

# **ALEXANDRIA COMMISSION ON AGING MEETING AGENDA**

**Meeting: Thursday, September 8, 2022, 4 PM – 6 PM**

**At The Landing Alexandria – 2620 Main Line Boulevard**

This meeting is being held in person. The meeting can be accessed by the public through the Zoom link or phone number provided below. Public comment will be received at the meeting. Public comments can also be sent to [daas@alexandriava.gov](mailto:daas@alexandriava.gov) in advance of the meeting. Please indicate that your comments are for a meeting related to the Alexandria Commission on Aging in the subject line. A recording will be made of this meeting.

**Zoom Link:** <https://zoom.us/j/97262502330>

**Webinar ID:** 972 6250 2330

**Password:** 968693

**Phone In number:** 301-715-8592

## **MISSION**

To identify the needs of the elderly, develop overall planning to meet those needs, evaluate service delivery plans as implemented, and advocate on behalf of the elderly

**MEMBERS: PLEASE READ THROUGH THE AGENDA & HAVE AVAILABLE FOR REFERENCE AT THE MEETING.**

1. Call to Order
2. Approval of Agenda
3. Approval of Thursday, June 9, 2022, Minutes
4. Alexandria Police Department Liaison Report – Sgt. Ian Torrance
5. Special Presentation: None Scheduled
6. Executive Committee Report -
7. Discussion / Action Items
  - A. COVID Update – Gerri Wallace
  - B. Age Friendly Plan Update
  - C. Age Friendly Ad Hoc Committee
  - D. Revised Electronic Participation Policy for Remote Participation and All-Virtual Public Meetings – Michael Schuster see attached
8. Liaison Reports - Please provide a written summary to [Pamela.Austin@alexandriava.gov](mailto:Pamela.Austin@alexandriava.gov)
  1. Division of Aging and Adult Services – Christopher Moore
  2. INOVA Alexandria Hospital
  3. Human Rights Commission – Tom Reeder
  4. AHA – Bob Eiffert
  5. AARP – Jane King
  6. NVAN – Babs Waters
  7. St. Martins Senior Center – Anne Coyne - see attached
  8. Virginia Hospital Center – Kate Chutuape/Blanca Cali
  9. Commission for Women – Jenn Stowe
  10. Partnership for a Healthier Alexandria – Joanne Broderick
  11. Public Health Advisory Commission– Joanne Broderick
  12. Commission on Persons with Disabilities – Michael Kamin
  13. Senior Center @ Charles Houston – Pamela Guerra- see attached
  14. Senior Services of Alexandria – Mary Lee Anderson-
  15. Alexandria Commission on Employment, ACE – Mary Lee Anderson
  16. Northern Virginia Falls Prevention Alliance, NVFPA – Mary Lee Anderson

17. Arlington Legislative Committee – Michael Schuster
18. Arlington Commission on Aging – Linc Cummings
19. Successful Aging – Harold Little
20. Recreation, Parks, and Cultural Activities – Harold Little
21. Alexandria Adult Day Services Center, ADSC – Darrell Wesley
22. Housing Affordability Advisory Committee, AHAAC – Jan Macidull

**9. Committee Updates**

1. Housing Committee Chair, Michael Schuster
2. Outreach Committee – Co-Chairs, Ray Biegun & Barbara D'Agostino
3. Transportation – Co-Chairs, David Kaplan & Bill Campbell
4. Economic Development – Chair, Mary Lee Anderson- see attached
5. Strategic Planning – Chair, Michael Schuster
6. Health /Dementia Friendly Committee – Chair, Barbara Huelat
7. By-Laws – Chair, Michael Kreps
8. Advocacy – Michael Schuster, Chair

**10. Other Business**

**11. New Business**

**12. Public comments – please limit your comments to 3 minutes**

**13. Adjournment**

**Next Commission Meeting: Thursday, October 13, 2022 – 4 PM, at The Landing**  
**Executive Committee Meeting: Monday, October 3, 2022 - 1 PM, at The Landing**

**COMMISSION OFFICERS:** Michael Schuster, Chair  
Barbara D'Agostino, Vice Chair  
Barbara Huelat, Secretary

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 a reasonable accommodation may contact the Division of Aging and Adult Services at 703.746.5999, email [DAAS@alexandriava.gov](mailto:DAAS@alexandriava.gov)

Visit the Division of Aging and Adult Services website for Commission on Aging agendas and minutes and other aging information: [www.Alexandriava.gov/aging](http://www.Alexandriava.gov/aging)

**The Alexandria Commission on Aging Racial Social Equity Committee**  
(as of June 01, 2021)

No one should be denied the opportunity to engage fully in our community.

We encourage people of different cultures, races, nationalities, immigration status, ages, abilities, sexual orientation, gender identities, and religious affiliation in Alexandria to be informed about and have access to the range of services available in the City, and to be engaged in civic life.

We are committed to representing a diverse community that represents the rich heritage of our city. We are committed to ensuring older persons have access: to affordable housing, transportation, health care, broadband, nutrition services and to opportunities for meaningful employment and related training.

Older adults and persons with serious medical conditions often experience various degrees of inequity, particularly in obtaining access to health care. It is essential to support older persons, family caregivers, and direct care workers since these residents face additional biases and hurdles.

City of Alexandria  
Commission on Aging  
**Electronic Participation Policy for Remote Participation and All-Virtual  
Public Meetings**

It is the policy of the Commission on Aging ("COA") that members may participate in meetings of the COA, and its committees by electronic communication means as permitted by § 2.2-3708.3 of the Code of Virginia.

**Remote Participation by Individual Members**

Remote participation by individual members is allowed under the following circumstances:

1. A personal matter

- a. On or before the day of a meeting, the member shall notify the Chair that the member is unable to attend the meeting due to a personal matter. The member must identify with specificity the nature of the personal matter.
- b. A quorum of the COA must be physically assembled at the primary or central meeting location.
- c. The Chair may approve or disapprove the request for electronic participation. If the absence member's remote participation is disapproved because such participation would violate this policy, the basis for the disapproval shall be recorded in the COA's minutes. The decision shall be based solely on the criteria in this policy, without regard to the identity of the member or matters that will be considered or voted on during the meeting.
- d. The COA shall record the specific nature of the personal matter and the remote location from which the absent member participated in the COA's minutes.
- e. Participation by the absent member due to a personal matter shall be limited in each calendar year to: (i) two (2) meetings, or (ii) 25% of the meetings held rounded up to the next whole number, whichever is greater, of the COA's meetings.

2. A member's temporary or permanent disability or other medical condition or a family member's medical condition that requires the member to provide care for such family members, thereby preventing the member's physical attendance

- a. a. On or before the day of a meeting, the member shall notify the Chair that the member is unable to attend the meeting due to temporary or permanent disability or other medical condition that prevents his or her physical attendance or a family member's medical condition that requires the member to provide care for such family members, thereby preventing the member's physical attendance.
- b. A quorum of the Commission must be physically assembled at the primary or central meeting location.
- c. The COA shall record the fact of the member's disability or other medical condition or a family member's medical condition that requires the member to provide care for such family members, thereby preventing the member's physical attendance, and the remote location from which the absence member participated in the COA minutes.

3. The member's principal residence is more than 60 miles from the meeting location identified in the meeting notice.
4. For any remote electronic participation, the COA shall make arrangements for the voice of the absent member or members to be heard by all persons in attendance at the meeting location.

### **All-Virtual Public Meetings**

All-virtual meetings are permitted, other than for groups prohibited by Code of Virginia § 2.2-3708.3, when conducted in conformance with the following requirements:

1. The meeting notice shall indicate that the meeting will be all-virtual and a statement that the method by which the COA meets shall not be changed unless a new notice is advertised;
2. Public access to all-virtual public meetings is provided via electronic communication means;
3. The electronic communication means used allows the public to hear all members of the COA participating in the all-virtual public meeting and, when audio-visual technology is available, to see the members of the group as well;
4. A phone number or other live contact information is provided to alert the group if the audio or video transmission of the meeting fails. The COA shall monitor the means of communication during the meeting and recess until public access is restored if the transmission fails for the public;
5. A copy of the proposed agenda and all agenda packets and, unless exempt, all materials furnished to members of the COA for a meeting is made available to the public in electronic format at the same time that such materials are provided to members of the group;
6. The public is afforded the opportunity to comment through electronic means, including by way of written comments, at those public meetings when public comment is customarily received;
7. No more than two members of the COA are together in any one remote location unless that remote location is open to the public to physically access it;
8. If a closed session is held during an all-virtual public meeting, transmission of the meeting to the public resumes before the COA votes to certify the closed meeting as required by § 2.2-3712(D);
9. The COA shall not convene an all-virtual meeting more than (i) two (2) meetings or (ii) 25% of the meetings held per calendar year rounded up to the next whole number, whichever is greater. The COA shall not hold consecutive all-virtual meetings; and
10. Minutes of all-virtual public meetings held by electronic communication means are taken as required by Code of Virginia § 2.2-3707 and include the fact that the meeting was held by electronic communication means and the type of electronic communication means by which the meeting was held. If a member's participation from a remote location is disapproved because such participation would violate this policy, such disapproval shall be recorded in the minutes with specificity.

This policy shall not govern an electronic meeting conducted to address a state of emergency declared by the Governor or the City Council. Any meeting conducted by electronic communication means under such circumstances shall be governed by the provisions of Code of Virginia § 2.2-3708.2.

## St. Martin de Porres Senior Center May Report for June COA Meeting 2022

We are closely following the COA's COVID-19 Omicron's community transmission rates. We acknowledge the transmission level is medium and we do our part ensuring the seniors are safe and safeguarded to the best of our ability. We had two close calls but fortunately no seniors came in contact with two personnel who tested positive for COVID-19 Omicron. All personnel who enter the center continue to social distance, wear an approved facial covering, washing hands, seniors remain at home if sick. Also, we conduct a 100 % health screening along with temperature. We screen the seniors prior to coming to the center and collaborate closely with the Alexandria Health Department for professional guidance as well as advocating for the seniors to get booster number 2. The majority of our activities are in person with one to two exercise classes and a virtual cooking class offered virtually. Our average daily census ranges from 14-16 seniors. During this month the participants took part in a field trip to the National Museum of African American History and Culture, shopping trips, Alexandria High School's senior Dance for all Ages and a SSA Health Fair. The seniors enjoyed various fitness classes such as Walking Fit, and SAIL exercise classes at the Patrick Henry Recreation center twice a week. Now with the return of warmer weather we planted our garden vegetables, herbs and flowers. We also reinforced the garden this Spring, so it is deer and other small animals resistant. We were fortunate to have Chef Phillippe return to the center with a cooking class highlighting nutritious vegetables. Finally, we were able to operate the senior center over at Patrick Henry Recreation Center (PHRC) for three weeks while our bathrooms were renovated. I am delighted to report our center reopened on time without delays.

- The following activities and wellness checks continued throughout May:
- We continue outreach for the seniors meeting basic needs delivering wellness kits and supplies as needed for seniors home bound. Also, we contacted by prospective new seniors who want to join the center and meet new friends while learning new skills and activities.
- Food and Fun with Chef Phillippe cooking healthy food with active participants and volunteers.
- Daily trivia, puzzles, crossword puzzles, crafts, sudoku and various card games as well as group team games like basketball and bowling
- Continued partnership with Charles Houston Senior Center and Alexandria Day Care Center at the Dance for All Ages, SSA health fair and AFE exercise classes.
- Assisting eligible seniors to receive COVID-19 booster vaccine. We are collaborating with AHD to educate and assist seniors to get the second booster and answer questions.
- Hybrid exercise programs such as Arthritis Foundation, Line Dancing and both in person and Zoom SAIL exercise classes.
- SMDP invited the AHD to speak to the seniors on developing trends, booster vaccine availability and status of Omicron in NOVA area, are in close contact with AHD's ALX Moving Forward. We have scheduled two additional vaccine clinics for the participants at PHRC and the Lee Center for the booster.
- We coordinate with seniors who need food and assistance with utility and rent assistance through DCHS, Alive, and Emergency Assistance at Christ House.
- SMDP senior center reopened 23 May with new state of the art restrooms. We appreciated the hospitality and assistance received from the PHRC lending 3 rooms each day between 9:00AM until 1:00 PM
- Finally we salute our friends from HomeAid Construction Company for receiving the COA's Excellence in Aging Award for An Organization in 2021 for their much-needed renovations at the SMdP center. HomeAid covered all renovation costs and contributed over \$40K in labor costs. Congratulations to HomeAid.
- Submitted by Anne T. Coyne, Senior Center Director, St. Martin de Porres Senior Center. Tele: 703-751-2766. Email: [anne.coyne@ccda.net](mailto:anne.coyne@ccda.net)

## St. Martin de Porres Senior Center Report for June 2022

This report is for June 2022 there was no scheduled COA meeting in June or July due to summer break. We continue to closely follow the COA's COVID-19 Omicron's community transmission rates and consult with the Alexandria Health Department for guidance. We note the COVID-19 transmission level is medium and we do our part ensuring the seniors are safe and safeguarded to the best of our ability. All personnel who enter the center continue to social distance, wear an approved facial covering, wash hands, inform those who are ill to remain at home if sick. Also, we continue to screen everyone who comes to the center using the AHD COVID screening tool to include temperatures.

The majority of our activities are in person with one to two hybrid exercise classes and a virtual cooking class. Our average daily census ranges from 18-21 seniors. During this month the participants took part in two field trips to the USA Army Museum at Fort Belvoir and the Postal Museum in Washington DC along with shopping trips and attending Senior Law Day. The seniors enjoyed various fitness classes such as Walking Fit, and SAIL exercise classes at the Patrick Henry Recreation center (PHRC) twice a week. The senior garden continues rich with vegetables, herbs and Marigolds.

- The following activities and wellness checks continued throughout June:
- We continue senior outreach meeting basic needs delivering wellness kits, bread and supplies as needed for seniors home bound. Also, we have welcomed and enrolled four new seniors to our center.
- We had an excellent presentation from the Northern Virginia RC on Hearing Loss and Hearing Aids.
- Daily trivia, puzzles, crossword puzzles, crafts, sudoku and various card games as well as group team games like bowling and shuffleboard.
- Continued partnership with Charles Houston Senior Center and Alexandria Day Care Center with hybrid programs and AFE exercise classes.
- Encouraging eligible seniors to receive COVID-19 booster vaccine. We collaborated with AHD to educate and assist seniors to get the second booster and answer questions.
- Hybrid exercise programs such as Arthritis Foundation, Line Dancing and in person and Zoom SAIL exercise classes.
- SMDP invited the AHD to speak to the seniors on developing trends, booster vaccine availability and status of Omicron in NOVA area, are in close contact with AHD. We scheduled two additional vaccine clinics for the participants at PHRC and the Lee Center for the booster.
- We assisted a senior who need food and assistance with utility and rent assistance through DCHS, Alive, and Emergency Assistance at Christ House.

Submitted by Anne T. Coyne, Senior Center Director, St. Martin de Porres Senior Center. Tele: 703-751-2766. Email: [anne.coyne@ccda.net](mailto:anne.coyne@ccda.net)

## St. Martin de Porres Senior Center Report for July 2022

This report is for July 2022 there was no scheduled COA meeting during the summer break. We closely follow the COA's COVID-19 Omicron's community transmission rates and consult with the Alexandria Health Department for guidance. We note the COVID-19 transmission level is medium and we do our part ensuring the seniors are safe and safeguarded to the best of our ability. All personnel who enter the center continue to social distance, wear an approved facial covering, wash hands, inform those who are ill to remain at home if sick. Also, we continue to screen everyone who comes to the center using the AHD COVID screening tool to include temperatures.

The majority of our activities are in person. Our average daily census ranges from 18-21 seniors. During this month the participants enjoyed two field trips one to the George Washington University Textile Museum and the other to the John Paul II shrine in Washington DC. The weekly DAAS transportation for Shopping trips are popular now due to higher prices for seniors for goods, gas and other means of transportation. The senior garden continues to flourish, and we have harvested fresh peppers, zucchini, cucumbers and tomatias along with herbs and Marigolds.

- The following activities and wellness checks continued throughout July:
- We continue senior outreach addressing senior basic needs delivering supplies needed at home. Also, we have welcomed and enrolled two seniors to the center.
- We had an excellent presentation from the AC Sherriff's and ACPD department discussing Senior Scams and a lively Q&A discussion.
- Daily trivia, puzzles, crossword puzzles, crafts, sudoku and various card games as well as group team games like bowling and shuffleboard.
- Continued partnership with Charles Houston Senior Center and Alexandria Day Care Center
- Encouraging eligible seniors to receive COVID-19 booster vaccine. We provide seniors with weekly COVID updates from the AHD to educate and assist seniors to get the second booster and answer questions.
- Continue weekly Line Dancing, in person SAIL class at PHRC and Zoom chair SAIL exercise classes.
- SMDP updates seniors on Omicron status in the local area to include developing trends, and booster vaccine availability.
- The center recruited a third volunteer to teach seniors ESL reaching out to those who English is not their primary language. Three classes to begin in August. There will be a beginner, intermediate and advanced classes.

Submitted by Anne T. Coyne, Senior Center Director, St. Martin de Porres Senior Center. Tele: 703-751-2766. Email: [anne.coyne@ccda.net](mailto:anne.coyne@ccda.net)



## St. Martin de Porres Senior Center Report for Aug 2022

This report is for August 2022 there was no scheduled COA meeting during the summer break. We continue to follow COVID-19 Omicron's community transmission rates and consult with the Alexandria Health Department for guidance. There were no senior or staff reported incidences of Omnicron. All personnel who enter the center continue to be screened and adhere to social distance, wear an approved facial covering, wash hands, inform those who are ill to remain at home if sick.

There were no major changes during August. Seniors attended our activities here at the center in person. Our average daily census ranges from 21-22 seniors. During this month the participants enjoyed two field trips one to the Department of the Interior Museum and the other to the exciting Planet Word interactive museum located at the historic Franklin School in Wash DC. Our senior garden continues to flourish, and we have harvested fresh peppers, tomatoes, cucumbers and tomatias along with herbs and Marigolds.

- The following activities and wellness checks continued throughout August:
- We continue senior outreach addressing senior basic needs delivering supplies needed at home.
- We had an excellent presentation from the Virginia Tech Cooperative helping seniors how to save money at the grocery store.
- Daily trivia, puzzles, crossword puzzles, crafts, sudoku and various card games as well as group team games like bowling and shuffleboard.
- Encouraging eligible seniors to receive COVID-19 booster vaccine. We provide seniors with weekly COVID updates from the AHD to educate and assist seniors to get the second booster and answer questions.
- Continue weekly Line Dancing, in person SAIL class at PHRC and Zoom chair SAIL exercise classes.
- The third ESL class has begun and there is palpable excitement for those who are learning basic English skills. There is now a total of three classes that began in August. Currently, there is a beginner, intermediate and advanced class.

Submitted by Anne T. Coyne, Senior Center Director, St. Martin de Porres Senior Center. Tele: 703-751-2766. Email: [anne.coyne@ccda.net](mailto:anne.coyne@ccda.net)

**The Senior Center at Charles Houston**  
**May 2022 Report for June COA meeting**

The summer started out with a mild breakout of Covid-19 cases, but we quickly recovered to still have several field trips and two holiday events in addition to our full schedule of daily activities. Our participants have kept a steady daily attendance now that we are open full time for in-person services.

In June, participants visited the National Gallery of Art for a special African American exhibit. They enjoyed a mixture of paintings, sculptures and photographs of historical events in African American history. We also celebrated Juneteenth with a center event. Participants dressed in red, or Juneteenth t-shirts and we heard from several participants of the history, significance and ways to celebrate in our communities to commemorate the emancipation of slaves in Texas. We enjoyed a meal filled with traditional Juneteenth foods to mark the occasion.

We continued our summer field trips with a trip to the Botanical Gardens and a visit to the African American Museum. Both trips were educational, interesting and a sense of appreciation for the many free museums in our city. We concluded our summer festivities with an All-White Attire Birthday Celebration for the Krunch Bunch. Participants were treated to a healthy choice of fruits and vegetables, sandwiches, cheese and cracker tray and a special treat of a candy bar with an assortment of sweet treats.

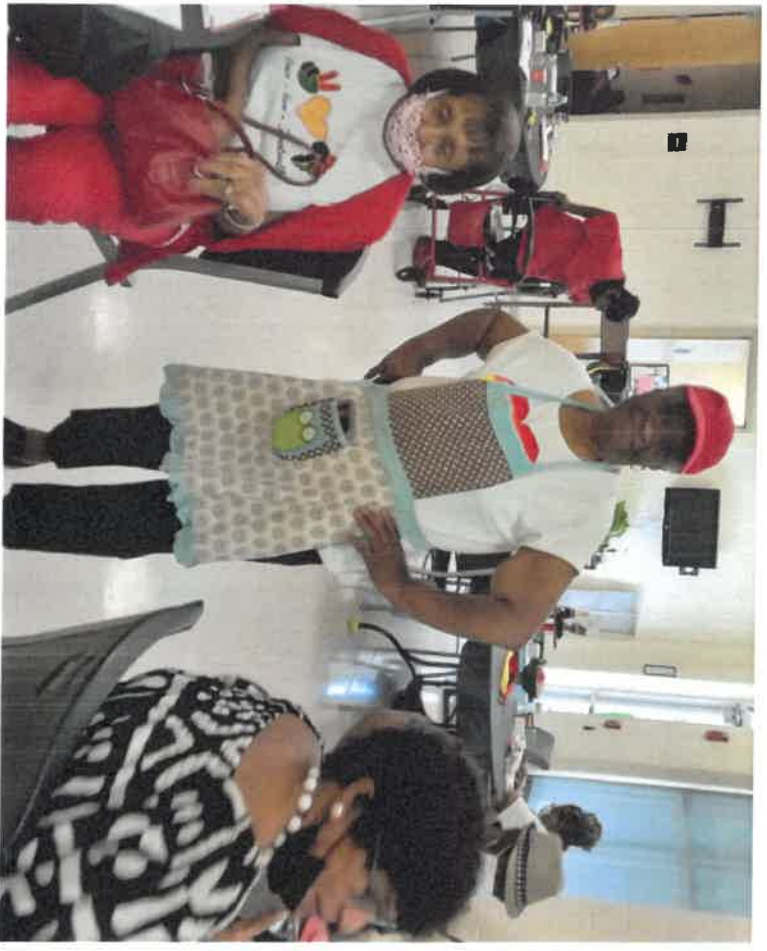
**Other notable activities and events during June, July and August include:**

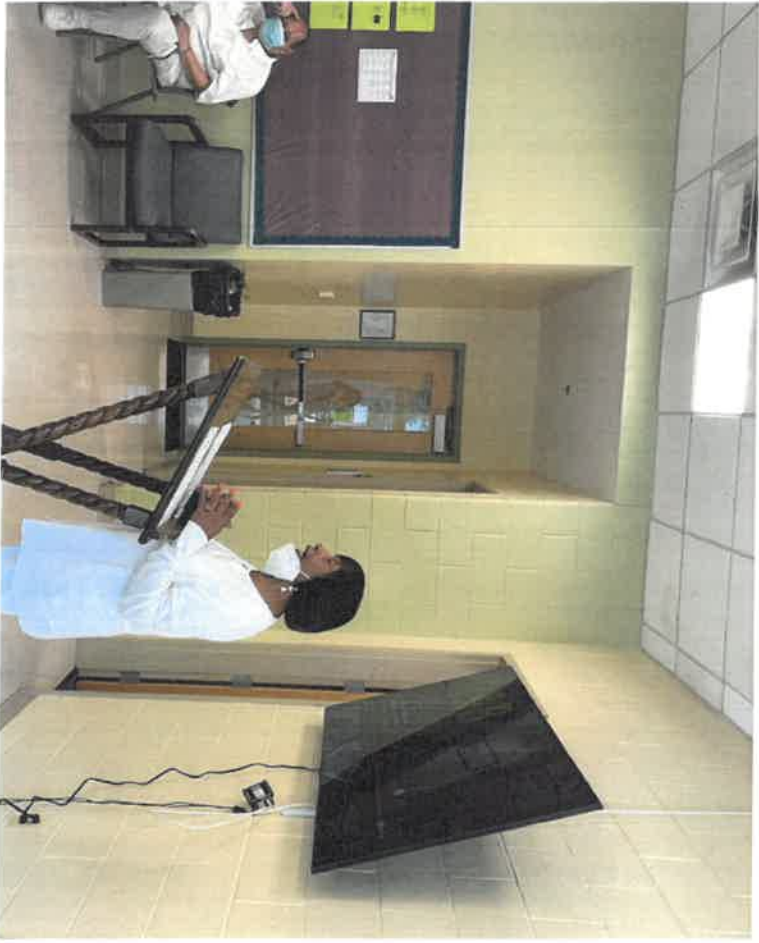
- **Wellness/Informative Wednesday Presentation – Chef Philippe cooking demos Featured Asian Stir Fry, Quinoa, and Avocados. Participants were engaged and eager to taste the foods being prepared. All were pleased to have chef back in person.**
- **Weekly Thursday Shopping Trip – Trips to local area markets and grocery stores, including Walmart, Dollar Tree, Roses, and the Dutch Amish Market to enable participants to purchase food, medical supplies, and essential household items.**
- **Weekly Walking Cub – We continue our walk weekly at the Pentagon city Mall. Participants continue to track their steps on their phones.**
- **Mindful Movement Exercise Class – Participants enjoyed an exercise class every Monday during the month. The Center has a monthly average of eleven duplicated participants in the exercise class.**
- **No Goody Bags were handed out this summer.**

activities include Bingo and cognitive/brain teaser exercises (i.e., scavenger hunt, geography, general and television trivia, word search, word scramble, and rebus puzzles). For August, we started a bi-weekly spelling test for participants. Staff continue to encourage participants to wear masks, practice proper hand washing and use of hand sanitizer. Center continues to use air purifiers to provide a safe and clean environment for all participants.

Submitted by Pamela Guerra @ Charles Houston Senior Center







Minutes from June 1, 2022 meeting of the Economic Development Committee

Attending: Mary Lee Anderson; Sandy Freedman, Jane King, Sylvia Benatti, Gerri Wallace, Evelyn Quiles (City Staff Coordinator)

Absent: Annabelle Reitman, Pat Miller, Jim Lindsay

The meeting began at 10:06 a.m.,

It was noted that Committee meetings continue via Zoom.

Senior Consumers. Renewed focus is on adding businesses to the Silver Service Card program. Committee members are encouraged to get involved. Pat Miller and Mary Lee were unable to do Del Ray outreach in March, will reschedule sometime soon!

Senior Employment. *Goal is to help seniors find employment and to encourage businesses to hire.* Evelyn Quiles reported that WDC had a very successful mock interview workshop, with 28-29 participants in-person. She will provide stats on the number of older adults who attended. She is also looking at getting their calendar for workshops back up on the website, and will share details about future events with the Committee.

Seniors as Entrepreneurs. Website is still being finalized and they are taking the summer to develop a marketing program and finalize workshops. They are working with the Small Business Development Office and are also seeking grant funding. Geri Wallace is interested in helping with the program and will reach out directly to Sylvia Benatti.

SNAP for Seniors SSA continues to work with the City to encourage older adults to apply for SNAP benefits, and is actively seeking to hire a Spanish speaking staff person to help develop outreach to that community. Information about SNAP will be included in Senior Ambassador training and in packets for new clients in SSA's grocery delivery program.

Senior Ambassadors Next Ambassador training session is scheduled for June 6. SSA will invite WDC to present in a future weekly zoom call.

Livable Community Plan Jane King is preparing final report for AARP and will schedule time to review WDC information with Evelyn so that she may update goals, accomplishments and outcomes from a WDC perspective. The new plan must include a community survey and WDC would be willing to host focus groups. Jane and Evelyn will meet to discuss details. communities.

The meeting was adjourned at 10:40 a.m.

The next meeting will be held Wednesday, September 7 at 10:00 a.m. location TBA.

Submitted by: Mary Lee Anderson