

**Alexandria Commission on Aging Minutes
February 12, 2015**

Members Present: Bob Eiffert , Carol Downs, Mary Lee Anderson, Charles Bailey, Alan Dinsmore, Joan Dodaro, Sean Dunbar, Cedar Dvorin, Anestacia Graham, Elisabeth Palmer Johnson, David Kaplan, Ben Kellom, Jane King, Michael Kreps, Dan Kulund, Del Pepper, Annmarie Pittman

Members Excused: Jan Macidull, Pat Killeen, Mary Parker, Marjorie Vanderbilt

Members Unexcused: Ben Kellom

Liaisons Present: Vanessa Greene, Charles Houston Senior Center; Margaret Orlando, Recreation, Parks and Cultural Activities; Mitch Opalski, Arlington Commission on Aging; Ian Torrance, Police Department

Staff Members Present: Terri Lynch, Debbie Ludington and Corey Castle, Division of Aging and Adult Services; Sandy Modell, Raymond Mui, Phyllis Doak and Darrell Johnson, DASH

Guests Present: Bernadette Lambert and Starr Robertson, ARHA; several Ladrey residents.

1. Call to Order – 4pm by Chair, Bob Eiffert
2. Introduction of ARHA staff and Resident Board

Introduction of Liaisons. Terri Lynch, Interim Director, DAAS, distributed a listing of services available to residents living in subsidized housing. See attached. Margaret Orlando, Dept. of Recreation, distributed a flyer describing programs available for residents age 55 plus. (see attached)

3. Approval of January minutes: approved
4. Overview of Ladrey Senior Hi-Rise. Bernadette Lambert, the onsite manager at Ladrey, provide the following information: Ladrey is an independent living facility with 170 units for active seniors and persons with disabilities. Mrs. Maudie Hines is president of the Advisory Board, and Starr Robertson is the full time social worker on staff. Ms. Robertson assists the residents with entitlements, referrals and other resident services and resources. DAAS has two social workers that also work on-site at Ladrey.

Ladrey hi-rise, as well as other ARHA properties, will be getting a facelift very soon, although the plans are not finalized yet. The goal of ARHA is to minimize the strain on current residents, including doing as much of the renovations while the seniors remain in the building. ARHA will try not to displace any residents during this process.

Charles Bailey, COA member and member of the Housing Commission, attends the Advisory Board meetings and stated that the Board is active and there is a good resident turn out for the meetings, with attendance around 40-50 for each meeting. He said there are resident Captains on each floor to help monitor the facility.

5. There were no public comments.

6. Special Presentations:

1. Geriatric Mental Health Treatment Program and the RAFT Program, presented by Rhonda Williams, LCSW, Supervisor, Older Adult Clinical Services. Rhonda stated that the program currently has 4 FT Therapists and 1 FT Case Aide, and indicated there will likely be the need for additional staff soon. Staff need to have skills and knowledge in the areas of gerontology, medical conditions, therapy, case management, assessments, outreach and training. Staff bring services into the community and in-home services as well. They serve persons with severe and chronic mental health needs. Rhonda described the RAFT program (see attached) and gave the following details: There are currently 15 Alexandria residents and 45 people statewide benefitting from the program; 50 people is the maximum number served. Rhonda distributed the ART Calendar to COA members.

2. DASH Update. David Kaplan introduced DASH staff members who provided the following updates and information: DASH started in 1984. DASH's motto is "Driving Alexandria Safely Home". DASH takes pride in clean buses, on time schedules and friendly drivers. Changes are coming to the DASH program effective February 22nd that will continue to promote high quality, customer service. (see attached). These changes will improve on time schedules. Information will be available on the DASH website. Most routes will have some kind of adjustment. DASH is also rapidly replacing many of their buses with low-floor hybrid models. 50% of the buses will be replaced by the summer of 2015. DASH staff encourages everyone to use the DASH Pass which provides unlimited rides for only \$40 a month. Staff also talked about the Plan Ahead, Pay Forward Project, which requires fares to be added to either a Smart Trip card or DASH pass. The roll out of this initiative is April 1.

DASH is going into the community to alert riders and potential riders about these upcoming changes and improvements. Sandy Model reminded everyone that DASH is heavily subsidized with city funds, about 65% - 70% of its operating budget.

7. MOTOS with Dan Kulund

8. Update on development projects supported by the COA. Bob Eiffert noted that the Planning Commission and City Council approved the projected proposed by Goodwin House. He noted that the Planning Commission voted to approve the Alexandria Memory Care Center proposed by Woodbine Healthcare Center, and that there would be a meeting and vote by City Council on February 21st regarding this project. Bob noted that Woodbine changed their original proposal which indicated the availability of 2 subsidized beds would be contingent on the percentage of overall occupancy, to eliminate the occupancy contingency. Bob encouraged

everyone to attend the February 21st meeting to show support. Carol Downs, Jane King and Mary Lee Anderson indicated their plans to attend.

A discussion followed with the following points discussed:

- There were 2 letters in opposition to the project in the Gazette. Supporters can send letters as well
- What were the concerns from neighbors? Increase in traffic, it should not be re-zoned from residential
- Can the COA members have bullet points to refer to in support of the project? They will be sent
- The COA does not need to get into land use issues or other concerns other than the thought that this kind of facility is needed in Alexandria
- Need to recognize that neighbors are not opposed to elderly services.
- Planning and Zoning supports this project
- Important to have people and voices at the Feb. 21 in favor of the project or it will look like there is not support
- Those opposed were many and articulate at earlier meetings
- It would be helpful to have a family member speak of a personal experience where their loved one had to move out of Alexandria in order to get care
- A lot of support could come from the Strategic Plan, which was approved by City Council, which highlights the need for affordable assisted living

9. Executive Committee Report – Bob Eiffert reported that the City Budget will be released on March 3. It was difficult to determine when the public hearing will be – possibly March 23 or March 16. Bob will schedule an Advocacy Committee meeting to discuss the budget. City budget forums including aging issues; David Kaplan stated that the Feb. 5th forum discussed Transportation issues. Jane King noted that individuals at the forum seemed to realize that many city services would need to be paid for. Bob Eiffert reminded everyone that as a Commission member their personal emails are subject to FOIA. Debbie Ludington asked that all Commission members respond to emails from the City Attorney even if they have no pertinent emails.

10. Discussion / Action Items.

A. It was deemed not necessary to get authorization for the Executive Committee to act on behalf of the full COA regarding the budget.

B. Committee Updates:

1. Housing- Bob and Jane commended Jan Macidull for her work, particularly tracking in real time what is happening in the city.
2. Advocacy and Legislation- NVAN is tracking bills closely.
3. Communications / Outreach - see attached
4. Transportation – Mary Lee Anderson was commended for the recent SSA Speakers Series presentation; Alan Dinsmore noted that Metro Travel Training is very flexible and offers group and individual training. They are anxious to get information out to the public and could provide training at Ladrey if there was an interest.

5. Strategic Planning – Jane is reviewing the Strategic Plan as it relates to AARP project; need to reach out beyond the COA for this project. Possible partners would include AHA and RBT among others.

C. Excellence in Aging Awards Committee – Carol Downs will chair the committee. Dan Kulund and Joan Dodaro have agreed to serve. Carol will seek 2 more members and encourage everyone to nominate individuals and organizations.

11. Liaison Reports

1. Commission for Women – Elisabeth Palmer Johnson announced that the Commission for Women is seeking nominations for their awards. More information can be found at www.alexwomen.com
2. AHA – Carol Downs announced that AHA will be taking part in a survey conducted by the University of Berkeley, CA. This is a national survey and only 18 Village programs in the United States will be taking part in this 18 month project. – see attached
3. ACPD Awards – some of their winners receive cash awards, so please spread the word.
4. Senior Center @ Charles Houston – Vanessa Greene announced that the Charles Houston Recreation Center may become a polling place. .
5. SSA – Mary Lee Anderson announced that the March 11 Speaker Series will focus on a Home Fit Workshop. She also reminded everyone that the SSA Annual Gala will take place on Saturday, Feb. 28 and she has raffle tickets in case anyone is interested.
6. Successful Aging – Margaret Orlando announced the following events: Dance for All Ages will be April 10; Robust Walkathon will be April 29; National Health & Fitness Day will be May 27.
7. DAAS – Terri Lynch announced that the advertisement for the position of Director, Aging and Adult Services has gone out a second time.
8. Police Dept. – Ian Torrance stated that most calls from Ladrey are for concerns about people not living at Ladrey and encouraged tenants to keep non-residents out of the building. He also stated that Office Griffin, who lives at Ladrey, attends the Resident Advisory Board meetings when he can. Ian commended M. and Mrs. Hines and Officer Griffin for bringing positive changes to Ladrey.

Meeting Adjourned: 6:10pm

Minutes prepared by Debbie Ludington



Division of Aging and Adult Services
Department of Community and Human Services
4401 Ford Ave., Suite 103
Alexandria, VA 22302
Main Number 703.746.5999
www.alexandriava.gov/aging

Services Available to Alexandria Residents Who Live in Subsidized Housing

- In Home Care
 - Companion Service Program
 - Medicaid Waiver Personal Care
- Adult Day Care
- Transportation Service
 - DOT
 - MetroAccess
 - Logisticare [Medicaid transportation provider]
 - Senior Taxi Yellow Card Program
 - Transportation to Senior Center lunch program
 - Grocery shopping
 - Door Through Door
- Nutrition
 - Senior Centers ' lunch program
 - Meals on Wheels
 - Liquid Supplement
- Case Management & Counseling Services
 - Adult Protective Services
 - DAAS social workers are assigned each day at Ladrey & Annie B. Rose
 - Call Reassurance Program [Care Ring]
 - Friendly Visitor Program
 - Screenings for nursing homes {Medicaid}, assisted living {auxiliary grant} and Medicaid waivers for persons who would otherwise be in a nursing home
- Mental Health Counseling and Treatment
 - Mental Health Capacity Assessment
- Emergency Alerts
 - Link to Life
 - MedicAlert +Alzheimer's Association Safe Return
 - Project Lifesaver
- Legal Services
- Multicultural Services

- Tenant-Landlord Office for Dispute Resolution



City of Alexandria Recreation, Parks and Cultural Activities Department presents

RECREATION FOR AGES 55 & UP

POWER PLUS 55

It's all inside...

Fitness Passes, Classes, Clubs, Sports and Services

NEW FOR WINTER 2015



AARP TAX PREPARATION

**Wednesdays, 10 a.m.-2 p.m.
February 4- April 15
Lee Center, 1108 Jefferson St.
Ages 50 & up. Free. **DROP-IN**
Income tax preparation for low and moderate income taxpayers.**

HEALTHY FIT 55

Mondays, Wednesdays & Fridays, 9-10 a.m.

January 12-February 13

February 23-March 25

Charles Houston Recreation Center, 901 Wythe St.

Ages 55 & up. \$100 per session.

Flexibility exercises improve range of motion while strength training enhances overall muscle tone, bone density, and balance. Have fun learning a combination of aerobic moves which are challenging yet safe.



PICKLEBALL

**Thursdays & Fridays,
9 a.m.-12 p.m.**

**2nd & 4th Sundays,
3-4:30 p.m.**

Charles Houston Recreation Center, 901 Wythe St.

Mondays & Tuesdays, 11:30 a.m.-2 p.m.

Nannie J. Lee Recreation Center, 1108 Jefferson St.

Ages 18 & up. Free to residents, \$10 for nonresidents.

What do you get when you combine badminton, tennis and ping-pong? A popular and quickly growing sports program ideal for active adults. Stay fit while enjoying weekly challenges with friends.



ROBUST WALKING

Del Ray Robust Walking Group

Mondays, Wednesdays & Fridays, 9 a.m.

**Mount Vernon Recreation Center,
2701 Commonwealth Ave.**

This wholesome pathway to successful aging weaves low-intensity exercises into a walk.

To learn more or to start a Robust Walking group in your neighborhood, call 703.746.5575.



Contact the Registration & Reservation Office at 703.746.5414 for more information.
Schedules and fees are subject to change.

CLASSES

Class selections for ages 55 & up vary by season. View a complete listing at alexandriava.gov/Recreation or look for the **55+** icon in a Program Guide at any Recreation Center. Classes include:

- Swimming
- Aquatic Exercise
- Senior Workout
- Functional Fitness
- Piano Fun for Adults
- Yoga
- Zumba
- Senior Aerobics
- Today's Technology for Boomers

FITNESS PASSES

Fees include 20% discount for Alexandria residents 55 & up



NEIGHBORHOOD FITNESS PASSES

	Alexandria Residents	Nonresidents
Single Day Pass	\$4	\$10
3-month Pass	\$32	\$80
6-month Pass	\$60	\$150
12-month Pass	\$100	\$250

Neighborhood Fitness Passes are valid at the following recreation centers:

Charles Houston Recreation Center, 703.746.5552

901 Wythe St., Alexandria, VA 22314

Mon.-Friday: 9 a.m.- 9 p.m.

Saturday: 9 a.m.-6 p.m.; Sunday: 1-5 p.m.

Cora Kelly Recreation Center, 703.746.5554

25 West Reed Ave., Alexandria, VA 22305

Monday-Friday: 9 a.m.- 9 p.m.

Saturday: 9 a.m.-6 p.m.

Nannie J. Lee Recreation Center, 703.746.5550

1108 Jefferson St., Alexandria, VA 22314

Monday-Friday: 12-9 p.m.

Saturday: 9 a.m.-6 p.m. (October - March)

William Ramsay Recreation Center, 703.746.5558

5650 Sanger Ave., Alexandria, VA 22311

Monday-Friday: 12-9 p.m.

Saturday: 9 a.m.-6 p.m.; Sunday: 1-5 p.m.

CHINQUAPIN PARK RECREATION CENTER & AQUATICS FACILITY FITNESS PASSES

	Alexandria Residents	Nonresidents
Single Day Pass	\$6.40	\$15
1-month Pass	\$40	\$100
6-month Pass	\$200	\$500
12-month Pass	\$360	\$885
Non-Prime Raquetball	\$8/hr.	\$11/hr.
Prime Racquetball	\$11/hr.	\$14/hr.

Chinquapin Park Recreation Center & Aquatics

Facility, 703.746.5553

3210 King St., Alexandria, VA 22302

Monday-Thursday: 6 a.m.- 9 p.m.

Friday: 6 a.m.-6 p.m.

Saturday-Sunday: 8 a.m.-6 p.m.

Amenities include:

- 25-meter pool with diving well
- Locker rooms with saunas
- Fitness Room
- Racquetball Courts
- Facility Rentals



CLUBS

AMERICAN SIGN LANGUAGE

Thursdays, 10:15-11:30 a.m.

Mt. Vernon Recreation Center, 2701 Commonwealth Ave.

Free. Participants continue to learn ASL grammar and etiquette. Deaf culture is explored, as well as opportunities to converse with native signers.

ART

Mondays, 10 a.m.-12 p.m.

Mt. Vernon Recreation Center, 2701 Commonwealth Ave.

\$3 per meeting. Students begin with sketching and progress through the different mediums of the visual arts at their own



pace with assistance from professional artists.

BRIDGE

Wednesdays, 9:30 a.m.-2 p.m.
Nannie J. Lee Recreation Center, 1108 Jefferson St.



Free. Play cards with your neighbors and friends in a relaxed and fun atmosphere.

DEL RAY SENIORS

Tuesdays, 11 a.m.-12 p.m.
Mt. Vernon Recreation Center, 2701 Commonwealth Ave.

Free. Weekly meetings to discuss healthy living, exercise and fitness, health screenings and recreational and leisure opportunities. Quarterly luncheons, field trips and guest speakers are also part of the social experience. Fee may apply for certain activities.

DUN LO ARTS

Tuesdays, 12-12:30 p.m.
Nannie J. Lee Recreation Center, 1108 Jefferson St.

Free. Seniors learn to paint in a group setting. Art exhibits take place each May and December. For more information, call Rhoda Seligmann at 703.751.7924.

HATHA YOGA FOR MEN & WOMEN

Mondays, 12-1 p.m.
Cora Kelly Recreation Center, 25 West Reed Ave.

Free. Practice posture and breathing techniques to reduce tension, improve circulation and learn to relax.



JEWELRY

Mondays, 1:30-3:30 p.m.
Mt. Vernon Recreation Center, 2701 Commonwealth Ave.

Free. Informal group assists seniors with psychomotor skills by creating assorted jewelry items. Participants provide their own materials.

KNITTING

Thursdays, 10 a.m.-2 p.m.
Mt. Vernon Recreation Center, 2701 Commonwealth Ave.

Free. Knitters at various skill levels socialize and knit scarves, hats, sweaters, blankets, etc. The program is on-going. Participants provide their own materials.

PINOCHLE

Mondays & Fridays, 10 a.m.-12 p.m.
Mt. Vernon Recreation Center, 2701 Commonwealth Ave.
Free. Learn the games of bridge and pinochle and play socially on a regular basis.

SENIOR FELLOWSHIP LUNCHEON

2nd Thursday per month, 10:30 a.m.-1 p.m.
Cora Kelly Recreation Center, 25 West Reed Ave.
Free. Share lunch with friends and listen to a special guest. Call 703.746.5554 to confirm date.

SQUARE DANCE

Wednesdays, 1-3 p.m.
Mt. Vernon Recreation Center, 2701 Commonwealth Ave.
\$5 per meeting. Beginners and experienced dancers are welcome to join the fun led by a professional caller.

STRENGTH AND CONDITIONING



Mondays, Wednesdays & Fridays
9:30 a.m.-12:30 p.m.
William Ramsay Recreation Center, 5650 Sanger Ave.

A self-directed group activity to encourage pursuing a personal fitness plan. Recreation Center ID and Fitness Pass are required.

TABLE TENNIS TUESDAYS

Tuesdays & Thursdays, 9 a.m.-12 p.m.
William Ramsay Recreation Center, 5650 Sanger Ave.

Free. Join us for table tennis as we 'Get Active to Stay Active.' Play on two tables with balls and paddles provided. All skill levels welcome.



WEST END BILLIARDS

Thursdays, 9 a.m.-12 p.m.
William Ramsay Recreation Center, 5650 Sanger Ave.
Free. Play it up on two slate pool tables with cue sticks provided. All skill levels are welcome.

SPORTS

SENIOR BASKETBALL

Thursdays, 12:30-2:30 p.m.

Nannie J. Lee Recreation Center, 1108 Jefferson St.

Free. Stay healthy and have fun playing 3 on 3 half-court basketball. fellow players will help sharpen your skills through scrimmage opportunities. Bring an indoor women's basketball and a light and dark shirt.

Adult Sport Leagues vary by season. View a complete listing at alexandriava.gov/Recreation, pick up a Program Guide from any Recreation Center or call 703.746.5409.

PARTNERS

NORTHERN VIRGINIA SENIOR OLYMPICS

www.nvso.us or 703.746.5575



Adults ages 50 years and older are eligible to complete in 25 indoor and outdoor events annually, including track, swimming, golf, scrabble, table tennis, Pickleball, and more. NVSO promotes health, fitness and psychological well-being for older adults. NVSO is sponsored by the cities of Alexandria, Fairfax and Falls Church and the counties of Arlington, Fairfax, Fauquier, Loudoun and Prince William.

SUCCESSFUL AGING COMMITTEE

703.746.5429 or 703.746.5676

Free. Program managers collaborate to share information and provide several citywide activities for older adults in Alexandria. Annual events include:



Dance for All Ages A spring dance co-sponsored by the Student Government Association of T.C. Williams High School. DJ music, dancing, refreshments and a good time are the order of the evening.

Holiday Luncheon Experience fellowship, entertainment and holiday cheer while enjoying a delicious lunch.

Senior Health & Fitness Fair Celebrate annual National Senior Health and Fitness Day with information tables, screenings, exercise demos and more.

Robust Walkathon Fundraisers that take place in the Fall and Spring to promote a healthy walking workout.

SENIOR SERVICES OF ALEXANDRIA (SSA)

www.seniorservicesalex.org

SSA's mission is "to foster independence and self-sufficiency, enabling seniors within the City of Alexandria to age with dignity" by operating the following programs:

- *Meals on Wheels* delivery program, 365 days a year
Receive meals: mealsonwheels@seniorservicesalex.org
Volunteer: volunteer@seniorservicesalex.org
- *DOT Transportation* reservations for the City
- *Educational programs* including a monthly *Speaker Series* and *Senior Information Corners* in public libraries and recreation centers
- *Senior Living in Alexandria*, a monthly cable program on Alexandria's Comcast Channel 70 on Sundays at 2 p.m. or on Youtube at Senior Living in Alexandria
- *Animeals on Wheels* provides food for pets of low-income seniors. communications@seniorservicesalex.org
- *Friendly Visitor Program* matches volunteers with seniors for weekly visits, enhancing connections to the community. friendlyvisitor@seniorservicesalex.org

To help enhance the lives of seniors in our community, contact Executive Director Mary Lee Anderson at communications@seniorservicesalex.org or 703.836.4414.

DEPARTMENT OF COMMUNITY & HUMAN SERVICES' AGING & ADULT SERVICES

703.746.5999 or www.alexandriava.gov/DCHS

Services available to residents age 60 and over include transportation, an adult day health care facility, home visits and case management, home delivered meals, health insurance counseling and volunteer opportunities.

Senior Centers provide programs and meals to adults age 60 and over who are cognitively aware and physically independent. Recreation opportunities include leisure activities, sharing groups, exercise classes, wellness, nutrition, consumer education seminars, and trips.

- *The Senior Center at Charles Houston*, 703.746.5456
- *St. Martin de Porres Senior Center*, 703.751.2766

The Alexandria Adult Day Services Center is a daytime program for older adults with physical and/or cognitive limitations. Therapeutic recreation programs and leisure activities are available to help increase physical, mental, emotional and social abilities.

- *Adult Day Services Center*, 703.746.5676

Program Overview

Arlington County received \$1,050,000 in 2007 through state and federal funding to establish a Regional Adult Facilities Geriatric Mental Health Support Team (RAFT). The program provides intensive multidisciplinary mental health treatment to adults 65 and older discharged or diverted from state institutions to local long-term care facilities in Northern Virginia. Regional partners include: City of Alexandria, Fairfax County, Loudoun County, Prince William County and Arlington County. Arlington County administers the program.

Staffing includes a program manager, psychiatric nurse, a part-time contract psychiatrist and 3 mental health therapists. Staff is available for 24/7 on call support to clients and partnering facilities.

RAFT Oversight Committee

The Oversight Committee consists of a representative from each of the five Community Services Boards in the region. Other members include a community advocate and a representative from the Regional Projects Office. The Committee meets monthly to review applications for admission and to discuss policies and procedures.

Program Services

Services were provided to 57 individuals with severe mental illness and dementia with behavior problems in FY 2014. Forty five clients are currently placed in assisted living facilities and nursing homes.



Targeted Residential Support

The RAFT program has cooperative agreements with community-based facilities which are prepared to admit and treat older adults with serious mental illness. Discharges from state hospitals would not be possible without these partnerships.

RAFT Clinical and Consultative Services

Program provides a range of direct and indirect services. Services are based on an individual's readiness for community placement and care needs.

- *Assessment and Evaluation* – all individuals referred are assessed and evaluated to determine eligibility for program admission.
- *Discharge Planning* – discharge planning assistance is provided to state hospitals in anticipation of full admission to program and placement in long-term care facilities.
- *Intensive Case Management* – staff provide 3 to 5 client contacts per week to prevent long-term psychiatric hospitalizations and maintain stability in current placements.

RAFT Case Examples

CASE ONE

Referral Source:

Virginia State Psychiatric Hospital - Piedmont (2010)

Client Background:

- Older adult with serious and persistent mental illness
- Homeless prior to numerous, intermittent psychiatric hospitalizations
- No family support or social network
- Multiple chronic diseases
- Limited mobility without wheelchair assistance
- Requires assistance with all activities of daily living (ADLs)
- Receives extensive residential support at an assisted living residence

Service Plan:

- Intensive mental health case management and counseling (2 to 3 x weekly)
- Care coordination with residential staff (may include training and coaching)
- Facilitate and monitor compliance with medical and psychiatric appointments and regimen
- Medication management
- Individual behavioral plan development to reduce isolation, increase social network, unify family connections and improve overall quality of life

Client Outcomes and Successes:

- Medical and psychiatric stability – attends all appointments
- Only 1 relapse resulting in short-term psychiatric treatment
- Increased client's friendship network
- Reunification with family – especially adult children

Note from Family:

"I've really seen a change in (client's) behavior. When RAFT first got involved, (client) was really struggling. It's helped me to have someone to talk to."

CASE TWO

Referral Source:

Virginia State Psychiatric Hospital-Piedmont (2010)

Client Background:

- Older adult with serious mental illness and dementia with behavior issues
- Multiple psychiatric hospitalizations
- Several chronic medical illnesses
- Lack of self-care
- Non-compliant with medications
- Cane needed for mobility assistance
- Requires assistance with all activities of daily living (ADLs)
- Receives extensive residential support at an assisted living residence

Service Plan:

- Intensive mental health case management and counseling (2-3 x weekly)
- Care coordination with residential staff
- Management of dementia with consistency, repetition, and cueing
- Medication management

Regional Older Adult Facilities Mental Health Support Team (RAFT) – Art Therapy

“Art Therapy offers a wide range of psychological services that can be adapted specifically for each individual, helping to integrate meaningful yet difficult experiences. The struggle to find understanding and connectedness of unresolved issues finds release and expression through art therapy” (Art therapy Journal 17:1). Research and study clearly reveal art therapy’s positive impact with regard to promoting wellbeing, socialization, communication, healing; ease stress, pain, and loss; improved cognitive and motor skills; and empower through end of life and transition concerns and life’s many other challenges.

In September of 2013, a new art therapy program began for RAFT clients residing in an assisted living facility. This program was led by a mental health therapist, who also specializes in art therapy, and was held weekly. . Participants engaged in art activities each week exploring and enjoying art therapy’s creative and social aspects.

They were given a Mental Health Inventory assessment before the group began and the assessment was repeated after 10 months. Results indicated that clients in the group experienced a reduction in anxiety, increased communication and enjoyment.

A calendar for 2015 was created displaying the art work of the art therapy group. The calendar for 2015 is entitled “Together through ART”.



Alexandria Transit Company

DASH

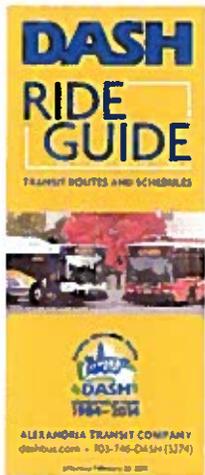
About...

Rider News Bulletin

Winter 2015

MAJOR SCHEDULE CHANGES GO INTO EFFECT FEBRUARY 22

The following DASH schedule changes will take effect on Sunday, February 22, 2015:



AT1, AT2, AT3, AT4, AT5, AT7 & AT10:

- Timetable adjustments for improved schedule adherence, improved coordination, connectivity and service reliability

AT8:

- Timetable adjustments for improved coordination, connectivity, and consistency
- Between 7 a.m. and 10 a.m. on weekdays, Eastbound AT8 trips will use Diagonal Road to approach King Street instead of Callahan Drive to improve schedule adherence and service reliability

Please refer to the new DASH Ride Guide with the **YELLOW** cover for routes and schedules. For more information, visit dashbus.com or call (703) 746-DASH (3274).

ALEXANDRIA TRANSIT STORE

Stop by the Alexandria Transit Store located across from the King Street Metro Station for all of your transit information and fare needs. Pick up your DASH, Metro or VRE passes and SmarTrip cards, too! The Alexandria Transit Store is located at 1775-C Duke Street and is open Monday thru Friday from 7 a.m. to 7 p.m.

GET CONNECTED WITH DASH!

Stay tuned-in to service alerts, schedule changes, promotions and events by connecting with DASH on social media!

- Visit us online: www.dashbus.com
- Like us on Facebook: www.facebook.com/dashbus
- Follow us on Twitter: www.twitter.com/dashbus
- Sign up for eNews: www.dashbus.com/enews

dashbus.com

703.746.DASH (3274)

TO: Commission on Aging (COA) Members
DATE: February 12, 2015 COA Meeting
RE: Communications & Outreach Committee

The Communications & Outreach Committee met January 21, 2015. Committee members present included Alan Dinsmore, Joan Dodaro, Jane King and Carol Downs, Chair

The Agenda included discussion on the following items:

- Old Dominion Power regarding possibility of mail inserts
- Outreach to more diverse senior groups
- "Fall Camps" with Dr. Dan Kulund
- Designation of Alexandria as an AARP Age Friendly Community
- Outreach to neighborhood associations
- Continuation of Home Fit Workshops
- AARP Caregiver Resources presentation

Outcomes from meeting:

The Committee decided that focusing on basically two projects would be more productive than trying to tackle too many different projects.

1. The two projects are: Designation of Alexandria as an AARP Age Friendly City. Mary Lee Anderson, Joan Dodaro, Carol Downs and Jane King will work on this project. We will work in tandem with other COA members that may be interested. It was agreed that the COA needs to get approval for the project from Mayor Euille. The Committee felt Bob Eiffert, as Chair of the Commission, would be the most appropriate person to meet with the Mayor.
2. The second project involves working on an emergency plan for seniors in the event of power outages or natural disasters. Alan Dinsmore, Joan Dodaro and Carol Downs will work with Alexandria Emergency Planning staff on developing a plan to accommodate seniors which would include persons with special needs. Joan will also follow-up with Rita Randolph, Representative, Old Dominion, to see what they may already have in place.

The Committee will still be involved in trying to reach more diverse senior groups through articles in neighborhood association and civic organization newsletters and identify which groups may be open to having a member of the Committee speak at their monthly meeting. Dan will offer his "Fall" workshops as a way of reaching more diverse groups of seniors. A workshop is planned for this fall, 2015. In addition, the monthly newsletter *Aging Well in Alexandria*, co-sponsored by the Division of Aging and Adult Services (DAAS), Senior Services of Alexandria (SSA) and At Home in Alexandria (AHA) will be utilized to reach approximately 60 congregations in Alexandria.

Jane and Carol will continue to provide Home Fit Workshops. And, as part of the AARP Virginia Caregiving Advisory Team, Carol will identify community groups that may be interested in the AARP Caregiver Resources presentation.

Submitted by,
Carol Downs, Committee Chair

TO: Commission on Aging Members

RE: AHA Report for the Commission on Aging, February 12, 2015 Meeting

At Home in Alexandria (AHA) was invited to participate, as one of 25 villages, in a nationwide study of villages to learn how they operate and how well they are doing. The University of California/Berkeley's Center for Advanced Study of Aging Services (CASAS) will conduct the study supported by a grant from the Silberman Foundation.

Last year, Berkeley conducted a study of several California villages and the research was presented at the Village to Village conference last September. This initiative extends that smaller survey to a national scale. The research will be used to advance the mission of villages on a national level-to potential funders, the press and to the general public.

AHA hopes to lend its voice and experience to this important initiative.

Report submitted by,

Carol Downs

TO: Commission on Aging (COA) Members
DATE: February 12, 2015 COA Meeting
RE: Communications & Outreach Committee

The Communications & Outreach Committee met January 21, 2015. Committee members present included Alan Dinsmore, Joan Dodaro, Jane King and Carol Downs, Chair

The Agenda included discussion on the following items:

- Old Dominion Power regarding possibility of mail inserts
- Outreach to more diverse senior groups
- "Fall Camps" with Dr. Dan Kulund
- Designation of Alexandria as an AARP Age Friendly Community
- Outreach to neighborhood associations
- Continuation of Home Fit Workshops
- AARP Caregiver Resources presentation

Outcomes from meeting:

The Committee decided that focusing on basically two projects would be more productive than trying to tackle too many different projects.

1. The two projects are: Designation of Alexandria as an AARP Age Friendly City. Mary Lee Anderson, Joan Dodaro, Carol Downs and Jane King will work on this project. We will work in tandem with other COA members that may be interested. It was agreed that the COA needs to get approval for the project from Mayor Euille. The Committee felt Bob Eiffert, as Chair of the Commission, would be the most appropriate person to meet with the Mayor.
2. The second project involves working on an emergency plan for seniors in the event of power outages or natural disasters. Alan Dinsmore, Joan Dodaro and Carol Downs will work with Alexandria Emergency Planning staff on developing a plan to accommodate seniors which would include persons with special needs. Joan will also follow-up with Rita Randolph, Representative, Old Dominion, to see what they may already have in place.

The Committee will still be involved in trying to reach more diverse senior groups through articles in neighborhood association and civic organization newsletters and identify which groups may be open to having a member of the Committee speak at their monthly meeting. Dan will offer his "Fall" workshops as a way of reaching more diverse groups of seniors. A workshop is planned for this fall, 2015. In addition, the monthly newsletter *Aging Well in Alexandria*, co-sponsored by the Division of Aging and Adult Services (DAAS), Senior Services of Alexandria (SSA) and At Home in Alexandria (AHA) will be utilized to reach approximately 60 congregations in Alexandria.

Jane and Carol will continue to provide Home Fit Workshops. And, as part of the AARP Virginia Caregiving Advisory Team, Carol will identify community groups that may be interested in the AARP Caregiver Resources presentation.

Submitted by,
Carol Downs, Committee Chair

TO: Commission on Aging Members

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