

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

Members Present: Bob Eiffert , Carol Downs, Jan Macidull, Mary Lee Anderson, Charles Bailey, Sean Dunbar, Cedar Dvorin, Elisabeth Palmer Johnson, David Kaplan, Jane King, Michael Kreps, Jim Lindsay, Del Pepper, Marjorie Vanderbilt

Members Excused: Alan Dinsmore, Joan Dodaro, Anestacia Graham, Mary Parker

Members Unexcused: Pat Killeen

Liaisons Present: Cynthia Pearce, Senior Center @Charles; Kathryn Toohey, St. Martins Senior Center; Mitch Opalski, Arlington Commission on Aging; Kim Alberty, INOVA; Ian Torrance, Police Department; Tom Bash, Fairfax Commission on Aging

Staff Members Present: Terri Lynch and Debbie Ludington, Division of Aging and Adult Services

Guests Present: Rose Mario, MPH, NOVA PACE Program

1. **Call to order** at 4:03 PM (Bob Eiffert, Chairman)
2. **Welcome to new member:** Welcome and introductions were made to new member, Jim Lindsay, President of ACC Family, a home care services provider located for the past 21 years in Alexandria; today, also in DC and Bethesda. Jim replaces Dan Kulund as the Commission's designated Health Care Provider Representative.
3. **Other COA Membership Issues:** Ben Kellom and Anne Marie Pittman have both resigned from the Commission, Ben after many years of service as a member and officer.
4. **Approval of April minutes:** Two changes: Item 3: John Catlett's introduction should have welcomed him as member of the Commission's Housing Committee. Item 14: The proposed slate of officers for the 2015-16 Commission should have been included: Carol Downs—Chair; Bob Eiffert –Vice Chair; Sean Dunbar – Secretary. With these corrections, the minutes were approved.
5. **Public Comment:** None
6. **Special Presentation:** PACE: Program for All-Inclusive Care for the Elderly, presented by Rose Mario, MPH.
 - a. This program has been operating for 3 years in Northern Virginia. It is available to people who are aged 55 and over, are enrolled in Medicare

- and Medicaid and need nursing home level of care. The program's goal is to provide "medical and social services to those who require medical and nursing care, but prefer to live at home rather than a nursing facility."
- b. The program model originated in the 1970's in the San Francisco area with the Asian American community.
 - c. The program is a 3-way agreement between InovaCares for Seniors, the Department of Medical Assistance Services (DMAS) and the Centers for Medicare and Medicaid Services. It is an alternative to the Medicare waiver program.
 - d. Beginning in Fairfax County, the program was opened to clients from Alexandria and Arlington on April 1. The Northern Virginia program now serves Fairfax, Arlington, Prince William, and Alexandria.
 - e. A tailored team approach is used in assessment, planning, direct care, reassessment, and, as needed, grievances.
 - f. Program capacity is about 120, given current facility limitations. Enrollment in the adult day program is the key factor. Today there are 93 participants, of whom 12 are private pay. (Question: could Arlington and Alexandria's existing Adult Day Care Centers be used as alternative or additional sites? Currently, they are limited to their one site.)
 - g. Some clients come to the Adult Day Center 5 days/week, while others come 1-3 days. Some come as little as 1 time/month.
 - h. New participants begin the first of each month. Participants may only use the program's physicians. To be part of their medical network), a provider must meet the PACE standards and training. There are some challenges recruiting MD's, as the team approach presents a "team decision" about care, vs. the MD's final decision.
 - i. This PACE Program is open to private pay participants and each pays \$5300/month. They keep their Medicare benefits
 - j. The Commission was encouraged to promote awareness of this program. Multiple contacts are typically required to engage a potential participant.
 - k. This service model is already in the City's Strategic Plan for Aging.

7. Executive Committee Report (Bob Eiffert, Chair):

- a. The annual Aging Awards ceremony was reviewed, with high praise to the Awards Committee headed by Carol Downs and DAAS staff, led by Debbie Ludington, for their fine preparation. Award winners were: Annie B. Rose Lifetime Achievement Award: Jane King; Lois van Valkenberg Excellence in Aging Award for an Individual: Mitch Opalski; Excellence in Aging Award for an Organization: Senior Services of Alexandria; Public Service Award: Terah Chamberlin. Senior Services of Alexandria videotaped the program which is now posted on their FACEBOOK page.
- b. The Commission's annual report will be prepared by the current chair (Bob), for submission to Council late this summer.

8. Committee Reports

- a. Housing (Jan Macidull): Bob has arranged for Karl Moritz, Director, City of Alexandria Department of Planning and Zoning to meet with the

Committee and any interested Commission members on Monday, May 18 from 5:30 – 7:00 at the First Baptist Church on King Street. Questions from Committee members have been forwarded to Karl, to serve as a basis for the discussion. With the Commission's endorsement, the Committee forwarded a cover letter to the Director of Housing in support of Bill Harris' review of the Consolidated Plan for Housing and Community Development. Members of the Committee met last week with Michelle Krockner, Executive Director of the Northern Virginia Affordable Housing Alliance, regarding the possibility of establishing and supporting an expanded coalition to address Alexandria's affordable housing needs. Those present agreed that this would be most helpful, with Michelle leading and facilitating the process.

- b. Advocacy and Legislation (Bob Eiffert): A list of potential NVAN priorities went to all Commission members, requesting feedback and additional ideas. NVAN will meet next week to discuss. (Question: Do other City Commissions work with NVAN? Yes, platform ideas go to other commissions.)
- c. Communications (Carol Downs): The Committee will meet in June. Jim Lindsay will be a new member.
- d. Transportation (Alan away): The Committee is already moving forward with ideas for the next strategic plan.
- e. Economic Development (Mary Lee Anderson): Regular monthly meetings are being scheduled. Evelyn Quiles is the City's new representative from the former JobLink program.
- f. Strategic Planning (Jane King): The application for AARP's Age-Friendly Community program will be moved forward following the June mayoral primary. The program would encompass 2017-2020, back-to-back with the current Strategic Plan for Aging.

9. Election of Officers

- a. The proposed slate of officers was presented by Jane King: Carol Downs – Chair; Bob Eiffert – Vice Chair; Sean Dunbar – Secretary.
- b. The floor was opened for additional nominations.
- c. There being none, a motion was made and seconded to approve the slate as presented. New officers will be sworn in at the end of the June Commission meeting.
- d. Reminder re. Chair responsibilities: Annual report to Council covering the year in office; arbiter of Commission member attendance (to be confirmed with City: compliance with requirement of attending at least 75% of meetings, excluding those for which excused absence has been agreed.)

10. Moto's (Jane King)

11. Liaison Reports

- a. AARP (Carol Downs): AARP Virginia Speakers' Bureau has five one-hour presentations it is willing to bring to community groups: Homefit; Care giving Resources; Life Reimagined, Drivers' Safety; and Preventing

Financial Fraud. Commission members linked to potential speaking opportunities may contact Carol. Bob noted that the Fairfax county Homefit Program already has 102 registered at the Sherwood Hall Library on Saturday.

- b. St. Martin de Porres (Kathryn Toohey): A volunteer appreciation program is being held this month. – see attached
- c. Charles Houston (Cynthia Pearce): A May Day event takes place tomorrow.
- d. Senior Services (Mary Lee Anderson): May 27th at the Lee Center, "Health and Fitness for Seniors" will be held from 9:30 – 12:00 – see attached
- e. Arlington County Commission on Aging (Mitch Opalski): The Commission has a traveling road show on assistive devices that will be given at Culpepper Gardens June 19. They are also engaged in an affordable housing study (contact: Candice Rose). Arlington has been named by AARP as a medium size "Livable Community."
- f. Division of Aging and Adult Services (Terri Lynch): Cedar Dvorin is doing VICAP for Alexandria half-time. – see attached Cedar needs volunteers to support her work in this important program. A homecare RFP will be coming out sooner than later; N4A is 50 years old, a product of the Older Americans' Act ("The Best Kept Secret"), enacted at the same time as Medicare and Medicaid. There is a strong push to reauthorize and increase funding for all of the above, in particular, to educate local and federal policy and decision makers about the amount of funding each program currently provides their communities/constituents, e.g., adult day care programs, transportation programs, senior centers are more than half-funded by city funds. Note: Proposals are floating federally to cut these programs 30-40%. Jane King went to the N4A conference this week.
- g. Commission for Women (Elisabeth Palmer Johnson): Dan Kulund came with Motos to their meeting. The Commission will be conducting a one hour walking tour of Alexandria noting major points where women have had an impact.
- h. At Home in Alexandria (Carol Downs): AHA and Goodwin House at Home are collaborating on three programs to help people aging in place. Estate Planning was the first. June 3 will address how to create positive family relationships, 1-3 PM at Goodwin House (Bailey's Crossroads); July 15 will be on "Right sizing: what to do with all your stuff."

12. New Business

- a. Geriatric training of physicians, nurses, social workers in Virginia (Cedar Dvorin): There is no requirement that these professionals receive any geriatric training before receiving their degrees. She would like to pursue creating a state requirement that at least one course is required of all before graduating. Is this a potential NVAN platform issue?
- b. Virginia Commonwealth Coordinated Care (Cedar Dvorin): Two plans exist in our area if you have both Medicaid and Medicare. Contact Cedar with any questions.

- c. File of Life (Tom Bash, Fairfax County Commission on Aging): Tom has been working on a project to help 911 responders quickly access information about those they are helping, from a voluntary, nationally-maintained "Pre-notification 911" electronic file. Anyone wishing to participate (of any age) would enter their critical medical and contact information into this "file" which could be accessed by police and EMTs in case of emergency. This program is underway in 40 states and, in participating areas, enables responders to access your information even if you aren't in your home city. Fairfax County is being approached for \$125,000 to support this program (fee is population-based). Note: there is no crosswalk between this database and medical records requirements of the Affordable Care Act. – see attached

13. Old Business

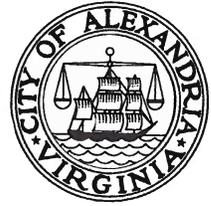
Discharge Planning Information Gathering: Carol is getting INOVA contact information. Led by Pat Killeen, the team doing this work will meet soon.

14. Adjournment: 5:53 PM

St. Martin de Porres Senior Center Highlights Report for April 2015
to the Alexandria Commission on Aging Meeting in May 2015

- The seniors spent the first day of April looking for any sight of Cherry Blossom trees! Every year, the seniors visit DC to view Cherry Blossoms and enjoy food at Hokkaido Japanese Seafood Buffet. That day the participants saw only three trees in full bloom, as many trees were still budding.
- The Senior Center celebrated a lively Easter Party with entertainment and light refreshments. The seniors danced and had a wonderful time!
- For “Look up at the Sky Day,” Holy Spirit Homeschoolers prepared an inter-generational activity where each student shared interesting facts about rainbows and gave out healthy snack bags with colorful fruits. On this day, we had three homeschool families with about 10 children total that ranged from ages 3 to 13 years old.
- We said Aloha with this month’s Discover America Series about Hawaii, participants discovered interesting geographical and historical facts about our 50th state and after the presentation, Hawaiian participants shared what life was like during Pearl Harbor. In addition, there was a simple cooking demonstration on a very healthy tropical treat called “Pineapple Whip!”
- Although St. Martin de Porres Senior Center’s Anniversary is in the beginning of the month, we celebrated a wonderful 38th Anniversary with live entertainment and dancing.
- We took a long ride out to the US Naval Academy in Annapolis, Maryland for our second field trip of the month. For many participants, this was their first time visiting Annapolis. Everyone enjoyed the weather during the outdoor guided tour and had a great time seeing this military school’s traditions and customs.
- This month’s nutritional education program was brought to us by VA Cooperative Extension Services, they prepared a lesson called “Spring Cooking Demonstration.” Three Master Volunteers taught the participants how to cook simple foods with seasonal spring veggies. The recipe for this demonstration was a special arugula and parmesan cheese omelet!
- TC Williams High School’s International Academy stopped by for inter-generational activities on Friday, April 24th. There were 10 students from the academy that are English Language Learners, just like some of our participants. The students had a great time relating to our participants through exercise, games, and conversation. The students even wrote wonderful thank you cards in both English and their native languages that ranged from Amharic, Arabic, Spanish, and Farsi.
- Aging Wellness Workshop in Amharic and English/Spanish continued their monthly workshops which engage participants to think about healthy ways to improve their lives.
- Exercise programs such as Fit 4 Life, Zumba, Workout Walking, and Line Dancing were held daily.
- Team Indoor Miniature Golf, Team Bean Bag Toss, Shuffleboard, and Wii Bowling were the most physically energetic among the stimulating games this month that also included Bridge, Hangman, Team Chair Races, and Headbands.
- Our usual schedule of activities also included Tuesday morning shopping trips, bread raffles, and prize bingo.

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



**Present a
2015 Speaker Series Event**

HEALTH AND FITNESS FOR SENIORS

**Wednesday, May 27, 2015
9:30a.m. -Noon
Lee Center
1108 Jefferson Street, Alexandria, VA**

Hear local experts talk about the importance of good mental health and positive ways to cope with dementia, enjoy fun exercise and cooking demonstrations, free health screenings and more!

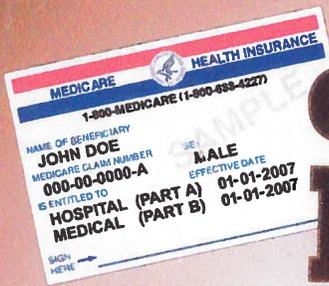
**Light Refreshments will be served
This event is FREE and open to the public!**

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

In recognition of National Senior Health and Fitness Day on Wednesday, May 27, Chinquapin 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.



Questions about Medicare?

The Virginia Insurance Counseling and Assistance Program (VICAP) for residents of the City of Alexandria is now based in the Department of Community and Human Services, Division of Aging and Adult Services.

VICAP is part of a nationwide network of health insurance assistance programs that provides free, individual insurance counseling to Medicare beneficiaries, their families and caregivers.

Services include:

- Individual counseling on Medicare Parts A, B, C (health plans), Medicare Part D (prescription plans), and Medigap plans
- Presentations on Medicare for people new to Medicare or soon to be eligible (Check www.alexandriava.gov/Aging for dates)
- Help resolving Medicare claims or billing issues
- Help filing for Medicare-related benefits

Assistance with understanding:

- Medicaid
- Long-term care insurance
- Eligibility and applications for low-income assistance programs

For more information or to become a trained and certified volunteer VICAP counselor, call 703.746.5999 option 1, and ask for the VICAP counselor.



Department of Community and Human Services



Pre-Notification 9-1-1 (Smart911)

The Missing Piece in Public Safety

Description. **Smart911** is a national database providing 9-1-1 call takers and first responders with supplemental critical-care and rescue information that may be useful during an emergency. These additional details, offered voluntarily by residents, are entered on the **Smart911** website in the form of a Safety Profile. If a person in distress contacts 9-1-1 from a registered phone -- either a land line or a cell -- and the **Smart911** service has been installed in that area, his or her Safety Profile is automatically displayed to the nearest 9-1-1 dispatcher. **(See Smart911.com)**

Smart911 is being introduced nationwide. It now serves 40 states and more than 1,500 communities – including Atlanta, Chicago, Seattle, Nashville, Charleston, Honolulu, Long Island, and Washington, D.C. Its annual cost is \$125,000. There is no charge to the individual participant.

Current Status. A “consideration item” for a pre-notification 9-1-1 program, part of the 50+ Community Action Plan previously approved by the Fairfax County Board of Supervisors, was appended to the fiscal year 2015 budget. Funding of the project is pending.

How Will This Initiative Help Protect Older Adults and People With Disabilities?

A **Smart911** Safety Profile must first be created. This is a display of key facts which, if known to members of an emergency response team, allows them to address the specific needs of an individual or a family. It usually includes personal medical information, but it is also capable of electronically distributing photographs of family members missing from their homes.

Smart911 gathers vital information without relying solely on verbal communications. Data is obtained before an emergency takes place. The service is provided by Rave Mobile Safety, founded in 2004 and headquartered in Framingham, MA.

Who Could Benefit?

- Senior Adults
- Caregivers of the Elderly
- People With Physical Disabilities
- Families With Autistic Children
- Deaf and Hard of Hearing People
- Visually-Impaired Individuals
- Individuals Suffering from Allergies
- People Suffering From Chronic Medical Conditions or Disorders
- Non-English speakers

Seniors and Elderly Care. A senior adult living alone can list medications, health conditions, and emergency contacts in her **Smart911** Safety Profile. This will assist first responders if she calls 9-1-1. Those caring for a loved one can also create a Safety Profile for that individual. If the caretaker is absent, she will have peace of mind that her family member will face less exposure to risk if anything should happen.

Alzheimer's Disease. A person's name, physical description, photograph, and medical data can be entered in his **Smart 911** Safety Profile. In the event that he calls 9-1-1 and cannot remember specific information, the 9-1-1 call taker will have it readily available. If he wanders from home and a listed caretaker contacts 9-1-1, the missing person's picture will be displayed to responders in the field, thus assisting a search.

Diabetes. An individual with diabetes can experience rapid changes in insulin levels. He may be able to dial 9-1-1 but not effectively communicate the nature of his emergency. However, if he has previously noted his condition within his **Smart911** Safety Profile, it will allow call takers to dispatch an appropriate response team. It will also give responders a better understanding of his situation as they arrive on the scene.

Allergies. If someone is allergic, a notification can be placed in his **Smart911** Safety Profile. If he then calls 9-1-1 and is unable to speak, 9-1-1 will have important background information readily available. If the individual becomes unconscious, responders will be aware of medications he is sensitive to and will avoid using them during rescue.

Limited Mobility. Some individuals cannot easily evacuate their homes in an emergency. If 9-1-1 has been previously made aware of this, rescuers will make it a priority to seek out and assist these persons. If special equipment is needed, responders will arrive with that equipment, saving precious time.

Deaf or Hard of Hearing. An individual who cannot easily communicate may enter this fact in her Profile. That way, 9-1-1 will be alerted to her condition and will understand that the caller is actually a person in need. Without **Smart911**, the dispatcher may think that he has only received a dropped or "open air" call and would not provide assistance.

Developmental Disabilities. Responding to this person may require specific actions, depending on the situation. Has the individual wandered? Is he in the midst of a medical or behavioral emergency? The *precise nature* of his condition can be provided beforehand. If a person dials 9-1-1 but does not have the ability to clearly relay specific information -- such as his name, address or details of his emergency -- that data can easily be stored in **Smart911**.

House Fire. If evacuation is required, responders need to know important details such as the number of residents, if anyone has a mobility limitation, where bedrooms are, how to access your residence, and whether pets are present. Photographs of family members on your **Smart911** Safety Profile can confirm who is being rescued. Other details that may be included are gate codes and the location of gas shut-off valves.

Blindness. Vocal cues must be used in this instance. If the person is in her own home, the layout and bedroom locations can be provided beforehand. The presence of a service animal that needs to accompany her can also be noted.

Vehicle Accident. Most automobile accidents are reported by cell phone. Response can be much quicker if 9-1-1 knows the make, model, and color of a car as well as one's location. When photographs of family members have been entered beforehand in a **Smart911** Profile, responders can more easily identify individuals. This is particularly important if anyone is unconscious or unable to communicate.

Missing Child. Every second counts when a child is missing. By providing a photo and physical description, **Smart911** can forward these vital details to responders in the field immediately upon receiving a call. A search can begin within minutes.

Child Reporting A Home Accident. While you can never predict an accident, you can also never predict who will actually be calling 9-1-1. If your child is making the call, she may be asked questions she is unable to answer. This problem can be solved by entering the necessary details about you and your home ahead of time. Relying on your child is no longer necessary. Your **Smart911** Profile will provide the information needed.

Frequently-Asked Questions:

- 1. How can I control who sees my Smart 911 information?** Your Safety Profile will only be displayed to a 9-1-1 call taker if you place a 9-1-1 call from a phone confirmed with your account, and the 9-1-1 center receiving your call participates in the **Smart911** program. You are in full control of the information you enter and the phone numbers you choose to associate with your Safety Profile.
- 2. Is my information kept private?** Yes. Information is made available ONLY to 9-1-1 call takers and responders and ONLY in the event you call 9-1-1. In some areas, you can choose to allow **Smart911** to share your profile with Emergency Managers as they prepare for and respond to emergencies.
- 3. Is my information secure?** The program employs the highest standards in physical and computer security technologies and conducts regular audits to ensure that all information held in **Smart911** is kept private. It will only be made available to 9-1-1 and emergency responders who are planning for emergencies. **Smart911** is secured and powered by Norton and VeriSign.
- 4. Will Smart911 sell my e-mail address or spam me?** No. **Smart911** will not sell your e-mail address to any person or company. It will only use your e-mail address when notifying you that it is time to update or verify your Safety Profile. **Smart911** is funded by communities, not through advertising.
- 5. Does Smart911 sell subscriber data?** No. It does not sell or share any information from a Safety Profile to third parties or marketing organizations. Your information is always locked in secure facilities until it is delivered to participating 9-1-1 centers when you dial 9-1-1.

6. **Can 9-1-1 operators access my Smart911 information even if I do not call 9-1-1?**
No. Information is only made available to 9-1-1 call takers when you dial 9-1-1 from a phone that has been verified from your Safety Profile.
7. **Who enters and maintains my Smart911 information?** You do. **Smart911** users decide what they want to include in their Safety Profile. This allows them to protect their family in the way that best meets their needs. You may change, add, and remove items whenever you choose to do so. However, it is your responsibility to keep the information up-to-date.
8. **Why do I have to update or confirm my Smart911 information every 6 months?** It is important that emergency responders have current data. That way, they can provide the fastest and most accurate response. Outdated information can direct responders to a wrong address or supply incorrect details about the person in need.
9. **How long will my information remain available to Smart911?** It will remain until you delete your account. However, your Safety Profile is only active and available to 9-1-1 for six months after you log in to your account. If you have not logged in to your account for six months, your **Smart911** Safety Profile will be suspended and no information will be delivered to 9-1-1. (You will be reminded, close to the expiration date, to update or confirm your personal information.)

Miscellaneous.

Cell phones account for more than 70% of emergency calls in Fairfax County. When dialing from a landline, your specific location is identified by the address connected with your phone number. However, when you call from a mobile phone, the call taker can see your incoming phone number but can only *estimate* your location to within 50 meters, expressed as a latitude and longitude. This can be a problem in our densely-populated suburb with multi-storied buildings.

Adoption of **Smart911** would bring greater peace of mind to older adults and those with special needs. First responders would not only be better informed of exact locations but also have greater knowledge of specific types of situations they were about to encounter.

Many at-risk individuals now wear medical bracelets and pendants or place the paper “pocket file of life” on their refrigerators, hoping their rescuers might notice them. The additional safety net provided by **Smart911** and its 21st century technology could be the difference between a needless tragedy and a life-saving 9-1-1 response for this vulnerable group of people.

To learn more about **Smart911**, please contact:

Tom Bash

Springfield District
Fairfax Area Commission on Aging

tombash@verizon.net
(703) 913-7559

5/4/15