IV. C. QUORUM. The current language says “The quorum for each meeting of the Commission shall be not fewer than 11 members.” The amended language is “The quorum for each meeting of the Commission shall be *a simple majority of the currently appointed membership*.” A majority is any number greater than 50%. There’s no such thing as a fraction of a member, so it has to be rounded up to the next whole number. For example, if we have 19 appointed members, we would need 10 for a quorum. If we have 18 appointed members, we would still need 10 for a quorum. If we have 17 appointed members, that would drop to 9, and so on. In any case, any number of currently appointed members below 20 reduces the number needed for a quorum, rather than the rigid number 11 we are stuck with today. Thank you for your consideration.

MEMORANDUM

TO: Commission on Aging
FROM: Bill Harris, CoA Liaison to the Alexandria Housing Affordability Advisory Committee
DATE: January 7, 2016
SUBJECT: Alexandria Housing Affordability Advisory Committee Report

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

The following matters were considered:

1. Presentation West End Transit Way by Allan Fye, TES

The West End Transit Way is planned to be Rapid Bus Transit with a combination of dedicated lanes, transit in mixed traffic, and in the HOV lanes of I-395. One route will run from the Eisenhower Metro station on Van Dorn and Beauregard Streets to the Mark Center and on to the Shirlington Transit Center. The alternate route will leave the Mark Center and travel on I-395 to the Pentagon. Major stops include Landmark Mall, Mark Center, Southern Towers, Northern Virginia Community College, and the planned Gateway development at Beauregard and King Streets. Along the route improvements will be made for pedestrian and bike traffic. Special consideration is being given to coordinating routes with existing and planned affordable housing projects. Current planning includes engineering drawings and environmental impact studies. Operation is scheduled to begin by 2020 or 2021.

Discussion included commendations for TES's efforts to coordinate the transit routes with current and planned affordable housing projects. Krockner moved, and Konkel seconded, that the committee send a letter to TES commending them for these efforts. Frederick offered to write the letter for the Committee's Chair to sign. His offer was accepted by consent.

2. Discussion of Affordable Housing Needs – Levels of Affordability and Unit Mix – Eric Keeler presenter.

- a. Wages are not keeping pace with city housing costs
- b. The number of affordable housing units available to people earning up to 60% of AMI has shrunk from 18K in 2000 to 6K in 2015, and for people earning up to 41% to 50% of AMI from 10K in 2000 to 207 in 2015.
- c. The Metro Area expects an increase of 400K new households between 2011 and 2023. Of that number 149K will have incomes of less than 80% of MI, and nearly half of those will have incomes under 30% of AMI. In Alexandria housing needed to accommodate these new households will require 2760 units for people with incomes under 30% of AMI, 2320 unit for those from 30 - 50% AMI, and 520 units for those from 50 - 80% AMI.
- d. Alexandria's housing affordability challenge is that incomes are not keeping pace with housing costs. Future needs are hard to estimate because of so many variables that continually change.

3. Alexandria Redevelopment and Housing Authority Update (Carter Flemming)

- a. On Wednesday, January 13th, 6:30 PM at the Charles Houston Center ARHA will have a public hearing on it plans to replace 15 units of Ramsey housing with 63 new units. ARHA's plans will be reviewed by its Board, by the Planning Commission, by AHAAC at its February meeting, and finally by City Council.
 - b. Planning for a major renovation of the Ladrey elderly/disabled housing facility continues. An architect and engineer have been engaged. Work is to be done by ARHA staff.
 - c. HUD has yet to act on ARHA's appeal to change Ladrey's designation from "elderly/disabled" to "elderly only."
 - d. Proposals received for best use of five ARHA sites have been reviewed by the ARHA board one time. No action has been taken on the proposals.
4. Alexandria Housing Development Corporation Update (Jon Frederick)
 - a. Work is progressing toward a March deadline to submit an application to VHDA for funding of the Gateway project.
 - b. AHDC has moved to a larger office in the same building.
 5. Information Items (Eric Keeler)
 - a. Lynhaven Apartments with 28 units of affordable housing (at Reed and US 1) will open soon.
 - b. Jackson Crossing with 78 units of affordable housing (Potomac Yard) will be fully leased in a couple of months.
 - c. The Church of the Resurrection project is moving forward. Currently they are working to resolve access issues over the private road which is used by both Goodwin House and the church.

The Chair adjourned the meeting at 8:20 PM.

For any questions I can be reached at wpharris@comcast.net or 703-684-6432.

St. Martin de Porres Senior Center Highlights Report for December 2015
to the Alexandria Commission on Aging Meeting in January 2016

- We kicked off December with “Preventing Scams and Identity Theft” by VA Cooperative Extension Services. This interactive course led by a Master Financial Volunteer helps seniors recognize different types of identity fraud scams and red flags seniors learned ways to reduce their risk for identity theft as well as steps to take if their identity is stolen.
- For our first field trip, we visited an annual holiday concert at St. John’s Church in Washington, D.C. Participants enjoyed breakfast at IHOP and followed their meal with holiday songs sung by St. Alban and National Cathedral Schools’ Madrigal Singers.
- St. Martin de Porres Senior Center continued its “One-on-One Tech” Classes. These classes provide private lessons to seniors who need help learning how to operate computers, tablets, and smartphones.
- The holidays were full of visits from student groups and intergenerational activities: On December 8, we hosted inter-generational activities with Holy Spirit Homeschool. The seniors had a wonderful time playing hot potato with the students (grades K-8). On December 9, St. Thomas Moore Middle School Students played board games and songs on the piano for participating seniors. On December 16 and 17, Bishop Ireton High School Students made gingerbread houses and candy cone holiday trees with the seniors. Lastly, on December 18, Our Lady of Good Counsel School Choir (grades 4-8) held a holiday concert for the seniors complete with sing-a-longs!
- The Catholic Women of Chapel Ft. Belvoir (a local group of Military Spouses) came to sing holiday carols with the participants. They followed their performance with holiday decorating for the Center and a festive tree lighting ceremony.
- St. Martin de Porres Senior Center held its annual holiday party on December 18th with entertainment by Mr. Pink. Adding to the festivities, we celebrated December birthdays and held holiday crafts and games.
- We tried a new game called Rat Race Dice Game, where the table that rolls all numbers 1-6 first wins! It was a fun, competitive game that all participants could play and the seniors have requested that we try it again next month!
- For December’s second field trip, the center visited “Season’s Greetings” at the Botanical Garden and followed by a boxed lunch at the center. For many participants, this was their first time seeing the Botanical Garden’s annual holiday display. The seniors gazed in wonder at the festive poinsettias and model trains.
- Exercise programs such as Fit 4 Life, Zumba Gold, Golden Hearts™: Senior Fitness and Line Dancing 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, Hangman, and Group Word Search.
- Our usual schedule of activities also included Tuesday morning shopping trips, pretty nails, bread raffles, and prize bingo.

Submitted by: Kathryn Toohey, Senior Center Director, St. Martin de Porres Senior Center

The Senior Center @ Charles Houston COA Report – December 2015

Mostly all of our December activities revolved around celebrating the holidays and included:

- A holiday movie and lunch co-sponsored with the Alexandria Black History Museum. The featured movie was “The Preacher’s Wife” which starred Whitney Houston, Denzel Washington and Courtney Vance
- A shop till you drop excursion to Potomac Mills Mall
- A visit to Winter Wonderland of Lights @ Watkins Park, Upper Marlboro, MD
- Holiday Cheer Day with our participants decorating the center for the holidays
- Our Burgundy Farm School “Buddies” did their holiday visit and shared carols and the parent support group provided delicious snacks for all
- Attendance at the SAC sponsored annual Seniors’ Holiday Program at First Baptist Church
- Attendance of our participants at annual holiday events sponsored by Seniors Ministry of Alfred Street Baptist Church and the Zeta Chi Omega Chapter of the Alpha Kappa Alpha Sorority
- A visit to the view poinsettias and other holiday decorations at the US Botanical Gardens, Washington, DC
- A demonstration by members of our Ancient Art Movement Dance Class. The participants did an excellent job and kudos to class instructor, Carmen Shippy for her leadership and dedication. Members pictured below are; Front row, Carmen Shippy (class instructor) & Vallarie Martin. Second row, Catherine Ward, Alice Phillips, Geraldine Wilson, Barbara Moore, Shirley Cruse, Pauline Terrell, Carrie Davis, Mary Holmes & Veronica Greene-Pace



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- **Our Seniors gave of their time assisting with sorting and bagging age appropriate toys for ARHA's annual Santa's Winter Wonderland Event**
 - **The Center's annual holiday celebration featuring DJ Harry Young and musical guests John Greene, Justin Schofield and Jake Greene. We also had the assistance of one of Santa's elves to distribute holiday tokens and goodies to each participant in attendance**
 - **The Center's annual New Year's Eve celebration which included participants sharing their "resolves" for the incoming new year. Notice the word "resolves" instead of resolutions as we placed emphasis on the intent to do better or to achieve a specific goal**

Our participants were also engaged in our regularly scheduled activities that include bingo, weekly shopping trips to DMV area malls/stores, monthly book club gathering and cognitive games/activities.

Submitted By,

**Vanessa K. Greene
Senior Center Director**



January 11, 2016

To: Commission on Aging

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

Subject: Update on Senior Services of Alexandria

Save the date for the February Senior Speaker Series event which will be held on Wednesday, February 10 at Beatley Central Library, 5005 Duke Street, from 9:30 a.m. to Noon. The topic will be "Maintaining Memory and Coping with its Loss". This will be a very informative session, and participants will also have the chance to try out interactive techniques proven to stimulate memory with experts from Arden Courts, Insight Memory Care and the City's Division of Aging & Adult Services. Registration is required for this free event.

SSA's Groceries-to-Go program will now be delivering groceries from both Giant and Harris Teeter. We need volunteers to deliver groceries to seniors who find it difficult to shop for themselves. It's just a one-hour commitment, and SSA handles the shopping - our volunteers pick up the order, deliver and unpack as needed. Please share the attached flyer with your community!

Don't forget to watch SSA's monthly cable tv program, *Senior Living in Alexandria*. It features interviews with local experts about programs and services for seniors, exercise tips, a community calendar and special features. You can watch it on Alexandria's Comcast Channel 70 every Sunday at 2pm, on Youtube or via SSA's website.



**Presents a 2015/16
Speaker Series Event**

**MAINTAINING MEMORY AND
COPING WITH ITS LOSS**

**Wednesday, February 10th
10:00 am-Noon
Registration at 9:30 am
Beatley Central Library
5005 Duke Street, Alexandria, VA**

Want to learn how to stimulate your brain to keep it active and lessen memory loss? Learn what techniques are available to help loved ones who suffer from dementia or other memory loss. This will be an interactive program that you don't want to miss!

**Arden Courts Memory Care
Insight Memory Care
City of Alexandria's Division of Aging & Adult Services**

This event is FREE and open to the public!

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

*The Speaker Series is possible thanks to the generosity
of Carl and Susan Behnke.*

“Groceries to Go”

Senior Services of Alexandria is pleased to announce the addition of a *New* “Groceries to Go”, grocery delivery service available to seniors living in the City of Alexandria. This program is an important addition to SSA’s larger “Senior Nutrition Program” and complements SSA’s mission: *to foster independence, and self-sufficiency, enabling seniors within the City of Alexandria to age with dignity.*

To be eligible you must be:

- Be a resident of the City of Alexandria
- Be at least 60 years old
- Have a debit or credit card.



The highlights of the program include:

- No delivery fee.
- No minimum order required, however a maximum may apply.
- Groceries will be delivered every other Thursday.
- Groceries are ordered based off of *your personal shopping list*.
- We ask that you be available to accept the groceries between 10:00 a.m. and 1:00 p.m. on the grocery delivery day.
- Our volunteers will deliver all groceries to your home and into your kitchen and, if requested to do so, will put groceries away and loosen lids if necessary.

Seniors interested in this program may contact SSA directly by calling (703)836-4414, ext. 119 or emailing: groceries@seniorservicesalex.org

700 Princess St., Mezzanine Level, Alexandria, VA 22314



Alexandria Commission on Aging
Transportation Committee
Report to the January 2016 Meeting of the Commission

The Transportation Committee met on December 11, 6:00PM at Teatism.

Agenda and Action Items

1. Jane King presented an outline of the Age Friendly City proposal and we discussed the transportation issues and agreed that, pending success of the application, advocacy for accessible and usable transportation in the City would be a major agenda item for the coming year.
2. Discussion on a joint agenda for the Complete Streets program benefited from the presence of Doug Goist, Chair of the Commission on Persons with Disabilities Transportation Committee. It was decided that we would pursue joint contacts with Hillary Orr in order to develop support for access proposals for this program.
3. Potomac Yards Station public meetings continue. Doug Goist reported on action to this date. Alan Dinsmore attended the December 14 meeting of the Potomac Yard Metrorail Implementation Group. These meetings have dealt with the station concept design. No discussion has yet taken place on access issues although Doug Goist voiced his concern at a previous meeting concerning choices for paving material for station access through Potomac Greens Park. Next meeting will be on January 14, 2016.

Future Agenda Items

Transportation Committee will be represented at the next meeting of the Ad Hoc Pedestrian and Bicycle Master Plan Advisory Committee on January 19, 2016 and the January 11, 2016 meeting of the City of Alexandria Ad Hoc Group on Signage. This group will address issues relating to portable A frame signs and digital signage.

Transportation Committee

Chair: Alan Dinsmore

Cedar Dvorin

David Kaplan

Jane King

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

Attending: Mary Lee Anderson, Joan Dodaro, Evelyn Quiles, Pat Miller, Jane King

Senior Consumers

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

Silver Service Program:

Mary Lee and Pat planned to canvas businesses on Mt. Vernon Avenue after the meeting to present the program with a goal of getting 15-20 businesses signed up by mid-January so that the program can begin February 1, 2016.

Senior Employment

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

Evelyn has been in touch with Matthew Gillette, who has excellent ties to the Arlandria community, to discuss how to best get the word out about the services provided by WDC.

A local retail business is looking for a mature employee to handle their administrative functions and communications. Evelyn will forward the details to the full committee.

AARP Livable Community

The draft application will be presented to DCHS senior staff next week, followed by meetings with the Mayor and City Council members to get their approval before submission to AARP.

JCA Computer Training classes

JCA is looking for low-cost/no-cost space for their computer training classes for seniors, since they are losing their Crystal City location. Mary Lee may be able to accommodate them in her office building, and Pat Miller is going to talk with her contacts at the Carlyle project to see if there is a viable option there.

Our next meeting will be at St. Elmo's on Wednesday, February 3 at 10am.

Mary Lee