

ALEXANDRIA COMMISSION ON AGING MEETING

Thursday, May 12, 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 April minutes– see attached
5. Public comments – please limit your comments to 3 minutes
6. Special Presentation – Ombudsman Program, Presented by Laura Nichols
Director, Northern Virginia Long - Term Care Ombudsman Program
7. Executive Committee Report
8. Discussion / Action Items
 - A. Election of Officers– see attached
 1. Presentation of Slate of Officers
 2. Nominations from the floor
 3. Voting
 - B. 2016 Awards Program
 - C. Update on City Budget
 - D. Committee Meetings– 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. Successful Aging – Darrell Wesley– see attached
3. Alexandria Adult Day Services Center – Darrell Wesley– see attached
4. Housing Affordability Advisory Committee – Bill Harris– see attached
5. Division of Aging and Adult Services – Terri Lynch
6. INOVA Alexandria Hospital – Ann Harbour
7. Human Rights Commission – Michael Kreps
8. Commission for Women – Elisabeth Palmer Johnson
9. AHA – Jane King
10. AARP – Jane King
11. St. Martins Senior Center– Kathryn Toohey– see attached

12. Virginia Hospital Center – Mary Belanich– see attached
13. Partnership for a Healthier Alexandria – Mary Parker
14. Commission on Persons with Disabilities - Mary Parker
15. Senior Center @ Charles Houston – Vanessa Greene– see attached
16. Senior Services of Alexandria – Mary Lee Anderson– see attached
17. Recreation, Parks and Cultural Activities – Margaret Orlando
18. Arlington County Commission on Aging – Mitch Opalski

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– see attached
 5. Economic Development – Chair, Mary Lee Anderson– see attached
 6. Strategic Planning – Chair, Jane King
 7. Diversity Committee – Co-Chair, Vanessa Greene– see attached
11. Other Business
 12. New Business

Next Commission Meeting: Thursday, June 9, 2016, 4pm, DCHS, 2525 Mt. Vernon Avenue, Cyphers Room , Alexandria, VA 22301

Next Executive Committee Meeting: Tuesday, May 31, 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 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.

The Nominating Committee met at 12:00 noon on Thursday April 28, 2016 at Emma's on Hume St, Alexandria. David Kaplan and Joan Dodaro attended. Joan subsequently reported the substance of the meeting to Jan Macidull, who was unable to attend.

David and Joan discussed the process to be followed in identifying candidates for the Commission on Aging officer positions (Chair, Vice Chair and Secretary). Joan agreed to contact the current officers to determine their willingness to serve for an additional year.

The meeting adjourned at 12:40 p.m.

Submitted by:

Joan M Dodaro
Chair, Nominating Committee.

Commission on Aging
 Committee Meetings FY 2016
 Updated 5-3-16

<u>May</u>		
2	3:00 p.m.	Executive Committee
5	10:00 a.m.	Economic Development Comm.
10	5:30 p.m.	Excellence in Aging Awards Prog.
12	4:00 p.m.	Full Commission
12	6:30 p.m.	Transportation Committee
16	5:30 p.m.	Housing Committee
31(Tues)	3:00 p.m.	Executive Committee
23	5:30 p.m.	Diversity Committee

<u>June</u>		
1	10:00 a.m.	Economic Development Comm.
9	4:00 p.m.	Full Commission
9	6:30 p.m.	Transportation Committee
20	5:30 p.m.	Housing Committee
27	5:30 p.m.	Diversity Committee

4401 Ford Ave., go to room 103
Emma's Espresso and Wine Bar, 106 Hume Avenue
Vola Lawson Lobby, 301 King Street
2525 Mt. Vernon Avenue, Cyphers Room
Emma's Espresso and Wine Bar, 106 Hume Avenue
First Baptist Church, Room 242, 2932 King Street
4401 Ford Ave., go to room 103.
Panera, 3201 Duke St.

Emma's Espresso and Wine Bar, 106 Hume Avenue
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First Baptist Church, Room 242, 2932 King Street
Panera, 3201 Duke St.

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

On behalf of the Successful Aging Committee we would really to thank all the walkers who braved the elements for our bi-annual Robust Walkathon fundraiser. Despite a rainy and cool day some walkers managed to come out and support the cause anyway. The committee members along with others were still able to conduct and showcase their exercise techniques to help seniors with their balance, strength and how to fall. All of these areas are extremely important for aging well. It was a challenge but I am happy to say that we raised a significant amount of money despite the unpleasant weather. There's an old saying that every little bit helps and surely the amount we raised will help us continue the mission of hosting events and providing information for City of Alexandria seniors.

Our next event will be the annual health and fitness day. In collaboration with Senior Services of Alexandria this event will be filled with health companies and organizations to fitness instructors from all over the area. The attendee will receive vital information, health tips, exercise moves and food tasting samples just to name a few. Please tell your family and friends to come and be a part of a dynamic morning. The event will be held on Wednesday May 25, 2016 from 9am until 12noon. You don't want to miss it.

If I am not mistaken Senior Services of Alexandria has a flyer of the event attached to their report. See you there.

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
May 2016**

The Adult Day Services Center is looking forward to the consistent warm weather days of spring and summer. Although a cool day the center started its spring season off with a trip to Bowie, Maryland to watch the Baltimore Orioles AA baseball squad Bowie Baysox vs. the Detroit Tigers AA squad. Unfortunately the home team lost 5 to 4. However, it was still a great time as one of our seniors was able to get a foul ball. He was very excited and said that he will treasure this ball for many years to come. While some of our participants watch the game others were having a great time playing bingo. This was the first time many of them got an opportunity play different versions of the game. The Baysox organization also treated us to a wonderful and delicious lunch. Everyone had a great time.

Along with our outstanding activities for the month of April, we had the pleasure of welcoming students from the T.C. Williams High School International Program. For the second year in a row the students picked ADSC for their community outreach project and day of service. On Friday April 29th, the students did an excellent job of raking, cleaning and pulling weeds in making an oasis for our outside patio area. We are now ready for a cook-out. They also competed against some of our seniors in a balloon volleyball match. Of course, ADSC seniors dominated the competition and won the game. It was absolutely wonderful having them with us for the day, again.

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**

MEMORANDUM

TO: Commission on Aging
FROM: Bill Harris, CoA Liaison to the Alexandria Housing Affordability Advisory Committee
DATE: May 6, 2016
SUBJECT: Alexandria Housing Affordability Advisory Committee Report

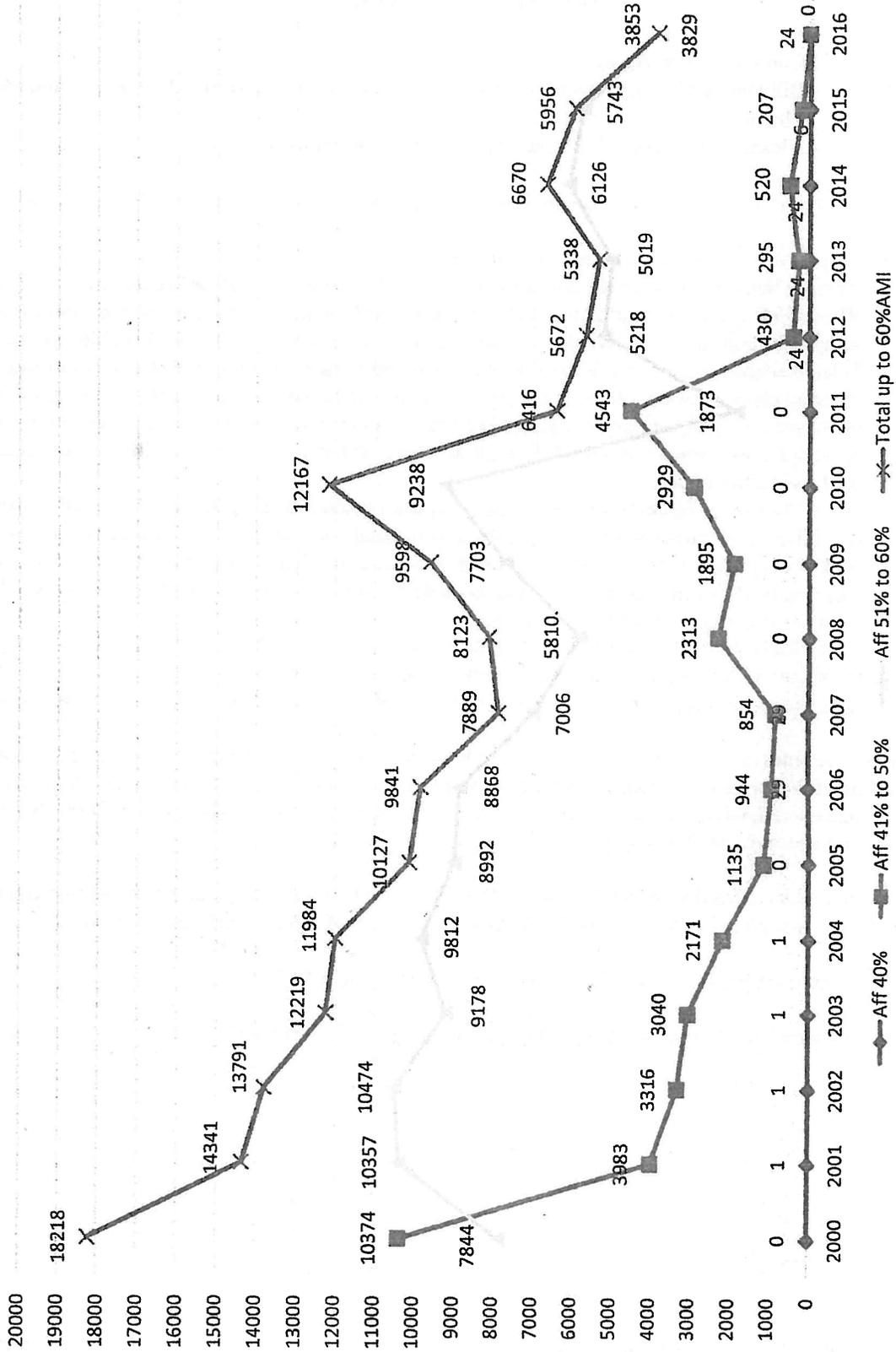
The AHAAC met today in its regular monthly meeting at 7 PM yesterday in room 2000 at City Hall.

1. A major part of the meeting was reports from staff.
 - a. Melodie Seau reported on the continuing decline of “market affordable” rental units. (“Market affordable” are those apartments with rents affordable without subsidies, and are described as being affordable to tenants whose incomes are “40%, 50%, and up to 80% of Area Median Income. Tenants whose incomes are 30% of AMI can’t afford market rate rents and require subsidies) The attached chart shows the loses since 2000 from 36,436 down to 7,706 units. Incomes have not increased during these years enough to keep up with the increases of utilities, taxes, and building operating costs which are passed through in increased rents. This trend is likely to continue for the foreseeable future.
 - b. Gypsy Erostequi reported on the record keeping required to keep track of the many loans to subsidize developers, owners of apartments, individual home owners, etc. All loans are to be paid back – some over time on a monthly basis and some in a lump sum when the property is sold. Keeping track is a monumental task that is made much easier with a computer program which has been developed over the past few years.
 - c. Helen McIlvaine reported on the Office of Housing 2017 budget. The city’s budget will provide \$760,000 in dedicated revenue which will be used to leverage \$5.9M in general obligation bond debt to support the Church of the Resurrection housing project of 110 to 130 affordable units.
2. ARHA submitted a written report which stated in part that the rehab planned for the aging Ladrey building is being held up “until the direction and potential impacts” of the Old Town North Small Area Plan and the redevelopment of the ARHA Administration Building is known. No one from ARHA was present to explain what this meant.
3. Jon Frederick reported Virginia Housing and Development Corporation has given preliminary approval to AHDC’s application for funding for its Gateway project of some 72 affordable units.

There being no further business the Chair adjourned the meeting at 8:35 PM.

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

Market Affordable Rental Units, 2000 to 2016



MAY 2016

OFFICE OF HOUSING SERVICES AND PROGRAMS

421 King Street, Suite 200
Alexandria, VA 22314

703-746-4990
www.alexandriava.gov/housing

For the latest information on City housing programs and services, subscribe to **eNews!** Please visit www.alexandriava.gov and click on Contact Us and Sign up for eNews. Then select "Affordable Housing Opportunities".

Para obtener esta información en español por favor comuníquese con Caridad Palerm o con Vicente Espinoza al 703-746-3079/3087.

HOME BUYER RESOURCES

Affordable Homeownership Units (Set-Aside Program)

Markets a limited number of affordable resale-restricted units in new developments.

Eligibility: Low- and moderate-income first-time homebuyers earning up to 100% AMI
(see income limits on page 2)

Contact: Shane Cochran, 703-746-4990
Shane.Cochran@alexandriava.gov

Homebuyer Counseling

Conducts free homebuyer counseling and education in English and Spanish. The classes follow VHDA's training curriculum and give first-time homebuyers access to VHDA's below market interest rates and the City's home purchase assistance loans.

Eligibility: First-time homebuyers
Contact: Shane Cochran, 703-746-4990
Shane.Cochran@alexandriava.gov

Also visit VHDA at www.vhda.com

Homeownership Assistance Loans

Offers no-interest, deferred payment loans for downpayment and closing cost assistance toward the purchase of City-assisted properties.

Eligibility: Low- and moderate-income first-time homebuyers earning up to 100% AMI
(see income limits on page 2)

Contact: Shane Cochran, 703-746-4990
Shane.Cochran@alexandriava.gov

HOUSING MASTER PLAN



To learn more about the City's *housing for all* policies, affordable housing goals, and implementation tools, please see the 2013 Housing Master Plan:

www.alexandriava.gov/HousingPlan

Experiencing a housing crisis?

Please call the Department of Community and Human Services at (703) 746-5700.

For walk-in appointments, visit the DCHS offices at 2525 Mount Vernon Avenue, Alexandria, VA 22301.

RENTER RESOURCES

Affordable Rental Units (Set-Aside Program)

Provides information on affordable rental opportunities within market-rate apartment properties.

Eligibility: Low- and moderate-income renters
Contact: Juanita Norwood, 703-746-4990
Juanita.Norwood@alexandriava.gov

Check out our 2016 Apartment Survey at www.alexandriava.gov/housing (Housing Services) to compare apartment complexes across the City.

For other options, including affordable rentals, in Virginia, also visit www.virginiahousingsearch.com

Landlord-Tenant Mediation Services

Mediates housing-related disputes between landlords and tenants.

Eligibility: All city renters
Contact: Melodie Seau, 703-746-4990
Melodie.Seau@alexandriava.gov

Public Housing and Vouchers

The Alexandria Housing Redevelopment Authority (ARHA) owns and manages public housing in the City and administers the Housing Choice Voucher (Section 8) Program.

Contact: Cindy Thompson, (703) 549-7115
401 Wythe Street, Alexandria, VA 22314
www.arha.us

Relocation Assistance

Provides information to persons seeking rental housing and/or relocation assistance.

Eligibility: All city renters
Contact: Goodman Okpara, 703-746-4990
Goodman.Okpara@alexandriava.gov

For Beauregard: Caridad Palerm, 703-746-3079
Caridad.Palerm@alexandriava.gov

Rental Accessibility Modification Program

Offers grants up to \$50,000 to qualified renters with physical disabilities to make accessibility modifications. "Mini-grants" assist with modifications up to \$2,800.

Eligibility: Low-income renters with disabilities earning up to 80% of AMI
(see income limits on page 2)

Contact: Brandi Collins, 703-746-3084
Brandi.Collins@alexandriava.gov

also see page 2

DO I QUALIFY FOR ASSISTANCE?

Households must meet income requirements to qualify for certain City housing programs. Income limits vary by program and household size and are based on regional median incomes calculated by the U.S. Department of Housing and Urban Development. Please see the table on the right for the 2016 income limits.

% of Area Median Income (AMI)	2016 Annual Income Limits by Household Size			
	1-person	2-person	3-person	4-person**
30% of AMI	\$22,850	\$26,100	\$29,350	\$32,600
40% of AMI	\$30,440	\$34,760	\$39,120	\$43,440
50% of AMI	\$38,050	\$43,450	\$48,900	\$54,300
60% of AMI	\$45,660	\$52,140	\$58,680	\$65,160
80%* of AMI	\$60,880	\$69,520	\$78,240	\$86,880
100% of AMI	\$76,100	\$86,900	\$97,800	\$108,600

Source: HUD; Office of Housing *Mathematical
**Income limits are also available for households with 5 or more persons

HOMEOWNER RESOURCES

Home Rehabilitation Loan Program (HRLP)

Offers no-interest, deferred payment loans up to \$135,000 (up to \$75,000 for condos) to address code violations, structural problems, lead remediation, and other repairs.

Eligibility: Low- and moderate-income homeowners earning up to 80% AMI (see income limits)

Contact: Arthur Thomas, 703-746-4990
Arthur.Thomas@alexandriava.gov

To learn about the City's Real Estate Tax Relief for Elderly and Disabled Persons Program, please visit www.alexandriava.gov/TaxRelief

Counseling and Training

Provides classroom training and individual counseling in English and Spanish on a range of issues including financial management and personal budgeting, foreclosure prevention, and rights and responsibilities of condominium ownership.

Eligibility: All city residents
Contact: Shane Cochran, 703-746-4990
Shane.Cochran@alexandriava.gov

Energy Efficiency Financing

Provides affordable financing for residential energy efficiency improvements.

Eligibility: Low- and moderate-income homeowners earning up to 100% AMI (see income limits)

Contact: Commonwealth One FCU,
(703) 523-8211 ext. 7611

HOUSING DISCRIMINATION RESOURCES

Office of Human Rights

The City's Office of Human Rights enforces antidiscrimination laws by investigating alleged discrimination in a range of areas, including:

- the sale or rental of housing
- housing advertising
- disability accommodations or modifications
- loans for the purchase, building, renovation, or repair of housing

Contact: Jean Kelleher, (703) 746-3140
www.alexandriava.gov/humanrights

Fair Housing Testing

Conducts fair housing testing for discrimination in the rental and sales housing markets and in mortgage lending.

Contact: Goodman Okpara, 703-746-4990
Goodman.Okpara@alexandriava.gov

Training for Realtors and Property Managers

Provides training seminars on fair housing laws to real estate and property management companies.

Contact: Melodie Seau, 703-746-4990
Melodie.Seau@alexandriava.gov

OTHER HOUSING RESOURCES

Homelessness Prevention and Rent Relief

Department of Community and Human Services

- Homeless Services Assessment Center (HSAC) serves as the point of entry for those seeking emergency shelter.
- Office of Community Services (OCS) provides rental assistance to eligible, low-income persons facing a housing crisis.

To request any HSAC or OCS services, please call (703) 746-5700 or walk in for an eligibility screening at the DCHS offices at 2525 Mount Vernon Avenue, Alexandria, VA 22301.

www.alexandriava.gov/DCHS

Eviction Storage

The Department of Community and Human Services provides furniture storage and emergency shelter referrals for eligible low-income households facing immediate eviction.

(703) 746-5700

Home Repair Services

Rebuilding Together Alexandria (RTA) provides free home repairs, safety modifications, and energy efficiency improvements to eligible homeowners.

(703) 836-1021
www.rebuildingtogetheralex.org

Also check out the City's Energy Masters program!

Fuel Assistance

The Virginia Department of Social Services assists low-income households through the Fuel Assistance Program. Please apply in person at the DCHS offices at 2525 Mount Vernon Avenue, Alexandria, VA 22301 or online at www.dss.virginia.gov/benefit/ea/.

Shelters

Alexandria Community Shelter

2355-B Mill Road, Alexandria, VA 22314
(703) 746-3660

Carpenter's Shelter

930 North Henry Street, Alexandria, VA 22314
(703) 548-7500

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

- The seniors took a field trip into Washington DC to see the cherry blossom trees while they were in full-bloom. The seniors enjoyed walking around and viewing the beautiful flowers and had a wonderful time eating lunch at Hokkaido Seafood Buffet.
- For their second field trip, we intended on having a picnic in DC, but due to the rain the participants went to Springfield Mall, where they were able to walk around and do some shopping for themselves.
- Crafty Crew continued to meet on Thursdays. In celebration of Spring, the seniors made little flower pinwheel cards to give out to their friends. Seniors also made a flower basket door hanger that had painted eggs and flowers.
- Maria Mellor continued her One-on-One Tech Classes. Her students learned how to use “Facetime” and fix the settings on their phone.
- Volunteer Ricardo held his first Windows 7 class and will continue to teach each month to help the participants learn more about the functioning of our senior center PCs.
- On Tuesdays, Nurse Shirley held her Senior Health Preventions talks! She did a talk about food portioning, how to read food labels, and healthy ways to enjoy foods from different countries. She also does a question and answer segment in her class that allows her students to ask any prevention/medical question.
- This month we celebrated Earth Month by having different groups and organizations present eco-friendly topics to our participants.
- The first Earth Month presentation was with the Buddy Ford Nature Center and they discussed the types of animals one would see on a local nature hike. They even brought in a few turtles for the participants to look at.
- The second Earth Month presentation was by held by VA Cooperative Extension Group’s Krysten Buhls. She gave practical advice and tips on becoming a “Water Saving Senior.” Her tips were useful for saving water at the senior center and at home.
- The senior center held its own Earth Month presentation called “Seniors Give Back” which was about the many ways our participants can volunteer their talents and skills to help the senior center. We had many participants expressed interest in helping lead games and activities.
- April 12th was a big inter-generational games day, Students from Bishop Dennis J. O’Connell High School played board games and socialized with the seniors. They were later joined by Holy Spirit Homeschoolers for a game of hot potato!
- On April 20th, we had our senior Birthday Party where we celebrated all of those who were born in April. We had a new entertainer, DJ Robby G and the seniors loved his music so much that we had the most dancing we’ve seen in a long time!
- Students from TC Williams International Academy came in to socialize and play different board games with the seniors. The seniors enjoyed playing dominos, puzzles, and a card game called Headbandz.
- 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.

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

Healthy Aging Lecture Series for Summer 2016

Location: VHC South Arlington Campus - 601 S. Carlin Springs Road, Arlington, VA 22204

Time: 11:00am – 12:00pm

Please RSVP for each event at 703.558.6859

June 24 – Prepare with Advance Directives and Utilizing Palliative Care with Merry Byrd, Palliative Care Coordinator and Graham Bardsley, Chaplain, Virginia Hospital Center

Many people worry about what would happen if, due to mental, physical or emotional problems, they are unable to tell their doctor whether they want or do not want recommended medical treatment. If you are an adult you may sign a document that makes your choices about treatment known to your doctor and family in advance – this is called an Advance Directive. Palliative Care is dedicated to relieving suffering and improving quality of life for patients with severe illnesses. Learn how the Palliative Care Program at Virginia Hospital Center supports patients throughout all stages of their illness and treatment.

July 22 – I Didn't Know That Was A Brain Injury with Paula Levin-Alcorn, Brain Injury Services

The brain is the center of thought, emotion and sensory experience. It coordinates all of our bodily functions from breathing to walking. Each year, Brain Injury Services assists over 500 individuals and families who have experienced the devastating effects of brain injury, stroke and concussion. Learn about the many different programs and interventions available to brain injury survivors.

August 19 – Aging Life Care Professionals with Nancy Dezan, ElderTree Care Management

An Aging Life Care Professional, previously known as a Geriatric Care Manager, is a health and human services specialist who acts as a guide and advocate for families who are caring for older relatives or disabled adults. The Aging Life Care Professional is educated and experienced in any of several fields related to aging life care / care management, including, but not limited to nursing, gerontology, social work, or psychology, with a specialized focus on issues related to aging and elder care. Learn how these professionals can assist you and your family members.

Same great walking program – new location!

For the past 28 years, Virginia Hospital Center has sponsored a free, mall-walking program at Ballston Common Mall. With Ballston Common Mall due to undergo renovations, the Hospital's mall-walking program is moving to **Fashion Centre at Pentagon City** as of Tuesday, May 3rd!

The new, intergenerational mall-walking program is open to anyone looking for free, safe, and climate-controlled exercise.

Cool-down stretches and blood pressure checks are included.
All ages are welcome!

Join us inside the **Fashion Centre at Pentagon City**, near Nordstrom on the 1st floor.

Please call **703.558.6859** for more information.



Ongoing Wellness Programs



Alzheimer's and Dementia Caregiver Support Group

Meets the 3rd Wednesday of each month between 10:30am-11:30am at Carlin Springs.

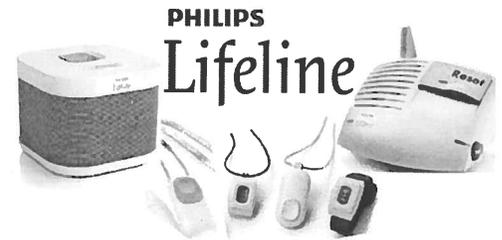
FREE! Call 703.558.6859 for more information.

Philips Lifeline Personal Alert System by VHC

VHC Senior Health staff manages the personal emergency response system. Help is available 24-hours a day, seven days a week.

Monthly cost starts at \$40.00.

Call 703.558.6859 for more information.



Community Exercise Programs

Location: (H) Virginia Hospital Center Main Campus or (CS) Carlin Springs Campus

Time: Please call 703.558.6740 for more information and session start-dates.

Registration: Visit www.virginiahospitalcenter.com/healthy or call **703.558.6740**

Gentle Yoga

Restore Flexibility, regain strength and ease tensions.

Mindfulness for Stress Reduction

Learn how a mindfulness practice can help you find comfort in daily life & handle stress differently. Class is suitable for beginner and experienced students.

Yoga for Everybody

This traditional approach to yoga reduces stress and increases strength and flexibility.

Strength and Stretch for Seniors

Improve range of motion, muscle strength and bone health.

Adaptive/Seated Yoga

For those with limited mobility, chronic pain, or neuropathy.

Tai Chi

Slow, flowing movements help foster a balanced mind and body. Class followed the 37-posture Yang short form. Suitable for all ages.

Gentle Pilates

A non-traditional mat Pilates class with modifications to suit all abilities.

Seniorcise

Maintain and regain strength and flexibility.

The Senior Center @ Charles Houston COA Report – April 2016

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

- Review of the April Activity calendar with program participants
- Comfort & Cheer Discussion Group w/Debbie Latimer
- Yoga & Arthritis Exercise classes
- “Successful Aging Discussion Topics” where various 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. This continues to be a very effective tool in enhancing cognitive stimulation
- Our Marymount University Nursing Student partners conducted 2 blood pressure screening clinics and wellness topics on skin care and nutrition
- A representative from Yellow Cab conducted a “listening and resolution session” for the participants of the Senior Taxi program
- Attendance by our program participants at the Dance for All Ages held @ TC Williams High School. A fun time was had by all!
- Participants enjoyed the fieldtrips to Harper’s Ferry, WVA and to the Arlington House.
- I HEART Seniors, LLC provided a delicious breakfast the last Friday of the month. This is an ongoing monthly sponsorship and we are so grateful to be the recipients of their outreach efforts.
- In addition to the monthly nutrition (breakfast) component, a monthly ining “Golden Zumba” class is sponsored by “I HEART Seniors, LLC.”
- Tai Chi is an additional exercise/movement activity featured on the first Mondays of the month
- Even though the day was damp and cool, we had six participants in the SAC sponsored Spring Robust Walkathon @ Ben Brenman Park. Additionally, our center received a big, beautiful trophy awarded to the participating group with the most persons

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



May 2, 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 May Senior Health & Fitness Fair which will be held on Wednesday, May 25 at Lee Center, 1108 Jefferson Street, from 9:30 a.m. to Noon. Hear local experts from Virginia Hospital Center and Alexandria's Sheriff's Department talk about the importance of being prepared: how to maximize your doctor visits, the benefits of a personal emergency home response system, and simple ways to keep safe and healthy! PLUS fun cooking and exercise demonstrations, including tai chi and line dancing, and free health screenings! Register for this free event at 703 836 4414 ext 110 or at www.seniorservicesalex.org

SSA is creating a task force to evaluate the feasibility of providing our Grocery Delivery Service to SNAP clients. We would love to have someone from the COA participate in the discussion, which will involve 4-5 weekday meetings between now and September. Please let me know if you are interested.



**Present a
2016 Speaker Series Event**

HEALTH AND FITNESS FOR SENIORS

**Wednesday, May 25, 2016
9:30am – 12 Noon
Lee Center
1108 Jefferson Street, Alexandria, VA**

**Hear local experts talk about the importance of being prepared: how to maximize your doctor visits, the benefits of a personal emergency home response system, and simple ways to keep safe and healthy!
PLUS fun cooking and exercise demonstrations, including tai chi and line dancing, and free health screenings!**

**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.**

In recognition of National Senior Health and Fitness Day on Wednesday, May 25, Chinguapin Park Recreation Center will be available free of charge for City of Alexandria residents ages 55 years and over (picture ID required) for use of the pool and fitness room from 12:30-3pm.

**Successful Aging Committee
Community & Human Services/Division of Aging & Adult Services/Adult Day Services
Recreation, Parks & Cultural Activities
Alexandria Redevelopment and Housing Authority
Senior Services of Alexandria**

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

First Baptist Church, King St., Alexandria

Attendees: Carol Downs, Bob Eiffert, Bill Harris, Charles Bailey, Jane King, Mary Parker, Terri Lynch, Jan Macidull

Absent: None. (Anestacia Graham Evans has submitted her resignation due to relocation.)

Guest: Carolyn Murphy-Williams, Property Manager, Beasley Square Senior Independent Living

Agenda Item: Agenda Approval

Discussion: None

Action: Approved unanimously

Agenda Item: Beasley Square Senior Independent Living **Presenter:** Carolyn Murphy-Williams

Discussion: This session was organized by Bill Harris who introduced Carolyn Murphy-Williams. Beasley Square is an eight unit facility developed by Herambe Community and Economic Development Corporation, a 501(c)3 affiliated with Shiloh Baptist Church. Ms. Williams was executive director prior to her current position. Planning began in 2004, with the first units leased in 2011, with funds from the City, Shiloh Baptist Church and VHDA. Rent is paid through section 8 vouchers or on a market rate basis. Tenants pay their own electric. The facility was built out of an existing historic home, resulting in a build out from that structure. It has three stories with an elevator. All units have washers and dryers, with dishwashers in some units.

Referrals are usually from ARHA, to whom she submits notice of unit availability. (Some also come from The Fields, a 1000+ unit facility on Duke St.). There is one current vacancy which is expected to be filled quickly. ARHA does not set aside section 8 vouchers for Beasley Square, or provide it with any special priority. Section 8 vouchers for seniors are integrated into a general pool. Tenants have to be at least 62 and have been a resident of Alexandria for at least six months or have worked in Alexandria. Due to the lack of immediate access to section 8 vouchers for seniors, substantial delays have occurred in filling vacant units, one for a year.

There are two accessible units, equipped for handicapped but not rented exclusively to this population. Only one physically handicapped tenant has lived in one of these units, having become disabled while living there. One unit is equipped especially for the blind, the other for the deaf. All tenants have phones.

Most clients have a mental health disability, some work. Typical stays are 3-4 years, ending typically through illness or death. Social isolation can be a problem, although some tenants attend the Adult Day program at the Lee Center (none go to Charles Houston). Tenants are a diverse group: 1 Hispanic, 2 African-Americans, 3 Whites, and 1 Ethiopian.

Lack of legal paperwork has resulted in problems in medical care and disposal of estates when tenants are severely ill or die. The property manager can be faced with the difficult task of having to decide when a tenant is no longer able to safely live in the facility.

This is strictly an apartment building. However, individual's needs become apparent and informal help is sometimes provided by the manager whose office is across the street in Shiloh Baptist Church. One client used Meals on Wheels. A better understanding of available services from the City would be of great help and was offered by Terri Lynch.

Wish list for Beasley Square: Top wish: Awareness of resources available from the City and major service providers to help clients in daily living as well as emergencies. More day program involvement by tenants; more involvement of Shiloh's congregation with tenants; help getting rails for the restrooms in 4 units; help with floor surfaces to ensure safety and lack of noise; window replacement/maintenance (this is an historic building); legal services for tenants lacking wills and medical power of attorney designees; resources to help the manager determine whether or not a tenant can continue to live safely in the facility.

Conclusions:

1. Eligibility criteria for this facility could be causing unnecessary delays in filling vacancies. There is no protection of section 8 vouchers for this facility by ARHA, sometimes causing long delays while waiting for vouchers or a market rate tenant.
2. Property managers such as Carolyn would benefit greatly from personal meetings with DAAS staff re. services and contact persons available from the City and other major service providers, e.g., the Friendly Visitor Program at Senior Services of Alexandria.
3. The role of property managers in Senior Independent Living facilities has stronger resident relations and support requirements than does than of typical commercial property managers. This has already been recognized as a need in Alexandria's NORC's (naturally occurring residential communities).
4. Beasley Square's wish list is reasonable and will be followed up for implementation by this Committee.
5. Shiloh Baptist Church's involvement in programming such as this suggests opportunities for future partnerships and stronger relations with Alexandria's African American community.

6. A meeting with property managers of other senior independent living facilities to discuss ways to support seniors would help to provide greater safety for seniors living in these facilities. Carolyn is willing to attend.

Action Items	Responsible	Due Date
✓ Orientation of Carolyn to services available to tenants for daily living, in case of emergencies, to for guidance on how to assess tenant continued ability to reside safely in the facility. Help identifying pro bono/City legal services to ensure tenants have wills, medical power of attorney.	Terri Lynch	By next mtg.
✓ Help with facility updates and maintenance, outlined in Wishlist, above. (Involve Rebuilding Together)	Terri Lynch	Report next meeting
✓ Meet with Shiloh Baptist Church re. needs of Seniors	Carol Downs Carolyn	Report next meeting
✓ Explore ARHA revised section 8 Project-based vouchers for Beasley Square	TBD & Carolyn	TBD
✓ Set up meeting of City-funded senior independent living facility property managers to discuss resources available their tenants from the City and other major providers.	TBD	Discuss next mtg

Agenda Item: Follow up on items raised at COA meeting with Planning and Zoning and Office of Housing **Presenter:** Jane King

Discussion: P&Z suggested a joint committee to develop approach for incorporating criteria into their development process that address senior needs. Mary Parker noted Tom Sachs of ACPD is an architect who has an interest in this, too. BFAC is a resource, as well as Fairfax County's group home criteria.

Action Items	Responsible	Due Date
✓ Notes from that meeting to be circulated to COA and Housing Committee to determine next steps.	Jane King	By next mtg.
✓ Propose criteria for COA (Housing Committee) review of development projects that could impact seniors	Jan/Carol	Report at next mtg.

Agenda Item: Development Updates

Presenter: All

Discussion: Covered by Karl Moritz and Helen McIlvaine in April COA meeting. Bill Harris announced he attended the opening of Jackson Crossing.

Agenda Item: Supportive Services: CSB Public Hearing Update
Presenter: Jan Macidull

Discussion: Jan Macidull presented input to the CSB at its April public input session. Oral testimony outlined the value of supportive services for senior CSB clients in City-supported residential settings, as a way of preventing the emotional upheaval and substantially higher costs of assisted living programs (often located outside of the Alexandria area). Informal feedback was very positive.

Action Items

Responsible Due Date

None

Agenda Item: Upcoming Meetings

Presenter: Jan Macidull/all

Discussion:

Jon Frederick of Alexandria Housing Development Corporation will be our presenter at the May 16 meeting, with special focus on their Alfred Street Baptist Church Development. This program has been arranged by Bill Harris.

An invitation has been extended to Roy Priest, ARHA's Executive Director, by Jan Macidull to have a presentation in June or July.

Fair Housing requirements and services for single family and multiple family dwellings (new and existing) was suggested as a topic for this fall.

Action Items

- ✓ May Presentation
- ✓ ARHA Presentation

Responsible Due by
Bill Harris
Jan Macidull Schedule by
Next mtg.
TBD (Jane?) Fall 2016

- ✓ Schedule Fair Housing Mtg.

May Report of the Transportation Committee

General: At the invitation of Chair Jerry King, Alan Dinsmore spoke at the April 20th regular business meeting of the Transportation Commission. The following subjects were discussed:

- After giving up the keys, older citizens reliance on volunteers, friends, and relatives for transportation. This reliance often means giving up on social activities due to feeling that assistance should be asked only for the most necessary trips.
- Current approved agenda of COA on transportation issues including funding for Complete Streets and Bike Pedestrian amendments to the Transportation master plan.
- Possibility of appropriate joint action by the two Commissions on Aging and Transportation on monitoring of progress of Complete Streets and Bike Ped. Amendments.

On behalf of the Commission on Aging, testimony was provided to the April 16 meeting of the City Council on Commission on Aging legislative priorities: funding for Charles Houston Center aging programs; dental clinic funding; and request for Council to require OMB memo on need for additional Complete Streets funding.

April 14 Transportation Committee meeting

Present:

Sharon Dantzig

Cedar Dvorin

David Kaplan

Jane King

Alan Dinsmore, Chair

Jim Dunham, Guest: Chair, Alexandria Bicycle and Pedestrian Advisory Committee

Committee members voted unanimously to request that Hillary Orr, Complete Streets, and Steven Sindiong, Transportation and Environmental Services be invited to address the Commission on Aging September meeting on their respective activities.

Jane King briefed Committee members on progress of the Age Friendly Cities application approval by City Council.

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Submitted:

Alan Dinsmore

Transportation Committee, Alexandria Commission on Aging
Minutes of April 14, 2016 meeting

Called to order at 6:45pm by Chair Alan Dinsmore

Present:

Sharon Dantzig

Cedar Dvorin

David Kaplan

Jane King

Guest: Jim Dunham

Alexandria Ad Hoc Bicycle Pedestrian Advisory Committee

April 14 agenda accepted by unanimous vote

AGENDA ITEM ONE: Discussion of Complete Streets project and upcoming City Council vote on Bike Pedestrian Advisory Committee. David Kaplan will provide a private citizen statement in support of the Bike Ped recommendations and Alan Dinsmore will provide a Commission on Aging statement reiterating support for funding for Complete Streets in the FY17 budget. Cedar Dvorin moved that these statements should be provided, seconded by Jane King. Motion passed unanimously.

AGENDA ITEM TWO: David Kaplan moved, second by Sharon Dantzig, that the Complete Streets Coordinator and the Division Chief of Transportation and Environmental Services be invited to address the Commission on Aging on Complete Streets and the Bike/Ped amendments to the Transportation Master Plan with emphasis on effects on transportation issues for Alexandria's older residents. Motion passed unanimously

AGENDA ITEM THREE: Access to Potomac Yards Metro stop. Alan Dinsmore briefed the Committee and stated he would contact Doug Goist, Transportation Chair of Commission on Persons with Disabilities for their update on access issues.

ANNOUNCEMENTS: Alan Dinsmore will speak to the Transportation Commission on April 20 at their invitation.

Chair asked if there was any more business, hearing none, declared the meeting adjourned.

Minutes from May 5, 2016 meeting of the Economic Development Committee

Attending: Mary Lee Anderson, Jane King, Joan Dodaro, Pat Miller, Babs Waters

Absent: Evelyn Quiles, MaryAnne Beatty

The meeting began at 10:30am 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:

Two new Del Ray businesses have signed up for the program. Mary Lee attended the West End Business Association monthly meeting and feedback was very positive. They will be sending info out to members via their newsletter, and a direct email will go to retail members. We have been invited to present at the May meeting of the Neighborhood Business Associations meeting. We agreed to leave the discount offer up to the businesses. Goal is to have participation all over the City by end of the summer.

Senior Employment

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

No report

AARP Livable Community

The April 13 Senior Speaker Series event was well attended (100+) and the feedback was very positive to the initiative. Waiting on meetings with John Chapman and Willie Bailey, but the Mayor and other council members have all expressed support. Jane will be drafting letter to begin the formal application process.

JCA Computer Training classes

JCA has not followed up about a new site for their Alexandria program. Mary Lee will reach out to Computer Core to see if they might be interested in supporting a satellite program for seniors, and will talk with the Library and ACT about other possibilities.

New Business

Babs advised that Senator Tim Kaine's staff will be at Beatley Library on March 10 for listening session with constituents. She plans to attend and will report back.

Our next meeting will be at Emma's (106 Hume Avenue) on Wednesday, June 1, at 10am.

The meeting adjourned at 11:30am. Submitted by: Mary Lee Anderson

Diversity Committee Minutes

April 25, 2016

Attendees: Alan Dinsmore, Christine Fulgencio, Kiyah Tyler, Vanessa Greene

Absent: Carol Downs, Jane King Jenny Chin, Nat Zewdu, Reggie Banks

Meeting was called to order by the Co-Chair, Vanessa Greene. The agenda was presented by Vanessa and approved by the members in attendance.

Agenda Items: Outreach to the Following communities:

1. African American Community
Vanessa reported that she has not been able to connect with the senior ministries of both Shiloh and Alfred Street Baptist churches. In the interim she has been in touch with one of the members of the recently re-formed Interdenominational Ministers' Coalition and asked about the possibility of a "listening session" between the Coalition and COA members.

2. Korean and Asian Community
Jenny Chin was not present, therefore no report was given.

3. Filipino and Hispanic Communities
Christine reported that she still needed to outreach at her church, Blessed Sacrament as well as St. Andrews Methodist Church to the Hispanic community.

4. Ethiopian Community
Nat Zewdu was not present, therefore no report was given.

5. Alexandria as an Age Friendly Community
Jane King was not present, therefore no report was given.

6. LGBT Community
Alan distributed a report by the Williams Institute regarding LGBT people in Virginia which highlighted the following:
 - a. Virginia is home to 185,000 LGBT adults

- b. Virginia has 14,200 same-sex couples
- c. LGBT people in Virginia are racially and ethnically diverse, 66% are White, 22% are African American and 8% are Latino/Asian
- d. 18% of same-sex couples in Virginia (2600 couples) are raising children
- e. As a result of a court decision extending marriage equality, an estimated 7,122 same-sex couples in Virginia will marry by the end of 2017
- f. LGBT people Virginia experience discrimination because of their sexual orientation or gender identity
- g. Only 6% of Virginia's workforce is covered by local laws that protect workers from discrimination based on sexual orientation or gender identity.
- h. Many LGBT People in Virginia are economically vulnerable

Alan also shared concerns about LGBT community elderly abuse in Nursing Homes and other LTC communities and expressed that most aged LGBT persons don't disclose their sexual orientation in housing matters. Another concern shared by Alan was an interest in using non-offensive language to all communities. Both Alan and Vanessa gave examples of how "phraseology" could be offensive to the receiver in communication.

Kiyah Tyler of I HEART Seniors, LLC was in attendance and asked about whether the Alexandria community at large was aware of the Diversity Committee. Vanessa re-iterated the basic premise of the Diversity Committee, goals and objectives as well as explained that the committee was newly formed and still in its "infancy" stage.

The meeting was adjourned at 6:25 p.m. and the next Committee meeting is scheduled to be held Monday, May 23rd at 5:30 p.m. at Panera's, 3201 Duke Street.